

# The Competition-Day Checklist

Perform under pressure, on your best day

Tournament day is won in the routine, not the panic. Work this from the week before to the final round, and let preparation carry the nerves.

## 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

- 1. Open strong.** Lead with your hook, never an apology.
- 2. Find the judge's eyes** and hold them.
- 3. Signpost** so they can follow your structure.
- 4. 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

### Train for tournament day with a coach.

Our coaches run mock rounds and drill your rebuttal every week. The first session is free.

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