

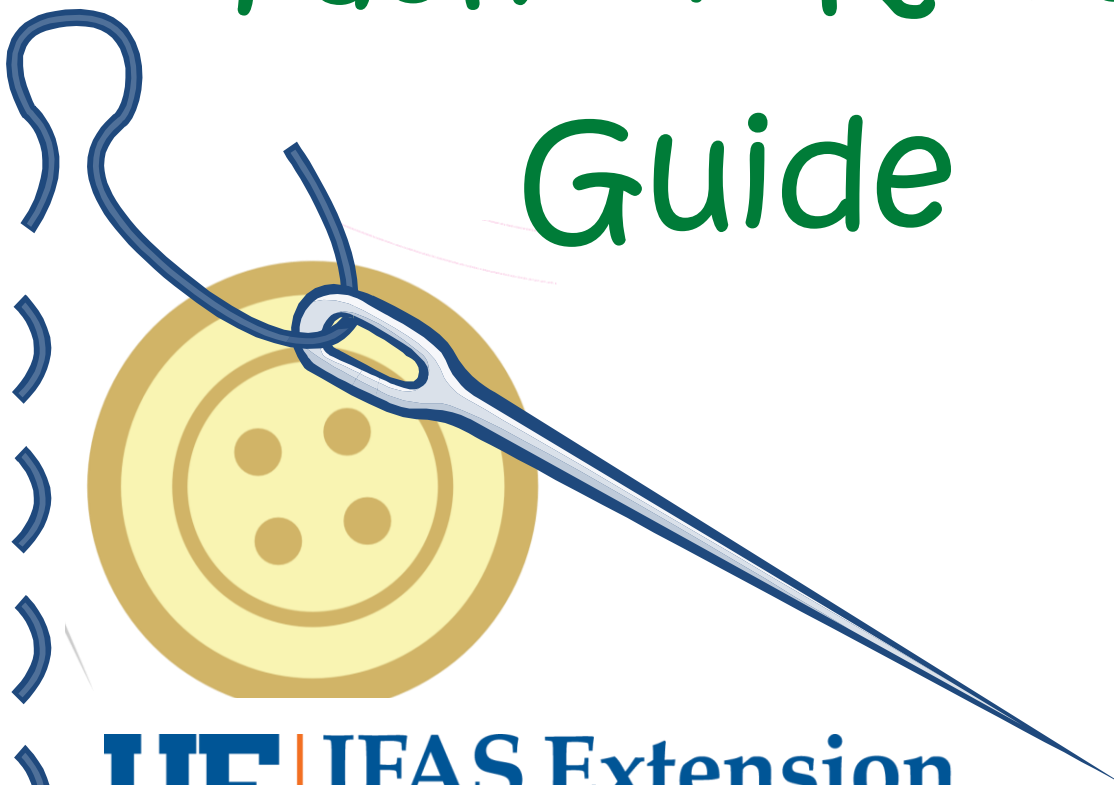
FLORIDA 4-H



Clothing & Textile Arts

Fashion Revue

Guide



UF | IFAS Extension
UNIVERSITY of FLORIDA

Fashion Revue Event Registration Form

Participant Information

Name: _____ Years in 4-H: _____

Last

First

Date

County: _____ Age (as of Sept. 1st): _____ Male Female

Personally Sewn

Repurposed

1st Year Sewer

Garment Pictures

Please include one before and one after picture of the participant modeling the outfit.

Before (Repurposed Only)	After

Script

Please insert your Fashion Revue Script here. (Limit 100 words.)



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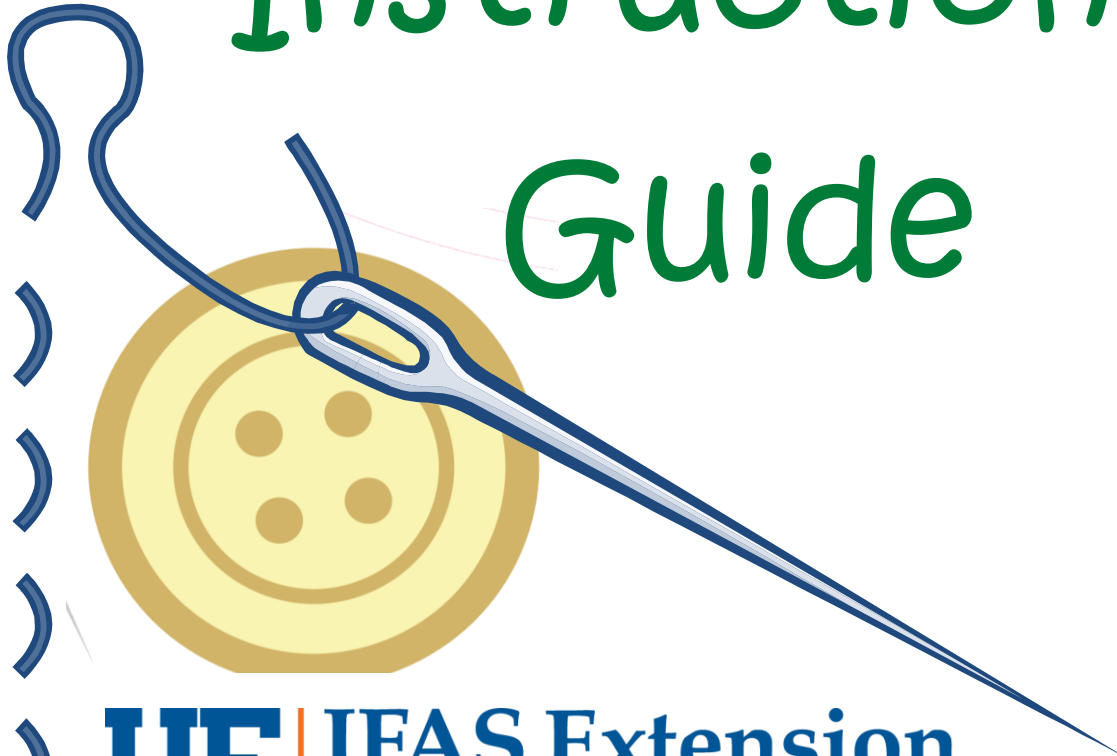


FLORIDA 4-H



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Fashion Revue Instructional Guide



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The 4-H Clothing and Textiles Project offers an exploration of science and art through clothing design, engineering, technology and craftsmanship. Challenge and express yourself by creating unique looks to share on the 4-H Fashion Revue runway.

4-H Clothing/Textile Project and Fashion Revue:

Objectives & Life Skills

Youth will:

- ♣ Construct or repurpose an outfit for competitive evaluation in one of several categories
- ♣ Model their ensemble with chosen accessories for a “Total Look”
- ♣ Demonstrate their knowledge and skills through hands on activities
- ♣ Apply their knowledge and skills in STEM (Science, Technology, Engineering, Mathematics) through the operation and programming of sewing equipment, identification and orientation of fibrous materials and their characteristics, as well as the implementation of various art techniques which include but are not limited to mixing and combining materials/chemicals for use in outfit design.

Youth will learn to:

- ♣ Build self confidence by developing and understanding line and design concepts in expression of personal style
- ♣ Plan and create suitable, becoming clothing and accessories for different occasions
- ♣ Problem solve by creating new garments from unwanted or unused materials and supplies
- ♣ Compare costs of constructed and ready-made garments
- ♣ Communicate and think critically through oral and written presentations
- ♣ Accept constructive criticism and develop good listening skills
- ♣ Develop good personal habits and hygiene
- ♣ Develop technical skills by operating and maintaining equipment and machinery, combining ingredients to design styles, and by following instructions for proper usage of design ingredients.



FASHION REVUE RULES

FOR ALL CATEGORIES

- The outfit must be created, coordinated and modeled by the 4-H member participant.
- Outfits are subject to review for modesty and appropriate attire. Formal wear may be strapless or have spaghetti straps. No backless dresses, excessive visible cleavage, visible undergarments, lingerie or swim suits. Please follow 4-H dress code.
- Each participant may only enter one category.
- Interview, Garment photos (before and after for Repurposed only) of the participant wearing the garment, and Modeling are required for all participants at each level of competition
- Report and Skillathon/Learning Lab requirements may be included at County or District competition at agent discretion.
- Each county may send up to 3 blue ribbon participants in each age division to the District competition for *each* category and 1 extra participant (from any category) from each age division as a “Judge’s Choice.” Each District may send up to 10 total blue ribbon Senior Fashion Revue competitors to the State competition at 4-H University. For example:

Example: District 4-H Fashion Revue Blue Ribbon Quality from County	
<i>Category</i>	<i>Number of Youth</i>
Personally Sewn	3
Repurposed	3
1 st Year Sewer	3
Judges’ Choice: <i>Personally Category</i>	1
Total:	10

1. PERSONALLY SEWN

- To showcase the member’s sewing skills and their ability to coordinate an outfit.
- Garment(s) must be sewn by the 4-H member.
- As skill levels range from beginning to advanced, entries in the Personally Sewn category will also vary. The entry might be a one-piece dress or it might be three coordinated pieces.
- A sewn costume would be considered Personally Sewn category.
- There is no separate category for wool or cotton. If the outfit is sewn, regardless of fabric content, it is Personally Sewn.

2. REPURPOSED

- The member *designs and sews* a wearable garment from previously used materials. The completed garment is different from its original use.
- This category focuses on creativity as well as sewing skills.



- The original garment is not yardage like a bedspread or sheet, but ***an actual garment***. It might even be two or more original garments. Additional fabric and trim may be added to complete the new garment.
- The new garment must show at least 50% change in construction. This means it can't just be a t-shirt dress cut in half to construct a tank top and elastic-waist skirt. It could be a pair of jeans made into a skirt and apron with calico fabric and trim added. It could be a large dress made into a skirt to fit a smaller person with the dress collar cut down to fit onto a new blouse. It could be 2 old shirts re-made into shorts and a light jacket with trim from a man's tie. It could be an old prom dress made into a new blouse with dress pants cut down from a pair of men's slacks. Be creative!
- Photos must be included with ***garments being worn by member*** BEFORE and AFTER alterations.

3. 1ST YEAR SEWER

- The member must be a 1st year clothing/textile participant without prior sewing experience.
- Member must submit only ONE garment. The garment may be paired with other purchased garments.
- A beginning member might even sew one garment and purchase another, for example a sewn jumper worn with a purchased blouse.
- The entry form would state which garment(s) are sewn.
- Garment(s) must be sewn by the 4-H member.

4. Members may model only **one outfit**.

5. Members **must** submit a commentary.

6. Members will be judged while wearing their outfits; and **must** model in order to be eligible for award recognition.

7. The same outfit must be worn at all levels of the Fashion Revue competition (County, District, and State).

8. State and District fashion revue competition participants, participants must have been awarded a Blue Ribbon at County Events Fashion Revue.

9. Member must be in the ***Senior*** age division (age 14-18) to compete at State Fashion Revue Competition.



Interview Tips

- Each youth will have an opportunity to participate in a five to fifteen-minute interview during the competition. The criteria used during the interview process will be:
 - Project Knowledge.....50%
 - Experiences and accomplishments through 4-H activities.....25%
 - Interview Skills.....25%
- The following are questions that could be asked:
 - Why did you choose the clothing project?
 - What was one of your goals for the year relating to this project?
 - How does the outfit you chose express your personality?
 - How is the color, fabric, style, or fit of this garment/outfit a good choice for your size, or your body shape?
 - Why do you think the fabric is a good choice for the garment design and features?
 - How does this garment/outfit show/reflect current fashion trends?
 - In what way did the design elements and principles found in this garment/outfit help you to choose this garment/outfit?
 - What occasions, purposes, or activities did you have in mind when you selected or constructed this garment/outfit? Why do you think this garment is appropriate for this occasion, purpose, or activity?
 - What functional characteristics did you want in your garment/outfit and how does this garment/outfit match your intent?
 - How do the accessories you have chosen add to your overall appearance?
 - How have you changed or embellished this garment/outfit in any way since choosing/purchasing it?
 - Where did you purchase your outfit?
 - Would you consider shopping at garage sales, consignment stores, Goodwill or Salvation Army stores in the future? Why or why not?
 - How much did this garment/outfit cost?
 - Explain how this garment/outfit and the accessories you have chosen mix with or enhance and expand your wardrobe?



Modeling Tips

When you show your garment in a fashion revue, choose from these (or other) modeling positions, turns, and poses. Use comfortable, natural movements that show off your garment and your personal style.

“T” Position

The “T” position is the base position for most models and everyone else who wants to stand correctly and attractively. It allows natural alignment of muscles, bones, and organs while giving the body a pleasing visual dimension.

For a “T” pose, place your left foot with your toe pointing straight ahead as though it were the large hand on the clock. Your right foot should be drawn back with the inside of your instep touching the heel of your left foot and your right toe pointing as though it were the small hand of the clock at the 2 o’clock position.

You also can reverse the position of your feet and place them in the 10 o’clock position.



2 o'clock position



10 o'clock position

Settle your weight on your back foot, relax and slightly bend the knee of the forward foot. Your posture should be natural and easy. Take a deep breath and let it out to relax. Then pull your stomach muscles tight and in as you raise your diaphragm up. Your shoulders will fall in line naturally.

You can pose your hands in a variety of ways. Try clasping them behind your back or letting your fingertips rest at your side seams. You can cup your hands together in front of you at your waistline or put one hand on your hip or in your pocket. Be careful not to throw your weight to one side and put your hips off balance. The hip line should always be even for a healthful, becoming posture.

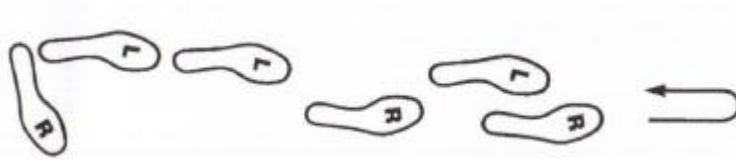
Settle your weight on your back foot. You are in model stance. You can practice in front of a mirror until you find the positions that are most attractive for you. Soon these positions will become familiar to you and you’ll find yourself very comfortable and relaxed. Your posture will contribute to your overall fitness and poise, whether you’re visiting with a friend or giving a speech.



Modeling Turns

Half Turn

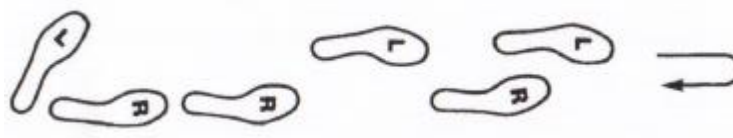
Beginning in the 2 o'clock "T" position, step off with your left foot, walk forward until you're ready to turn, take a half step with your right foot:



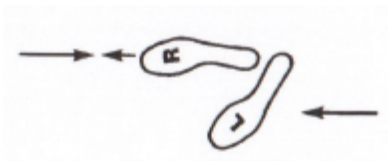
Raise your heels slightly off the floor and pivot a half turn to your left. You'll end up in this position:



To begin in the 10 o'clock position, step off with your right foot, walk forward until you're ready to turn, and take a half step with your left foot:



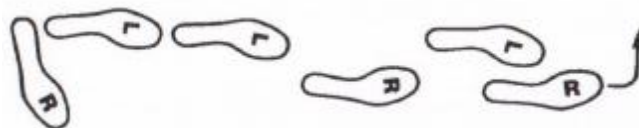
Lift up on your toes and pivot a half turn to the right. You'll finish in this position:



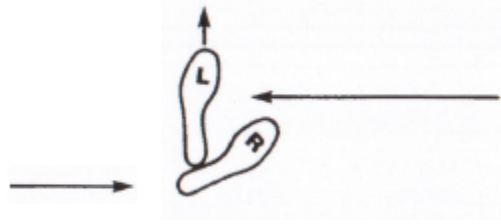
Settle your weight on your back foot. You're in model stance. You can hold your pose and when you're ready, step off with your front foot.

Quarter Turn

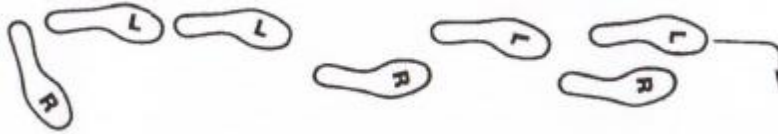
Beginning in the "T" position, step off with your front foot, walk forward until you're ready to turn, and take a regular step with your left foot and a half step with your right foot:



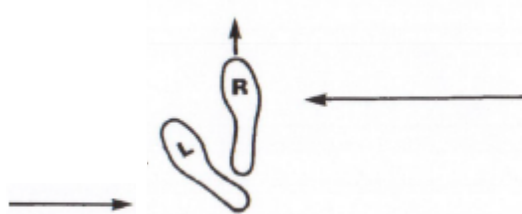
Raise your heels slightly off the floor and pivot a quarter turn to your left. You'll finish in the 2 o'clock "T" position:



If you wish to make a turn to the right, take a regular step with your right foot and a half step with your left foot:



Raise your heels slightly off the floor and pivot a quarter turn to your right. You'll finish in the 10 o'clock "T" position:



Settle your weight on your back foot. You are in model stance. You can pause for a moment, and when you're ready, step off with your front foot first. With practice, you'll no longer even think about what your feet are doing. You're on your way to modeling with ease.

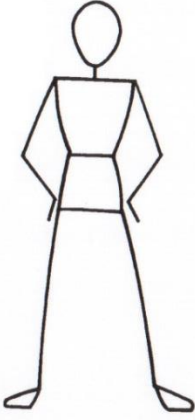
Mannequin Poses

The "T" position is the basic mannequin pose and is appropriate for all types of clothing.

The other mannequin poses you'll learn are not as versatile as the "T" but are attractive when modeling garments for Fashion Revue. They can add variety and interest to a show or photo and enhance both the model and the outfit. Alter these standing positions by varying your hand positions.

The position described and illustrated are frozen positions in which the model looks like a store mannequin. Sometimes, Fashion Revue begins with four or five models walking on stage, posing in a mannequin position, and holding that position until their names are called and the commentary is read. At that time, the models "come to life" and show the garments.



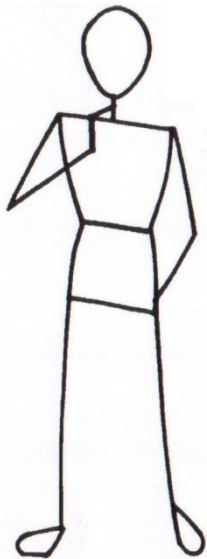


“A” Pose

In the “A” pose, you stand with your feet hip-width apart and your toes pointed out at about a 45° angle. Keep your knees fairly stiff and your ankles “cracked inward.” Rest your hands on your hipbone or slightly below in a relaxed position. Turn your hands so the audience sees a side view (outside edge of hands and little fingers).

“I” Pose

The “I” position is a very slenderizing pose. Place your weight on your right leg with your toe pointing at a 45° angle to the right. Bend your left knee, swing to the right, and squeeze against your right knee. Your left toe points straight ahead and your left heel is lifted off the floor. You can rest your right hand on your hip as in the “A” position. Your left hand can brush along the seam line. Try changing hand positions for varied looks.



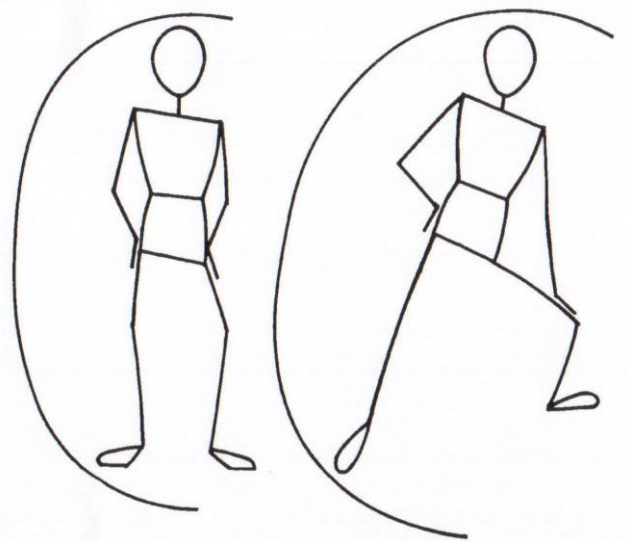
Sidestep Pose

To begin a sidestep pose, stand in a “T” position and move your front foot to the side, allowing your weight to remain on the opposite foot. You can raise the hand of the weighted foot to your hips, waist, collar, or hair. Keep your other hand in a lower position to add interest and aesthetic appeal.



“C” Pose

The “C” pose begins with the sidestep position. Bend at the waist so your body curves—like a “C”—toward the extended foot. The curve can be gentle or extreme, depending on the desired effect. As you bend sideways at the waist, your body weight transfers to the extended foot. Lay the hand above the extended foot on your mid-thigh or knee, depending on the degree of body curvature. Rest your other hand on your hip.



Crossover Pose

The crossover is an easy, attractive pose. Cross one leg either in front of or behind your other leg, with your toe pointed toward the floor and your heel up. Place the hand on the side of your weighted foot in a position higher than the other hand, giving an artistic line to your body.

Walk and Run Poses

Walk and run poses are used to illustrate action. To simulate a walk, begin in the “T” position, keeping your weight on your back foot. Extend your forward foot and point your toe up. A run pose involves shifting your weight to your forward foot and lifting the heel of your back foot off the floor. Try a variety of hand positions to give your body the illusion of movement.



Optional Props

It's fun to add a prop when modeling for an audience. It provides an added flair and sometimes helps tell the story of where you might wear your outfit. It also helps put you, the model, at ease. We're often more comfortable in front of others if we have something in our hands. Here are a few suggestions of props you might carry with you when you're modeling:

sports equipment

books

equestrian riding equipment

umbrella

sunglasses

notebook or clipboard

purse

flowers

backpack



Finishing Touches

Here are some final reminders to help you appear well groomed, fresh, and appropriately accessorized for an attractive, finished you.

Cleanliness

Cleanliness and freshness are of major importance in the impression you make. Below is a grooming checklist for you.

- I am freshly bathed.
- I have freshly shampooed hair.
- My hair is styled and combed.
- My teeth are brushed.
- My nails are filed and clean.

Clothing

You've worked hard on your new garment and you want it to look its very best. Below is a garment prep checklist for you.

- My garment is impeccably clean. (Freshly washed and absent of stains.)
- I have pressed my garment carefully.
- I have clipped any loose threads.

Makeup

The whole point of makeup is to make you look fresh, vital, and capable. 4-H members who usually do not wear makeup need not wear any for Fashion Revue. If you normally wear makeup, apply it as naturally as you can. Do remember, though, that at a distance your makeup fades, so you may want to intensify your blush, lip, and eye colors. Always blend carefully. Be aware that you want to look fresh and vital, not like you're wearing a mask. Below is a makeup checklist for you.

- My makeup has been freshly applied.
- My makeup is well blended.
- My makeup is appropriate for my age.
- My makeup is appropriate for my outfit. (For example, evening wear allows for more makeup than daytime.)



Accessories

Choose accessories that are appropriate for the garment you'll be wearing. Keep them well proportioned to your size, and of complementary colors that either blend or contrast. Ladies may wish to wear neutral panty hose or apply lotion to their legs to pull together a sleek, well put together look. Hosiery can make walking in heels easier, make your legs more attractive, and help garments lay smoother. Remember the lights on stage are brighter than room lighting; make sure you have on appropriate undergarments for your outfit (such as a slip) to prevent a see-through effect. A good rule for shoes is that they be the same color as the hem of the garment or darker: Neutrals (tans, gray, black) are always correct. Wear jewelry if it's appropriate for your garment. Gold and silver are classic, versatile choices. Hats are a fun addition, too, as long as they complement or complete the total look. Study fashion magazines and catalogs to see how professionals put it all together. Below is an accessories checklist for you.

- My accessories are in proportion to my body size.
- My accessories complement my garment.
- The colors of my accessories contrast or blend with my outfit, giving me a total look.
- I am wearing appropriate undergarments (slip, panty hose, dress socks, etc.) to represent a sleek, well put together look.
- My shoes are clean, polished, and fit appropriately.
- I am comfortable standing and walking in my shoes. (Practice your model walk in the shoes you will be wearing for Fashion Revue.)

Remember the most important finishing touch is a positive attitude. Take a couple of deep breaths, relax, and wear a smile!



Writing a Fashion Revue Script

4-H Fashion Revue commentaries present the 4-H'er and his/her project to the audience. The narration should introduce the 4-H'er, describe special features of the garment, and highlight interesting information about the project. The following are guidelines to help 4-H'ers write descriptions of their garments for Fashion Revue. Keep the narration under 100 words which will allow the member to come on stage, make one or two turns, and then exit. Keep in mind that the Fashion Revue committee reserves the right to rewrite or revise narrations.

The purpose of the 4-H Fashion Revue activity is to:

1. Build self-confidence and poise.
2. Develop skills in planning, selecting, and making clothing for different occasions.
3. Select appropriate accessories.
4. Develop good posture, grooming, and punctuality habits.
5. Complete applications clearly and submit them on time.
6. Acquire knowledge and skills in planning, presenting, and participating in fashion revues.

The specific objectives of a narration are:

1. To introduce the member and his/her project.
2. To focus on skills learned in the clothing and textile project.
3. To express challenges, fashion trends, and cost savings.
4. To interest the audience in 4-H activities.
5. To display the garment attractively.

Before you begin:

1. Analyze the garment. What is special about it? Be sure to include color descriptions!
2. List major features you want to describe, along with a few comments that relate to the garment and how it will be worn. Create an appealing mental picture with descriptive words.
3. Study mail order fashion catalogs, magazines, the pattern envelope, and advertisements to see how they describe similar features. This is especially useful for beginning projects such as skirts that don't have a lot of details.
4. Describe the garment by starting with the obvious, then, call the audience's attention to details such as accessories that relate directly to the garment.
5. Write. Get down all you want to say. Don't worry about the length -- yet.



6. Use alliteration (words beginning with the same sound, i.e. “flirty flounce” for ruffle).
7. Use action words as much as possible. (A belt circles the waistline, a flaring hem swings, etc.)
8. Tell the biggest problem you encountered in sewing the outfit, what new sewing technique you learned. Saying you put in the sleeve six times can encourage some of your audience who are less skilled to keep on trying.
9. If there are two parts to your outfit, such as a coat and dress, mention the outer layer first.
10. Edit. Polish your narration, cut out repetitious phrases or ideas. Keep sentences short and avoid tongue twisters. Aim for clear, concise phrases that create audience interest. Make it as bright, crisp, and informative as possible. The audience is there to learn about new fashion as well as to be entertained.
11. Read your narration aloud to a friend. Does your friend know what you are talking about? Practice modeling with your narration. Do you think of other things that you might say? Re-edit and re-read. Be sure to write in the third person.
12. Add one sentence that talks about you, the model! Be sure to include your name and county, or city, either at beginning or closer to the end of the narration.
13. Finally, **cut the narration to 100 words or less**. Hyphenated words count as two words.
14. Print your finished commentary on an 8 ½ x 11 piece of paper in 14 size font.
15. Complete your narration and personal data form, and all other forms required for your category and submit them by your County’s deadline, to the Cooperative Extension Office. **(Part of 4-H is learning to complete forms accurately and on time.)**

Examples of Narrations: (Remember to include color of outfit!)

Gleaming in her sequined skirt, Kathleen Mitchell is modeling a stylish denim look. It is hard to believe, but this cloth was once a lonely remnant just waiting to be snatched up! This remnant now has a multipurpose. For example, it will be this year’s Easter outfit, and then be worn as a casual around-the-town skirt. It has a light and airy feeling, with its slit in the back. Her biggest challenge was matching the sequins as she cut out the fabric. This 11-year old homeschooler loves Irish Dancing and sketching her fashion ideas. Kathleen is in her second year of sewing with the Pleasantville 4-H Club. She is enjoying every minute of it! (114 words. How would you get it to 100 words?)

Christina Williams will be warm and stylish in her new wool jacket and skirt. The black, 100% wool jacket is fully lined, with princess seams and a front, center zipper. She used a "New York Collection" Vogue pattern to sew her jacket and shortened it to fit her own personal style. The light blue, 100% Pendleton wool skirt is lined at the yoke and has an invisible zipper on the side. Christina designed the pleats herself, because she could not find a pattern that she liked. To put a finishing touch to the outfit, Christina designed and made her blue,



Australian Crystal earrings. Christina has been in the Highland 4-H Club for 9 years and has been a Junior Leader for the sewing project for four years. Christina will enjoy wearing her new fashionable outfit. (136 words. What would you eliminate to get this down to fewer than 100 words?)

Helpful Words for Writing a Commentary Card

accent	gleaming	stitch
design	outfit	highlight
festive	modeling	classic
coordinate	wear	decorate
embellish	sparkly	elegant
compliment	chic	special
challenge	flounce	shimmering
create	rare	adds to
sew	closure	stylish
construct	appeal	trendy
accessorize	flatter	modern
unique	enhance	casual
one of a kind	fashionable	unusual
		pastel



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