

The First Competition by L. Zajac

The morning of competition:

- Make sure you are dressed appropriately.
- Give yourself time to warm-up.
- Polish your speech.
- Write down your room numbers and the times of the rounds.

During my rounds:

- Make great eye contact, smile, nod as you listen, and clap enthusiastically at the end.
- Take note of different techniques that other competitors try, whether you see great hand gestures, page turns, or facial expressions.

After my rounds:

- Grab a bite to eat.
- When the final event lists are posted, maintain your composure.
- If you do not qualify for finals, use this time to watch other rounds, especially your own events.

During the award ceremony:

- Maintain great team composure and show a professional image.
- If you have ONE team member in awards EVERYONE should stay to support that student.