



Enroll in ZSuite Under this Project Name: CTD-SEW WOW
Approved for 2023-24 Project Year

Project Description: Sew Wow explores advanced clothing construction and design. Youth complete general activities as well as tasks from one of seven focus areas: active/sportswear, outdoor wear, western wear, formalwear, embellished apparel, tailored apparel, and pattern design.

REQUIRED YOUTH CURRICULUM

[Sew Wow Member’s Guide and Project Requirements](#) (#32009), 2009

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Sew Wow Member’s Guide and Project Requirements](#) (#32009), 2009

SUPPLEMENTAL RESOURCES

none

The University of Idaho has a policy of nondiscrimination on the basis of race, color, religion, national origin, sex, age, sexual orientation, gender identity/expression, disability, or status as a Vietnam-era veteran. This policy applies to all programs, services, and facilities and includes, but is not limited to, applications, admissions, access to programs and services, and employment. State 4-H scholarships for education or events are available to all 4-H participants. [Persons with disabilities who wish to request reasonable accommodation may do so by filling out an online form here, or by requesting the accommodation form from their local Extension 4-H office.](#)



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Choose one focus area for your project each year.
	Complete at least 2 of the Advanced Construction Skills each year.
	Construct two small or one large clothing item using appropriate fabric and required advanced construction skills within your focus area.
	Complete the Project Summary, Garment Cost and Care Record, and Self-Evaluation worksheets in the back of the project guide.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Your completed Sew Wow member manual
	The garment(s), outfit, and/or accessory constructed using appropriate fabric and required advanced construction skills for the chosen focus area.

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