TalkMaze

FOR TEENS · AGES 12–17

The Competition-Day Checklist

Perform under pressure, on your best day

Tick each box as you go.

The week before

- [ ] Rehearse out loud, standing, at least five times.
- [ ] Time it and trim to fit the limit.
- [ ] Prepare flexible rebuttal and impromptu frameworks.
- [ ] Reread the format, rules, and judging criteria.
- [ ] Pack notes, water, ID, and a printed schedule.
- [ ] Sleep. A rested brain thinks faster than a crammed one.

The hour before

- [ ] Warm up your voice: hum, tongue twisters, project.
- [ ] Three rounds of box breathing.
- [ ] A ten-second power pose somewhere private.
- [ ] Review only your hook and your closing line.
- [ ] Reframe: “I’m ready,” not “I’m nervous.”

In the round

- [ ] Open strong. Lead with your hook, never an apology.
- [ ] Find the judge’s eyes and hold them.
- [ ] Signpost so they can follow your structure.
- [ ] Watch the clock and land your close on purpose.

Between rounds

- [ ] Note one thing that worked and one to fix.
- [ ] Hydrate and reset. The last round is over.
- [ ] Don’t relive mistakes, rehearse the next opening.

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