



**Bennington Rotary
Application Form**

**Catamount Rotary
Rotary 4-Way Speech Contest**

CONTESTANTS:

- 1) Contestants must be enrolled students in grades 9-12. 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.
- 3) A contestant must prepare his or her own speech based **on each aspect of the Four-Way Test, showing all four (4) of the questions** as applied to his or her life or a segment of society and demonstrate the impact.
- 4) Contestants must be prepared to attend any additional district contests for which they become eligible.
- 5) If needed, email questions to Sally Sugarman at: sugarman@bennington.edu

(Please see other side for guide to speeches)

\$300 First Prize

\$200 Second Prize

\$100 Third Prize

Return applications by March 12, 2010 to:

- Clark Boisvert, Mount Anthony Union High School office
- Jessica Hill, Career Development Center
- Sally Sugarman, P.O. Box 407, Shaftsbury VT 05262; sugarman@bennington.edu

The Contest is Wednesday, March 17, 2010 in the Rotary Room at the Bennington Free Library. Students should arrive by 6:45 pm. (Snow date, March 18)

Applicant's Name _____

Age _____ Grade Level _____ School _____

e-mail _____ home phone _____

Student's signature _____

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

Parent's signature _____



The Rotary *Four Way Test* Speech

The speech (5-7 minutes) must relate to The Four Way Test:

- 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?**

Begin your preparation by focusing on some idea or experience that relates to the Four Way Test.

- 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.

You may write the speech out, but we advise against it. It takes a skilled actor to make a memorized speech sound convincing and a skilled writer to write the language we speak. So writing your speech could put you at a disadvantage. Memorization most often compromises the spontaneity that is essential to effective speaking.

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 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.

Don't 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, 5-7 minutes.