



# Bennington and Catamount Rotary

## Application Form

## Rotary 4-Way Test Speech Contest 2017

### CONTEST RULES:

- 1) Contestants must be enrolled students in grades 9-12 and must be within the Rotary District covering Arlington and Southshire Vermont towns (Bennington, North Bennington, Pownal, Shaftsbury and Woodford). Home schooled students and exchange students are eligible and encouraged to participate.
- 2) Contestants must not read their speech. They may use outline notes or deliver their speech partly or entirely from memory. **They must not speak for less than 5 minutes nor more than 7 minutes or they will be disqualified.**
- 3) A contestant must prepare his or her own speech based on **the Four-Way Test, showing all four (4) questions** as applied to his or her life or how an aspect of society has personally effected the contestant and their peers in everyday relationships, and demonstrate the impact. The 4 Way Test questions for all we think, say and do are on helpful hints page.
- 4) Decisions of the Judges are final.
- 5) Contestants must be prepared to attend any additional district contests for which they become eligible. Rotary District Semi final is April 2, 2017.
- 6) If needed, email questions to Catherine McClure [louisehike@aol.com](mailto:louisehike@aol.com). Please put "Speech Contest" in the subject head.

**First Prize iPad Air - Second Prize \$200 - Third Prize \$100**

**Contest Date - Wednesday, March 15, 2017. Students should arrive by 6:30 pm. (Snow date, March 16, 2017)**

**Where — Career Development Center - Assembly Room**

**Applications due by hand, mail or email by end of day March 10, 2017 to:**

- Dan Lucy, Mt. Anthony Union High School Counseling Office
- Bennington Book Shop, 467 Main Street, Bennington, VT
- Hawkins House, 262 Noth Street, Bennington, VT
- Catherine McClure 372 Pleasant Valley Rd, Bennington, VT 05201 [louisehike@aol.com](mailto:louisehike@aol.com)

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

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

e-mail \_\_\_\_\_ Home phone/cell \_\_\_\_\_

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

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:

**Begin your preparation** by focusing on some idea or experience that relates to the Four Way Test as described in #3 on the application form.

- Introduce the topic of your speech.
- Develop your ideas using clear and specific examples. You will find many in your own experience.
- Summarize what you have said.

It takes a skilled person to make a memorized speech sound convincing and a skilled writer to write the language we speak. So writing and memorizing your speech could put you at a disadvantage. Memorization most often compromises the spontaneity that is essential to effective speaking.

**Instead use brief notes** (a few short words) — and put them on a 3x5 card. You want to focus on the audience, not on your notes.

### **When you present your speech:**

- Stand straight, but be relaxed.
- Take a breath (not a huge one) before you start. This will give you an opportunity to look at the audience and orient yourself to the speaking process.

**Take your time!** You don't have to rush. The audience will have to understand material that is already clear to you. Think of yourself as standing on the top of a wall. The subject of the speech is on one side; the audience on the other. You must help the audience understand what is on the other side of the wall.

Practice your speech, but not in front of a mirror; that will make you self-conscious. If you want, practice in front of people, but don't take their suggestions too seriously. It is **YOUR** speech.

**Time it.** Remember, no less than 5 Minutes and no more than 7 minutes or you will be disqualified. Time cards will be visible during your speech with remaining time.

**Review the judges' score sheet** to ensure you understand the scoring system based on content, organization and delivery.