

PRINCE WILLIAM 4-H COMPETITIONS

Through Prince William 4-H, youth discover their passions and build real-world skills through hands-on experiences. Our “learn by doing” approach combines both training and hands-on practice, helping young people become confident, capable, and engaged members of their communities.

Competitions give 4-H’ers the chance to apply what they’ve learned, develop valuable life skills, and prepare for future success. With a wide variety of events available, youth can practice, improve, and showcase their talents every step of the way.

4-H COMPETITION LEVELS



**Beyond
Ready**

**Prince William 4-H
Northeast District 4-H
Virginia 4-H
National 4-H**

LEARNING COMPETITIONS

4-H uses hands-on learning to help youth set goals, practice skills, and apply what they’ve learned. Competitions are where that learning shines. Guided by clear scoring rubrics, youth build confidence, strengthen skills, and develop the mindset needed for success in school, careers, and life.

SHARE THE FUN & PRESENTATIONS

These exciting events give 4-H’ers a chance to shine! Youth explore their talents while building confidence, creativity, and communication skills. From speeches and science projects to drama and music, participants learn to express ideas clearly and perform with confidence in a supportive environment.

PROJECT RECORDS & PORTFOLIOS

Project Records and Portfolios help youth capture their growth and achievements over time. These tools are valuable for resumes, scholarships, awards, and future opportunities—and often become meaningful keepsakes. Both are submitted annually, and some project areas require them for competition participation.

DOING COMPETITIONS

Team and individual competitions help youth build leadership, teamwork, and problem-solving skills while advancing from local to national levels.

- **4-H Food Challenge:** Learn nutrition, food safety, and cooking skills while preparing healthy meals.
- **4-H Shooting Education:** Build responsibility, discipline, and teamwork while learning safety and marksmanship.
- **4-H Horse Competitions:** Explore horsemanship, care, and equine knowledge through fun and competitive events.
- **4-H Livestock Competitions:** Gain hands-on experience in animal care, selection, and management, with opportunities in judging and shows.

COUNTY & STATE FAIRS

Prince William County Fair: Celebrate your hard work at the county fair each August! Youth can enter 4-H Project Records & Portfolios, demonstrate skills, and test your skills at the many youth competitions.

State Fair of Virginia: Take your 4-H experience to the next level by competing and showcasing your skills at the state fair beginning in late September!

PRINCE WILLIAM 4-H

www.pwcva.gov/4-H



Virginia Cooperative Extension
Virginia Tech • Virginia State University



If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Prince William 4-H, Virginia Cooperative Extension at (703-792-6000/TDD*) during business hours of 9 a.m. and 5 p.m. to discuss accommodations 5 days prior to the event. *TDD number is (800) 828-1120. Virginia Cooperative Extension is a partnership of Virginia Tech, Virginia State University, the U.S. Department of Agriculture (USDA), and local governments, and is an equal opportunity employer. For the full non-discrimination statement, please visit ext.vt.edu/accessibility.