

AMPLIFY  
KENTUCKY 4-H



# Kentucky 4-H Summit

Middle School Leadership Conference

March 20<sup>th</sup> – 22<sup>nd</sup>, 2025 | Price: \$175.00

Lake Cumberland 4-H Camp

Make friendships with 4-H'ers from across the state  
Service Project | Fun Workshops | Find your spark  
Opportunities to learn and grow

*Register by 1/24/25 with your county 4-H Agent*

Cooperative  
Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

## 4-H County Registration Form

### 4-H Summit 2025 March 20<sup>th</sup> – 22<sup>nd</sup>

<b>Participant Full Name:</b>	
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<b>T-Shirt Size: <i>Adult Sizes Only</i></b>	Youth Small	Youth Medium	Youth Large	Youth XL			
	Small	Medium	Large	XL	XXL	XXXL	XXXXL

<b>Workshop Preference:</b> List of workshops and descriptions are found on attached Sheet. Every effort will be made to assign you one of your top three choices.	<p>1. First Choice _____</p> <p>2. Second Choice _____</p> <p>3. Third Choice _____</p>
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<b>Food accommodation:</b>  Anything beyond what is listed for accommodation will need to be the responsibility of the parent / Agent to provide alternative / supplemental meals for youth to eat and prepare while attending the event. Food storage can and will be made available, but preparation will need to be limited to a microwave or oven.	<p><input type="checkbox"/> <b>Vegetarian Meal</b></p> <p><input type="checkbox"/> <b>Gluten Free Meal</b></p> <p><input type="checkbox"/> <b>Lenten / Catholic Meal (Friday Only)</b></p> <p><input type="checkbox"/> <b>No accommodations needed</b></p>
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<b>Cabin Assignments:</b>	<b>Youth will be housed with their other county delegates of the same gender; Counties will be grouped by areas until the cabin is full.</b>
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### Cooperative Extension Service

Agriculture and Natural Resources  
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**Survey & Evaluation Release:** I hereby establish my willingness to participate as an adult (i.e., 4-H leader, other volunteer, parent/ guardian, site manager, etc.) and give permission for my child (under 18 years of age) to complete surveys and evaluations that will be used to determine program effectiveness or to promote the program. I understand that participation in surveys and evaluations is voluntary and that my child and I may choose not to participate and may withdraw from surveys and evaluations without impact on my or my child’s eligibility to participate in the 4-H program. I understand that my child or I may be asked for consent before completing a survey or an evaluation.

\_\_\_\_\_ (Initials)  Yes  No I am willing to participate or give permission for my child to participate in any program evaluation.

**Permission to Participate:** I acknowledge that my child is participating in 4-H programs for their own personal benefit and that my child will participate in recreational and other activities as part of 4-H programs. I understand that some activities may have inherent dangers and physical risks and that no amount of care, caution, instruction, or expertise can complete eliminate them. I assume responsibility for all risks, known and unknown, involving my child’s participation in 4-H programs and I voluntarily authorize my child’s participation in reliance upon my own judgment and knowledge of my child’s experience and capabilities. I hereby agree to indemnify and hold harmless the University of Kentucky Cooperative Extension Service and all related parties from any liability, losses, costs, damages, claims or causes of action of any kind or nature arising from or related in any way to my child’s participation in 4-H programs.

\_\_\_\_\_ (Initials)  Yes  No I as the parent or guardian give permission for my child to participate in this event.

**Permission to Register:** I hereby give permission for the 4-H professional to use the information provided through the 4-H enrollment process to register my child for the listed 4-H event.

\_\_\_\_\_ (Initials)  Yes  No the event coordinator has permission to use my 4-H enrollment information to register my child for this event.

**Permission to Photograph:** I hereby give permission for the 4-H youth registering for this event to be photographed through the event while participating in activities. Photographs will only be used to share the success of the event and future marketing of the event.

\_\_\_\_\_ (Initials)  Yes  No I give permission for my child to be photographed and the photograph to use used as explained in the above paragraph.

<b>Delegate:</b>	Print:	Sign:	Date:
<b>Parent/Guardian:</b>	Print:	Sign:	Date:





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Thursday		
Date/ Time	Activity	Location
6:00 pm	Registration <i>Dinner on Own (BEFORE ARRIVAL)</i>	
6:30 pm	Camp Tour Round 1	Meet at Registration Area Do not go to cabins. Only team and workshop locations
7:00 pm	Camp Tour Round 2	Meet at Registration Area Do not go to cabins. Only team and workshop locations
7:30 – 8:30 pm	<p>Orientation</p> <ul style="list-style-type: none"> <li>▪ Presentation of the Flags</li> <li>▪ Introduction of Adults, STC and Leadership Boards</li> <li>▪ Adults will meet in Lobby after introductions</li> <li>▪ Rules/Group Living</li> <li>▪ Summit Teams</li> <li>▪ Ice Breaker Games</li> </ul>	<p>Group Meeting Space</p> <p>Teams refer to Blue Bags</p> <p><i>Adults meet Lobby</i></p> <p><i>While youth are in teams doing icebreakers</i></p>
8:45 pm – 9:45 pm	<p>Campfire / Team Time</p> <p>Teams: 1,3,5,7,9,11 at Fire First 2,4,6,8,10,12 Teams Dining Hall</p> <p>Teams Time: Review Schedule</p> <ul style="list-style-type: none"> <li>• Review Workshop Locations</li> <li>• Icebreaker Games</li> </ul>	<p>Campfire Area / Dining Hall Switch Halfway through Switch @ 9:15 pm.</p> <p>Do not release from either location early all switch at the same time</p>
9:45 pm	<p>ALL Delegates, Teens, and Adults Meet in Dining Hall Returning to Cabins</p>	<p>Meet in Dining Hall to be dismissed by cabin (Teens Will Stay and help Clean up)</p>
11:00 pm	Lights Out	
11:00 pm-6:30 am	Quiet Hours – No alarms before	Nothing before 6:30am





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Friday		
Time	Activity	Location
7:30 – 8:15 am	Breakfast Served <i>*Arrive no later than 8:00 am</i>	Dining Hall
8:30 – 8:45 am	Morning Assembly ▪ Good morning 4-H Summit! Announcements	Dining Hall
9:00 – 10:00 am	Workshop 1	Varies, See List
10:10 – 11:10 am	Workshop 2	Varies, See List
11:20 -12:00 pm	Team Time (Leadership Activity)	Team Locations
12:00 – 1:00 pm	Lunch – Clover Corner Open	Dining Hall
1:10 – 2:10 pm	Workshop 3	Varies, See List
2:20 – 3:20 pm	Team Time (Community Service)	Team Locations
3:30 – 5:00 pm	Recreation Rampage! ▪ Outdoor Games ▪ Game Room ▪ Crafts ▪ Movie ▪ Clover Corner Open	<i>Delegates must be at one of these activities. You may NOT be in your cabin or room!</i>
5:10 – 5:50 pm	Prepare for Dinner	May go to cabins An adult needs to be there and travel in groups of three or more!
6:00 – 7:00 pm	Dinner – Clover Corner Open	Dining Hall
7:15 – 8:00 pm	Ask an Officer	Varies, See List
8:00 – 9:30 pm	<u>Evening Activities</u> Dance Movie Board Games Clover Corner Open Snacks	<i>Delegates must be at one of these activities. You may NOT be in your cabin or room!</i>
9:30 pm	Teen Leaders Help Clean from Dance	Dining Hall
9:30 pm	ALL Delegates, Teens, and Adults Meet in Dining Hall Returning to Cabins	Meet in Dining Hall to be dismissed by cabin
11:00 pm - 6:30 am	Quiet Hours – No alarms before 6:30am	



# Kentucky 4-H Summit

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Saturday		
<i>*Wear your 4-H Summit Shirt!</i>		
Time	Activity	Location
7:30 – 8:15 am	Breakfast Served <i>*Arrive no later than 8:00 am</i>	Dining Hall
8:30 am	Camp Clean-Up <ul style="list-style-type: none"> <li>▪ Clean Cabin (take out trash, sweep out cabin, turn mattress up)</li> <li>▪ Pack &amp; Load Luggage</li> </ul>	<i>Check with your adult leaders to determine your check out procedure.</i>
9:00 – 9:30 am	Evaluations <i>Team Leaders will share in Team Locations</i>	Various Locations
9:30 – 10:00 am	Closing Assembly <ul style="list-style-type: none"> <li>▪ Slid show</li> </ul>	Group Meeting Space
10:15 am	Dismiss by Area Groupings for photos!	
11:00 am	Have a Safe Trip Home!	

REC Rampage options	location
Gaga Ball	Gaga Ball pit
Board Games	Dining Hall
Craft	Main meeting room
Flag Football	Outside front of the 4-H Center
Mario Cart Game	Lobby

Teams	Meeting Locations
1	Dining room (Front right)
2	Dining room (Front left)
3	Dining room (Back right)
4	Dining room (Back left)
5	Main Meeting room – front right
6	Main Meeting room – back right
7	Feltner Room
8	Kidwell Room
9	Beacon Hill / Quilt room
10	Front Deck – rocking chairs
11	Main Meeting room – front left
12	Main Meeting room – back left



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Clean up responsibility: Pick up all trash, clean off tables, sweep floors, push in chairs ex...	
2	After Breakfast on Friday morning
3	After Lunch on Friday
4	After Dinner on Friday
5	Camp Fire on Thursday night
6	Dining hall after workshops
7	Gaga Ball area
8	Main Meeting rooms (LC) and Sparks Hall at (WEST)
11	Breakfast on Saturday morning
12	Deck area
13	Dining Hall (LC) or Pavilion (West) after the dance on Friday
14	Hallways at (LC) and shelter house at (WEST)
15	Trash in the lobby area

Ask and Officer location	
Location	Title
Dinning Hall	4-H President
Main Meeting Room	4-H Vic President
Kidwell Room	4-H Secretary
Front Proch	4-H Treasurer
Lobby Area	4-H Reporter

## 4-H Summit Workshop List

Number	Title	Description	Location
01	<i>Slice and Dice</i>	Learn how to safely chop, slice, and dice like a chef. This session will teach you how to handle different knives and cutting techniques, which you can use to prepare ingredients for your favorite recipes.	
02	<i>Microwave Marvels</i>	Discover how to make tasty and healthy snacks using just a microwave. You'll learn how to set temperatures, practical recipes and tips that you can use to quickly prepare meals after school or whenever you're hungry.	
03	<i>Kitchen Adventure</i>	Get comfortable cooking with an oven and stovetop. You'll learn how to set temperatures, use different cooking methods, and make simple meals that you can cook for yourself and your family.	
04	<i>Money Magic</i>	Learn how to manage your money by setting a budget. This workshop will teach you how to track your spending, save for things you want, and make smart financial decisions that you can use throughout your life.	
05	<i>Looking GOOD!</i>	Find out how to take care of your skin, hair, and overall hygiene. You'll learn daily routines and tips that will help you look and feel your best every day.	
06	<i>Tie it Up</i>	Master the skill of tying a tie, which is great for special occasions and future job interviews. You'll practice different knot styles and learn how to make sure your tie looks neat and professional.	
07	<i>Garden Greats</i>	Explore the basics of gardening and landscaping. You'll learn how to plant flowers, design a garden, and maintain your outdoor space, making it a beautiful and enjoyable area.	
08	<i>Engine Wizards</i>	Understand how to take care of small engines used in gardening tools. This session will teach you basic maintenance and troubleshooting skills that you can use to keep your equipment running smoothly.	
09	<i>Button Up!</i>	learn the basics of sewing on a button. This session will teach you how to fix your clothes and add a personal touch to your outfits. No experience needed just bring your creativity and enthusiasm!	
10	<i>Car Care Champs</i>	Get hands-on experience in checking car oil levels and using jumper cables. These are important skills for any future driver, ensuring you can maintain your vehicle and handle emergencies.	
11	<i>Laundry Legends</i>	Learn how to do your own laundry from start to finish, including sorting clothes, using the washing machine, and folding them neatly. This	



		workshop will help you keep your clothes clean and organized.	
12	<i>Ironing Icons</i>	Discover how to iron your clothes to keep them looking neat and wrinkle-free. You'll practice proper ironing techniques and learn tips to make the process efficient and effective.	
13	<i>Clean Squad Mission Impossible</i>	Learn the best ways to vacuum and clean surfaces to keep your home sparkling. This session will teach you how to use different vacuum attachments, maintain your vacuum for optimal performance, and effectively wipe and clean surfaces to ensure every corner of your home shines	
14	<i>Table Titans</i>	Understand the basics of table manners and etiquette so you can dine with confidence at any meal. Learn about place settings, proper utensil use, and dining manners that will impress at any formal or casual meal.	
15	<i>Friendship Builders</i>	Develop skills to make new friends and build connections. This workshop will teach you how to start conversations, keep them going, and build lasting relationships.	
16	<i>Message Masters</i>	Learn how to write clear, polite, and effective emails and texts. This workshop will help you communicate like a pro, whether it's for school projects, chatting with friends, or future jobs!	
17	<i>Home Safety Heros</i>	Create a safety plan for your home. Learn how to identify hazards, develop emergency procedures, and ensure everyone in your household knows the plan to stay safe.	
18	<i>Speaking UP</i>	Improve your public speaking skills to lead and inspire others. This session will help you speak confidently in front of a group, engage your audience, and convey your message effectively.	
19	<i>Peaceful Pals</i>	Learn how to resolve conflicts with friends in a peaceful way. This workshop will teach you communication and problem-solving skills to handle disagreements constructively and maintain strong friendships.	
20	<i>Time Masters</i>	Develop techniques to manage your time and set priorities. Learn how to balance school, activities, and free time effectively, helping you stay organized and reduce stress.	