

TOURNAMENT PREP TWO WEEKS OUT

Memorize Speech Changes by Thursday (one week before tournament)

Mark where you need to pause and places to smile.

Stick Figures – draw them in the margins to help you remember what comes next.



3 x 5 Practice a section of your speech 3-5 times in AM, noon, PM.

Highlight sentences once a section is memorized completely.

Several Times before the Tournament

Give speeches while running/biking/jumping to get used to speaking with a fast heart rate.

Practice reading debate constructives and review all your debate material.

Debate with a friend online.

Every Day for 2 weeks Leading up to the Tournament

Practice limited prep events once each day.

Practice memorized speeches 2x a day.

Each Morning of the Tournament

Warm-up your voice in the shower and on the way.

- * "mmm" like yum (up and down vocal range)
- * siren sound Ooooo and Eeeeeee with wide open mouth

Warm-up your facial muscles.

- * big smile, big frown
- * repeat "lips, teeth, tip of the tongue" "aluminum linoleum"

Before a Round

Pray with others!

Practice your speeches out loud (but quietly).

Do exercises to increase or focus your energy.

- * Jumping Jacks
- * Arm and Leg shake