

FREESTYLE DEMO



Alabama 4-H
Alabama Cooperative Extension System

Do you know how to do something really well? How about writing text messages fast? Yoga or Pilates? Leather work? Cup stacking? Showing your sense of style?

Would you like to teach others? That's what Freestyle Demonstration is all about.

What You Will Do in Freestyle Demonstration

- Share your skills and knowledge.
- Be comfortable in front of an audience.
- Celebrate your uniqueness.

What You Will Learn

- Provide step-by-step instructions.
- Organize information.
- Answer questions and communicate clearly.

LEVELS OF COMPETITION

For details on eligibility, see the General Event Policy.

Junior Level I:

9 to 11 years old on December 31 of the current calendar year (compete only at local and regional level).

Intermediate:

12 to 13 years old on December 31 of the current calendar year (compete only at local and regional level).

Senior Level I:

14 to 15 years old on December 31 of the current calendar year.

Senior Level II:

16 to 18 years old on December 31 of the current calendar year.

The Rules of Freestyle Demo

1. Compete by yourself or on a two-person team. Youth on teams should be the same 4-H age level (e.g., Senior Level II).
2. The demonstration area is indoors and limited to an 8-foot by 8-foot area.
3. Follow the 4-H Dress Code.
4. No live animals or endangered or threatened plants.
5. If you use equipment, know how to operate it safely.
6. Senior Level 4-H members must submit a community service report. Failure to do so will result in disqualification.

Refer to the [Alabama 4-H Competitive Events webpage](#) to review the General Contest Policy and the Age & Eligibility Chart.

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Disqualification of Entry

1

Not submitting the Risk Management Plan in a timely manner if one is necessary

2

Only doing a talent show rather than a demonstration

3

Demonstration area larger than 8 feet × 8 feet

4

Senior Level 4-H member not submitting a community service report.

The Rules of Freestyle Demo (Continued)

7. Your demonstration is more than a talent show. (Example: If you choose to play the piano, demonstrate different types of music, influence of music in the world, or some other interest that involves music.)
8. If you plan to use open flames, chemicals, power tools, sharp objects (knives, saws, clippers, fish hooks, etc.), or ATVs in your demonstration, follow the Risk Management Guidelines.
9. Demonstrations should be 5 to 10 minutes. No more than 5 minutes for setup. Setup time and answer period are not included in the demonstration limits.
10. You may use notes, but don't read from them.
11. Event facilitators will supply one table and one easel. You must supply anything else.
12. PowerPoint presentations, slides, and videos are okay to use, but must be provided by the presenter and should not replace you speaking to your audience.
13. Cover or remove any visible brand name labels.

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How to Get Started

Select a topic.

Decide on a title that will grab the audience's attention. It should be simple and tell what you will demonstrate.

Determine the purpose of the demonstration. You know a lot of stuff, but you only have 5 to 10 minutes to teach it. Don't try to cover too much. Stay focused on a main idea.

Develop an outline of the topic.

Risk Management

If you plan to use open flames, chemicals, power tools, sharp objects, or ATVs in your demonstration, you must complete a Risk Management form two weeks before the event.

Your written Risk Management Plan should be provided to the following:

- County event: County Extension Coordinator
- Regional event: 4-H Foundation Regional Extension Agent
- State event: 4-H Events Coordinator

The plan should include:

- How you are planning to transport and store the item before and after your demonstration
- How you will use the item in the demonstration
- How you will ensure that the demonstration is safe for you and the audience

Include your name, age, county, email address, daytime phone number, and your 4-H agent's name. If there are concerns about your plan, you will be notified before the event. Bring a copy of your plan to the event.

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Career Connections

Can you honestly think of a career that does not require you to communicate with people? In fact, your communications skills will not be evaluated by a 4-H judge and awarded a ribbon placing. Your communications skills will be evaluated by your boss or manager and will partially determine your pay raises and promotional opportunities. 4-H has stressed communication skills throughout its 100-year history. Communication has been and will always be an important life skill.

A good demonstration has four parts:

1. The introduction.

Tell what you are going to cover. Make the introduction creative, interesting, and informative. You might ask a question, give a startling statistic, or involve the audience in a short activity. Include your purpose and a list of things you might need.

2. The body.

Put together a step-by-step plan. For each step explain what is being done, how it is being done, and why it is being done. Decide which steps may be finished or partially finished ahead of time. Plan how the audience will be able to see each step. Do you need to prepare samples or large drawings? Try arranging the demonstration area so that you are working from left to right or right to left.

3. The summary.

During the summary, display the finished product and highlight the main points. Motivate your audience

to try your ideas. Decide if your audience needs a handout to take home for future reference or a small sample of the finished product.

4. The response to questions.

Repeat the question to the audience so that everyone can hear. Then provide the answer. After answering all the questions, it is a good idea to end the demonstration by saying, "This concludes my demonstration," or simply, "Thank you." Remember to smile.

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Freestyle Demo Ideas

- **Youth Art:** sketches and paintings, sculpture, mosaics, calligraphy
- **Sewing and Needle Arts:** knitting, cross stitch, embroidery, heritage garments
- **Life Skills:** safety/emergency preparedness, communications, technology
- **Wood Science:** Carving, wood burning, furniture restorations
- **Power:** automotive, small engines, electronics, welding
- **Natural Resources:** environmental safety, water quality, air quality, radon, rocks, wildflowers
- **Lost Arts:** American heritage, handspun yarn, family records, history of local community
- **Animal Science:** pocket pets, livestock tending, veterinary science, companion animals
- **Crafts:** ceramics, cake decorating, porcelain, metal tooling
- **Miscellaneous:** creative writing, collections, model rocketry, model cars/airplanes

Tips for Giving a Good Freestyle 4-H Demonstration

Practice your demonstration. Say and do everything you plan to say and do in front of an audience. Time yourself as you practice. When you feel you are ready, ask family and friends to watch and give ideas on how to improve.

Be organized. Use trays or baskets to group small equipment, supplies, and ingredients together. Try using one table as your work area and the other as a supply table. Arrange your equipment and supplies in the order you'll use them and away from the front of your working space.

Use visual aids such as signs, posters, PowerPoint, and video sparingly. Keep visuals simple. Lettering should be large enough to read from a distance of 20 to 30 feet. Show visuals only for the time needed. Keep them out of sight before and after use.

Use good posture with weight evenly on both feet. Wear clothes that fit properly, are neat and clean, and appropriate for the type of demonstration you are giving. Wear jewelry that does not dangle or make noise.

Speak clearly and distinctly. Speak loudly enough to be heard across the room. Talk directly to the audience, not the table or the floor.

Smile and enjoy teaching others.

New Community Service Component

Telling a great story, showcasing projects at a community library, speaking at the local nursing home, or organizing a community cooking or a building blocks workshop are great opportunities to serve others. Serving others helps build your academic skills, learn civic responsibility, and develop leadership. It may also give you a good opportunity to meet new people, publicize 4-H, and practice your communication skills. Alabama 4-H is now requiring all Senior Level 4-H members to add a community service component to all 4-H Competitive Events. Each Senior Level 4-H member will have to complete the 4-H Community Service Report as a part of their project. 4-H members will be disqualified if the community service report is not included.

It is important that you decide what service you can provide, not have a parent or 4-H leader make this decision for you. Groups of young people are encouraged to work together to discover how they can serve their community.