

Remember to thank our
sponsors:



COLORADO STATE UNIVERSITY
EXTENSION

2026

June 16-19

Colorado State University, Fort Collins, CO

COLORADO 4-H STATE CONFERENCE



HANDS IN THE
DIRT,
ROOTS IN THE
GROUND



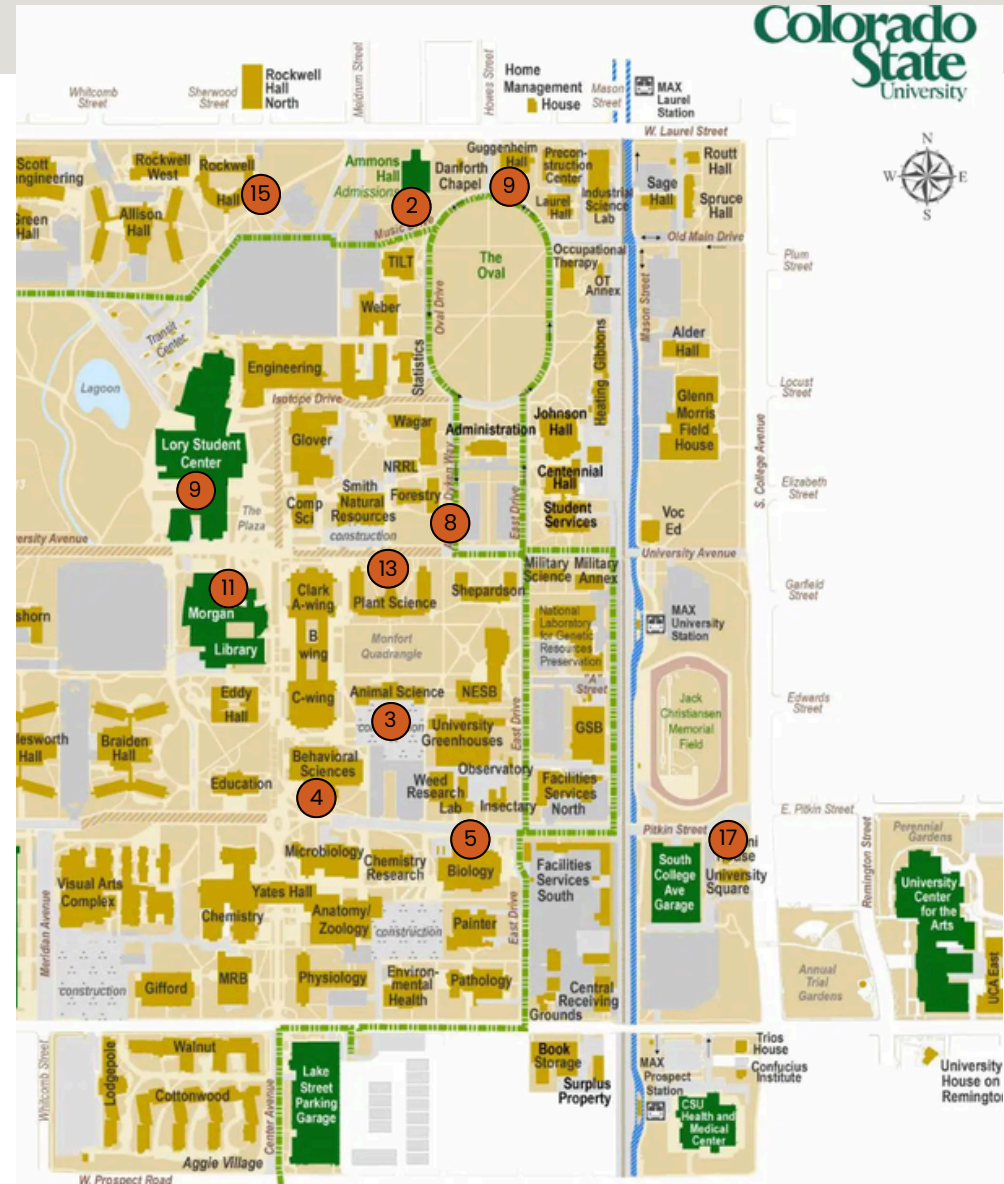


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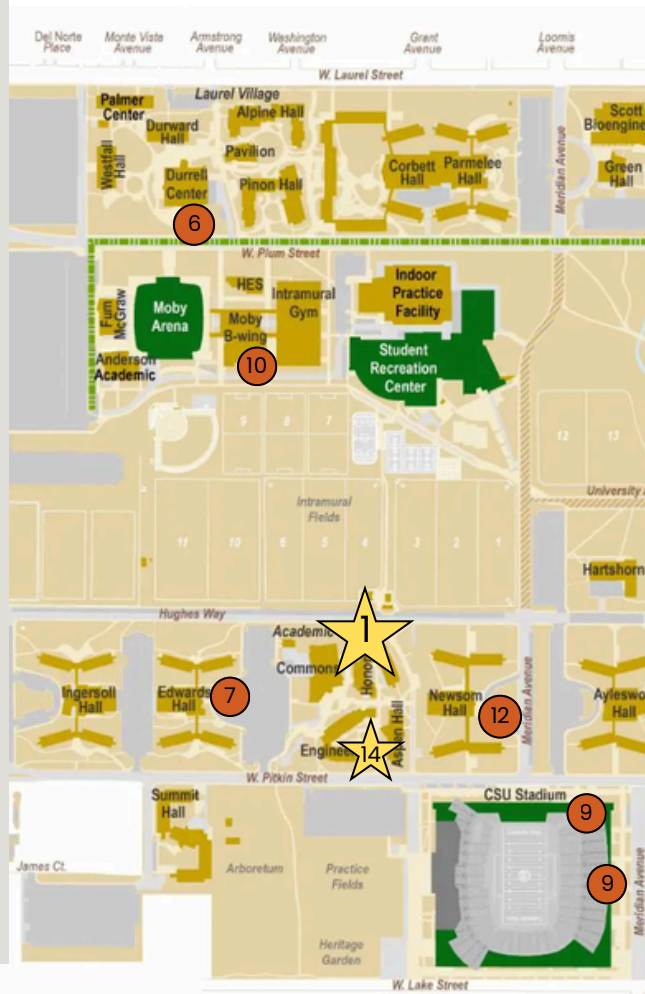
**HANDS IN THE
 DIRT,
 ROOTS IN THE
 GROUND**





CSU Main Campus

- Academic Village 1
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Interactive map of CSU Campus:
Simply type your CSU destination in the search bar for a detailed map.
** This includes CSU Foothills Campus.

Important Info:



Event Contact:
Joy Bauder 970-491-3887

- Park only in designated area directed. Parking tickets will not be reimbursed.
- **Any** use of motorized scooters or bicycles is prohibited.
- Bring comfortable footwear and a water bottle.
- Please attend the workshop(s) you registered for as space is limited.
- Livestock and Equine Contests take place off campus. Please plan your travel time to arrive accordingly at the start time of the contest.
- All 4-H Members and Chaperones are required to be out of the dorms by Friday, June 19th by **9am.**



NEW THIS YEAR!

The FCS Award Ceremony and the Equine & Livestock Award Ceremony will be held in the

Lory Student Center Theater

Please check the schedule for your award ceremony time.





Schedule Overview:

Tuesday, June 16

7:00AM- 3:00PM Registration- Academic Village

Contests:

8:00AM- 11:00AM FCS Skill-a-thon
Ingersol Large Event Room

8:00AM- 11:00AM Parlimetary Procedure
Pavillion

8:00AM- 11:00AM Hippology
Pavillion

11:30AM- 12:30PM Lunch @ Ram's Horn - Boxed lunches provided for **Morning** Contest Participants

Contests:

1:00PM- 5:00PM Livestock Quiz Bowl
Durrel Hall, A, B, & C

1:00PM- 5:00PM Horse Public Speaking/ Demo
Pavillion

1:00PM- 4:00PM FCS Bowl
Ingersol Large Event Room

1:00PM- 5:00PM Horse Bowl
Durrel Hall, 2 & 3

1:00PM- 5:00PM Public Speaking
Pavillion

4:00PM- 5:00PM FCS Educational Presentations
Ingersol Sm Room

12:45PM All NOT participating in Tues Contests: Meet outside Ram's Horn to walk to your Tour Group!

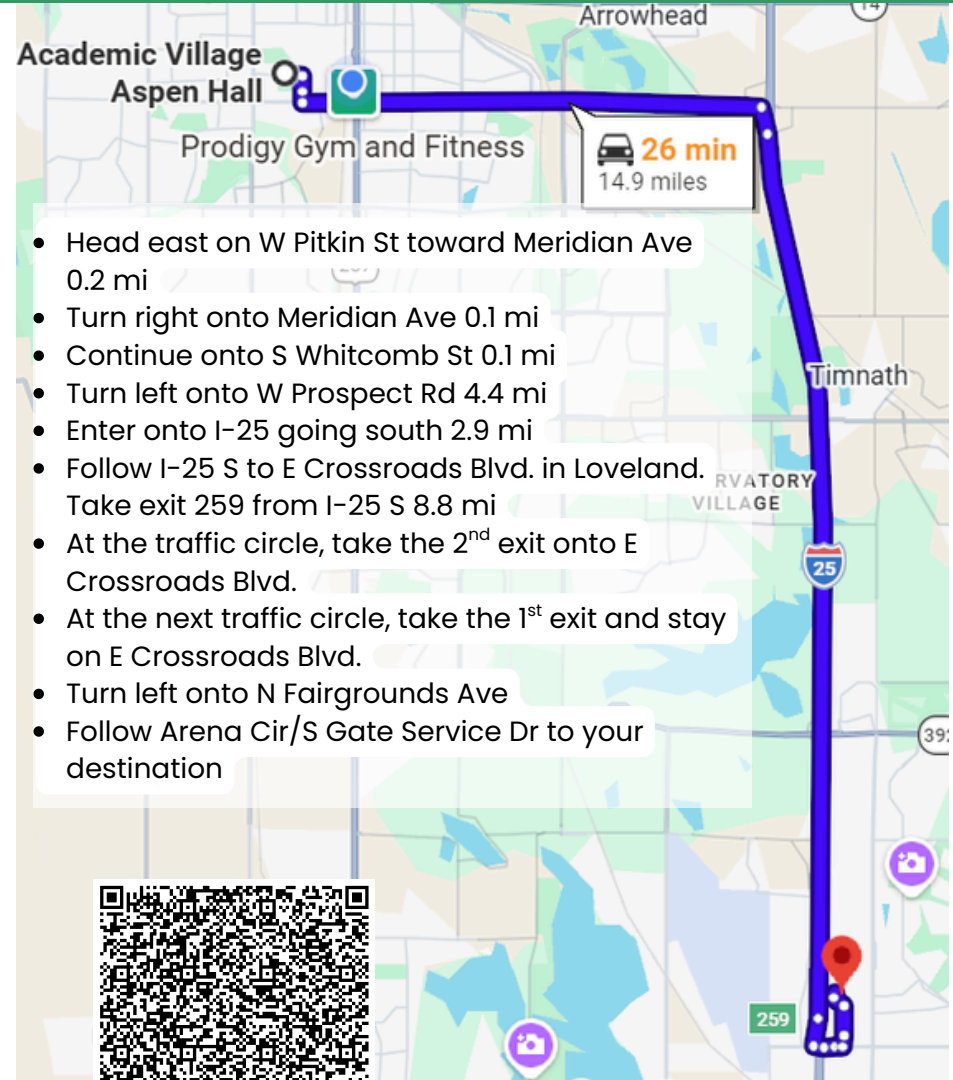
1:00PM - 2:30PM	Workshop Tour	Location
Tour Track 1	CSU Campus Tour	Ammons Hall
Tour Track 2	CSU Ghost Tour	Meet in front of Ammons Hall
Tour Track 3	CSU South Campus Tour	Meet at Horn Bus Stop

2:30PM- 2:45PM Travel to next Workshop with Volunteer Leads

Maps & Driving Directions: The Ranch Event Complex



5280 Arena Cir, Loveland, CO 80538



Google Map

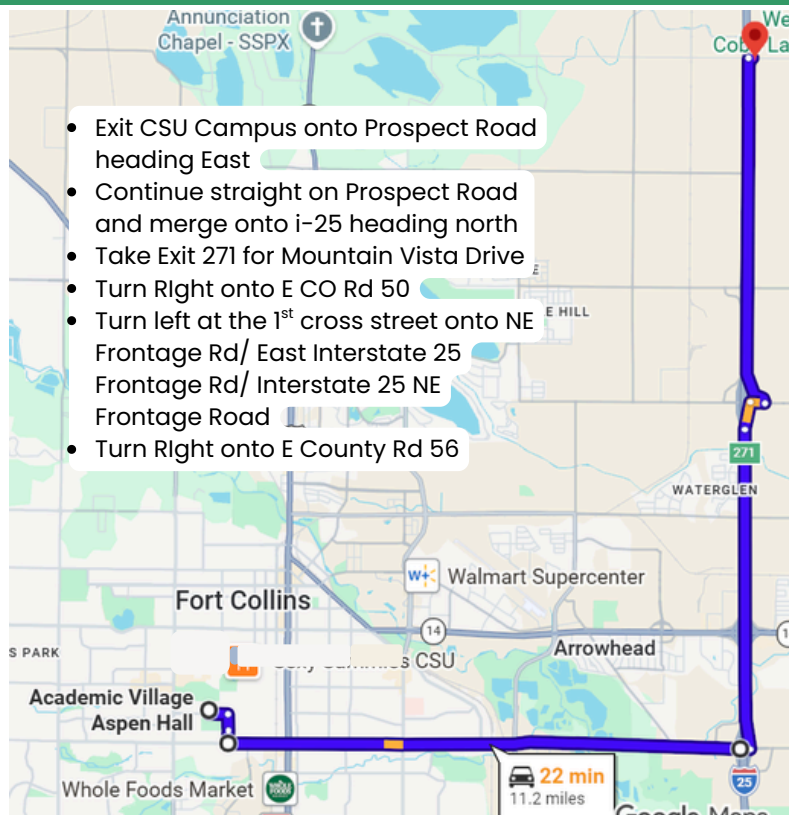




Maps & Driving Directions

CSU ARDEC Campus

E County Rd 56, Fort Collins, CO 80524 (About 20 minutes)



- Exit CSU Campus onto Prospect Road heading East
- Continue straight on Prospect Road and merge onto i-25 heading north
- Take Exit 271 for Mountain Vista Drive
- Turn Right onto E CO Rd 50
- Turn left at the 1st cross street onto NE Frontage Rd/ East Interstate 25 Frontage Rd/ Interstate 25 NE Frontage Road
- Turn Right onto E County Rd 56

Google Map Directions:

CSU Campus to CSU ARDEC Campus



Schedule Overview:

Tuesday, June 16 Continued

2:45PM - 4:15PM

Track	Workshop: Tours	Location
Tour Track 1	CSU Stadium Tour	Lobby of Smith Alumni Center
Tour Track 2	CSU Campus Tour	Ammons Hall
Tour Track 3	CSU South Campus Tour	Carryover from 1 st Workshop

5:30PM - 6:15PM BBQ

Animal Science Building
JBS Global Innovation Center

6:30PM - 9:00PM Colorado State 4-H Conference - Opening Session
Lory Student Center Theater

7:30PM - 9:00PM Horse Judging Coaches Meeting
Lory Student Center - Longs Peak

7:30PM - 9:00PM Livestock Judging Coaches Meeting
Lory Student Center Room 300

11:00PM Lights Out



Schedule Overview: Wednesday, June 17



Beyond Ready

Contest:

Location:

7:00AM- 3:00PM Livestock Judging
ARDEC - Map pg. 5

7:00AM- 7:50AM Breakfast @ CSU Ram's Horn

7:00AM- 4:00PM Registration - Academic Village

8:00AM All NOT participating in Wed Contests: meet outside Ram's Horn to walk to 1st set of workshops

8:15AM- 9:45AM

Track:	Workshops	Location:
FCS Track 1	<i>Exploring how work ethic impacts Productivity and Wellbeing</i>	Stadium 1208
FCS Track 2	<i>Art Smart: Create with Respect</i>	Stadium 1204
STEM Track 1	<i>CSU Foothills Campus Exploration Animal Reproduction Biotech Lab, Room W104</i>	
STEM Track 2	<i>Wind Turbine & Design Lab University Square Room 205</i>	
Career Pathway: Track 1	<i>State 4-H Senate: Elements of Leadership"</i>	Biology 136
Career Pathway: Track 2	<i>Enterprisingly Human: Skills for the Future</i>	Nutrien Room 135

Contest:

Location:

8:30AM- 12:00PM FCS Consumer Decision Making
Ingersol Large Event Room

9:00AM- 12:30PM Hippology
The Ranch Event Center

9:00AM- 4:00PM Horse Judging
The Ranch Event Center

9:45AM- 10:00AM Travel to next Workshop with Volunteer Leads

Civic Engagement Workshop:
"Beyond Ready to Share Your Story"

Ready to improve your storytelling skills?

We've got an exciting, new interactive workshop for you!

On **Thursday from 1-3 pm**, join us to see how
Skills + Experience + Impact = Future Readiness

as you learn how to share your Beyond Ready story in Johnson Hall, Room 222.

Improving your personal storytelling skills will help you connect your 4-H experiences to health, productivity, and engagement with others in your community to share ideas and solve problems.

Our guest facilitators are:
Yolanda Stephen & Jasmine McGee from National 4-H Council!





Maps & Driving Information & Directions

- Workshop and community service transportation pick up and drop off will be at Pitkin Street by Academic Village.
- Maps to locations are found at the back of the booklet with Google Maps Links plus approximate drive times listed.
- The bus stop for workshops and community service will be at the Pitkin Street Bus Stop location.
- Transportation is **NOT** provided to Contests and is limited for workshops.

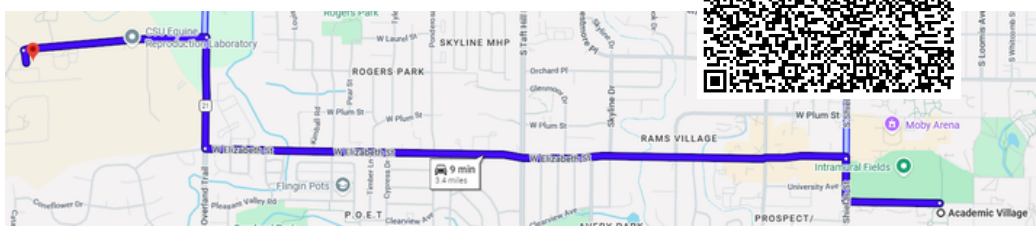
THE EQUINE AND LIVESTOCK CONTESTS, WILL BE OFF CAMPUS. ALL OTHER ACTIVITIES ARE WITHIN WALKING DISTANCE AROUND CAMPUS.

CSU Foothills Campus

3107 Rampart Road, Fort Collins, CO 80521

Directions from Academic Village on the CSU Campus:

- Head west on W Pitkin St
- Turn right onto S Shields St
- Turn left onto W Elizabeth St & go 3 miles
- Turn right at S Overland Trail
- Turn left on Rampart Rd
- Proceed to 3107 Rampart Road





Livestock Workshop Information

Speak up for Agriculture

Colorado Beef Council
Canvas Stadium Classroom

Get ready to speak up and stand out! In this fast-paced workshop, 4-H members will explore the power of advocacy in agriculture – especially when it comes to beef. Through fun, interactive activities, you'll learn how to tell your agriculture story, share facts about beef production, and bust common myths with confidence. Whether you're talking to friends, teachers, or on social media, this workshop will help you become a stronger voice for the food, farms, and families that feed the world.

Calf Care Basics

Kathy Whitman
Canvas Stadium Classroom

Join us for a hands-on workshop where participants will learn the essentials of calf care, including proper calf processing techniques such as tagging and identification, naval treatment, and how to mix and administer colostrum to ensure a healthy start. Come try your hand at drenching a calf.

Equine Workshop Information

Equine Hands On 4-H Workshop

Devan Catalano & Jonathan Vrabec
Canvas Stadium Classroom

This hands-on 4-H workshop explores how genetics shapes the traits we see in horses—from coat color to performance—and what that means for breeding and management. In the second half, participants will tackle real-world equine “wicked problems,” like feeding, health, and management decisions with no single right answer. Through fun activities and group challenges, participants will build skills in critical thinking, teamwork, and decision-making.



Schedule Overview: Wednesday, June 17 Continued

10:00AM- 11:30AM

Track	Workshop	Location
FCS Track 1	<i>Design Trend Exploration Lab</i>	Location
FCS Track 2	<i>'H' is for Health- The Masters of Self Care</i>	Stadium 1208
STEM Track 1	<i>Pathways in the Atmospheric Sciences</i>	CSU Foothills Campus
STEM Track 2	<i>The Sound of Opportunity: Music Pathways</i>	University Square, Room 201
Career Pathway: Track 1	<i>Sowing Stewardship</i>	Behavioral Sciences Bldg 105
Career Pathway: Track 2	<i>State 4-H Senate: Elements of Leadership"</i>	Biology 136

11:30AM- 12:30PM

Workshop Participants, **FCS CDM** and **Hippology** - Lunch @ Ram's Horn

12:45PM

All **NOT** participating in Wed Contests: Meet outside Ram's Horn to walk to workshops

1:00PM- 2:30PM

Track	Workshop	Location
FCS Track 3	<i>Fuel for Performance: Case Study Challenge</i>	Behavioral Sciences 105
FCS Track 4	<i>Career Exploration: Nutrition & Food Science</i>	Stadium 1215
STEM Track 3	<i>Green Jobs: Exploring Forests Careers</i>	Forestry 217
STEM Track 4	<i>Unearthing the Human Experience</i>	Morgan Library, Room 173
Career Pathway: Track 3	<i>Ram Country Meats</i>	Animal Sciences 131
Career Pathway: Track 4	<i>Construction Managment: Blueprint to LEGO Bridge</i>	Guggenheim Room 227

2:30PM- 2:45PM

Travel to next Workshop with Volunteer Leads





Schedule Overview: Wednesday, cont.



2:45PM- 4:15PM	Workshops	Location
FCS Track 3	<i>Archiving Agricultural Stories</i>	Morgan Library Lobby by courtyard doors
FCS Track 4	<i>Civil Discourse for Life</i>	
Stadium 1216		
STEM Track 3	<i>Unearthing the Human Experience</i>	Morgan Library
STEM Track 4	<i>Green Jobs: Exploring Forests Careers</i>	
Forestry 217		
Career Pathway: Track 3	<i>cATALyst-Activating Teachers & Leaders in Agriculture</i>	Nutrien 163
Career Pathway: Track 4	<i>Discover How You Can Make a Difference in Health</i>	
Human Performance Clinical Research Laboratory- Moby B Wing, South Side		

4:15PM-4:30PM Travel Back to Academic Village with Volunteer Leads

5:00PM- 6:00PM  FCS, Parli Pro & Public Speaking Awards

6:15PM- 8:30PM  **CO State 4-H Conference Celebration Banquet & 4-H Signing Day Event:**
 Celebrate 4-H members and the paths they choose after high school whether that be entering the workforce, military service, college, or an apprenticeship.

9:00PM- 11:00PM All Dance @ Newsom Hall

11:00PM All Lights Out

FCS Workshop Descriptions

Exploring How Work Ethic Impacts Productivity & Wellbeing: **Chad Reznicek**
Stadium Rm 1208

Agriculture is a highly demanding occupation where hard work is an essential component of success. Join us for an interactive workshop designed to help promote a mindset of working smarter instead of harder. We will explore values and traditions around work habits and how to make small adjustments that increase the odds of success while improving work-life balance.

Art Smart: Create with Respect **Perri Pelletier & Jen Loewen**
Stadium Rm 1204

This workshop will use artmaking as a lens to explore the difference between cultural appreciation—honoring and uplifting traditions—and cultural appropriation, the use of cultural elements without understanding or respect. Drawing inspiration from folk and Indigenous crafts, we'll examine how practices like beading and weaving span many cultures, while also recognizing that specific patterns and designs often hold distinct cultural meanings. Participants will be encouraged to engage thoughtfully, support artists from within these communities, and approach creative work with curiosity, respect, and cultural awareness. The workshop will also incorporate elements of civil discourse, fostering open, respectful dialogue as we reflect on our roles and responsibilities as artists.

H is for Health- The Masters of Self Care **Kristen Wulfsberg**
Stadium Rm 1208

In this interactive team-based event, you'll play a Jeopardy-inspired game focusing on the various ways self-care can add to your personal health. You'll be put into groups of 4 and then put to the test! Progress through the various stages of this game by answering questions and performing tasks...can you and your team be the Masters of Self Care? Let's see!



FCS Workshop Descriptions

Design Trends Exploration Lab

Nancy Richards Design Center

In this workshop, you'll explore what's trending right now in fashion, interiors, and design - and what's about to be next. You'll break it down to spot the colors, styles, and ideas that are shaping the vibe. Then you'll create your own mood board to show off your vision and bring your style to life!

Archiving Agricultural Stories **Tami Eggers & Linda Meyer** **Morgan Library Lobby by Courtyard Doors**

History, Archives, Agriculture and Storytelling: Using oral history and research skills, you will help tell the story of a rare apple variety that has been brought back from the brink of extinction. In this hands-on workshop, you will dig into Colorado's agricultural past, discover treasures of the archives, and learn from an arborist and an archivist. Come curious and leave with skills and a story that matters.

Fuel for Performance: Case Study Challenge **Kira Shyrock** **Behavioral Sciences Bldg, Rm 105**


Have you ever had a time when you felt tired or "out of energy" during school or sports? Learn how your food and beverage choices can impact your energy, mood, and performance in activities. Through a series of case studies, participants will learn how to build confidence in choosing healthy foods that can fuel your work and play.

Career Exploration: Nutrition & Food Science **Jadyn Ford** **Stadium, Rm 1215**

Do you like food? So do we! Our students go on to be registered dietitians, sports nutritionists, food product developers, flavor chemists, and so much more. Join our session to learn about the many opportunities in CSU's Department of Food Science and Human Nutrition.

Schedule Overview: Thursday



7:00AM- 7:50AM	Breakfast @ CSU Ram's Horn
8:00AM- 11:30AM	COMMUNITY SERVICE - NO WORKSHOP TRACKS (Busses load at 7:45AM)
8:00AM- 9:15AM	 Horse & Livestock Awards Ceremony
10:00AM- 12:00PM	Workshop Location
Equine Track	Equine Hands On 4-H Workshops Stadium, Rm 1204
Livestock Track 1	Speak Up for Agriculture Stadium Classroom
Livestock Track 2	Calf Care Basics Stadium Classroom
11:30AM- 12:40PM	ALL Community Service, Equine & Livestock Participants - Travel to Ram's Horn for Lunch
12:45PM	ALL: Meet outside Ram's Horn to walk to Civic Engagement Activities
1:00PM- 3:00PM	Civic Engagement: Beyond Ready to Share Your Story Johnson Hall, Rm 222
3:00PM- 3:15PM	Travel back to Academic Village
3:15PM- 4:00PM	Rest, regroup and prepare for Senate Meeting & Closing Session
4:00PM- 4:15PM	Travel to CSU Theater
4:15PM- 6:00PM	ALL: Senate Meeting & Closing Session
6:00PM- 9:00PM	County Night Out
9:00PM- 11:00PM	ALL Conference Participants: Dance @ Edwards Hall
11:00PM	Lights Out



STEM Workshop Descriptions



Green Jobs: Exploring Forests Careers

Danielle Ardrey
Forestry, Rm 217

Want a job that makes a difference? Come experience world of green jobs, where you can help the planet and build a solid future for yourself. We're going to dive into hands-on activities that show how you can work outdoors, boost environmental health, and create positive change—all while building a cool career.

Unearthing the Human Experience

Josh Zaffos
Morgan Library, Room 173

Have you ever wondered what truly makes us human? Step into the shoes of an anthropologist and explore the mysteries of the past.

CSU Foothills Campus Exploration

Animal Reproduction Biotech Lab, W104

Get ready for a CSU Foothills Campus exploration day! Come prepared with questions and a good attitude as we explore together.





STEM Workshop Descriptions

Pathways in the Atmospheric Sciences

Russ Schumaker

Colorado Climate Center, Foothills Campus

The workshop will feature presentations from Atmospheric Science grad students at CSU showcasing different pathways in the field, hands on demonstrations on weather science, and a weather balloon launch.

Wind Turbine & Design Lab

Mike Estergard

Energy Institute, University Center for the Arts (UCA)

Learn about the science and engineering of the tallest forms of electric generation- wind turbines. Compete with other student teams in creating a functioning fan blade design while learning about turbine basics and doing some fact-checking of common misunderstandings of these modern clean energy marvels.

Sound of Science

Toby Swaford

University Square

Explore the world of sound and discover how vibrations and pressure waves can be used to make beautiful music and annoying noises. Learn how to hear the secret sounds of household items and how the right frequency can get you (and other things) dancing.



Tour Workshop Information

CSU Campus Tour:

**Cindy Hoang
Ammons Hall**

Kick off your CSU experience with a guided tour and welcome session! This is your chance to get to know the campus you'll be exploring over the next few days, see where students live and learn, and get a feel for what life as a Ram is all about. We'll visit the Oval, Lory Student Center, Rec Center, and an academic building, plus, you'll have time to ask questions and check out spots you'll be spending the week in.

CSU Ghost Tour:

Barbie & Team

Meet in front of Ammons Hall

Step into the spooky side of campus with a guided CSU Ghost Tour, where you'll hear eerie stories, local legends, and unexplained happenings tied to historic buildings and past residents. This fun and slightly chilling experience is perfect for anyone curious about the mysteries that may still linger at CSU after dark.

CSU Stadium Tour:

Kristie McGinnis

Lobby of Smith Alumni Center

A sneak peak into Canvas Stadium, covering about a mile of ground, making stops at the Smith Alumni Center, the New Belgium Porch, the Indoor Club level, the Stadium Club level, and the Markley Family Hall of Champions.

CSU South Campus Tour:

Around the Horn Bus Stop

Take a trip to CSU's South Campus and explore veterinary and animal science in action. Participants will take part in a veterinary-focused experience while learning more about related programs and opportunities.





Career Pathway Workshop Information

Elements of Leadership

**State 4-H Senate
Biology Rm 136**

Join the State Officer Team as we 'dig into' and explore the 4 essential elements of leadership.

Enterprisingly Human- Skills for the Future **Kristen Mullen Nutrien Rm 135**

Join the College of Liberal Arts for a science fiction activity where you can create dream teams to run futuristic invention projects. Learn about the value of arts, humanities, and social sciences while problem-solving the challenges of tomorrow.

Construction Management: Blueprint to LEGO Bridge **Jazmin Arias Guggenheim Rm 227**

Students will work in teams to take on the role of a construction manager by building a LEGO bridge. Participants will practice plan reading, estimating project costs, managing materials procurement, and completing the construction of their bridge. Through this activity, students will experience how real construction projects are planned and managed from start to finish. The session will start with an introduction to the Construction Management program at Colorado State University.

Sowing Stewardship **Brooke Carlson Behavioral Sciences Bldg, Room 105**

This workshop is a chance to check out and try out some lessons for elementary-aged students that can be used to teach about agriculture in your community. These lessons revolve around stewardship and how we can teach others to care for the land while having a little fun.

Career Pathway Workshop Information



cATALyst- Activating Teachers & Leaders in Agriculture **Katharine Eshelman Nutrien Rm 163**

Through this workshop, we will explore what it means to be an agriculture educator, and how we can teach others about agriculture. By the end of the workshop, you will be prepared to head back to your community and teach others about agriculture!

RAM County Meats **RAM County Meats Animal Science Rm 131**

Tour a state-of-the-art meat processing facility. View spaces used for animal holding, slaughter and processing. Sample and learn about beef sticks that are manufactured in Colorado. Volunteer to assist the program by boxing beef sticks for distribution to local charities.

Discover Making a Difference in Health **Tiffany Lipsey Human Performance Clinical Research Laboratory, Moby B Wing, South Side**

During this workshop, attendees will get a behind the scenes look at research labs and outreach programs in the Department of Health and Exercise Science. Our areas span the range from healthy populations to those with chronic disease. Considering a future career in health? Come check out the areas of study and try your hand at some of the tests!

