

## **January 2017 Western National 4-H Roundup FCS Skill-a-thon**

### **Contest Superintendents**

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### **Eligibility**

- A. A State/territory/District of Columbia is allowed only one entry in only one division of a contest in a national 4-H competitive event each year. An entry is an individual, in the events where individuals compete against individuals only, or a team in events where total team scores are computed and recognition given to the team. Individuals may be recognized in those events that are primarily team events.
  - 1. One team per state with a maximum of four participants.
  - 2. If states do not have a full team of three or four, they may participate as individuals.
- B. Entries not officially entered will not be permitted to participate for any reason.
- C. Please review the Western National Roundup Eligibility Requirements at [www.westernnationalroundup.org/eligibility/](http://www.westernnationalroundup.org/eligibility/)

### **FCS Skill-a-thon Contest Rules**

- A. FCS Skill-a-thon Classes will be judged by 3 or 4 person teams. On a four-person team, the lowest overall score is considered a drop score and that person will automatically become the alternate. Team score is a combination of the top three scores on the four individual events, plus the Life Skills Assessment Team event. Individual rank is based on scores from the four individual events.
- B. Classes and Activities to be Completed:
  - 1. Sewing/Clothing related ID: (50 possible points) Identify from a provided list fabrics, fasteners, seams, design/cut, and other items related to apparel, fashion design, and/or sewing. Contestants will have 15 minutes to identify 25 items.
  - 2. Interior Design/Housing related ID: (50 possible points) Identify from a provided list decorating techniques, colors, patterns, design elements and/or layouts. Contestants will have 15 minutes to identify 25 items.

3. Food/Cooking related ID: (50 possible points) Identify from a provided list appliances, utensils, spices, herbs and/or other food related items. Contestants will have 15 minutes to identify 25 items.
4. Food Nutrition Judging Classes: (100 possible points) Participants will judge two food nutrition judging classes with four items in each class, based on a scenario provided from one of these classes: Fast Foods, Trail Foods, Cereals, Healthy Snacks, or Yogurt. Contestants will have 15 minutes to place the two classes.
5. Life Skills Assessment (To be completed as a team. 50 points possible) Each team will orally complete a response to one brief scenario. Scenarios will deal with basic life skills such as: Resume Writing and Cover Letters; Job Interviews and Dress; Garage Sales; Disaster Preparedness; Managing Your Money and Time Management. Teams will have 10 minutes to prepare the response and 5 minutes for the oral presentation. Questions (scenarios) will come from the Life Skills Assessment Study Materials found on the FCS Classic website.

### III. Awards

- A. Awards will consist of Grand and Reserve Rosettes and awards for the 1st and 2nd place teams, and 3rd- 5th place teams will receive ribbons. Grand and Reserve Rosettes and awards for 1st and 2nd place individuals and 3rd - 5th place individuals will receive ribbons. Grand and Reserve Rosettes will be given to the 1st and 2nd place teams, and 3rd - 5th place teams will receive ribbons in Life Skills Assessment.
- B. If only one individual/team is registered for the FCS Skill-a-thon the contest will still be held. To receive a champion award the individuals must receive at least 80% of the total points and the team should receive at least 80% of the total points.

### IV. References

Refer to the website for study materials for the **Life Skills Assessment** component.

Refer to the website for study materials for the **Food Nutrition Judging Class**. Food Nutrition Judging study materials include:

- |              |                       |
|--------------|-----------------------|
| *Fast Foods  | *Healthy Snacks       |
| *Trail Foods | *Yogurt               |
| *Cereals     | *Placing Card Example |

Refer to website for study guides available for the **FCS Skill-a-thon ID Classes**.

For more information please call Kathy Floyd at 678-986-0265 (cell) or Janna Kelly at 580-332-2153 (office).

### Entry Information

Registration/entry forms are to be completed on-line at [www.westernnationalroundup.org](http://www.westernnationalroundup.org) and an Official Authorization Form must be printed and then signed by the respective State 4-H Director/Leader and mailed with full payment to:

Melissa Barton  
Colorado State University Extension State 4-H Office  
Campus Delivery 4040  
Fort Collins, CO 80523-4040  
PHONE: 970-491-0246  
FAX: 970-491-5108  
E-MAIL: [melissa.barton@westernnationalroundup.org](mailto:melissa.barton@westernnationalroundup.org)  
WEB: [www.westernnationalroundup.org](http://www.westernnationalroundup.org)

### **Headquarters and Lodging**

The headquarters hotel for this event will be the Renaissance Denver Hotel, 3801 Quebec Street, Denver, CO 80207; (303) 399-7500. Special rates are available for all participants. Please refer to the hotel link (<http://www.westernnationalroundup.org/hotel.asp>) on the website for hotel information, rates and reservation form (which must be used to make hotel reservations). Reservations must be made directly with the hotel by December 5.