

Informative Tournament Room Tips

1. Make sure your personal timer is set to 0:00. Deep breath. Big smile.
2. Walk to the center of the judges. "Hello, my name is _____."
3. Say and show the timer, "My timer is set to 0." Ask "Are the judges ready?"
4. Start the timer and place it on a judge's desk or table facing yourself. Give your speech. Say "Thank you" at the end. Turn off your timer. Tell and show the judges' the time of your speech.
5. Thank each judge while shaking his/her hand.

It is very important you practice these steps at home! Muscle memory will kick-in when you are nervous to help you.