



312 W. Broad St. STE 6 Livingston, TN 38570 931-823-2735 overton.tennessee.edu

Dear High Schoolers,

We want to inform you that the high school speech contest will be approaching soon! We invite you to participate in the 4-H Public Speaking Contest on Tuesday, December 16<sup>th</sup>, 2025 and/ or to participate in 4-H Congress. In this packet you will find information on both events. Please note, 4-H approved events are considered an excused absence and as if you were in attendance at school, like a field trip! If you attend Livingston Academy, you must turn in a trip ticket. As a previous participant, we wanted to make sure you had some information to compete!

Information on how to compete for the speech contest is included. Please be mindful of these

#### 4-H Public Speaking

The speech contest in high school must relate to 4-H throughout the entirety of the speech. Be sure to review the scorecard thoroughly. The other difference in high school is that you go straight to county to compete. You may be competing in younger grade rooms to set an example to these kids on what to strive for. While competing is also rewarding, there are also prizes based on participation. *Please note, these prizes may increase depending on the number of youth that attend the contest.* 

- 9<sup>th</sup> Grade
  - Top Two at County: \$40 Check, \$300 scholarship to attend 4-H Congress or Roundup
  - O Top 5 at Sub-regional: Medals
  - o Top 2 at Regional: 4-H Congress Trip, Travel Prize





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- State Awards
  - \$25 for participating.
  - First Place: \$100 Cash Award and Engraved Bowl
- 10<sup>th</sup> Grade:
  - Top Two at County: \$50 Check, \$300 scholarship to attend 4-H Congress or Roundup
  - o Top 5 at Sub-regional: Medals
  - o Top 2 at Regional: 4-H Congress Trip, Travel Prize
  - State Awards
    - \$25 for participating.
    - First Place: \$100 Cash Award and Engraved Bowl
- 11<sup>th</sup> Grade:
  - Top Two at County: \$75 Check. \$300 scholarship to attend 4-H Congress or Roundup
  - o Top 5 at Sub-regional: Medals
  - o Top 2 at Regional: 4-H Congress Trip, Travel Prize
  - State Awards
    - \$25 for participating.
    - First Place: \$100 Cash Award and Engraved Bowl
    - \$500 Scholarship
- 12<sup>th</sup> Grade:
  - Top Two at County: \$100 Check, \$300 scholarship to attend 4-H Congress or Roundup
  - o Top 5 at Sub-regional: Medals
  - o Top 2 at Regional: 4-H Congress Trip, Travel Prize
  - State Awards
    - \$25 for participating.
    - First Place: \$100 Cash Award and Engraved Bowl
    - \$1,000 Scholarship

Transportation is not provided in high school. We ask all high schoolers be dropped off between 7:30 and 8:00 AM to help the agents set up the contest. If you need us to drive you back to the high school when we finish, you will need to ask now so we can make sure we have the proper extra paperwork. Otherwise, you can ask your parents or guardian to pick you up at 12:30 PM.

#### 4-H Volunteering at the Speech Contest

If you or another high school member do not want to do a speech but would like to help run the contest, we can select up to 5 people to assist with the contest. We typically need help with lunch, check in, and time management. This is a great opportunity to serve others. Please e-mail nmarrero@utk.edu for more information on this.







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#### **4-H Congress**

4-H Congress is a trip every 4-H member loves no matter how little or much they have been involved in. The trip is a fun place for people to learn about 4-H, explore downtown Nashville, and learn a little along the way. You may go to Congress in 9<sup>th</sup> or 10<sup>th</sup> grade ONE TIME. We save 4 scholarships for first timers and usually give them to public speakers first, then consider others if we do not fill those 4 spots contest participants, interested members, and outstanding students. You can also pay out of pocket. We anticipate the cost of Congress to be \$400 in 2025. All 4-H members who have attended Congress said it was the best educational trip they had ever been on. We promise you will not regret putting yourself out there and attending.

Many youths like to run for office while at 4-H Congress. These leaders help plan the 2027 Congress and attend many events across the state learning about and promoting 4-H. In the last 4 years we have had two local members get elected: Zac Lewis and Tucker Mountain. Both cherished their time in this position and loved that they got to return to Congress this way.

If you have already been to 4-H Congress and want to return, you must do a speech or portfolio and be selected by the **region** to attend. The other way you can return to Congress is if you get elected to state council and are selected to attend by the state staff. The last way to be able to attend is to do a 4-H Portfolio and be selected as a finalist. If trying to attend in these ways, it is important to let Mrs. Nicole and/or Mrs. Alyssa know EARLY to help you be competitive.

#### **Other Information**

We hope you consider attending or participating in either event. In your packet, we also have information on how to sign up for high school level reminders. 4-H has a ton of stuff specifically for high school members. You can use your e-mail or a cell phone to sign up for this info. This is the number one way we distribute information.

Sincerely,

Mrs. Nicole and Mrs. Alyssa nmarrero@utk.edu or ande159@utk.edu

#### 4-H PUBLIC SPEAKING SCORE CARD (Senior Division)

Contestant	Name										
Contestant No	umber	1	2	3	4	5	6	7	8	9	10
A. Subject 1. Use of 4-H:     (Information accurate, complete, up-to-date, appropriate)	20										
<ul><li>B. Organization</li><li>1. Introduction:         <ul><li>(Attention getting, indicates direction and purpose of speech)</li></ul></li></ul>	6										
<ol> <li>Body:         <ul> <li>(Main points clearly stated, follows through with purpose of speech)</li> </ul> </li> </ol>	8										
3. Conclusion: (Ends with a purpose, summarizes)	6										
<ul><li>C. Delivery</li><li>1. Bodily Action:</li></ul>	20										
Voice:     (Pitch, quality, force rate, articulation, pronunciation)	20										
D. General 1. Personal Appearance:	8										
2. Attentiveness and reaction of audience:	12										
TOTAL POINTS	100				_						

#### **EXPLANATION**

#### A. Subject:

- 1. Use of 4-H: Does the speaker relate the speech to 4-H?\* Is the information accurate? Is the topic narrow enough for the message to be given completely? Is the information current? Or is the information seemingly out of date, too broad to be covered completely or incorrect? A perfect score for this category is 20 points, so scores may vary between 0 and 20 points.
  - \* A contestant does not have a 4-H speech until the audience connects the speaker with 4-H. A statement such as, "We can all do something about the problem. Let's all get behind the solution: 4-H," should not qualify for any scoring in this section. The contestant must specifically tell how 4-H members can help.

#### B. Organization:

- 1. Introduction: Does the introduction catch the interest of the audience while presenting both the purpose and subject of the speech or is the introduction uninteresting and inadequate? Speakers should not begin by giving name and club or by recognizing the "honorable judges, ladies and gentlemen, etc." Scores may range from 0 to 6 points.
- 2. Body: Are the main points clearly stated? Does the speaker follow through with the purpose of the speech? Do ideas center around a central theme in a logical order, easily followed and understood by listeners or does the speech seem poorly organized with random ideas or with ideas which do not fit into the purpose of the speech? Points may range from 0 to 8.
- 3. Conclusion: Does the conclusion tie the main points of the speech to the purpose in an interesting way that makes the audience remember the speech or does the speech merely stop leaving the audience wondering if the speaker has finished or not? Points will vary from 0 to 6 in this category.

#### C. Delivery:

- 1. Bodily Action: Is the speaker poised and confident? Does the speaker maintain eye contact with the audience? Are movements and gestures natural, purposeful and spontaneous? If note cards are used, are they used effectively? Does the speaker present a friendly, conversational attitude or does the speaker fail to use facial expressions, eye contact and other gestures to his/her advantage? From 0 to 20 points are possible here.
- 2. Voice: Does the speaker vary the force of his/her voice or is the speaker monotonous? Is the speaker pleasant to listen to and loud enough to be heard? Is the speaker's voice clear, steady, rich and full instead of thin, harsh, nasal and shaky? Does the speaker vary the pitch of his/her voice for interest? Does the speaker use the rate at which he/she speaks effectively? Are all words pronounced clearly and correctly or does the speaker slur words together or sound mechanical? From 0 to 20 points are possible here.

#### D. General:

- 1. Personal Appearance: As the speaker approaches the lectern and throughout the presentation, is his/her posture good? Does he/she plant themself solidly on the floor? Are his/her clothes (whether or not they are new or fashionable) clean and pressed or does he/she sway from one foot to another; lean on the lectern or table; slump; is poorly groomed? Scores may vary from 0 to 8 points.
- 2. Attentiveness and Reaction of Audience: Is the audience affected in any way? Were they stirred, enthused, saddened, amused, motivated and awakened? Or were they bored, merely polite and unaffected by the presentation? Did you (audience) get the speaker's message? From 0 to 12 points are possible here.

Be sure to comment on the presentation. The speaker needs your comments in order to improve. The contest, therefore, is not the "end" for the 4-H member's public speaking activities. It is the beginning of a difficult process to make the best better for next time.

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#### EXTEMPORANEOUS 4-H PUBLIC SPEAKING SCORE CARD

Contestant Nam	ne										
Contestant Number	er	1	2	3	4	5	6	7	8	9	10
A. Speaker 1. Appearance: 10	)										
Use of language:     (Good pronunciation, vivid meaningful,     articulation, grammar)     20	)										
Projection to Audience:     (Volume, clear, distinct, pleasing voice, eye contact)  10	)										
4. Was the preparation time well-used?	5										
B. Subject Matter and Composition 1. Well organized: 10	)										
Information:     (Accurate, complete, up-to-date, appropriate)  10	)										
3. Good introduction and conclusion: 10	)										
C. Results 1. Effect on audience: 15	5										
TOTAL POINTS 10	0										

**COMMENTS:** 







#### **EXPLANATION**

#### A. Speaker:

- 1. Appearance: As the speaker approaches the lectern and throughout the presentation, is his/her posture good? Does he/she plant themself solidly on the floor? Are his/her clothes (whether or not they are new or fashionable) clean and pressed or does he/she sway from one foot to another; lean on the lectern or table; slump; and show poor grooming? A perfect score in the category is 10 points, so scores may vary between 0 and 10 points.
- 2. Use of Language: Is it understandable, pleasing, meaningful, vivid, and properly pronounced with correct grammar? Scores may range from 0 to 20.
- 3. Projection to Audience: Does he/she have eye contact with the audience? Does the presentation have sufficient volume? Is it clear, distinct and presented with expression and enthusiasm? Or does the speaker instead present a memorized or read "report?" Does he/she communicate? Scores may range from 0 to 10.
- 4. Well Prepared: Does the speaker have his/her thought together, showing good use of short preparation time? Can he/she communicate original or pertinent ideas without previously writing a speech? 0 to 15 points here.

#### **B. Subject Matter and Composition:**

- 1. Well Organized: Do ideas center around a central theme in a logical order, easily followed and understood by listeners? Or does the speech seem poorly organized, with random ideas or with ideas which do not fit into the theme? Points may range from 0 to 10.
- 2. Source of Information: Is the information accurate? Is the topic narrow enough for the message to be given completely? Has the speaker earner the right to speak on the subject through study and experience, preferable in 4-H? Is the information apparently current: Or is the information seemingly out of date, too broad to be covered completely or incorrect? From 0 to 10 points are possible here.
- 3. Introduction and Summary: Does the introduction catch the interest of the audience while presenting a theme for the entire speech? Does the summary tie the important points of the speech to the theme in an interesting way that makes you remember the speech? Or does the speech have no real introduction or perhaps an inadequate introduction or summary? Points will vary from 0 to 10 points in this category, with half the scoring for introduction and half for summary.

#### C. Results:

Is the audience affected in any way? Were they stirred, enthused, saddened, amused, motivated or awakened? Or were they bored, merely polite and unaffected by the presentation? Did you (the audience) get the speakers' message? Scores may vary from 0 to 15 points.

Be sure to comment on the presentation. The speaker needs your comments in order to improve. The contest, therefore, is not the "end" for the 4-H member's public speaking activities. It is the beginning of a difficult process to make the best better for next time.

# TN 4-H CONGRESS

MARCH 7-11, 2026



Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating.

UT Extension provides equal opportunities in programs and employment.





**CITIZENSHIP** 

# WHY GO TO THE 79TH ANNUAL TENNESSEE 4-H CONGRESS?

#### **ATTENDANCE INFORMATION**

Each year we selected a minimum of three 9th and 10th grade youth to represent Overton County at this wonderful event. These youth get to meet elected officials, learn how government works by acting as elected officials, see shows, eat great food, and have an overall fun time! You don't have to be super active in 4-H, but have an appreciation for what it has to offer. It is an excused absence that counts as a field trip.

This is also an opportunity to gain statewide leadership experience. Youth may run for office if interested.

You may also go in 9th and 10th grade without a scholarship. Out of pocket cost for 2026 will be \$400.

#### WHO CAN GO?

In Overton County, our local businesses provide some 4-H scholarships. We prioritize one 9th and one 10th grade who participate in the 4-H Speech Contest. We have two additional scholarships to give out that are selected based on past participation, involvement in their community, and their desire to learn about community.









#### **TENTATIVE AGENDA**

Congress Readiness Day-February 28, 2026

Mandatory Orientation to help you prepare Introduce Regional Candidates for Governor, Speaker of the House, and Speaker of the Senate

**History Bowl** 

#### March 7-10, 2026

Register and check in at the Hotel, Ice Breakers **Dinner Theater** Tour the Capitol Learn Government Basics **Debating Bills Educational Sessions on** Service, Government, and Leadership to Attend Meet State Leaders Explore Downtown Nashville with adult volunteers Participate in the Election History Bowl with Channel 5's, Lelan Statom General Jackson Two Dances March 11, 2026

Return home and get some sleep!

#### **READY TO LEARN MORE?**

Contact nmarrero@utk.edu or text Ms. Nicole at 224-725-3448 for more information.

If you have been to congress in the past, or are in 11th and 12th grade, you can only go if you were elected the year you went, or if you place regionally in the speech contest or portfolios.



What are projects and portfolios?

Do you have a hobby or activity you like to do? Maybe you enjoy sports or being outdoors? How about raising livestock or taking photos? GREAT NEWS! There are projects for anything and everything. You can tie your hobbies or activities into 4-H projects by sharing your knowledge and experiences with others. While 4th and 5th graders are exploring 4-H projects, 6th-12th graders can compete in how much they have done in their project work! Everything you do that relates to 4-H can be recorded in your digital portfolio and submitted for awards like cash prizes, scholarships, and trips across the state! If you attend any meetings for 4-H Outside of school, you should be doing portfolios.

### Why should I do it?

- Go on trips.
- · Win Cash Prizes.
- Learn life skills.
- For the Competition!
- To become a Leader.
- To prepare for interviews.
- To advance your communication skills.
- · To connect with potential careers.

AND SOOOOO MUCH MORE!

## What trips could you be selected for if you do a portfolio?

Roundup or Academic Conference are the main two main events you might compete to attend. However, we often have scholarship money for those who do these!

- 6th-8th grade:
  - Academic Conference: TBD
  - Culinary Camp: July 7-9<sup>th</sup>, 2026
  - Pioneer Camp- June 30-July3, 2026
- 9th-12th Grade:
  - FCS Behind the Scenes: June 23-26, 2026 | Savannah, GA
  - Roundup: July 20–24, 2026
  - Pioneer Camp: June 30-July 3, 2026
  - Congress: March 7-11, 2026





# **How Long Does It Take?**

Portfolios are often worked on throughout the year with a big focus the month prior to when they are due. It is important that if you wait to submit the portfolio the night before it is due, your agent may not actually submit it. They have to check it. It is recommended that you submit it 1-2 weeks prior to the deadline.



#### Choose your project(s):

- Beef
- <u>Citizenship</u>
- Clothing & Textiles
- Communications & Public Speaking
- Companion Animals
- Computers & Technology
- Consumer Education
- Creative Arts & Design
- Culinary Arts
- <u>Dairy</u>
- Energy
- Entomology & Beekeeping
- **Entrepreneurship**
- Environmental/AG Engineering (EASE)
- **Food Sciences**
- Forestry, Wildlife, & Fisheries
- Goat
- Healthy Living
- <u>Horse</u>
- <u>Leadership</u>
- Mechanics & Safety Sciences
- Outdoor Recreation & Shooting <u>Sports</u>
- Performing Arts
- Photography & Digital Media
- Plant Sciences
- <u>Poultry</u>
- <u>Sheep</u>
- <u>Swine</u>
- <u>Veterinary Sciences</u>



#### Sty 2 Contact your agent to set up a meeting to get started.



#### Step 3 Get Documents Ready:



All Portfolios are 100% Electronic. To receive the forms, you will go to 4h.tennessee.edu/portfolios

- Forms are currently changing. Your agent will talk to you specifically about which you need.
- Narrative-6th-8th Grade
- Resume 9th and 12th Grade
- Photos- Up to 15 "Action Shots"
- Project Showcase- Sr High portfolios
- Entry Form/Publicity Release



#### Step 4 Get your website ready!



Once the forms are done, you can then make your website.

Portfolios are created on WIX with step-by-step instructions. Scan the QR code below or go to

https://4h.tennessee.edu/portfolios/ for portfolio forms, videos explaining the forms, and a how-to guide for assembling the website.



- Jan 5<sup>th</sup>- Rough Draft of Portfolio Forms Due
- Feb 1st- Main Portfolios due for 9th-12th Graders
- March 1st- Portfolios due for 6th-8th Graders









# **4-H ENROLLMENT FORM**

What is 4-H? For over 100 years, 4-H has welcomed young people of all backgrounds and beliefs by giving them a voice to express who they are and how they can improve their lives and communities. 4-H prepares young people for a successful future through educational programs emphasizing life skills. An experiential learning model fosters critical thinking, social skills, communication, citizenship, and leadership. 4-H is the youth development program of The University of Tennessee and Tennessee State University. UT/TSU are two of more than 100 public universities nationwide, offering experiences that enable young people to *learn by doing*. In-school 4-H clubs are available at every school.

FREE MEETINGS ARE HELD MONTHLY DURING SCHOOL HOURS AND ARE ACCESSIBLE TO EVERY STUDENT. 4-H WILL ONLY CONTACT

YOU IF YOUR CHILD PARTICIPATES IN 4-H **OUTSIDE** OF SCHOOL OR IF YOU SELECT SOMETHING ON THE BACK OF THIS FORM.

Overton County 4-H will utilize data related to race, ethnicity, gender, and if you live on a farm or not collected from the 4-H enrollment form to complete the county demographic report as mandated by the USDA. This information is separated from your identity.

By filling out this form, you understand that your child will experience 4-H in the classroom and then can be as involved as they like outside the classroom. On the back of this form, if you would like to receive more information related to any of the items listed, please follow the continued instructions. Turn this form in to your school as soon as possible.

school: Livingston Academy	Grade: 4 5
Member's First & Last Name:	6 7
Phone #(s):	8   9
Mailing Address:Street City, ST Zip	
Email: Date of Birth:	
Parent/Gaurdian's Name:  Phone #(s):	
Race: White Native Hawaiian/Other Pacific Islander	c Non Hispanic
choose more American Alaskan Native Gender: Male	Female
Other /	/Unidentified
Describe Farm School year:  Where you Rural non-farm/town under 10,000	2025-2026
live: Rural non-farm/town under 10,000	

Contact us at 931-823-2735 with any questions.

Alyssa Anderson, Extension Agent I aande107@tnstate.edu

Nicole Marrero Bettencourt, Extension Agent II nmarrero@utk.edu





#### 4-H Additional Information

4-H plans our programs based on what families express interest in. Please check off anything below your child may be interested in to help us plan our year.

#### our year. **Projects:** \_\_\_Beef \_\_\_Citizenship \_\_\_Clothing & Textiles \_\_\_Communication/Public Speaking \_\_\_Companion Animals (cat, dog, rabbit, etc) \_\_\_Computers and Technology \_\_\_Consumer Education \_\_\_Creative Arts and Design \_\_\_Culinary Arts \_\_\_Dairy Energy \_\_\_Entomology and Beekeeping \_\_\_Entrepreneurship \_\_\_Environmental/ Ag Engineering (Ease) Food Sciences \_\_\_Forestry, Wildlife and Fisheries Goat \_\_\_ Healthy Living \_\_\_Horse \_\_\_Leadership \_\_\_Mechanics & Safety Science Outdoor Recreation/Shooting Sports \_\_\_Performing Arts \_\_\_Photography & Digital Media \_\_\_Plant Science \_\_\_Poultry \_\_\_Sheep \_\_\_Swine \_\_\_Veterinary Science **Activities:** \_\_\_Consumer Decision Making \_\_\_\_Dairy Cattle Judging \_\_\_Dairy Products Judging FCS Skill-a-thon \_\_\_Forestry Judging \_\_\_Grill Master Challenge Horse Judging \_\_\_Land Judging \_\_\_Livestock Judging \_\_\_Meat Judging and ID

\_\_\_Poultry Judging

\_\_\_Wildlife Evaluation

Remind: Remind is a free and safe way to receive text messages AND/OR e-mails about our various programs. If you would like us to register you for a specific remind group, please put the name of the person we should contact. Then write the phone number and/or e-mail to register them with. Please note, you will receive a message with instructions on how to finish your registration. Check off which reminds you wish to be on. Don't see a project group or activity from the other side, that means we need a volunteer to do it! If you checked it, the e-mail listed on your enrollment form will be used to contact you if an opportunity related to those topics pop up! If you check off a remind but do NOT write a name, phone number, and/or e-mail, we will use what is on the front of the form. Name, phone and/or e-mail: All Grades: \_\_\_General 4-H Reminders Horse Club \_\_\_Livestock/Meats ID \_\_\_Clothing & Textiles \_\_\_Fundraising Info \_\_\_Archery \_\_\_Chick Chain \_\_\_BB Shooting Sports \_\_\_Wildlife Judging \_\_\_Poultry Judging 4th-6th Grade: \_\_\_JR Camp 6th grade and older Consumer Decision Making \_\_\_ Honor Club 9th grade and older

\_\_\_High School 4-H

#### High School Members Must Turn this in to 312 W. Broad St, STE 6 Livingston, TN 38570. Speech Contest Permission Slip

Ι		grant my 4-H'er,		_ permission	participate in
considered an exc School System, Vo conduct to UT Ex show respect for damages they cau 4-H program. Tol event or activity. guidelines; and re	County Pul cused abso ol State Co tension pe the proper use. Partici pacco prod Parents ar ealize that	ence. This 4-H event mmunity College, ar rsonnel and/or 4-H rty and facilities use pants' conduct at all lucts, vapes, drugs, and participants undefailure to do so may	(4-H'ers Full Name) st. I understand that particists planned, conducted and UT/TSU Extension. All volunteers supervising the during the event and as I times shall be appropriationally weapons, and fire erstand and accept the restreating the participant be neligible to participate in	d supervised participants ne activity or sume financi te to the stan works will no ponsibility foing sent hom	by the Overton County are responsible for their event. Participants shall al responsibility for any dards and image of the ot be tolerated at any 4-Hor following the above e from the activity or
Tennessee 4-H Fou biographical mater	ndation to <sub>l</sub> rial, in whol artner orga	ohotograph, film, audi	ol State Community College olio/video tape, record, and/o dium now known or develop ur contests possible.  Parent/Guardian's Signature	r televise their	image and voice, and
· · · · · · · · · · · · · · · · · · ·	rea rame		r aremy dual alan s signature		Dute
4-H'ers Printed Name			4-H'ers Signature		Date
School (Check of AHRES AES AES Grade (Check one): 4 Speech Title/Su	□ 5 □ 6 ubject (if)	-	□ LA □ LMS □ 9 □ 10 reet/ PO BOX, City, State, Zip):	□ 11 □ 12	□ RES □ WES  Check Off One: □ Pepperoni Pizza □ Cheese Pizza □ Will bring own meal.  Check off one Drink: □ Coke □ Sprite
Phone #:		Alterna	hte #:hte #:hte #:hte #:hte #:hter things that we show		□ Dr. Pepper □ Water □ Diet Coke □ None (I will bring my own)  e of: