

Saint  
Vincent  
de Paul  
School's  
Speech  
Team

September 29

2013

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This coach's document includes schedule, forms, tournament rules, meeting/practice agenda, and other details for volunteer coaches, parents and team members. Revisions made per the date listed above.

**Please check the school website for recent updates.**

2013-2014  
Season

SEPTEMBER 2013							OCTOBER 2013							NOVEMBER 2013						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
1	2	3	4	5	6	7			1	2	3	4	5						1	2
8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9
15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16
22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23
29	30						27	28	29	30	31			24	25	26	27	28	29	30

DECEMBER 2013							JANUARY 2014							FEBRUARY 2014						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
1	2	3	4	5	6	7				1	2	3	4							1
8	9	10	11	12	13	14	5	6	7	8	9	10	11	2	3	4	5	6	7	8
15	16	17	18	19	20	21	12	13	14	15	16	17	18	9	10	11	12	13	14	15
22	23	24	25	26	27	28	19	20	21	22	23	24	25	16	17	18	19	20	21	22
29	30	31					26	27	28	29	30	31		23	24	25	26	27	28	

**Speech Team 2013-2014**

Meeting most SATURDAYS

(updated 9/29)

2:00 - 4:00 PM

Willenborg Center ROOM A

Event	Month	Date	Time	Location / Note
Parents Association Meeting	Sep	12	7:30	Parish Hall, scheduled announcement
Signup sheet	Sep	19		Communication envelope (email Mrs. Stewart Tuesday prior)
Signup sheet	Sep	26		Communication envelope
Practice #1	Sep	28	2:00	Willenborg Center ROOM A
KEEP ADVERTISING	Oct	3		Communication envelope
Practice #2	Oct	5	2:00	Willenborg Center ROOM A
...Saturday practices continue, watch for coach's emails for update...				
NO PRACTICE	Nov	2		
Tournament #1	Dec	14		Bishop Blanchet High School
NO PRACTICE	Jan	4		
Tournament #2	Jan	18		Seattle Prep High School
Tournament #3	Feb	8		Eastside Catholic High School

St. Vincent de Paul Speech Team

Speech Team is a fun, non-threatening way to gain public speaking experience. The Speech Team participates in contests held by three Catholic High Schools (Bishop Blanchet, Seattle Preparatory, and Eastside). St. Vincent's won awards in Original Oratory, Duo Interpretive, Dramatic Reading, Humorous Reading, Storybook, and had the "Best Overall Boy" and "Best Overall Girl" at the Seattle Prep. Tournament (2006)!

We are now forming our 2013-2014 Speech Team and invite all interested 6th, 7th, and 8th graders to join!

When: Beginning September 28th, we will meet on Saturdays from 2:00-4:00 PM in the Willenborg Center ROOM A to practice speaking skills. The season goes through February with speech tournaments on December 14, January 18, 2014, and February 8, 2014.

Volunteer Coach: Vic Ducusin

Phone Number (253) 945-7954

EMAIL vicandmarcia@gmail.com

\*Parents, please consider assisting with practices.

Tournaments: Elocution contests are one-day events on Saturdays at the sponsoring high school. Students usually participate in 2-3 events varying from "interpretive readings" to "informative presentations" to "impromptu". Student costs are approximately \$20 per contest, but could vary with each sponsoring school. Speech team members are encouraged to participate in the contests but are not obligated to do so.

If interested: Please complete the bottom of this flyer and return it to the school office by Thursday, September 26 or bring it to the first practice. You may also email the coach with the information.

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I am interested talking and in practicing my public speaking skills:

Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Telephone Number: \_\_\_\_\_ Homeroom: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

(much of our communication will be by e-mail, please write legibly and include parent email address)

### Why is it important to be a good speaker?

There are many practical reasons for being a good public speaker. School requires “book talks” where students are graded from an oral book report. Job interviews are a necessary step in getting employed. Most careers involve vocal human interaction at one point or another.

More than that, we are children of God and we are witness to His story. We are compelled to share His story. When we learn something absolutely fantastic, amazing, interesting, we want to share it at some time or another. When we feel an overwhelming emotion, we want to share it at some time or another. When we listen or experience someone else’s creativity through writing or other media, we want to share it at some time or another. Speech is a basic human trait that binds us to our communities throughout our lives. Every human being, especially young 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> graders on our speech team, are worthy of being heard through their gift of voice.

### What do we do at practice?

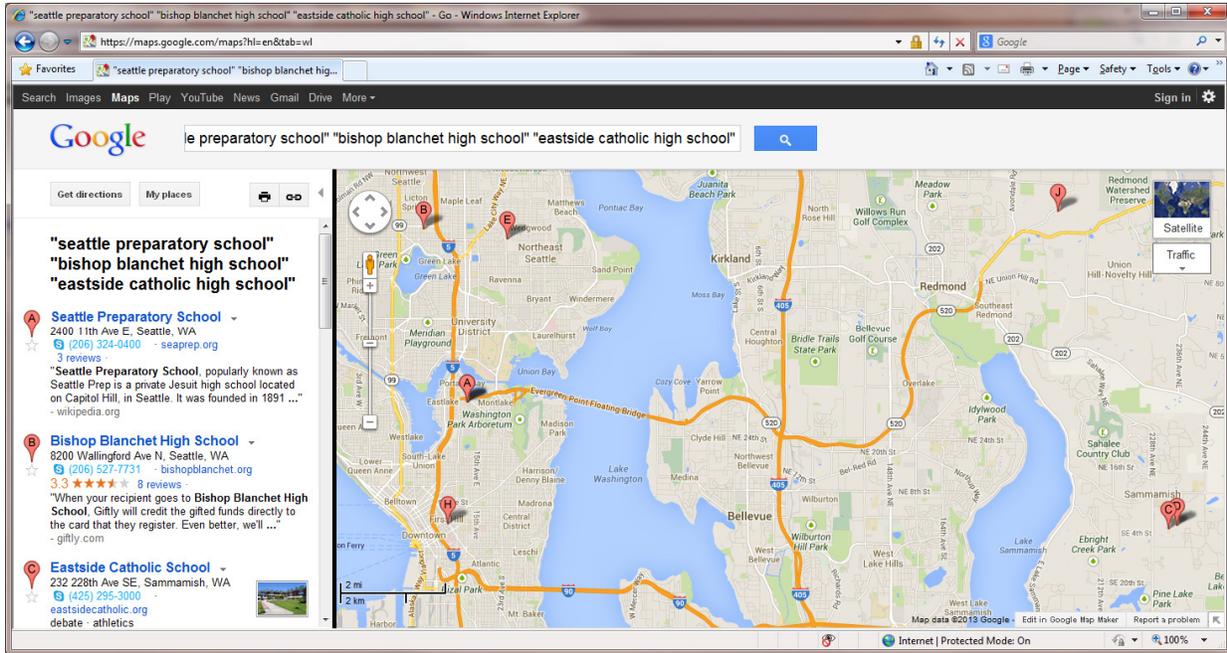
There are approximately 10 practices before the first tournament. We are going to do a progression to become more comfortable speaking in public and hopefully at the tournaments. From experience, the best confidence booster is proper preparation. Attendance at every practice is highly recommended or you will miss out on this progression. You will also miss out on the other half of public speaking, an audience of your peers. The reason we form a team is to help each other improve the delivery of the speech and make effective connections with whatever audience we may encounter.

Educational material about speech is derived from a text book, Oral Interpretation, by Lee/Gura, 8<sup>th</sup> edition, 1992. Written material is not limited to published works. Some contests use original works from the speaker. With the exception of the first few meetings, two-hour practice session will follow this general format below and we’ll adjust based on everyone’s comfort level and needs:

- |         |   |
|---------|---|
| 2:00 pm | Breathing, speech and vocal exercises   |
| 2:15 pm | “Getting to know you” or “Catching up” talks, practice in pairs / small groups<br>These talks are modeled after impromptu speeches  |
| 2:30 pm | Reading, understanding and interpreting excerpts of written material<br>Reciting, critiquing  |
| 3:00 pm | BREAK – popped corn, any other snacks and SOCIALIZING   |
| 3:15 pm | SPEECH GAMES – fun and laughs   |
| 3:30 pm | Introduce types of contests available at tournaments<br>Deciding what to compete in, what to speak about, help with speech building |
| 4:00 pm | Adjourn   |

Where are the tournaments?

See the screenshot below for markers A, B, and C (Prep, Blanchet, and Eastside respectively).



Each tournament will require a St. Vincent de Paul School Field Trip permission form. These will be given out, signed and turned into the school office at least one week before each event. Parents are responsible for transporting their child to and from the event.

Unless their speech calls for costume, attire at the tournaments should be nice "Sunday/holiday church" clothes or their school uniform. It is not uncommon to see contestants in business attire.

The coach and parent volunteers will be asked by tournament organizers at the high schools to judge. Some of the schools will have workshops or a way to teach us about contest judging.

### Can you help?

There needs to be at least one adult (parent/guardian) with the coach at the practices. We can agree on a rotation if necessary. However, more the merrier! Speakers need an audience.

The team can also use speech-type games, cool reading material, scripts, short stories, articles, and your help with composing their speeches. Whatever you may have to offer is greatly appreciated.

## Bishop Blanchet TOURNAMENT RULES

### SPEECH TOURNAMENT EVENT RULES

**DRAMATIC INTERPRETIVE READING:** One or more selections of prose, poetry, and/or drama from a published source. (NOTE: selections from UTube, Saturday Nite Live etc. are prohibited unless the speaker presents a copyright printed copy of material). Material should be serious in nature. If more than one selection is read, they should be connected by a central theme. Presentation must be from a manuscript. Speaker is required to have a short Introduction (usually memorized) and "transitions" should connect selections as needed. The illusion of reading must be maintained. Movement and gestures are limited. Over-dramatization should be penalized. Costumes and/or props are prohibited.  
TIME LIMIT: 8 minutes with 30 second grace period

**HUMOROUS INTERPRETIVE READING:** Material should be humorous in nature. Same Interpretive reading rules as above. Material must be from a published source.  
TIME LIMIT: 8 minutes with 30 second grace period

**DUAL INTERPRETIVE READING:** A cutting from prose or drama involving the portrayal of two or more characters is presented by two speakers. Material must be from a published source. With the exception of the Introduction where the speakers may speak to each other, focus is "off stage" (i.e. students speak to the audience, not each other) Same interp. rules as above.  
TIME LIMIT: 8 minutes with 30 second grace period

**ORATORY:** A persuasive speech that alerts the audience to a threatening danger, strengthens devotion to a cause, or eulogizes a person. The oratory is memorized and must be the original work of the speaker; he/she must have a written copy of the speech present.  
*Seniors may have no more than 100 quoted words; Juniors may have no more than 50 quoted words.*  
TIME LIMIT: SENIOR – 8 minutes with 30 second grace period; JUNIOR – 5 minutes with 30 second grace.

**EXPOSITORY:** An explanatory speech to describe, clarify, explain and/or define an idea, object, concept or process. This informative speech must be the original work of the speaker; it may be delivered with or without notes. Visual aids are allowed (recommended but not required)  
TIME LIMIT: 8 minutes with 30 second grace period.

**EDITORIAL COMMENTARY:** The commentary takes a position on an issue of public concern as if the speaker were an editorialist attempting to influence the audience toward his/her point of view. The speech must be the original work of the speaker and is delivered with or without notes. The speaker is seated delivering the speech as if to a television camera.  
TIME LIMIT: Within 1:45 – 2:00 minutes EXACTLY. (No grace period)

**IMPROMPTU:** Without specific advance topic preparation, the speaker is challenged to "think on his/her feet" in delivering an organized presentation about one of three topic choices: a Word, a Quotation, or a Social Concern. Use of notes or other materials is prohibited. Timing signals are given by the judge.  
TIME LIMIT: 2 minutes preparation time; 5 minutes speaking time (No grace period)

Note: For all events, it is the responsibility of coaches/students to choose selections that are in good taste and follow tournament rules. Written speeches may not have been used before at a previous tournament.

Bishop Blanchet SUMMARY of tournament rules

<b>Blanchet December 14</b>	<b>Original (O) Published (P)</b>	<b>Memorized?</b>	<b>Notes, manuscript?</b>	<b>Costume, props, visual aids?</b>	<b>Time limit</b>
<b>“Cycle 1”</b>					
<b>Dramatic</b>	P	Intro	Yes	NO	8:00
<b>Humorous</b>	P	Intro	Yes	NO	8:00
<b>Duo</b>	P	Intro	Yes	NO	8:00
<b>“Cycle 2”</b>					
<b>Oratory</b>	O	Yes	Yes	?	8:00 / 5:00
<b>Expository</b>	O	Recommended	Optional	Recommended	8:00
<b>Editorial</b>	O	Recommended	Optional	(Seated)	2:00
<b>Impromptu</b>	O	No	No	No	5:00

Notes:

Contestants should choose one speech type in Cycle 1 and another in Cycle 2. All events in each cycle will be occurring at the same time. Time limits are maximum minutes. Original oratory’s time limits are 8:00 for SENIOR (8<sup>th</sup> grade) division and 5:00 for JUNIOR (6<sup>th</sup> and 7<sup>th</sup> grade) division.

Bishop Blanchet EMAILS/Q&A

*On Thu, Sep 12, 2013 at 12:05 PM, Colleen Reinhardt <creinhardt@bishopblanchet.org> wrote:*

Hello Victor,

I am the BBHS Speech Tournament Coordinator and Sheila Connolly forwarded your message to me.

I'm delighted that St Vincent de Paul School is interested in participating in our tournament.

For now I will give you some dates and the basics and you will be getting a more detailed registration packet soon. If you have questions, please feel free to call me or email is great too.

Tournament Date: December 14, 2013

Registration materials will be due noon Wednesday, November 27.

Schools are required to provide 1 all day judge for every 5 events (20 events = 4 full day judges)

Senior Division: 8th grade only

Junior Division: 6th and 7th grade only

Maximum students: 25 - Maximum events 50

A note about event numbers: Humorous, Dramatic, Oratory, Expository, Ed Comm allows 6 max student entries in each division. Impromptu allows 5 each division and Dual Interp allows 3 entries in each division

Judge's Workshops: Required for any judge who has not attended one of the BBHS workshops. Most people find these workshops helpful since they give very practical hands on judging information. Two sessions are offered. Saturday, December 7th 9:00-11:00 a.m. or Monday, December 9th 6:00-8:00 p.m. There is no charge for the workshops.

Cost: \$35 team fee and \$5 per event ... due on November 27 with your school registration.

Colleen Reinhardt

Blanchet Tournament

206-527-7739

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*On Tue, Sep 17, 2013 at 8:54 AM, VicAndMarcia Ducusin <vicandmarcia@gmail.com> wrote:*

(1) What are the rules for each contest, contestant quotas (if any), and especially speaker time limits? Reading versus memorized? In your previous email you mention "max" students - is that maximum per

team/school, or maximum for the contest (all schools combined)? And "each division" means each contest right? (Humorous, Dramatic, Oratory, etc)

All three tournaments are run independent of one another. The events and rules differ slightly with each tournament and I think you will do well to get their tournament set up directly from each school. I don't know who runs the other tournaments.

I am sending a copy of the BBHS Tournament event rules with this email. The events offered, time limits, rules etc. are listed there.

Each "team" is considered to be all the contestants from one school.

"Divisions" refers to Senior Division (8th grade only) and Junior Division (6th and 7th grade only)

Maximum total students allowed at BHS is 25

Maximum total events allowed is 50 (Dual Interp is considered ONE event even though two students compete in that one event)

Each Event (Humorous, Dramatic etc) allows a specific number of contestants (see my previous email) The limits apply to both Junior and Senior Divisions... 6 Junior Humorous Readings and 6 Senior Humorous etc.

\*\* Bigger teams often have to limit the number of kids in each event to meet the requirements. Smaller teams can usually accommodate what the kids want to do. If you have 25 kids participating you'll have to manage the event limitations... definitely something to pay attention to early in the process.

(2) Permission slips. Do the hosting high schools provide them, or do we provide our own? Is there a permission slip template I can follow?

BBHS does not provide or require permission slips to attend the tournament. If your school requires them, I'd assume the regular Archdiocese permission slip form would be what you'd use.

(3) What is the typical number of events that contestants participate in? I understand the event schedule probably will determine what they can compete in, or what is manageable during the tournament. I'm curious if we ever run out of available spots in each contest. Say, if all my kids want to do the same contest.

The tournament is set up to have 3 Rounds of competition using events split up into 2 "Cycles". No Final Round.

Cycle 1 events: Humorous, Dramatic, Dual Interp.

Cycle 2 events: Oratory, Expository, Ed Comm and Impromptu

Round 1 in Cycle 1 is held at 9:00 a.m. ... Round 2 in Cycle 1 is at 11:15 and Round 3 in Cycle 1 is at 2:00 pm

Round 1 in Cycle 2 is held at 10:15 ... Round 2 in Cycle 2 is at 1:00 ... and Round 3 in Cycle 2 is at 3:15

Lunch is held 12:30 to 1:00 p.m. for all tournament contestants, judges etc. Lunch is provide for judges, students bring their own lunches

Awards are scheduled for 5:30

\$1500 partial scholarship to BBHS is awarded to 1st place in each of the 7 Senior events.

Students can enter two events as long as they choose one event in Cycle 1 and one event in Cycle 2 ... so they wouldn't be able to do Dramatic and Dual Interp ... or Impromptu and Oratory

A student CAN do Humorous and Ed Comm or Dramatic and Impromptu or Dual Interp and Oratory etc.

(4) Blanchet is the first high school tournament. There are 2 others at Prep and Eastside. Are the rules, events, organization the same? Or are these tournaments independent of each other?

The rules, events and organization of all three tournaments are different.

Each school allows different numbers of contestants, different events, rules, etc.

BBHS is the only school that offers/requires judges to attend a judge's workshop. While the rules of the tournaments differ, most of the workshop details can be applied to all the tournaments.

BBHS and Seattle Prep use the same judging sheets (ballots). I have heard that Eastside uses their own ballots and they use High School event rules, which are significantly different than the middle school rules. It would be good to check that out with the Eastside people.

Hope this information is what you needed... we can talk by phone if that helps clarify things or you want a more in depth discussion.

I know it is a big job to get up and running. You might be able to talk to one of the previous speech team coordinators at St Vincent de Paul... they would be a good resource for you for how things are done and organized at your school. Some of the schools who are setting up the program for the first time (or re-instating a program that existed before) come to the Judge's Workshop and just observe that first tournament. You would be welcome to do that if that makes the most sense for you... or... we'd love to have you and your students compete at the BHS tournament.

## Public Speaking Coaching

Public speaking coaching is considered as such a privilege for many talented speakers, as they not only improve a person's soft skill but they also boost up the self-esteem dramatically. Communicating clearly, convincingly, and confidently is not an easy task for many people, and this is why individuals who have a knack of presenting ideas will get great opportunity to train those who need a little push toward the spotlight.

On hindsight, crafting a good program for public speaking coaching seems easy, especially if the coach already has a ton of experience in addressing diverse crowds. But what one has to remember is that participants in a public speaking program are not that easy to train, for they have always struggled in overcoming stage fright and have had a hard time communicating to others, whether to a small group or a large crowd.

Given this reality, it is good to consider the following tips to ensure an effective public speaking coaching program:

- First, a good coach has to understand who the participants are and why they are taking the program. Instead of immediately launching onto a monologue of confidence boosting, make time to know exactly why the attendees need a boost in public speaking. Are most of them extremely shy individuals? Or have some of them just lost their confidence after an embarrassing moment when speaking to a group of people? Or do the attendees simply need new tips and tricks to improve on their communication skills? By realizing the general strengths and weaknesses of the group, a coach can then decide how to maneuver the training program to accommodate the real needs of the participants.
- Second, group together those with similar backgrounds in the beginning of the training program. By surrounding each person with friendly and familiar faces, a coach will be able to ensure that more sincere and light interaction will happen. The participants will have an easier time opening up and relating with the person seated on the left and right, whether during the actual session or during coffee breaks. If you have activities, people will be more at ease when they are grouped with friends, too.

- Third, once the participants have shown comfort in their groupings, it is time to mix them up! By creating opportunities where they are forced to relate with different individuals, a public speaking coaching program provides the right atmosphere to challenge people after preparing them well. A good coach is always considerate of how hard speaking in front can be for people, and hence, must be able to respect the level of development.
- The last tip is to make sure that nobody gets bored during the training! In coaching for public speaking, it is best to focus on exciting and amusing topics to amp up the interest of the attendees. Be updated on the trends that preoccupy the age group of the participants. Allow people to talk about things that interest them - whether it is a new TV show, a famous celebrity, or his or her aspirations. They will surely appreciate the experience better.

Public speaking coaching is an activity that can help any speaker improve his performance in front of an audience. So coaching is something to look forward to and to definitely consider it if you are still debating whether or not to do it.

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#### About the coach

Volunteer Coach: Vic Ducusin

Phone Number (253) 945-7954

EMAIL vicandmarcia@gmail.com

Victor Ducusin is the husband of Marcia and father of Helena, Brandon and Elisabeth. He is an electrical engineer for a software company where he works in product support and as a training instructor for energy management systems. He sometimes volunteers at St. Vincent de Paul School as an art docent and is the former head coach of the cross country and track and field teams.

In high school, Vic participated in the drama troupe, marching band, speech and debate teams where he competed in humorous, dramatic, and duo interpretive speech contests. In college, outside of engineering classes, he spent some time in band, dance and took a class in oral interpretation.

Vic has recently joined Toastmasters International, a club for communication and leadership development, where he has advanced to division level table topics competitions (impromptu speech contests). He would like to model many things he is learning from Toastmasters into our speech team.