POTTAWATOMIE COUNTY 4-H NEWSLETTER

Ambassador Spotlight

Meet **Elsie Stutzman**! Elsie is a member of the Jayhawkers 4-H club and a 1st year Ambassador. Elsie can be found working with her animals day and night in the barn.

UPCOMING EVENTS

- **Horse Panorama**
  February 21-22, 2026
  Rock Springs Ranch, Junction City
- **Jr. Beef Producers Day KSU**
  March 7, 2026
  Manhattan, KS
- **Spring Garden Workshop**
  March 7, 2026
  Wamego, KS
- **Beef Weigh In and Tagging**
  March 14, 2026, 8-11am
  Rezac's Farm
- **County Council Meeting**
  March 23, 2026
  Westmoreland, KS
- **4-H Ag Tech Day**
  April 4, 2026
  Mound Ridge, KS
- **Jr. Sheep Producers KSU**
  April 11, 2026
  Manhattan, KS
- **PT Co Spring Fling**
  April 18, 2026
  Onaga, KS
- **Small Stock Weigh In**
  April 22, 2026
  Westmoreland, KS

Watch For...

SPRING BREAK EVENTS DETAILS COMING SOON!!

Monthly Shout Out

Contest Participants

On February 7th, at Club Days, we had a Contest Intro Area set up as a come-and-go learning experience for all, and it was incredible to watch it unfold! We saw friendly competitions between family members, parents, ambassadors, and youth. I witnessed 4-H members and adults helping each other, and sparks igniting everywhere. I saw the heart of 4-H, the WHY behind what we do, and so many moments that remind us why this program matters.

This was only possible because of the collaborative efforts of so many!

A sincere thank you to:

- **PT Co Master Gardeners** for designing an outstanding Horticulture Experience.
- **Makinna Peterson**, WB Co Ag Agent, for leading a fantastic hands-on Livestock and Companion Animal section.
- **Cassie Jones**, Professor/ASI Teaching Coordinator, for her behind-the-scenes development and planning.
- **Sarah Ganske**, Assistant Professor and Extension Agronomy Specialist, for gathering live seeds and pressed plant specimens for a real-life agronomy experience, and for helping with resources for a new PT County team.
- The **Pottawatomie County 4-H Ambassadors** for leading youth, manning booths, and creating a welcoming and engaging environment all day long.
- A special thank you to **Kate West**, PT Co Program Assistant, who not only developed the FCS contest but also coordinated with Ambassadors and helped pull the entire event together to truly "Make the Best Better." Her willingness to tackle any and all new (and sometimes crazy!) ideas is unmatched, and she is a true asset to our county.

And last but certainly not least...THANK **YOU** to everyone who participated. You stepped into new areas, tested your skills, discovered new talents, and embraced the learning process.

I am always excited to see the incredible things happening in our county, and I am beyond excited about what the future holds for our 4-H program!

💚🍀 Make the Best Better 🍀💚

Amber

Hosted by Kansas 4-H, K-State ID3A, and KCARE

4-H Ag Tech Day

Join us for an engaging Ag Tech Day on Sat., April 4, from 10:00 a.m. to 2:00 p.m. at Flickner Innovation Farm in Moundridge, Kansas! This event is designed for youth in grades 5–12 and offers a hands-on opportunity to explore the farm while learning about both new and established technologies that make farm management more efficient and effective. Participants will rotate through a variety of interactive stations led by knowledgeable presenters. Attendees are welcome to come and go as they please, and snacks will be provided.

🔧 Possible Station Topics Include:

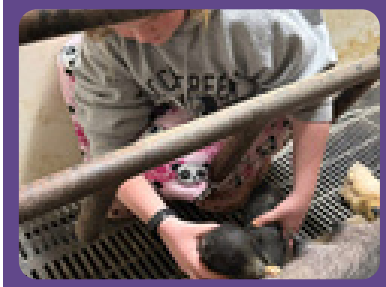
- Unmanned aircraft systems and drone technology
- John Deere technologies
- Agricultural sensors
- Under-canopy robotics
- Technology for locating and tracking insects

📋 Registration Information

- Cost: FREE, but Registration is required
- Deadline: Wednesday, April 1
- Register as an individual or as a group of up to 5

Don't miss this exciting opportunity to explore the future of agriculture and ag technology!

This Month in Pictures



Kennedy spent a night farrowing a litter of Hampshire piglets out of her 2025 show gilt!

The RL/PT BB gun team spent the day at the Johnson Co. match. All shot well with several new PB and the team taking 3rd overall.

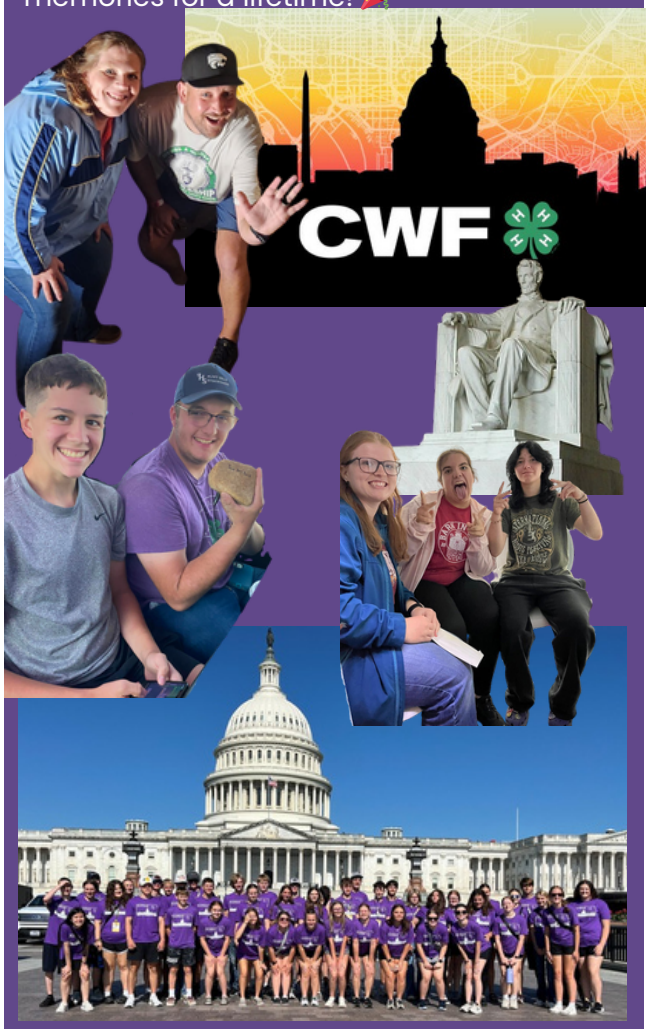
The Jayhawker 4-H Club earns the most unique costume contest at Regional Club Days Doing the Barn Yard Cupid Shuffle!

Experiance of a Lifetime

Citizenship Washington Focus

Ready for the adventure of a lifetime? 🚌✨ Join us as we kick off the journey to Citizenship Washington Focus (CWF) 2028! This year-and-a-half experience brings 4-Hers together for leadership, teamwork, friendships, and an epic cross-country trip—ending in Washington, D.C.! Along the way, we'll stop at iconic sites like the St. Louis Arch, Mammoth Cave, Gettysburg, and more (chosen by YOU!).

If you'll be 14 by January 2028, you're eligible! While formal meetings start in February 2027, fundraising starts now to keep costs low. Call or email Amber to get on the list—and bring your fundraising ideas. Start early, pay less, and make memories for a lifetime! 🎉



Contest Results

Regional Club Days

CLOVERBUDS
- Sydney Klenda, Olsburg Boosters,
- Ryleigh Lundberg, Olsburg Boosters

DANCE GROUP
- Lucky'Leven: Red
  - Jaylie B., Brenn B., Jayva B., Ellie G., Adilyn H., Brooklyn H., Jayden H., Skylar H., Makayla R., Kassidy S.
- Jayhawkers: White
  - Marshall G., Brent P., Elley S., Maggie S., August S., Christopher T., William T.

JR. DEMONSTRATION/ILLUSTRATED TALKS
- Avery K, Blackjack, Top Blue
- Jayden L, Olsburg Boosters, Blue

INT. DEMONSTRATION/ILLUSTRATED TALKS
- Brock D, Blackjack, Blue
- Kinsey H, Dutch Mill, Blue
- Lexi H, Olsburg Boosters, Red
- Caleb L, Lucky'Leven, Red
- Kennedy K, Blackjack, Top Blue
- Dalton K, Olsburg Boosters, Red
- Kinslee R, Kaw Valley, Red
- Lucy W, Dutch Mill, Blue
- Sadie W, Dutch Mill, Red

SR. DEMONSTRATION/ILLUSTRATED TALKS
- Haylee H, Dutch Mill, Red
- Michael H, Dutch Mill, Top Blue

BEGINNER GAVEL GAMES
- Blackjack: Blue
  - Vera B, Luciana B, Amelia M, Adley O, Brinley O.
- Olsburg Boosters #1: Blue
  - Maggie B, Lucy J, Anna K, Jayden L.
- Olsburg Boosters #2: Top Blue
  - Clayton K, Chase K, Dalton K, Lyle L, Wayne L.

JR. INSTRUMENTAL SOLO
- Avery K, Blackjack, Blue
- Sadie R, Kaw Valley, Top Blue

INT. INSTRUMENTAL SOLO
- Blake B, Lucky'Leven, Blue
- Maggie B, Olsburg Boosters, Blue
- Maisie B, Olsburg Boosters, Blue
- Kinslee R, Kaw Valley, Blue
- Kennedy K, Blackjack, Top Blue
- Sadie W, Dutch Mill, Blue

Contest Results

Regional Club Days Con't

INT. MULTI-MEDIA PRESENTATIONS
- Maggie B, Olsburg Boosters, Top Blue
- Kinsey H, Dutch Mill, Blue
- Wayne L, Olsburg Boosters, Red
- Amelia M, Blackjack, Red
- Easton T, Blackjack, Red
- Sadie W, Dutch Mill, Blue

SR. MULTI-MEDIA PRESENTATIONS
- David B, Olsburg Boosters, Red
- Haylee H, Dutch Mill, Red

PROJECT TALKS
- Chase K, Olsburg Boosters, Blue
- Olivia L, Olsburg Boosters, Blue
- Henry L, Olsburg Boosters, Overall TB
- Lyle L, Olsburg Boosters, Red

INT. PUBLIC SPEAKING
- Maisie B, Olsburg Boosters, Blue
- Kinsey H, Dutch Mill, Red
- Allie P, Triple V, Blue
- William R, Olsburg Boosters, Top Blue

SR. PUBLIC SPEAKING
- Oliver B, Olsburg Boosters, Red
- Taylor B, Olsburg Boosters, Top Blue
- Haylee H, Dutch Mill, Blue
- Liberty S, Triple V, Red

JR. READING
- Participant, Top Blue

INT. READING
- Participant, Top Blue
- Kinsey H, Dutch Mill, Blue
- Brianna R, Lucky'Leven, Red

SR. READING
- Haylee H, Dutch Mill, Blue
- Faith P, Triple V, Blue

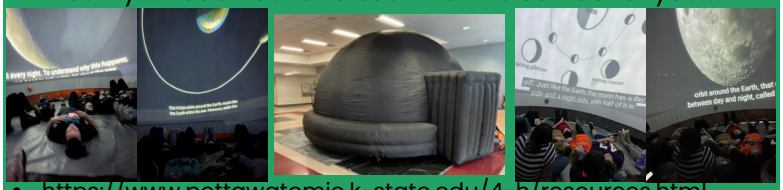
SR. SOLO ACTING
- Haylee H, Dutch Mill, Blue

KANSAS 4-H
LEAD
SERVE
BUILD
CONQUER

I Didn't Know That!

Resources Available!

- In an effort to get our resources out to you, the 4-H families, we will be highlighting areas each month in the newsletter!
- This month we would like to highlight our new Dome! We are excited to bring this to organizations and Schools in PT County!!! Reach out and see what we can do for you!!!



- https://www.pottawatomie.k-state.edu/4-h/resources.html

Summer Camp Planning

Rock Springs Ranch Camp

- Thousands of young campers come to Rock Springs Ranch yearly to unplug, explore, play and learn lessons that last a lifetime. Campers grow socially, emotionally, physically and cognitively. Many make friends for life. It's also just plain FUN!
- The values of 4-H are at the core of Rock Springs Ranch and they guide all of their programming. Lessons learned here create a foundation for success that will last far beyond their visit. You don't have to be a 4-H member to come to camp at Rock Springs!
- Pottawatomie County offers grants for our members! Chat with your club leaders or give Amber a call!
- Sessions:
  - Overnight Camp – 3rd -12th Graders (3 -5 nights)
    - Session 1: June 2-6
    - Session 2: June 7-12
    - Session 3: June 14-19
    - Session 5: June 28-July 1
    - Session 6: July 5-10
    - Session 7: July 12-17
  - Mini Camp- 1st-3rd Graders (2 nights)
    - Session 1: June 21-23
    - Session 2: June 24-26
  - Leaders in Training (LIT)- 10th-11th Graders **OR** Counselors In Training (CIT) – 12th Graders (No Cost) (5 nights)
    - Session 2: June 7-12
    - Session 3: June 14-19
    - Session 6: July 5-10
    - Session 7: July 12-17
  - Specialty Camp- Rising 6th-9th Graders
    - Ranch Camp (June 21-26)
    - Shooting Sports Camp (June 21-26)
    - Cooking Camp (June 21-26)
    - Outdoor Wilderness Skills Camp (June 21-26)

Time to Shine

Horse Panorama

- Febrary 21-22
- Rock Springs Ranch, Junction City
- More Information Here
- See Attached Flyer

Project Workshop

Beef Weigh In & Tagging

- March 14th
- 8am-11am
- All Market Animals must be weighed this day to be eligible for Rate of Gain at the Fair.
- EID Tags are required for **ALL** Market Beef and Commercial Breeding Animals!
- See Attached Flyer!

Communication Central

KS 4-H Volunteer Zoom

- February 22, 7 pm - 8pm
- Volunteer Association Zoom, Register Here.
- The Kansas Association of 4-H Volunteers is excited to have its second Volunteer Zoom Session! They are continuing with the theme from the Leadership Forum to nurture more Kansas 4-H Volunteers to be the most successful they can be in their volunteer role!!!
- TOPICS: Club Days, Spring into Volunteering, Fairs
- NOTE: Hosts will log out at 7:30 p.m. if no one has logged on.
- Upcoming Sessions (All 7-8 p.m. via Zoom)
  - Sunday, June 28 (State Fair, Record Books)
  - Sunday, August 30 (Club Structure, Club Activities, Volunteer Forum)
- The Zoom link will be included in the confirmation email after registering.

Free Money!!!

FCE Scholarship

🎓✨ SENIORS — THIS ONE'S FOR YOU! ✨🎓

Ready to turn your passion into a career AND get help paying for college? 💰The Kansas Association for Family & Community Education (Kansas FCE) is offering a $1,000 scholarship for graduating seniors!

- Who can apply?
  - Seniors planning to attend a 2 or 4 year Kansas college or university
- What should you study?
  - A major that helps improve the physical, social, or emotional well-being of individuals, families, and communities. (If you want to make a difference in people's lives..... this is for YOU!)
- Scholarship Details:
  - $1,000 total award
  - Paid in TWO installments
  - Sent directly to your college for the 2026–2027 school year
- Deadline: March 1, 2026

This opportunity is made possible by members and friends of Kansas FCE who believe in supporting students like you

Don't miss your chance to earn money for school while pursuing a career that helps others!
Questions? Reach out and we'll help you get started!

Free Money!!!!

Grand Drive Scholarship

The Kansas State Fair Grand Drive Scholarship Program recognizes outstanding youth livestock exhibitors who have shown excellence, commitment, and integrity through their participation in the Kansas State Fair Junior Livestock Program. Each year, ten $1,000 scholarships are awarded to deserving graduating seniors and post-secondary students, helping them pursue their educational goals.

- How to Apply
  - Applications open and must be submitted by **April 15**.
  - High School & Post-Secondary Grade Reports
    - A copy of the online grade report showing the applicant's name and the organization's name.
  - ESSAY - 500 words (See Website for Details)
  - Video - Please record a short video answering the three questions provided in the application form.

Click on Link Above For Application

Free Money!!!

PT County Scholarship

MONEY FOR YOUR FUTURE
PT COUNTY STUDENTS

The Pottawatomie County Family & Community Education Council is awarding

- TWO (2) $325 Educational Grants!
- This opportunity is open to ALL genders and ALL ages of Pottawatomie County residents planning to attend:
  - College
  - Trade School
  - Technical Program

If you live in Pottawatomie County and are continuing your education, this is for YOU!

What You Need to Apply:
- Completed application
- Letter of recommendation
- Transcript
- ACT score

Submit all materials to the Pottawatomie County Extension Office

Deadline: March 13

Important Dates to Know:
- Winners notified by May 1
- Funds awarded in January of the following year (after submitting your first-semester transcript)

This is a great way to earn extra support for your education goals — whether you're heading to a university or learning a skilled trade!

Don't wait, get that application completed by March 13!

Ideas Needed!!!!

Fair Theme

- Did you know that YOU Choose the Fair Theme each year??
- Click Here to submit suggestions
- County Council will Vote at the March Meeting

Congrats!!!!

Horse Judging Contest

Dalton Klenda (Int)
Team:
- 1st Overall Team
- 1st Placing
- 1st Reasons

Individual:
- 3rd High Individual
- 5th High Reasons
- 3rd High Placing

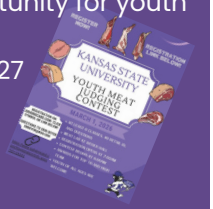
Ashlynne King (Senior)
Team:
- 1st Overall Team
- 1st Placing
- 1st Reasons

Individual:
- 2nd High Individual
- 4th High Reasons
- 2nd High Placing

K-State Opportunity

Meats Judging Contest

- Spring meats judging contest hosted by KSU
- Sunday, March 1, 2026
- KSU Meats Lab on the K-State campus
- This will be a wonderful opportunity for youth to see actual meat products.
- Register Deadline is February 27
- See Attached Flyer!



Opportunity to Shine!

T-Shirt Design Opportunity

You are creating the graphic design for the T-shirts worn by participants at the 2026 Insect Spectacular, held each summer. You can use graphics of true Lepidoptera or create your own artful images. No copyrighted clip art, photos, or graphics may be used. Remember to use only Lepidoptera found in the Kansas 4-H Entomology Workshop

Theme: Lepidoptera (Butterflies, Skippers and/or Moths)

Deadline: March 06, 2026 by Midnight!

Mailing Address: Vicky Wallace (Contact for Questions)
2447 40th Road
Humboldt, Kansas 66748
Email: vicky.wallace55@gmail.com
Phone: (620)804-9170

Rules: Design must fit on an 8 ½" X 11" sheet of paper
Maximum 3 colors plus one color for T-Shirt
Must include "Insect Spectacular 2026"
Information that must be on the back of your entry:

- 4-Hers Name
- 4-H Age
- County/District
- Mailing address
- Phone number
- First and second choice of T-shirt color
- Email (if you have one)

Prize: The Winner will receive a $20 Sonic gift card.

The winning design will be selected by the State 4-H Entomology committee.

K-State Opportunity

Kansas Youth Institute

- March 6 (Registration due Feb 23)
- KSU Campus
- Who: 9th–12th grade students
- What: Research a food security issue and write a paper with a teacher/mentor.
- Why participate:
  - Earn recognition as a Borlaug Scholar
  - Eligible to attend the Global Youth Institute (Des Moines, IA)
  - Present research to agriculture experts
  - Receive a $500 scholarship to KSU College of Agriculture
  - Eligible for the Borlaug-Ruan International Internship (all expenses paid)
  - Connect with student leaders and global experts
  - Receive feedback from World Food Prize reviewers

THE WORLD FOOD PRIZE
GLOBAL YOUTH INSTITUTE

4-H HORSE PANORAMA

FEBRUARY 21-22, 2026

ROCK SPRINGS

Who should register:
All 4-H members age 9-18 who have an interest in horses, competing in Horse Bowl, Public Presentations or Hippology. This event determines who represents Kansas 4-H at several national contests.

Registration:
Opens December 22. Early bird registration is due January 30, and late registration will be accepted until February 6. Only those youth who register by the January 30 deadline will receive a t-shirt. All participants, adults, and attendees must register. Coaches must register all teams.

Event Objective

To provide an opportunity for youth to demonstrate their knowledge of equine-related subject matter, including structure and movement, in a competitive setting where attitudes of friendliness and fairness prevail. These contests will provide an educational experience for both participants and spectators.

Cost:
Full time (Sat., Sun.) youth: $155
Saturday only youth: $120
Full time youth with Friday arrival: $185
Full time adult (Sat., Sun.): $130
Full Time adult with Friday arrival: $160
Saturday only adult: $100
Virtual only: $0

Attire & What to Bring:
Dress code is casual and industry appropriate.
Contestants must provide #2 writing utensil and clipboard or notebook for note taking.

Additional Information:
Kelsey Nordyke, klnordyke@ksu.edu
https://bit.ly/25HorsePanorama

Accomodations:
K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Accommodations for persons with disabilities may be requested by contacting the event contact (insert name) two weeks prior to the start of the event (insert deadline date) at (insert phone number and email). Requests received after this date will be honored when it is feasible to do so.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service.
K-State Research and Extension is an equal opportunity provider and employer.

K·STATE Research and Extension

REGISTER NOW!

REGISTRATION LINK BELOW!

KANSAS STATE UNIVERSITY

YOUTH MEAT JUDGING CONTEST

MARCH 1, 2026

REGISTRATION ON JUDGINGCARD.COM- CLICK SYMBOL OR LINK BELOW!

QUESTIONS TO ERIN BEYER ERBEYER@KSU.EDU

https://www.judgingcard.com/Registration/Info.aspx?ID=24341

- AT LEAST 6 CLASSES, 40 RETAIL ID, AND QUESTIONS
- MEAT LAB AT WEBER HALL
- REGISTRATION OPENS AT 7:00AM
- CONTEST BEGINS AT 8:00AM
- AWARDS FOR TOP 10 AND HIGH TEAM
- YOUTH OF ALL AGES ARE WELCOME

HOSTED BY :
POTTAWATOMIE COUNTY
MASTER GARDENERS

MARCH 7TH 2026

WAMEGO SENIOR CENTER
501 ASH ST. WAMEGO
9AM - 11AM

SPRING

Kids Garden Corner
Drop in anytime
- Garden in a Glove
- Parts of a Plant
- Where are the seeds?

Ages 5 - 12

SPRING GARDEN WORKSHOP !

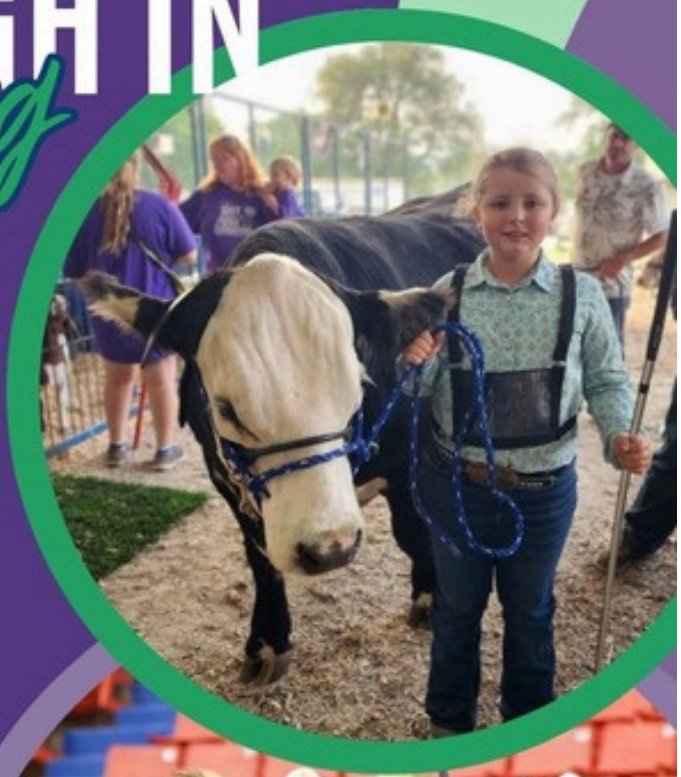
9:00 - 9:10 WELCOME
9:10 - 9:40 HERB- INFUSED VINEGARS
9:40 - 10:10 WEED IDENTIFICATION
10:10 - 10:20 BREAK
10:20 - 10:50 NATIVE PLANTS
10:50 - 11:00 QUESTIONS

Register Here

- Free and Family - Friendly
- Register at 785-457-3319 if you would like to register offline

Beyond Ready
Project Workshop

BEEF WEIGH IN & Tagging



Saturday, March 14
08.00–11.00 AM

24500 Aiken Switch, Onaga
REZAC'S RANCH

Weigh In
Must be weighed at this event to be eligable for Rate of Gain at the Fair!

Information Given
There will be inforamtion provided for dates and resources!

Tagging
EID Taggs will be placed in and regired for all Market Beef and Commercial Breeding Stock!

Let's Get Started!
Kicking off your Fair Project for 2026!!!

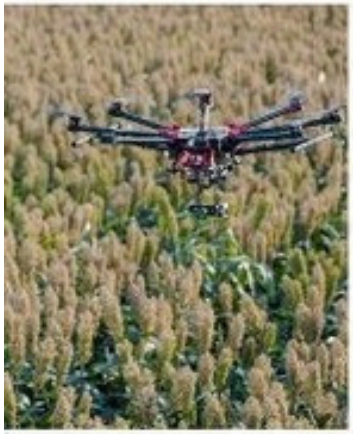
Contact Us **785-457-3319**
asharpe@ksu.edu

KANSAS STATE UNIVERSITY | Extension
Pottawatomie County

Ag Tech Day

April 4, 2026
10 a.m. – 2 p.m.

Flickner Innovation Farm
Moundridge, Kansas



Visit stations around the farm and learn about technologies to make a farm management plan.

Free and open to the public; activities are tailored for middle and high school students.

Come and go as you please; snacks provided!

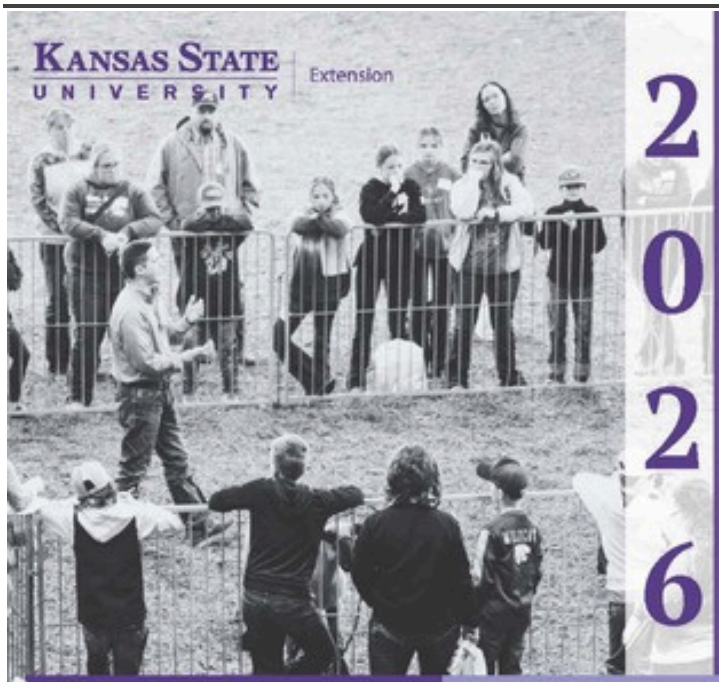
Register by April 1 at https://bit.ly/AgTechDay

K·STATE Research and Extension | Beyond Ready

Kansas State University | Institute for Digital Agriculture and Advanced Analytics

KCARE

(785) 457-3319 WWW.POTTAWATOMIE.K-STATE.EDU/4-H/ ASHARPE@KSU.EDU



2026 K-State Junior Sheep Producer Day

Date

4.11.2026

Manhattan, KS

Scan Me!

Registration

Due: 3.20.2026

Cost: $20/person

https://bit.lySheepJrProducer

**All adults & youth must register to attend.*

***Only those registered by 3/20/26 will receive a t-shirt.*

****Late registration is $30/person.*

Questions

Lexie Hayes

785.532.1264

adhayes@ksu.edu

Program

Join us for the biennial K-State Junior Sheep Producer Day on Saturday, April 11, 2026. Presentations will be provided by featured guests, as well as K-State faculty, staff, and students. This event will be an educational day of activities in which youth, parents, extension agents, ag teachers, and sheep project leaders can increase their knowledge of youth sheep project selection and management. A variety of topics will be shared, including an optional YQCA certification at the end of the day. All ages and skill levels are invited! Lunch and a t-shirt are included. The registration fee is $20/person for those who sign up by March 20 or $30/person for those who register after that date. Only those who register by the deadline will receive a t-shirt. This is a family event! Anyone attending, including both youth and adults, must register.There will be an optional tour of the sheep and meat goat center offered on Friday evening and Saturday after jr. day.

Tentative Schedule

Friday, April 10

5:00-7:00PM Optional Tour of Sheep & Goat Center

Saturday, April 11

8:00AM	Check-in
9:00AM	Welcome
9:15AM	Selection
10:00AM	Nutrition
10:45AM	Morning Breakout Sessions -facilities & equipment, reproduction, project management purchase to show
NOON	Lunch
1:00PM	Health
1:45PM	Afternoon Breakout Sessions -wool, showmanship, clipping & grooming
3:45PM	Dismissal
4:00PM	Optional YQCA Class
4:00-6:00PM	Optional Sheep & Goat Center Tour

K-State, County Extension Councils, Extension Districts, and U.S. Department of Agriculture Cooperating.
All educational programs and materials available without discrimination on the basis of race, color, religion, national origin, sex, age, or disability.

POTTAWATOMIE COUNTY

SPRING FLING

LIVESTOCK SHOW

POTTAWATOMIE COUNTY
FAIRGROUNDS - ONAGA, KS

APRIL 18, 2026

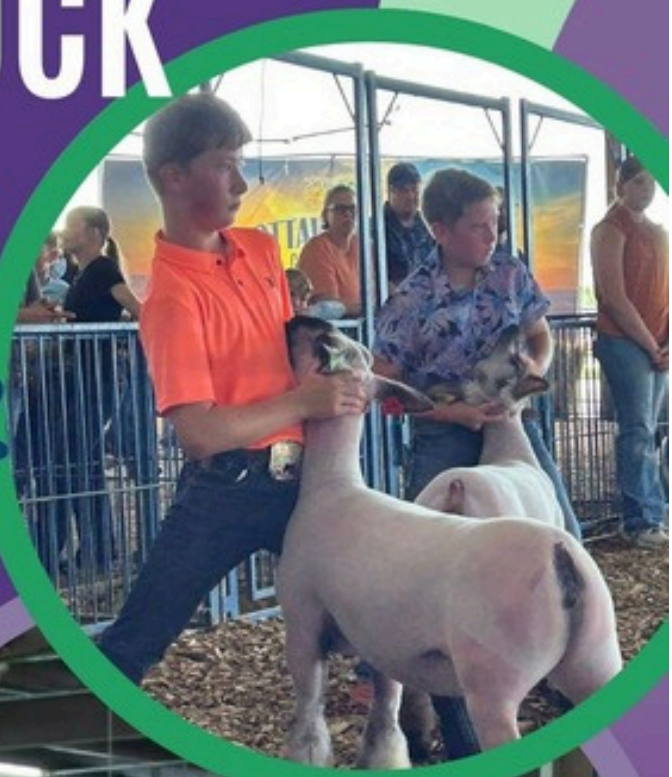
SHOW TIMES AGES UP TO 21	SWINE - 8:00 AM SHEEP-GOAT - 1:00 PM CATTLE - 5:00 PM OR 30 MINUTES AFTER COMPLETION OF PRIOR SPECIES
SHOWMANSHIP	SHOWMANSHIP 4-H AGE ONLY $5 PER SPECIE
REGISTER	WWW.SHOWMAN.APP $10 LATE FEE DAY OF SHOW
DETAILS	JUDGE: KELLUM CARNAHAN ELITE SHOW SUPPLY TRAILER CONCESSIONS ON SITE
CAMPING	Available for $35 785-477-2591

785-456-5762 defigge@hotmail.com

Beyond Ready
Project Workshop

SMALL STOCK

Weigh In & Tagging



Wednesday, April 22
04.30–6.30 PM

Westmoreland, KS
PARKING LOT
ENTER OFF CAMPBELL ST.

Weigh In
Must be weighed at this event to be eligable for Rate of Gain at the Fair!

Information Given
There will be inforamtion provided for dates and resources!

Tagging
EID Taggs will be placed in and regired for all Market Sheep/Goats/Swine and Commercial Breeding Stock!

Let's Get Started!
Kicking off your Fair Project for 2026!!!

Contact Us **785-457-3319**
asharpe@ksu.edu

KANSAS STATE UNIVERSITY | Extension
Pottawatomie County

Online entries & payment only:
SHOWMAN APP

For more information:
K-State Research & Extension – Chisholm Trail District, Dickinson County
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https://www.chisholmtrail.k-state.edu/4_h/events/Events.html

Buckles will be awarded for grand champion/supreme, reserve champion/reserve supreme, champion showmanship (3 divisions), and breed champions.

Prizes will be awarded to the top 5 market and breeding animals.

*Supply trailer, Cottonwood Sharpening, and concession stand by the DK 4-H Leadership SQUAD available on the fairgrounds.
*Photography by Morayah Ashley Livestock Imagery with free digital downloads following the show.
*24-inch show fan raffle opportunity – purchase on Showman App or cash only on day of show, $5/ticket or $20 for five. Drawing after showmanship. Must be present to win.
*Due to construction, exhibitors are encouraged to bring their own generator and show out of trailers. Limited stall space available. Trailer parking is available north of the barns.

The objective of this show is to provide an educational experience for youth in 4-H/FFA livestock programs with the primary purpose to create a safe, supportive environment for youth to practice livestock handling skills and further their knowledge of livestock production. K-State Extension is committed to providing equal opportunity for participation in all programs, services, and activities. Discrimination based on race, color, ethnicity, national origin, sex, sexual orientation, gender identity, religion, age, ancestry, disability, genetic information, military status, or veteran status is prohibited. Program participants may request information in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may also be requested. Language access services, such as interpretation and translation of vital information will be provided free of charge to limited English proficient individuals upon request.

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MARATHON KIDS

EVIDENCE-BASED PROGRAM PILLARS

The Marathon Kids program is built upon six research and evidence-based pillars. The six pillars help structure the program to build community around physical activity, help establish healthy habits and provide a sense of belonging for your participants.

- GOAL SETTING -

Kids develop a growth mindset setting big and small goals alike.

By educating your participants that their individual effort contributes to not only their own goal but to their class, grade and club goal; helps kids feel a part of something bigger.

- Set the Club's Goal upfront. How many miles will collectively be conquered?
- Display Goals and Data.
- Set a cadence to keep participants updated on club goals and their personal data.
- Focus on short-term goals. Talk about tiny goals or the baby steps when kids are given the opportunity to conquer miles.

HERE ARE SOME EXAMPLES:
"I will try to run one more lap than last time."
"I will jog the straightways and walk the curves to help me complete laps."

- TRACKING -

Logging miles and measuring progress keeps kids motivated.

Participants need to be included in the WHY. Why are we tracking our laps and/or minutes of heart-pumping activity?

- Inform participants when you are tracking their effort.
- Keep it simple.
- Remind participants that their effort contributes to the entire group.
- Share the data.
- Run reports to keep participants updated and motivated on their personal performance as well as their, class, grade-level and club mileage.

Evidence-based pillars to long-term healthy behavior adoption.

- MODELING THE WAY -

Role models inspire kids to build healthy habits.

Research tells us that the first ten years of life are game changing. An early, positive experience with physical activity means ***kids are 6X more likely to stay active into adulthood. It's never too late to start!***

- Share personal experiences of setting/meeting goals, ways you enjoy being active, and things you do to stay healthy.
- Track your own miles. Post those efforts.
- Give verbal, specific praise to participants.
- Celebrate the individual and as well as the team.

- SOCIAL SUPPORT -

Moving together is more enjoyable when you feel the support of others.

Whether from peers or other adults, everyone needs support and encouragement along the way. Kids are always watching and listening. They see and hear what you do as well as what their peers say and do.

- Reward and celebrate participants within social settings so others can observe and join in the celebration.
- Create moments for kids to cheer on one another; spirit tunnels, high five, team cheer.
- Have volunteers or other adults provide positive, specific praise to participants.

- CELEBRATING -

Big cheers and high fives go a long way to foster long-term behavior adoption.

Kids enjoy positive recognition. Layering simple, encouraging celebrations develops their intrinsic motivation and makes them feel a part of something bigger.

- Verbal recognition: during class, announcements, assemblies
- Group celebrations continue to remind participants that you are working as a team to reach the club's goal. "We have made it halfway to our goal! All together we've conquered 4,000 miles."

- REWARDING -

Kids love being recognized which helps when forming new habits.

Consistent positive recognition fuels kids to keep striving for their next milestone.

- Keep it simple.
- Certificates and verbal recognition go a long way.
- Remember to reward not only individual effort, but class, grade-level and the entire club efforts.