



Bryan County Impressive Dress Guidelines

Personal appearance is a strong form of non-verbal communication. The clothes you wear and the way you wear them forms an impression—good or bad. The purpose of the Impressive Dress program is to help 4-H'ers learn life long skills to improve personal appearance.

4-Her's will learn to select fashionable clothing suitable for specific occasions; select garments and accessories to enhance body type and personal coloring; build a wardrobe suited to individual lifestyle and needs; recognize and wear properly fitted clothes; learn to practice good grooming and good posture to enhance personal appearance; develop self-confidence and poise.

Impressive Dress materials include: guidelines, entry form outline and judges criteria.

Specific Requirements

Each 4-H member will put together an outfit in any of the following categories: Active Sports, Casual Wear, Dress Wear, Formal Wear or Western Wear.

Preferably, the garments are chosen from an existing home sewn or ready to wear wardrobe.

Each participant should be prepared to answer questions from the panel of judges. Below is a list of questions that maybe asked by the judge(s).

1. What are that things you like to do in this outfit
2. How does this outfit fit into my overall wardrobe?
3. How this outfit makes me feel?
4. What are the characteristics and care of my garments fabric?
5. Why I like this outfit?

This is not a complete list of questions, but an example of questions that can be asked.

Age Requirements as of Jan 1 of current year:

Juniors: ages 9 (or 4th grade), 10, 11 12 and 13

Seniors: ages 14, 15, 16, 17 and 18

The 4-H Impressive Dress Contest gives 4-H members an opportunity to demonstrate their skills in selection of an outfit and accessories for a specific occasion. Preferably, the garments are chosen from an existing home sewn or ready to wear wardrobe.

The activity is designed to give 4-H members some basic training and experience in being well dressed for most occasions. The choice of classic styles rather than fads is encouraged.

Objectives

Four-H members will learn to:

1. Select garments and accessories appropriate for specific occasions.
2. Select appropriate garments and accessories to enhance individual body type and personal coloring.
3. Combine wardrobe pieces and accessories successfully to achieve an attractive appearance.
4. Follow the principles of proper fit in clothing.
5. Follow good posture and grooming practices as related to personal appearance.
6. Develop self-confidence and poise through appropriate clothing selection.

Active Sports Category

4-H members should choose one of the following options:

Jogging suit

- Matching or coordinating color or pattern

Shorts and coordinating shirt and/or sweater

Tennis outfit

In addition 4-H members should also wear:

Socks

- Crew socks
- Tennis socks

Shoes

- Must be appropriate to the activity. (May include but is not limited to jogging shoes, tennis shoes and hiking boots.)

Casual Wear Category

4-H members should wear:

Tops

- Knit or woven (no spandex)
- With or without collars
- With or without buttons
- Short or long sleeves
- Pullover sweater, cardigan or optional vest

Jeans, slacks or skirts

- May include split skirts
- Must be washable

Belt

- Should be worn if jeans, slacks or skirts have belt loops
- Should coordinate with outfit

Socks and hosiery

- Tube socks, crew socks or sport socks with jogging or tennis shoes.
- Argyles or socks worn with other casual shoes should coordinate in color and pattern with the outfit and/or shoes.
- Girls may also wear hosiery, tights or knee socks. In general, when wearing hosiery, a natural flesh color is always appropriate for girls. Color and pattern of knee socks or tights should coordinate with outfit.

Shoes

- Jogging
- Tennis
- Casual (May include but is not limited to loafers, oxfords, and leather boat or deck shoes for boys. May include but is not limited to loafers, oxfords, flats, leather boat or deck shoes, sandals and espadrilles for girls.)

Dress Wear Category

Four-H members should choose one of the following options:

Matched suit with jacket and slacks for boys or jacket and skirt of the same pattern and fabric for girls.

Blazer or jacket with slacks for boys or skirt in coordinating color and pattern for girls.

Dress western suits and appropriate western accessories.

Tailored street-length dress

- Short or long sleeved
- Jacket (optional)

In addition 4-H members should wear

Hats (optional)

Long sleeved shirt or blouse

Tie required with jacket

- Boys tie should coordinate with outfit. Tie for girls should match blouse fabric OR coordinate with color and pattern of outfit.

Vest (optional)

Belt

- Should be worn if slacks, skirt or dress has belt loops.
- Should match shoe color for boys. Should coordinate with outfit for girls.

Socks or hosiery

- Boys should wear dark socks to match the color of the shoes if shoes are darker than slacks. Socks should also blend with the color of slacks.
- Girls may wear hosiery that is natural flesh color or in a color that blends with the color and pattern of the outfit.

Dress Shoes

- Should have leather or leather-look soles.
- Dress shoes for boys include but are not limited to wing tips, lace-ups and dress loafers.
- Dress shoes for girls include but are not limited to pumps, sling back pumps or pumps with open toe only. Girls should not wear sandals.

Formal Wear Category

Boys should choose one of the following options:

Matched suit with jacket and slacks of the same pattern and fabric.

Formal wear (must be owned and not rented)

In addition boys should also wear:

Long sleeved shirt

Belt

- Should be worn if slacks have belt loops
- Should match shoe color

Socks

- Should match the color of the shoes if shoes are darker than slacks. Socks should also blend with the color of slacks.

Dress Shoes

- Should have leather or leather-look soles
- Should be polished leather or leather look or patent leather in lace-up or slip on style.

Girls should wear:

Party or special event dresses

- Short, tea length (mid-calf) or long

Hosiery

- Hosiery will be judged as an accessory that coordinates with the outfit

Dress Shoes

- Should have leather or leather-look soles
- Pumps in coordinating color
- Dyed to match pumps
- Dress sandals

Western Wear Category

4-H members should wear:

No hats

Western Shirt

- Short or long sleeves

Western vest (optional)

Five-pocket jeans, jean-cut or slack-type trousers

Casual prairie skirt for girls

Western Belt

- Leather or braided nylon
- With western buckle

Western boots

- May have riding or walking heels
- Roper boot with walking heel