Big Time In D9

Healthy Lifestyles Invitational
Contest Overview

- Saturday, May 3, 2014
- Building G Liberal Arts Center
- Room 122
- 2:30-2:55 p.m. Registration (Check in/packet pick up)
- 3:00 p.m. Contest begins
- 5:00 p.m. Official placing of classes available
Contest

3:00-4:10 p.m.
Judging/placing of eight classes (Room 126)
- Seven minutes per class
- One minute rotation
- Universal Form A scantron/#2 pencil/clipboard/blank paper
- Each class worth 50 points
- Turn in scantron to staff before leaving judging room

4:00 Judges report to Room 127 (receive scantrons from staff)

4:10-4:20 Intermission (Room 122)

4:20-4:30 Team scenarios (Room 126)
- 10 minutes to evaluate, decide on a solution, and prepare presentation
- Worth 50 points
- Use blank note cards for notes
- No team communication beyond this point

4:30, 4:40, 4:50 Team presentations (Seniors—Room 122/Intermediates—Room 127)
- Five minutes per team (no visual aids)
- Two minutes of questions from judges
- 4-H members are dismissed as they finish

5:00 Official placing of classes available
What to Bring

Clipboard
Two #2 Pencils
Two blank note cards (3X5 or 5X7)
Two sheets blank paper
Your “A” game
Contestants

- Intermediate Teams & Individuals
  - Walker County Intermediate 1 (Lamb, Brock, J. Conner, Klawinsky)
  - Walker County Intermediate 2 (V. DeShaw, B. Conner, C. DeShaw)
  - Brazos County Fit Chicks (Rockwell, Rx. Fernandes, Rh. Fernandes)
  - Harris County (S. Richter)

- Senior Teams & Individuals
  - Brazoria (Richburg)
  - Brazoria (Petersen)
  - Brazos County Bod Squad (Sturdivant)
  - Brazos County The Bod Squad (Wendt, Schuler, Bouse, Rooney)

- Teams:
  - 3-4 youth within same age division from same county
  - Will be randomly grouped with other individuals to form a team for presentation portion
# Team Presentation

## Grouping and Order

<table>
<thead>
<tr>
<th>Room 122 Seniors</th>
<th>Room 127 Intermediates</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Team 3Cubed</strong></td>
<td><strong>Team Walker 2</strong></td>
</tr>
<tr>
<td>Brazoria (Richburg) and Brazoria (Petersen) and Brazos (Sturdivant)</td>
<td>Walker County Intermediate 2 (V. DeShaw, B. Conner, C. DeShaw)</td>
</tr>
<tr>
<td><strong>Team Bod Squad</strong></td>
<td><strong>Team Fit Chicks Plus</strong></td>
</tr>
<tr>
<td>The Bod Squad (Wendt, Schuler, Rooney, Bouse)</td>
<td>Brazos County Fit Chicks (Rockwell, Rx. Fernandes, Rh. Fernandes) and Harris County (S. Richter)</td>
</tr>
<tr>
<td><strong>Team Walker 1</strong></td>
<td></td>
</tr>
<tr>
<td>Walker County Intermediate 1 (Lamb, Brock, J. Conner, Klawinsky)</td>
<td></td>
</tr>
</tbody>
</table>

*Teams:*

3-4 youth within same age division from same county
Will be randomly grouped with other individuals to form a team for presentation portion
Classes for 2014

- Healthy snacks
- Healthy homes
- Internet safety
- Healthy fast food meals
- Fruits & vegetables
- Food safety
- Heat
- Emergency preparedness
Educational Resources

- Healthy Snacks
  - CDM Nutritious Snacks Study Guide
- Healthy Homes
  - Seven Steps to a Healthy Home
- Food Safety
  - Fight Bac – Fight Foodborne Bacteria Brochure
  - Food Safety on the Move Brochure
- Internet Safety
  - Teen Safety in Cyberspace
- Healthy Fast Food Meals
  - CDM Healthy Fast Food Meals Study Guide
- Fruits & Vegetables
  - Selecting Produce (Wyoming 4-H Produce Judging Guide)
- Heat
  - Avoiding and Treating Heat-Related Problems
- Emergency Preparedness
  - Maintain Your Health During a Disaster
  - Prepare Your Grab and Go Kit
Scoring Summary

A maximum of 1250 points can be attained by each team (50 points per class).

*Note: Teams of four members will have the lowest team member’s scores dropped. However, for teams of three, all team members’ scores will be used in tabulation.
**Scoring Summary (continued)**

<table>
<thead>
<tr>
<th>Contest Portion</th>
<th>Maximum Point Value</th>
<th>Number</th>
<th>Total Maximum Point Value Per Team Member</th>
<th>Total Maximum Point Value Per Team</th>
</tr>
</thead>
<tbody>
<tr>
<td>Placing of classes</td>
<td>50</td>
<td>8</td>
<td>400</td>
<td>1200</td>
</tr>
<tr>
<td>Group Presentation</td>
<td>50</td>
<td>1</td>
<td>50**</td>
<td>150</td>
</tr>
</tbody>
</table>

**Each team member will receive the same score given for the team presentation.**
Group Presentation Summary

• Each team will be presented with a scenario and have 10 minutes to evaluate it, decide on a solution and prepare a presentation.

• Each team will then have 5 minutes to present their solution to the problem/scenario, to a panel of judges, with 2 additional minutes allowed for questions from the judges.

• The scenario topic for the group presentation will tie back to one of the eight healthy lifestyles topics listed above.
Group Presentation Summary

- Visual aids may not be used during the team presentations.
- 4-H members entered in the contest as an individual will be randomly grouped with other 4-H members within the same age division to form a team!
- The team presentation is worth a maximum of 50 points.
Awards Summary

Team awards for each age division

• High point team overall (judging & team presentation)
• High point team for team presentation
• High point team for judging portion of contest

Individual awards for each age division

• High point individual for judging portion of contest
Best wishes at Big Time D9 at the Healthy Lifestyles Invitational!

For questions or concerns, contact the contest Co-chairs: Flora Williams, FCS Brazos County Extension Agent at fewilliams@ag.tamu.edu or Tanner Williams, FCS Grimes County Agent at tanner.williams@ag.tamu.edu
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