

LaSalle 4-H / 4-H University
P.O. Box 101
Jena, LA 71342



4-H UNIVERSITY

Short Course - Participation Form; 8th-12th Grades

June 17 – 20, 2025

Name _____

Mailing Address _____
(Street) (City) (State) (Zip)

E-mail Address _____ Age as of Jan. 1 (current yr) _____

Cell Phone # _____ Phone # _____

You may participate in 4-H U -**OR**- Clover College NOT Both

I am interested in the following **4-H U Contests**: 1st Choice _____

2nd Choice _____

If contests are on separate days, you may participate in two 3rd Choice _____

Clover College: (Non-Competitive)

1st Track Choice _____

_____ (Check Here for Clover College)
*Choose from tracks within this packet and
rank choices.*

2nd Track Choice _____

3rd Track Choice _____

I would like to be considered for: _____ Voting Delegate

(Contact 4-H Office ASAP if Applying for a State Board)

State Officer / Board Member Due to the 4-H Office Before May 1, 2025!!

I would like to apply for:

_____ Executive Board _____ Fashion Board _____ Citizenship Board _____ Shooting Sports Board _____ Regional Rep

_____ Food & Fitness Board _____ STEM Board _____ Regional Representative

_____ Livestock Ambassador _____ Wetlands Ambassador. _____ Equine Ambassador

Preferred Roommate: _____

4-H U T-Shirts will be offered as soon as we know design and prices.

Cost for 4-H University is **\$180** which includes Delegate Fee, Housing (double occupancy), and Transportation.

Meals will be on your own. LaSalle 4-H Foundation will pay for one meal on Thursday night before the awards program.

Don't wait till the deadline to turn in your application! We Start Training Early! Earlier the Better.

The deadline for application is **May 13, 2025**. Members will finish online registration once agent approves.

Nonrefundable after **May 9, 2025**



4-H UNIVERSITY AT A GLANCE



CONTEST	DATE	LOCATION	INDIVIDUAL /TEAM	# ENTRIES	Age REQUIREMENTS	CONTEST DESCRIPTION	AWARD
4-H Has Talent	June 18, 2025	LSU	Individual or Team	3	Must be 14-19 years of age by January 1, 2025.	This contest allowed 4-H members to display their talent as an individual or groups with up to six people. Individuals and groups, regardless of performance, will be judged in one category. Each performance will be scored, and the winner will receive the designated contest award.	National 4-H Congress-Must apply for National Congress Talent Show Atlanta, Georgia November 2025
ATV Safety	June 18, 2025	LSU	Individual	2	8th- 12th grade by August 1, 2024.	This event will consist of three parts. 1) written test 2) parts identification 3) ATV riding portion which consists of ATV safety and operation. The scores from each part will be added. The lowest overall score wins.	Louisiana 4-H Educational Trip Tennessee November 2025
Career Preparation	June 18-19, 2025	LSU	Individual	2	Must be 14 -19 years of age by January 1, 2025.	Using the 2024 guidelines and forms, contestants will submit a Cover Sheet and Job Application form using the examples in the Career Preparation Study Guide. Contestants will also submit a Cover Letter, Resume, and Reference List, which will be the contestant's design. Contestants will review and utilize materials provided in the Career Preparation Study Guide in planning and developing materials.	National 4-H Congress Atlanta, Georgia November 2025
Child Development	June 18, 2025	LSU	Individual	2	Must be 14-19 years of age by January 1, 2025.	This contest applies child development theory and developmentally appropriate practices. Contestants will demonstrate their knowledge about all aspects of childcare, family development, and careers in child and family development	National 4-H Congress Atlanta, Georgia November 2025
Civic Engagement/ Leadership Illustrated Talk	June 19, 2025	LSU	Individual	2	8th-12th grade by August 1, 2024.	This contest allows youth to present an illustrated talk on an area within citizenship, leadership, theater arts, communication, and personal development.	Ignite 4-H Conference Washington, D.C. Spring 2026 If winner is 13 then they will receive the Louisiana Educational Trip.
Civic Engagement / Leadership Method Demonstration	June 19, 2025	LSU	Individual or Team of 2	2	8th-12th grade by August 1, 2024.	Youth will present a method demonstration in Citizenship. Topic areas can include citizenship, leadership, theater arts, communication, and personal development. The method demonstration should NOT include cooking/preparing food.	Ignite 4-H Conference Washington, D.C. Spring 2026 If winner is 13 then they will receive the Louisiana Educational Trip.
Consumer Decision Making	June 18, 2025	LSU	Individual	8	Must be 14-18 years of age by January 1, 2025.	Contestants will judge six classes of consumer products or services. In addition, each participant will use the criteria outlined in the situation statement to give oral reasons for one of the classes. Classes may include financial products or services, repeat purchases, big-ticket items, or contractual services.	National FCS Contest San Antonio, Texas January 2026
Consumer Food Evaluation	June 18, 2025	LSU	Team of 2 or 3	2	Must be 14-19 years of age by January 1, 2025.	In this contest, 4-H members showcase their ability to make informed and wise food choices, reflecting the importance of decision-making in various settings such as supermarkets, schools, vending machines, fast food outlets, and restaurants. The contest is made up of nine (9) classes of items. Reasons will be required for one of these nine (9) classes. Each class contains four similar items, numbered 1, 2, 3, and 4, and has an accompanying scenario. The scenario describes a consumer and gives the needs to be considered when they decide to purchase the item. Factors influencing these needs include health, money, lifestyle, preferences, or other requirements that depend on the item given and the individual in the situation.	National 4-H Congress Atlanta, Georgia November 2025

Revised: 10/8/24

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Dairy Judging	December 14, 2024	SE Research Station	Individual	8	Must be 14-19 years of age by January 1, 2025 .	Each contestant will judge up to six (6) classes of dairy cattle, with at most three (3) and at least one (1) class being heifers. Each contestant must give up to three (3) sets of oral reasons.	National 4-H Dairy Conference Wisconsin, October 2025
ESports	Regional (TBA) Finals June 19, 2025	LSU	Team of 3	2	8th-12th grade by August 1, 2024.	Youth will form a team to compete in a single-elimination video game tournament. They will develop skills in teamwork, communication, critical and strategic thinking, creativity, sportsmanship, and leadership and master a Louisiana High School sport that can lead to scholarships and future careers.	Ignite 4-H Conference Washington, D.C. Spring 2026 If winner is 13 then they will receive the Louisiana Educational Trip.
Fashion Review Ready to Wear	June 18-19, 2025	LSU	Individual	3	Must be 14-18 years of age by January 1, 2025 .	Contestants will put together a 4-H U outfit and accessories for any occasion. The outfit may be all ready-to-wear or a combination of home-sewn and ready-to-wear pieces, but it must include some ready-to-wear pieces.	National FCS Contest San Antonio, Texas January 2026
Fashion Review Upcycled Fashion - Recycling	June 18-19, 2025	LSU	Individual	3	Must be 14-18 years of age by January 1, 2025 .	There are many ways to reuse discarded clothing instead of throwing it away. This contest is designed to bring awareness to the amount of clothing dumped into landfills, the types of recyclable materials, and ways to reuse fibers, fabrics, and other recyclable materials that would otherwise add to the landfill. The Upcycled Fashion contest allows youth to demonstrate their recycling knowledge while also redesigning a runway-ready outfit using recyclable materials.	National FCS Contest San Antonio, Texas January 2026
Fashion Review It's Sew You	June 18-19, 2025	LSU	Individual	3	Must be 14-18 years of age by January 1, 2025.	The contestant may choose a commercial pattern, create their own pattern, or use a combination of the two. The Garment and Data Packet is submitted for judging prior to the contest.	1st Place: National FCS Contest San Antonio, Texas January 2026 2nd Place: Allbrands.com, Serger or Sewing Machine
Fishing Sports	June 19, 2024	Baton Rouge	Individual	8	8th-12th grade by August 1, 2024.	Fishing Sports is designed to test the angling knowledge and skills of 4-H members. This contest requires youth to participate in performance challenges (fish identification, knot identification, and fishing gear ID). Additionally, contestants will be tested on fish rules, limits, safety, and ethical issues before participating in a fishing tournament.	Louisiana 4-H Educational Trip Tennessee November 2025
Forestry	October 10, 2025	Indian Creek	Individual	8	Must be 14-18 years of age by January 1, 2025 .	Forestry contestants must identify twenty (20) trees by their common name using leaves. The contestants will be required to measure ten (10) designated trees to determine the board foot volume. A written test will be given from information in references. The contestant will be required to measure the distance and azimuth bearing for five lines. Distances must be measured by pacing, and the direction must be determined by use of a hand-held, mirror-sighting manual compass. Contestants will be required to identify by common name ten (10) insects and ten (10) diseases.	National 4-H Forestry Invitational Contest in West Virginia July 2025
Healthy Living Illustrated Talk	June 19, 2025	LSU	Individual	2	8th-12th grade by August 1, 2024.	This contest allows youth to present an illustrated talk on a topic related to child development, food & nutrition, or health.	Ignite 4-H Conference Washington, D.C. Spring 2026 If winner is 13 then they will receive the Louisiana Educational Trip.
Healthy Living Method Demonstration	June 18, 2025	LSU	Individual or Team of 2	2	Must be 14-18 years of age by January 1, 2025.	This contest allows youth to present a method demonstration in a healthy living subject area. Topic areas include Child Development, Food & Nutrition, and Health. The demonstration method may consist of cooking and preparing food.	National FCS Contest San Antonio, Texas January 2026
Horse Judging	January 8, 2025	Amite, LA	Individual	8	Must be 14-18 years of age by January 1, 2025 .	The Horse Judging Contest is designed to teach contestants good conformation (structural correctness, balance, breed characteristics and way of going). Performance classes will be judged by standards for the event as described in the 4-H Horse Show rules for that year. State winners in the 4-H Horse Judging Contest Bowl are not eligible for competition.	Southern Regional 4-H Horse Judging Contest in Perry, GA July 2025

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Horticulture ID & Evaluation	June 18, 2025	LSU	Individual	8	8th-12th grade by August 1, 2024.	This contest provides the opportunity to demonstrate knowledge of horticultural plants, their parts and products. Participation in the contest should result in improved abilities to recognize, use, grow, and appreciate the offerings of horticulture.	Louisiana 4-H Educational Trip Tennessee November 2025
Insect ID	June 18, 2025	LSU	Individual	2	8th-12th grade by August 1, 2024.	Contestants will take a written test including identifying insects, correct spelling of common name and order of the insects. Participants will also create an Entomology Collection that will be submitted prior to contest date.	Louisiana 4-H Educational Trip Tennessee November 2025
Livestock Judging	June 18, 2025	LSU	Individual	8	Must be 14-18 years of age by January 1, 2025 .	Teams of three (3) or four (4) contestants will judge at least seven (7) classes of livestock. Livestock species include beef cattle, swine, sheep, and goats. Twelve (12) minutes will be allowed for each class of livestock. Each contestant must give three (3) sets of oral reasons.	National 4-H Livestock Judging Contest, North American International Livestock Exposition Louisville, KY
Meat ID	June 18, 2025	LSU	Individual	8	Must be 14-18 years of age by January 1, 2025 for award.	Meat judging helps youth develop essential life skills by allowing them to demonstrate their ability to evaluate various species of carcasses and identify various cuts of meat.	American Royal 4-H Meat Judging Contest Kansas City, KS October 2025
Next Food Star	June 19, 2025	LSU	Team of two (2) to four (4)	1	Must be 14-18 years of age by January 1, 2025 .	This team food preparation/presentation contest uses Louisiana seafood to prepare a dish. The team will also present an informal speech on how the dish was prepared, the importance of Louisiana seafood, and the nutritional value of the dish. Each parish may allow a team of two to four (2- 4) participants to compete in this contest. If you only have two members on a team, you may need an alternate in case something happens and one cannot make the event.	Great American Seafood Cook-Off: 4-H Edition New Orleans, LA August 2025
Outdoor Skills	June 18, 2025	LSU	Individual and/or Team of 3 or 4	2	8th-12th grade by August 1, 2024.	The contestant will be required to participate in a performance challenge that involves shooting and orienteering challenges. They will take a test related to ethical and environmental decisions of the outdoors. Contestants (team) will be required to give a 5- to 7-minute oral presentation on a real-life situation involving an outdoor adventure.	Louisiana 4-H Educational Trip Tennessee November 2025
Personal Trainer	June 18, 2025	LSU	Individual	2	8th-12th grade by August 1, 2024	This contest includes a written exam, personal training demonstration rotations, and scenario coaching including exercise adaptations for specific needs.	Ignite 4-H Conference Washington, D.C. Spring 2026 If winner is 13 then they will receive the Louisiana Educational Trip.
Photography	June 18, 2025	LSU	Individual	2	8th-12th grade by August 1, 2024.	The digital photography contest allows 4-H contestants to demonstrate their skills and how they view the world through photography. Contestants submit a portfolio of no more than ten (10) photographs taken throughout the year as well as a narrative summary of their photography. Additionally, each contestant will take an exam to test their knowledge of photography.	Ignite 4-H Conference Washington, D.C. Spring 2026 If winner is 13 then they will receive the Louisiana Educational Trip.
Poultry Judging	June 19, 2025	LSU	Individual	8	Must be 14-18 years of age by January 1, 2025 .	Poultry judging teaches 4-H members how to judge live hens, grade eggs, grade ready-to-cook poultry, and identify poultry parts. It also provides experience in organizing thoughts and defending decisions with oral reasons. This contest will consist of three parts: egg production class, market class, and egg class.	National 4-H Poultry and Egg Conference Louisville KY
Promote 4-H Graphic Design	June 19, 2025	LSU	Individual	2	8th-12th grade by August 1, 2024.	The contest allows a contestant to design a digital image featuring 4-H that could be incorporated into various marketing assets.	Ignite 4-H Conference Washington, D.C. Spring 2026 If winner is 13 then they will receive the Louisiana Educational Trip.
Public Speaking - Co-op	June 19, 2025	LSU	Individual	2	Must be 14-19 years of age by January 1, 2025.	Contestants present prepared speeches on, or in favor of, agricultural cooperatives as well as speak on their benefits, challenges, and opportunities in a free market system. Agricultural cooperatives handle, process, and market almost every type of agricultural commodity, furnish farm supplies, and provide credit and related financial services, including export financing. Earnings from these activities are returned to their farmer members on a patronage basis, helping improve their income from the marketplace.	National 4-H Congress Atlanta, GA November 2025 2nd Place-\$100 3rd Place-\$50

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Public Speaking - Any	June 18, 2025	LSU	Individual	2	Must be 14-19 years of age by January 1, 2025.	This contest allows 4-H contestants to demonstrate their public speaking and communication skills. Speeches may focus on any age- and subject-appropriate topic except those related to agricultural cooperatives	National 4-H Congress Atlanta, GA November 2025
Robotics	June 19, 2025	LSU	Team of 3 to 5	2	8th-12th grade by August 1, 2024.	The contest is a challenge-based competition focusing on tasks and processes found in the agricultural industry and/or farm and ranch. The contest will include both announced and unannounced challenges.	Ignite 4-H Conference Washington, D.C. Spring 2026 If winner is 13 then they will receive the Louisiana Educational Trip.
Sports Broadcasting	June 19, 2025	LSU	Team of 2	2	8th-12th grade by August 1, 2024.	Contestants will serve as sports broadcasters and commentate on one of the following sporting events: football, basketball, baseball or softball. One announcer will cover color commentary, and the other will cover the details of the sporting event.	Louisiana 4-H Educational Trip Tennessee September 2025
STEM Illustrated Talk	June 19, 2025	LSU	Individual	2	8th-12th grade by August 1, 2024	This contest allows youth to present an illustrated talk on an area within Science, Technology, Engineering and Mathematics. Topics include Aerospace, Agronomy/Plant Science, Forestry/Woodworking, Home Environment, Horticulture, Insect/Entomology, Machines, Outdoor Skills, Photography, Pet Care, Veterinary Science, and Horse and Livestock.	Ignite 4-H Conference Washington, D.C. Spring 2026 If winner is 13 then they will receive the Louisiana Educational Trip.
STEM Method Demonstration	June 18, 2025	LSU	Individual or a Team of 2	2	8th-12th grade by August 1, 2024.	This contest allows youth to present a method demonstration in an area within Science, Technology, Engineering, and Mathematics. Topics include Aerospace, Agronomy/Plant Science, Forestry/Woodworking, Home Environment, Horticulture, Insect/Entomology, Machines, Outdoor Skills, Photography, Pet Care, Veterinary Science, Horse and Livestock. The method demonstration should be separate and should NOT include cooking/preparing food.	Ignite 4-H Conference Washington, D.C. Spring 2026 If winner is 13 then they will receive the Louisiana Educational Trip.
Teens Driving Teens	June 19, 2025	LSU	Team of 2 or 3	2	8th-12th grade by August 1, 2024.	This contest is for teams of two (2) or three (3) members. Contestants will present a (5-7) minute presentation on safe driving using format or audiovisuals of choice. Safe Driving topics include but are not limited to distracted driving (texting), drinking while driving, reckless driving, sleepy driving, road rage, and seat belt usage. The emphasis will be on young drivers, influencing other young drivers.	Ignite 4-H Conference Washington, D.C. Spring 2026 If winner is 13 then they will receive the Louisiana Educational Trip.
Tiger Tank	June 18, 2025	LSU	Individual or Team of 2	2 per Division -Ideation -Up & Running	8th-12th grade by August 1, 2024.	The Tiger Tank Entrepreneurship Challenge offers 4-H contestants an opportunity to apply their strengths, talents, and abilities to design innovative business ventures. In the process of creating their business concepts, contestants will sharpen their time management skills, financial management skills, communication skills, problem-solving abilities, critical thinking skills, perseverance, and confidence. The contest goal is to inspire students to think outside the box and pursue their goals through experiential learning.	Division winners will be awarded a one-time, monetary scholarship.
Tractor Operations	June 19, 2025	LSU	Individual	2	8th-12th grade by August 1, 2024.	This contest will consist of a twenty-five question written exam parts identification and hands-on tractor/bush hog component.	Louisiana 4-H Educational Trip Tennessee November 2025

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Vet Set Geaux	June 18, 2025	LSU	Individual	2	Must be 14-19 years of age by January 1, 2025.	Individual contestants will demonstrate their scientific knowledge of veterinary care/science of all animals. Winners will be determined by the combined scores from: 1) a written general knowledge exam (100 pts), 2) an informative presentation. (100 pts), and 3) skill-a-thon portion (150 pts)	National 4-H Congress Atlanta, Georgia November, 2025
Visual Arts	June 4, 2025	LSU	Individual	1 entry per 4-H member; no limit per parish	Must be 14- 19 years of age by January 1, 2025.	Contest allows 4-H contestants to display their accomplishments in visual, digital, and fine arts.	National Congress Atlanta, Georgia November, 2025
Zero Turn Mower	June 19, 2025	LSU-Parker	Individual	2	8th-12th grade by August 1, 2024.	Contest will consist of participants identifying parts of a zero-turn mower, common turf grass species and lawn weeds in Louisiana, and complete a driving and safety portion.	Louisiana 4-H Educational Trip Tennessee November 2025

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