



## Bennington and Catamount Rotary

### Rotary 4-Way Test Speech Contest 2025 Application Form

#### CONTEST RULES:

1. Contestants must be enrolled MAUHS or Grace Christian students in grades 9-12. Bennington area home schooled students and exchange students are eligible.
2. Contestants are not allowed to read their speech. They may use outline notes or deliver their speech partly or entirely from memory. The speech must be between 5 and 7 minutes long. Any shorter or longer and it will be disqualified.
3. Each contestant must prepare an original speech that explores all aspects of the Four-Way Test (see next page). The speech should apply the four questions of the Four-Way Test to their own life or a part of society and demonstrate its impact.
4. The decisions of the judges are final.
5. Contestants must be prepared to attend any additional district contests for which they become eligible.

**Cash Prizes include: First Prize \$600 - Second Prize \$300 - Third Prize \$200**  
**First Prize winner will be invited to the district contest.**

**Contest Date---Thursday, March 20, 2025 (snow date March 27)**  
**Students should arrive by 6:30 pm**

**Location--- Career Development Center - Assembly room**

**Applications due March 13<sup>th</sup> by either hand or email to any of the following:**

- Interact Staff Adviser MAU -Allison Brigham
- Hawkins House, 262 North Street, Bennington, VT
- Jon Goodrich, jon@vermontmill.com
- Jerry Albert, benncool@yahoo.com

Applicant's Name\_\_\_\_\_

Age\_\_\_\_\_ Grade Level\_\_\_\_\_ School \_\_\_\_\_

E-Mail\_\_\_\_\_

Cell phone \_\_\_\_\_

Student's signature\_\_\_\_\_

I give permission for my son/daughter's speech to be videotaped and shown on CAT TV.

Parent's signature\_\_\_\_\_



## Bennington and Catamount Rotary

**The Rotary *Four Way Test* of the things we think, say, or do:**

- 1. Is it the TRUTH?**
- 2. Is it FAIR to all concerned?**
- 3. Will it build GOODWILL and BETTER FRIENDSHIPS?**
- 4. Will it be BENEFICIAL to all concerned?**

### **Helpful hints:**

Start by choosing an idea or experience that connects to the Four Way Test.

- Introduce the topic of your speech clearly.
- Develop your ideas using specific examples. Draw from your own experiences – real-life examples help make your speech more relatable and impactful.
- Summarize your key points at the end, so the audience knows what they should take away from the speech.
- Avoid memorizing your speech word-for-word, as it can make your delivery sound robotic. Instead, use brief notes (a few key words) on a 3x5 card to keep you on track while staying engaged with your audience.

### **When delivering your speech:**

- Stand tall but relaxed – good posture helps with confidence.
- Take a calm breath before you begin. This gives you an opportunity to look at the audience and settle in.
- Pace yourself! Don't rush. Your audience needs time to absorb your message.

**Think of it like this:** You don't have to rush. The audience is hearing your ideas for the first time, even though they are already clear to you. Think of yourself as a tour guide leading a group through an unfamiliar place. You know the way, but they don't—so you need to walk at a steady pace, pointing out important details along the way. If you rush ahead, they'll get lost. Take your time and guide them through your ideas clearly.

### **Practice smart:**

- Skip the mirror if it makes you feel self-conscious.
- If you practice with others, listen to their feedback but trust your own instincts.
- Time yourself. Your speech must be *between 5 and 7 minutes* – outside this range will lead to disqualification.