



Faith Community of St. Sabina  
www.saintsabina.org

## **“YOU GOT TO PUT IN THE WORK, YOU GOT TO PUT IN THE TIME!”**

PUSH for Excellence (PUSH Excel)/Illinois Judicial Council, St. Sabina Faith Community SUMMER programming will cultivate the “mighty, powerful and self-subsisting spirit within our children.



Our volunteers have committed to teach oratorical proficiency...

Saturdays June 13, 2020 – August 1, 2020; from 11:00 am CST to 12:00 noon CST via ZOOM

<https://us02web.zoom.us/j/84503533800?pwd=R1NDL2pSZGluZWVEZXRFRZVA3NjNBdz09>

or

<https://bit.ly/2UENSaP>

Culminating with an exciting oratorical awards ceremony where children demonstrate their amazing mental acuity in memorizing some of the world’s most profound speeches from historic and current leaders

The instruction will tap into the student’s industriousness and creativity. They will receive lessons

**THAT ALLOW THEM TO DRAW UPON THEIR INNER FORTITUDE, RESILIANCE AND ENDURANCE. THE CONFIDENCE AND SKILLS THEY GAIN JUST BY PARTICIPATING WILL NEVER LEAVE THEM.**

WE ENCOURAGE YOU TO SIGN CHILDREN UP FOR THIS EXCITING educational enrichment series by contacting Ms. Michelle Chambers, program coordinator, at 773-256-2762 and joining us via ZOOM.

You do not miss out on this free educational opportunity.

*Numerous Cities and States throughout the country are encouraged to participate*



June 23, 2020

*“It is easier to build strong children than to repair broken men and women.”*

Frederick Douglass

Dear PUSH for Excellence Orators, Parents, Coaches and Educators:

**Please be advised that due to the pandemic the PUSH Excel Oratorical Program meets virtually every Saturday from 11:00 a.m. – 12:00 noon via ZOOM (see below) for instructions as to how to join the classes. This course is designed to ...**

focuses young people on the power of eloquent persuasive speech. Three essential components of future leaders in communities across America are: (1) a strong moral compass; (2) excellence in education; and (3) sound communication skills. The processes of having students conceptualize, prepare and deliver a memorized speech are essential components to developing future leaders.

We look forward to meeting the orator, his or her parents, principals, teachers, coaches, grandparents, aunts, uncles and all who support, believe in and celebrate children.

Should you have any additional questions and/or concerns, please contact Ms. Michelle Chambers, Program Coordinator at 773-256-2762 or [mchambers@rainbowpush.org](mailto:mchambers@rainbowpush.org).

Thank you in advance for your time and consideration and we will see you on at virtual coaching on Saturday, June 27, 2020.

Sincerely,

Reverend Dr. Janette C. Wilson, Esq.  
National Education Director

Honorable Stanley L. Hill, Sr.  
PUSH Excel Oratorical Program Chairman

*Dr. Julianne Malveaux, Board President  
Judge Greg Mathis, Co-Chairman  
Pat Harris, Co-Chairman  
Rev. Jesse L. Jackson, Sr., Founder & President  
Dr. Janette Wilson, Esq., National Education Director*

Orators may not remember their speech as time goes on, but the confidence and skills they gain just by participating will never leave them. They will understand how special it was that people who did not know them took the time to reward their efforts enriching and allowing them to see themselves as people of dignity, intelligence and beauty.

It is important that participants experience being listened to, being spoken to respectfully, receiving appropriate attention and affection and having accomplishments recognized and mistakes and failures acknowledged with the goal of building healthy self-esteem. With this exposure, they are able to proceed with confidence, benevolence and optimism, and be more ambitious to reach their goals. Encouraged by an inspiring "succeeding-against-the-odds message" that will live "through every line of pain and glory" they will increase their capacity to be happy and to treat other people with respect, kindness and goodwill, thus favoring rich interpersonal relationships and avoiding destructive ones.

Moreover, for those who volunteer their time when they have no obligation of blood or friendship to do so, if there is a heaven (and I truly believe there is), there will always be a place there for those who do. Together we have it in our power to influence the destiny of our world.

Level One Grades K – 3

Level Two Grades 4 - 6

Level Three Grades 7 - 8

Level Four Grades 9 – 12

Level Five College – Lifelong Learners

We invite you to continue to watch the Saturday Morning Forum Broadcast, shown on the Impact Network, Channel 488 (Chicago), at 10:00 a.m. To view our Saturday Broadcast in your area of the country, please check your local listings for times and channels. Our broadcast live streams on [www.impactnetwork.com](http://www.impactnetwork.com) or [www.rainbowpush.org](http://www.rainbowpush.org).

Register your youngster for oratorical classes and weekly coaching sessions by contacting Ms. Michelle Chambers, Program Coordinator at [773-256-2762](tel:773-256-2762), or email: [mchambers@rainbowpush.org](mailto:mchambers@rainbowpush.org)

We look forward to your student(s) participating and displaying their phenomenal talent.

Each of the speeches we have selected for inclusion in the oratorical contest is educational with messages about potentially unlimited topics. *Therefore, as a prerequisite to your child's participation in this contest, parents, guardians and/or teachers are mandated to review and check out the speeches and provide appropriate guidance and counseling with the child before allowing the child to see or recite the speech.* Certain speeches, in the opinion of some, may not be suitable for particular children, depending upon their age and maturity. With that cautionary note, we have racked up the following inspirational speeches on our list of speeches approved. All of these speeches are available for your review.

## **SPECIAL ALERT:**

Good day all,

Praying all is well with you and your families. In preparation for Saturday Oratorical Class at 11a.m. CST, please have the Zoom Program (App) open before clicking the Zoom link (see link below). This should ensure no issues with accessing meeting.

**Also note, until further notice, the link provided below will be the same link used for future classes.**

Please use the **"JOIN ZOOM MEETING"** link below to access meeting.

Before the meeting, please download **Zoom meeting client** for the following:  
(options 1&2 for computer/laptop) (option 3 for cellphone):

1. First download **zoom client for meetings** (first option on zoom's website) - this option **SHOULD BE COMPLETED FIRST** for computers/laptops
2. Second if using computer or laptop, you can download **zoom browser extension** (this if for google or chrome browser only) AND this is **OPTION** but makes it easier to access zoom later - <https://zoom.us/download>
3. If using cellphone, download zoom mobile app from your cell phone providers app store - <https://zoom.us/download>

Downloading Zoom meeting client before meeting allows participant quicker access to meeting, please have Zoom Meeting Client open before clicking the join zoom meeting link. Accessing meeting at least 10-15 minutes earlier would be helpful!

**Also note, until further notice, the link provided below will be the same link used for future meetings.**

Shaunta Gray is inviting you to a scheduled Zoom meeting.

Topic: PUSH EXCEL Oratorical Saturday Class

Time: June 13, 2020 11:00 AM Central Time (US and Canada)

Every week on Sat, Jun 13, 2020, 12 occurrence(s)

June 13, 2020 11:00 AM

July 25, 2020 11:00 AM

June 20, 2020 11:00 AM

August 1, 2020 11:00 AM (Final Class)

June 27, 2020 11:00 AM

July 4, 2020 11:00 AM (**NO CLASS**)

July 11, 2020 11:00 AM

July 18, 2020 11:00 AM

Please download and import the following iCalendar (.ics) files to your calendar system.

Weekly: [https://us02web.zoom.us/meeting/tZAod-qtrTgiGtTr-Sw0LJfXeVKLRafYKjD/ics?icsToken=98tyKuGsqzspH9eWuBmHRpwIGYigb-ztnZHjbdpjlLWFHB\\_SAnQLud0GZ5NEd7p](https://us02web.zoom.us/meeting/tZAod-qtrTgiGtTr-Sw0LJfXeVKLRafYKjD/ics?icsToken=98tyKuGsqzspH9eWuBmHRpwIGYigb-ztnZHjbdpjlLWFHB_SAnQLud0GZ5NEd7p)

Join Zoom Meeting

<https://us02web.zoom.us/j/84503533800?pwd=R1NDL2pSZGluZWVEZXRFZVA3NjNBdz09>

Meeting ID: 845 0353 3800

Password: 341417

One tap mobile

+13126266799,,84503533800#,,1#,341417# US (Chicago)

+13017158592,,84503533800#,,1#,341417# US (Germantown)

Dial by your location

+1 312 626 6799 US (Chicago)

+1 301 715 8592 US (Germantown)

+1 646 558 8656 US (New York)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+1 669 900 9128 US (San Jose)

Meeting ID: 845 0353 3800

Password: 341417

Find your local number: <https://us02web.zoom.us/u/kpsSXTAEa>

Grace and peace!

Best regards,

Shaunta Gray, BA, CRS, Author

IL/IN Managing Broker-Owner

IL Associate Appraiser  
IL/IN CE Instructor  
Kairos Real Estate Co.  
[773-766-2841](tel:773-766-2841) Direct  
[708-394-0319](tel:708-394-0319) NEW Fax  
[www.kairosrealestatepro.com](http://www.kairosrealestatepro.com)  
[www.creditsecrets4u.com](http://www.creditsecrets4u.com)

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# Approved Speeches

"Lecture on Discoveries and Inventions" by Abraham Lincoln

<http://www.abrahamlincolnonline.org/lincoln/speeches/discoveries.htm>

"The Parable of the Talents" from Matthew 25

<https://www.biblegateway.com/passage/?search=Matthew+25%3A14-30&version=ESV>

"Do It Anyway" adapted by Mother Theresa

<http://www.dbooth.org/guat2000/small/teresa.htm>

"The Creation" by James Weldon Johnson

<http://www.bartleby.com/269/41.html>

"The Creed" by Marva Collins

<https://docs.google.com/document/d/1yURBWtnzqhGkj7cpmubGsG5Ogj4HW1c0Xc2cyvSOwIU/edit>

2008 World Economic Forum - "Creative Capitalism" by Bill Gates

<http://www.gatesfoundation.org/Media-Center/Speeches/2008/01/Bill-Gates-2008-World-Economic-Forum>

"2007 Howard University Commencement Speech" by Oprah Winfrey

<http://www.graduationwisdom.com/speeches/0024-winfrey.htm>

"Freedoms Plow" by Langston Hughes

[http://www.famouspoetsandpoems.com/poets/langston\\_hughes/poems/16959](http://www.famouspoetsandpoems.com/poets/langston_hughes/poems/16959)

Let America Be America Again (1935) by Langston Hughes

[www.poemhunter.com/poem/let-america-be-america-again](http://www.poemhunter.com/poem/let-america-be-america-again)

Democracy (1949) - Langston Hughes

[www.poemhunter.com/poem/democracy](http://www.poemhunter.com/poem/democracy)

Mother to Son - Langston Hughes

<https://www.google.com/webhp?sourceid=chrome-instant&ion=1&espv=2&ie=UTF-8#q=mother+to+son+langston+hughes>

As I Grow Older - Langston Hughes

<http://www.poemhunter.com/poem/as-i-grew-older/>

Bound No'th Blues - Langston Hughes

<http://www.poemhunter.com/poem/bound-no-th-blues/>

"Just Add Bravery" by Melody Hobson

[https://commencement.usc.edu/files/2012/12/Mellody\\_Hobson\\_Speech2015.pdf](https://commencement.usc.edu/files/2012/12/Mellody_Hobson_Speech2015.pdf)

"A Plan of Conduct" by Benjamin Franklin

<http://www.historycarper.com/1726/01/01/a-plan-of-conduct/>

"Persistence" by Les Brown

<http://www.getmotivation.com/goals/goals-persistence-lbrown.html>

Malcolm X on the Keys to Economic Empowerment in Our Communities and What Traps to Avoid

<http://www.facebook.com/notes/afrikan-centered-education/malcolm-x-on-the-keys-to-ec...>

Dr. Dwayne I. Buckingham - Black Economic Empowerment: "I Can" Speech

<http://www.realthorizonsdlb.com/blog/black-economic-empowerment-i-can>

Dr. Martin L. King, Jr. Why We Can't Wait

<http://thekinglegacy.org/books/why-we-cant-wait>

President Barack Obama Remarks by the President on Economic Mobility

<http://www.whitehouse.gov/the-press-office/2013/12/04/remarks-president-economic-mo...>

Michelle Obama, Democratic National Convention Speech July 25, 2016, Affirms Her Family First

<https://www.romper.com/p/transcript-of-michelle-obamas-dnc-speech-affirms-her-family-first-ethic-15022>

[Sojourner Truth's 1851 speech "Ain't I a Woman?"](#)

<http://legacy.fordham.edu/halsall/mod/sojtruth-woman.asp>

[Josephine Baker at the March on Washington](#)

<http://www.blackpast.org/1963-josphine-baker-speech-march-washington>

[Shirley Chisholm introduces the Equal Rights Amendment](#)

<http://www.nolo.com/legal-encyclopedia/content/chisholm-era-speech-html>

[Shirley Chisholm Brooklyn Announcement Speech](#)

<http://www.4president.org/speeches/shirleychisholm1972announcement.htm>

[Myrlie Evers-Williams' invocation at President Obama's second inaugural](#)

<http://www.faithstreet.com/onfaith/2013/01/21/myrlie-evers-williams-gives-invocation-at-president-obama>

The Rose That Grew in Concrete, Tupac Shakur

<http://allpoetry.com/The-Rose-That-Grew-From-Concrete>

Glory, Common

[time.com/3717222/oscars-2015-common-john-legend-glory-selma/](http://time.com/3717222/oscars-2015-common-john-legend-glory-selma/)

Takes a Whole Lot of Human Feelings Carmen McRae

[www.allmusic.com/.../it-takes-a-whole-lot-of-human-feelings-m...](http://www.allmusic.com/.../it-takes-a-whole-lot-of-human-feelings-m...)

The Gun Lobby Can Be Defeated, Rev. Jesse L. Jackson, Sr. Chicago Sun Times

<http://chicago.suntimes.com/opinion/7/71/1022359/jesse-jackson-gun-lobby-can-defeated>

Pope Francis' Speech to Congress

<http://www.washingtonpost.com/local/social-issues/transcript-pope-franciss-speech-to-congress/2015/09/24/>

Hey Black Child, Countee Cullen (Euseni Perkins)

[https://www.google.com/?gws\\_rd=ssl#q=hey+black+child+poem+countee+cullen](https://www.google.com/?gws_rd=ssl#q=hey+black+child+poem+countee+cullen)

Stopping by Woods on a Snowy Evening, Robert Frost

[https://www.google.com/?gws\\_rd=ssl#q=stopping+by+woods+on+a+snowy+evening](https://www.google.com/?gws_rd=ssl#q=stopping+by+woods+on+a+snowy+evening)

The Road Not Taken, Robert Frost

[https://www.google.com/?gws\\_rd=ssl#q=road+less+traveled+poem](https://www.google.com/?gws_rd=ssl#q=road+less+traveled+poem)

The Emancipation Proclamation January 1, 1863 a Transcription by the President of the United States of America: A Proclamation.

[http://www.archives.gov/exhibits/featured\\_documents/emancipation\\_proclamation/transcript.html](http://www.archives.gov/exhibits/featured_documents/emancipation_proclamation/transcript.html)

**"Give Us the Ballot, We Will Transform the South" by Martin Luther King, Jr.**  
Speech given before the Lincoln Memorial at the March on Washington, May 17, 1957  
<http://www.pbs.org/pov/pov2008/election/wvote/king.html>

**Always There Are the Children - Poem by Nikki Giovanni**  
<http://www.poemhunter.com/poem/always-there-are-the-children/>

- Choices (1982) – Nikki Giovanni. [www.poemhunter.com/poem/cipoces-144/](http://www.poemhunter.com/poem/cipoces-144/)

#### **Maya Angelou**

- Touched by an Angel [http://famouspoetsandpoems.com/poets/maya\\_angelou/poems/496](http://famouspoetsandpoems.com/poets/maya_angelou/poems/496)
- Million Man March [http://famouspoetsandpoems.com/poets/maya\\_angelou/poems/505](http://famouspoetsandpoems.com/poets/maya_angelou/poems/505)
- I Know Why the Caged Bird Sings [http://famouspoetsandpoems.com/poets/maya\\_angelou/poems/494](http://famouspoetsandpoems.com/poets/maya_angelou/poems/494)
- Alone [http://famouspoetsandpoems.com/poets/maya\\_angelou/poems/500](http://famouspoetsandpoems.com/poets/maya_angelou/poems/500)
- "ON THE PULSE OF MORNING" by Maya Angelou written: Spoken at the Presidential Inauguration Ceremony, January 20, 1993. <http://www.ssc.wisc.edu/~oliver/soc220/Lectures220/angelou.pdf>

#### **"EQUIPMENT" by Edgar Guest**

[http://www.tuskegee.edu/about\\_us/legacy\\_of\\_fame/george\\_w\\_carver/carvers\\_favorite\\_poem.aspx](http://www.tuskegee.edu/about_us/legacy_of_fame/george_w_carver/carvers_favorite_poem.aspx)

Imagine Peace, Yoko Ono

<http://imaginepeace.com/archives/2616>

#### **Chief Seattle's Letter to the President of the United States, 1852**

<http://www.ascensionnow.co.uk/chief-seattles-letter-to-the-american-president-1852.html>

*Network* by Paddy Chayefsky

[https://en.wikiquote.org/wiki/Network\\_\(film\)](https://en.wikiquote.org/wiki/Network_(film))

If—BY **RUDYARD KIPLING**

<http://www.poetryfoundation.org/poem/175772>

Do It Anyway, Mother Theresa

[https://www.google.com/?gws\\_rd=ssl#q=do+it+anyway+mother+teresa](https://www.google.com/?gws_rd=ssl#q=do+it+anyway+mother+teresa)

**"Letter from a Birmingham Jail [Reverend Dr. Martin L. King, Jr.]" 16 April 1963**

[https://www.africa.upenn.edu/Articles\\_Gen/Letter\\_Birmingham.html](https://www.africa.upenn.edu/Articles_Gen/Letter_Birmingham.html)

A More Perfect Union (speech) 2008 *speech by Barack Obama*

[https://en.wikipedia.org/wiki/A\\_More\\_Perfect\\_Union\\_\(speech\)](https://en.wikipedia.org/wiki/A_More_Perfect_Union_(speech))

**Jesse Jackson 1984 Democratic National Convention Address**

<http://www.americanrhetoric.com/speeches/jessejackson1984dnc.htm>

**Jesse Jackson 1988 Democratic National Convention Address**

<http://www.americanrhetoric.com/speeches/jessejackson1988dnc.htm>

**Jesse Jackson "Keeping HOPE ALIVE" Sermons and Speeches of Rev. Jesse L. Jackson, Sr.**  
**Amazon.com**

#### **Marcus Garvey**

- Dissertation On Man [http://nyahbinghi.ca/garvey-speeches/view-garvey.asp?word\\_title=Dissertation%20on%20Man](http://nyahbinghi.ca/garvey-speeches/view-garvey.asp?word_title=Dissertation%20on%20Man)

#### **Maria Stewart**

- Why Sit Ye Here and Die?  
<http://www.blackpast.org/?q+1832-maria-w-stewart-why-sit-ye-here-and-die>



**Mary Church Terrell** “What It Means To Be Colored in the Capital of the U.S.” <http://www.blackpast.org/?q=1906-mary-church-terrell-what-it-means-be-colored-capital-u-s>

### **Paul Laurence Dunbar**

- We Wear the Mask [http://famouspoetsandpoems.com/poets/paul\\_laurence\\_dunbar/poems/14864](http://famouspoetsandpoems.com/poets/paul_laurence_dunbar/poems/14864)
- Sympathy [http://famouspoetsandpoems.com/poets/paul\\_laurence\\_dunbar/poems/14865](http://famouspoetsandpoems.com/poets/paul_laurence_dunbar/poems/14865)
- Life’s Tragedy [http://famouspoetsandpoems.com/poets/paul\\_laurence\\_dunbar/poems/14866](http://famouspoetsandpoems.com/poets/paul_laurence_dunbar/poems/14866)
- Encouragement [http://famouspoetsandpoems.com/poets/paul\\_laurence\\_dunbar/poems/14867](http://famouspoetsandpoems.com/poets/paul_laurence_dunbar/poems/14867)
- A Choice [http://famouspoetsandpoems.com/poets/paul\\_laurence\\_dunbar/poems/14868](http://famouspoetsandpoems.com/poets/paul_laurence_dunbar/poems/14868)

### **Reverend Dr. Martin Luther King, Jr.**

- Letter from a Birmingham Jail [http://web.cn.edu/kwheeler/documents/letter\\_birmingham\\_jail.pdf](http://web.cn.edu/kwheeler/documents/letter_birmingham_jail.pdf)
- Nobel Peace Prize Acceptance Speech [http://nobelprize.org/nobel\\_prizes/peace/laureates/1964/king-acceptance.html](http://nobelprize.org/nobel_prizes/peace/laureates/1964/king-acceptance.html)
- Speech at Oberlin College/Remaining Awake Through a Great Revolution <http://www.oberlin.edu/external/EOG/BlackHistoryMonth/MLK/CommAddress.html>
- Keep Moving From This Mountain [http://wikilivres.info/wiki/Keep\\_Moving\\_From\\_This\\_Mountain](http://wikilivres.info/wiki/Keep_Moving_From_This_Mountain)
- Beyond Vietnam <http://www.americanrhetoric.com/speeches/mlkatimetobreaksilence.htm>
- Why I am Opposed to the War in Vietnam <http://housseini.org/2007/01/martin-luther-king-jr-why-i-am.html>
- Where Do We Go From Here <http://famous-speeches-and-speech-topics.info/martin-luther-king-speeches/martin-luther-king-speech-where-do-we-go-from-here.htm>
- I’ve Been to the Mountaintop <http://www.americanrhetoric.com/speeches/mlkivebeentothemountaintop.htm>
- The Casualties of the War in Vietnam [http://www.aavw.org/special\\_features/speeches\\_speech\\_king02.html](http://www.aavw.org/special_features/speeches_speech_king02.html)
- Final Words of Advice <http://www.progress.org/dividend/cdking.html>
- On Poverty <http://homelessalliance.wordpress.com/2008/01/21/dr-martin-luther-king-jr-on-poverty/>
- The Other America <http://www.gphistorical.org/mlk/mlkspeech/index.htm>
- Nobel Lecture: The Quest for Peace and Justice [http://www.nobelprize.org/nobel\\_prizes/peace/laureates/1964/king-lecture.html](http://www.nobelprize.org/nobel_prizes/peace/laureates/1964/king-lecture.html)
- Paul’s Letter to American Christians [http://current.com/community/88889534\\_dr-martin-luther-king-jr-speech-pauls-letter-to-american-christians.htm](http://current.com/community/88889534_dr-martin-luther-king-jr-speech-pauls-letter-to-american-christians.htm)
- A Proper Sense of Priorities [http://www.aavw.org/special\\_features/speeches\\_speech\\_king04.html](http://www.aavw.org/special_features/speeches_speech_king04.html)
- The American Dream [http://depts.drew.edu/lib/archives/online\\_exhibits/King/speech?TheAmericanDream.pdf](http://depts.drew.edu/lib/archives/online_exhibits/King/speech?TheAmericanDream.pdf)
- Domestic Impact of the War [http://www.aavw.org/special\\_features/speeches\\_speech\\_king03.html](http://www.aavw.org/special_features/speeches_speech_king03.html)
- A Journey of Conscience <http://www.wmich.edu/library/archives/mlk/transcription.html>
- The Drum Major Instinct [http://mlk-kpp01.standord.edu/index.php/encyclopedia/documentsentry/doc\\_the\\_drum\\_major\\_instinct](http://mlk-kpp01.standord.edu/index.php/encyclopedia/documentsentry/doc_the_drum_major_instinct)

### **Booker T. Washington**

- Democracy and Education <http://www.blackpast.org/?q=1896-booker-t-washington-democracy-and-education>
- The Atlanta Compromise Speech <http://www.blackpast.org/?q=1895-booker-t-washington-atlanta-compromise-speech>

### **Frederick Douglass**

- If There is no Struggle, There is no Progress <http://www.blackpast.org/?q=1857-frederick-douglass-if-there-no-struggle-there-no-progress>
- What, to the Slave, is the Fourth of July? <http://www.blackpast.org/?q=1852-frederick-douglass-what-slave-fourth-july>

### **President Barack Obama Speech a More Perfect Union (2008)**

<http://www.politico.com/news/stories/0308/9100/html>

### **Independence Day (1996) - President Whitmore Speech.**

[www.imdb.com/title/tt0116629/quotes](http://www.imdb.com/title/tt0116629/quotes).

**Network (1976) – Mad as Hell.** <http://www.americanrhetoric.com/MovieSpeeches/moviespeechnetwork2.html>

**Rocky (1976) – It Ain't How Hard You Hit.** <http://samplage.com/movie-quotes/it-aint-about-how-hard-you-hit>

**Hoosiers (1986) – I Don't Care What the Scoreboard Says.** [www.filmsite.org/bestspeeches38.html](http://www.filmsite.org/bestspeeches38.html)

**Mutiny on the Bounty (1935) – Closing Statement Before Death.** A closing court message in defense of colleagues after the speaker has been sentenced to death. <http://www.filmsite.org/bestspeeches2.html>

**The Giving Tree (1964) – Sheldon Allan Silverstein.** [www.poemhunter.com/poem/the-giving-tree](http://www.poemhunter.com/poem/the-giving-tree)

**The Great Dictator's Speech (1940)** <http://www.charliechaplin.com/en/synopsis/articles/29-The-Great-Dictators-Speech>.

**Lift Ev'ry Voice and Sing (1899) James Weldon Johnson.** [www.metrolyrics.com/the-black-national-anthem-lyrics-james-weldon-johnson.html](http://www.metrolyrics.com/the-black-national-anthem-lyrics-james-weldon-johnson.html)

**The Girl Who Silenced the United Nations for 5 Minutes (1992)** <http://100777.com/node/1827> Message that only we can protect the health of our environment and our very existence.

**Armageddon – (1998) President's Speech.** <http://disquietreservations.blogspot.com/2012/01/armageddon-presidents-speech.html>

**Friday Night Lights Speech – Perfection Defined (2004)** <http://nottalotta.com/friday-night-lights-speech-perfection-defined/>

**Cicely Tyson Monologue from Medea's Family Reunion (2006)** [www.imdb.com/title/tt0455612/quotes](http://www.imdb.com/title/tt0455612/quotes) Message about bringing the family together.

**Samantha Booke's Two Speeches in The Great Debaters (2007)**  
<http://www.americanrhetoric.com/MovieSpeeches/moviespeechesthegreatdebaterswileyvsok>

**Thing of Beauty (Endymion) John Keats (1818)** [www.poemhunter.com/poem/john-keats/](http://www.poemhunter.com/poem/john-keats/)

**All The World's A Stage (@ 1600) William Shakespeare.** [www.poemhunter.com/poem/all-the-world-a-stage/](http://www.poemhunter.com/poem/all-the-world-a-stage/)

**The Way of Love 1 Corinthians 13 (@57AD) Apostle Paul** [www.esvbible.org/1+Corinthians+13](http://www.esvbible.org/1+Corinthians+13)

**Mahatma Gandhi: "Speech before Inter-Asian Relations Conference"** <http://mkgandhi.org/speeches/interasian.html>

**Barbara Charline Jordan: "1976 Democratic National Convention Keynote Address"**  
<http://www.americanrhetoric.com/speeches/barbarajordan1976dnc.html>

**The Dalai Lama: "Nobel Prize Acceptance Speech"** <http://www.dalailama.com/messages/acceptance-speeches/nobel-peace-prize>

**President Abraham Lincoln: "Cooper Union Address"** <http://www.abrahamlincolnonline.org/lincoln/speeches/cooper.html>

**President Nelson Mandela: "Speech Accepting the Congressional Gold Medal"**  
<http://www.americanrhetoric.com/speeches/nelsonmandalacongressionalgoldmedalspeech.html>

**Rigoberta Menchu: “Nobel Peace Prize Acceptance Speech”** [http://www.nobelprize.org/nobel\\_prizes/peace/laureates/1992/tum-lecture.html](http://www.nobelprize.org/nobel_prizes/peace/laureates/1992/tum-lecture.html)

**Malala Yousafzais, Nobel Prize Acceptance Speech, 2014**  
[http://www.nobelprize.org/nobel\\_prizes/peace/laureates/2014yousafzai-lecture\\_en.html](http://www.nobelprize.org/nobel_prizes/peace/laureates/2014yousafzai-lecture_en.html)

WEB DuBois, Address to the Nation, Niagara Movement Speech, 1900  
<http://users.wfu.edu/zulick/341/niagara.html>

Khizr Khan’s Speech to the 2016 Democratic National Convention  
<http://abcnews.go.com/Politics/full-text-khizr-khans-speech-2016-democratic-national/story?id=41043609>

President Abraham Lincoln, House Divided Speech, June 16, 1858  
<https://www.nps.gov/liho/learn/historyculture/housedivided.htm>

Marcus Garvey, Educate Yourself  
[http://www.nyahbinghi.ca/Garvey-speeches/view-garvey.asp?word\\_title=Educate%20Yourself](http://www.nyahbinghi.ca/Garvey-speeches/view-garvey.asp?word_title=Educate%20Yourself)

**The Greatest Salesman in the World Og Madino The Scrolls –**  
*All contestant Levels one, two, three, and four are free to select any of the following Scrolls to memorize and recite.*

- The Scroll Marked I - Today I begin a New Life
- The Scroll Marked II - I Will Greet This Day With Love in My Heart
- The Scroll Marked III - I Will Persist Until I Succeed
- The Scroll Marked IV - I Am Natures' Greatest Miracle
- The Scroll Marked V - I Will Live This Day as If It Is My Last
- The Scroll Marked VI - Today I Will Be Master of My Emotions
- The Scroll Marked VII - I Will Laugh at the World
- The Scroll Marked VIII - Today I Will Multiply My Value a Hundredfold
- The Scroll Marked IX - I Will Act Now
- The Scroll Marked X – I Will Pray for Guidance

Orlando Ceaser See Unlock Your Leadership Greatest-10 Keys to Outstanding Results  
Hope: For the difficult days ahead

<https://www.watchwellinc.com/files/129124688.pdf>

In the Ghetto there were many mountains

<https://www.watchwellinc.com/files/129720592.pdf>

The beauty and power of darkness

<https://www.watchwellinc.com/files/129720598.pdf>

There Is more to me

<https://www.watchwellinc.com/files/129720597.pdf>

Violence

<https://www.watchwellinc.com/files/129720596.pdf>

What would Dr. Martin Luther King, Jr. Say?

<https://www.watchwellinc.com/files/129720594.pdf>

**ADDENDEUM (June 5, 2020)**

Douglass, Frederick

“Lessons of the Hour”

<https://iowaculture.gov/sites/default/files/history-education-pss-areconstruction-douglass-transcription.pdf>

Kennedy, Robert

“Statement on the Assassination of Martin Luther King Jr.”

<https://www.jfklibrary.org/learn/about-jfk/the-kennedy-family/robert-f-kennedy/robert-f-kennedy-speeches/statement-on-assassination-of-martin-luther-king-jr-indianapolis-indiana-april-4-1968>

Brown, David

“Statement on Face the Nation”

<https://www.google.com/amp/s/www.cbsnews.com/amp/news/transcript-former-dallas-police-chief-david-brown-on-face-the-nation-july-9-2017/>

Obama, Barack

“Class of 2020 Virtual Commencement Speech”

<https://www.google.com/amp/s/www.nytimes.com/2020/05/16/us/obama-graduation-speech-transcript.amp.html>

Obama, Barack

“How to Make This Moment the Turning Point for Real Change”.

<https://medium.com/@BarackObama/how-to-make-this-moment-the-turning-point-for-real-change-9fa209806067>

Abram, Stacey

“I Know Voting Feels Inadequate Right Now”.

<https://www.google.com/amp/s/www.nytimes.com/2020/06/04/opinion/stacey-abrams-voting-floyd-protests.amp.html>

Bottoms, Keisha.

“The Police Report to Me, But I Knew I Couldn’t Protect My Son”.

<https://www.google.com/amp/s/www.nytimes.com/2020/06/03/opinion/police-protests-atlanta-keisha-bottoms.amp.html>

Mossy, Marlyn

“Prosecutors: Please Stand up to the Police”

<https://www.google.com/amp/s/www.nytimes.com/2020/06/04/opinion/george-floyd-protests-prosecutors.amp.html>

Hill, Stanley

<https://chicagocrusader.com/message-to-the-northwestern-university-medill-school-2020-graduates-by-judge-stanley-l-hill/>

Ceaser, Orlando

How long Will This Go On?

<https://www.watchwellinc.com/files/134348042.pdf>

Something must be done

<https://www.watchwellinc.com/files/134348044.pdf>

Young, Gifted and Eloquent (Student’s version)

<https://www.watchwellinc.com/files/134348052.pdf>

What would Dr. Martin Luther King, Jr. say,  
If he were present and alive today?

<https://www.watchwellinc.com/files/129720594.pdf>

**ALL PARTICIPANTS** ARE ENCOURAGED TO VIEW AND MEMORIZE ANY OF THE ABOVE SPEECHES BUT THE FOLLOWING SPEECHES HAVE BEEN SELECTED FOR YOUNGSTERS IN **LEVEL ONE ONLY**. OF COURSE, STUDENTS IN **LEVEL ONE** ARE ENCOURAGED, IF THEY CAN, TO MEMORIZE AND RECITE ANY OF THE ABOVE SELECTED SPEECHES, IF THEY WISH.

**Langston Hughes – “Grandma’s Stories”**

Grandma has a head full of stories  
She has a whole heart full of stories

All day long when Mama’s away  
Grandma wraps me in her special shawl  
and tells me her stories

Black people stolen from Africa into slavery  
Black people with no rights working for free

Black slaves who escaped on the Underground Railroad  
not a choo-choo train with a running engine  
but black folks and white folks working together  
to bring slaves from the South up North to freedom

Of how she is African, French and Cherokee  
and how they tried to kidnap her into slavery

Grandma tells me her stories wrapped in her shawl  
That has its own story with its bloodstains and  
bullet holes and all from her husband who was  
killed with John Brown at Harpers Ferry

Oh, I know Grandma’s stories are true  
they didn’t come from school or any book  
Grandma was there fighting for freedom too!

**Langston Hughes – “Libraries”**

Libraries  
are a special place  
for me

with their long tables  
all smooth and shiny  
and bookcases spilling  
over  
with books filled with  
wonderful worlds

Libraries  
are a special place  
for me  
to sit and to stay  
with books and books  
and books of endless  
beautiful words  
keeping me company  
taking my loneliness  
and blues  
away.

**Langston Hughes – “All My Life”**

I travel the big seas  
working on ships to pay my fee  
countries and continents welcome me

In Paris, in Africa, Russia and China  
I go around the world like a miner  
not the kind my father wants me to be  
in Mexico with an engineering degree  
But a miner searching for riches  
from people of all races  
discovering other voices and places

Going around the world claiming poets  
from other nations, translating their sonnets  
and stories into something I can dig –  
yeah, going around the world digging life is my gig!

When I'm not overseas I'm in Harlem  
with writers, artists and musicians  
mapping out a world of laughter and strife  
celebrating the beauty of black life.

**Langston Hughes – “Poetry Means the World to ME”**

Poetry means the world to me  
it's how I laugh and sing  
how I cry and ask why

Poetry comforts me  
when I use jazz or  
the blues or the way  
regular folk talk –  
the language  
*they* use  
Words don't always  
have to be neat  
and polished  
like a statue

They should be  
used used used  
to say what you like  
or don't like  
what you see think  
or feel –

Words to fight against  
Hate and unnecessary  
Suffering

Poetry is what *I* use  
to say  
I love you.

## **Langston Hughes – “Sometimes Life Ain’t Always a Hoot”**

Sometimes life ain’t  
Always a hoot  
or a holler

But if you manage  
to give it  
a bother

Even if you miss  
your mother  
or don’t like  
your father

There’ll be better days  
up ahead

A whole mess of  
happen in’ days  
up ahead

You can sit and sulk  
suck your teeth  
and sigh

Or love and laugh  
and live life  
by and by.

### **Over My Head - Spiritual**

Over my head, I hear music in air.  
Over my head, I hear music in air.  
Over my head, I hear music in air.  
There must be a God somewhere.

Over my head, I hear singing in the air.  
Over my head, I hear singing in the air.  
Over my head, I hear singing in the air.  
There must be a God somewhere.

Over my head, I see trouble in the air.  
Over my head, I see trouble in the air.  
Over my head, I see trouble in the air.  
There must be a God somewhere.

Over my head, I see glory in the air.  
Over my head, I see glory in the air.  
Over my head, I see glory in the air.  
There must be a God somewhere.

### **Go Down, Moses – Spiritual**

When Israel was in Egypt’s land,  
Let my people go.  
Oppressed so hard they could not stand,

Let my people go.

Go down, Moses.  
Way down in Egypt's land.  
Tell old Pharaoh  
Let my people go.

“Thus, spoke the Lord,” bod Moses said,  
“Let my people go!  
If not, I'll smite your firstborn dead.  
Let my people go!”

“No more shall they in bondage toil,  
Let my people go!  
Let them come out with Egypt's spoil.  
Let my people go!”

### **This Little Light of Mine – Traditional**

This little light of mine,  
I'm gonna let it shine.  
Oh, this little light of mine,  
I'm gonna let it shine.  
This little light of mine,  
I'm gonna let it shine.  
Let it shine.  
Let it shine.  
Let it shine.

### **Take My Hand, Precious Lord – Thomas A. Dorsey**

Precious Lord take my hand.  
Lead me on, let me stand.  
I am tired, I am weak, I am worn.  
Thru the storm, thru the night,  
Lead me on to the light.  
Take my hand, precious Lord,  
Lead me on.

When my way grows drear,  
Precious Lord linger near.  
When life is almost gone,  
Hear my cry, hear my call,  
Hold my hand lest I fall,  
Take my hand, precious Lord,  
Lead me on.

### **We Shall Not Be Moved – Traditional/Freedom Song**

We shall not, we shall not be moved.  
We shall not, we shall not be moved.  
Just like a tree, planted by the water,  
We shall not be moved.

We are fighting for our freedom.  
We shall not be moved.



We are fighting for our freedom.  
We shall not be moved.  
Just like a tree, planted by the water,  
We shall not be moved.  
We are black and white together.  
We shall not be moved.  
We are black and white together.  
We shall not be moved.  
Just like a tree, planted by the water,  
We shall not be moved.

We will stand and fight together.  
We shall not be move.  
We will stand and fight together.  
We shall not be moved.  
Just like a tree, planted by the water,  
We shall not be moved.

### **Get on Board, Little Children – Spiritual**

The Gospel train's a-comin',  
I hear it just at hand,  
I hear the car wheels moving,  
And rumbling thro' the land.

Get on board, little children,  
Get on board, little children,  
Get on board, little children,  
For there's room for many more.

I hear the bell and whistle,  
A-coming 'round the curve.  
She's playing all her steam and pow'r  
And straining every nerve.

No signal for another train  
To follow on the line.  
O sinner, you're forever lost,  
If once you're left behind.

The fare is cheap and all can go,  
The rich and poor are there;  
No second-class on board the train  
No difference in the fare.

### **Shelvin Silverstein – “The Acrobats”**

I'll swing  
By my ankles,  
She'll cling  
To our knees  
As you hang  
By your nose  
From a high-up  
Trapeze,  
But just one thing, please,  
As we float through the breeze –  
Don't sneeze.

### **Shelvin Silverstein – “Magic”**

Sandra’s seen a leprechaun,  
Eddie touched a troll,  
Laurie danced with witches once,  
Charlie found some goblin’s gold.  
Donald heard a mermaid sing,  
Susy spied an elf,  
But all the magic I have known  
I’ve had to make myself.

### **Shelvin Silverstein – “Ickle Me, Pickle Me, Tickle Me Too”**

Ickle Me, Pickle Me, Tickle Me Too  
Went for a ride in a flying shoe.  
“Hooray!”  
“What fun!”  
“It’s time we flew!”  
Said Ickle Me, Pickle Me, Tickle Me too.

Ickle was captain, and Pickle was crew  
And Tickle served coffee and mulligan stew  
As higher  
And higher  
And higher they flew,  
Ickle Me, Pickle Me, Tickle Me too.

Ickle Me, Pickle Me, Tickle Me too,  
Over the sun and beyond the blue.  
“Hold on!”  
“Stay in!”  
“I hope we do!”  
Cried Ickle Me, Pickle Me, Tickle Me too.

Ickle Me, Pickle Me, Tickle Me too  
Never returned to the world they knew,  
And nobody  
Know what’s  
Happened to  
Dear Ickle Me, Pickle Me, Tickle Me too.

### **Shelvin Silverstein - “Captain Hook”**

Captain Hook must remember  
Not to scratch his toes.  
Captain Hook must watch out  
And never pick his nose.  
Captain Hook must be gentle  
When he shakes your hand.  
Captain Hook must be careful  
Open in’ sardine cans  
And playing tag and poring tea  
And turn in’ pages of his book.  
Lots of folks I’m glad I ain’t  
But mostly Captain Hook!

### **Shelvin Silverstein – “Ourchestra”**

So you haven't got a drum, just beat your belly.  
So I haven't got a horn --- I'll play my nose.  
So we haven't any cymbals ---  
We'll just slap our hands together,  
And though there may be orchestras  
That sound a little better  
With their fancy shiny instruments  
That cost an awful lot –  
Hey, we're making music twice as good  
By playing what we've got!

**Shelvin Silverstein – “The Loser”**

Mama said I'd lose my head  
If it wasn't fastened on.  
Today I guess it wasn't  
'Cause while playing with my cousin  
It fell off and rolled away  
And now it's gone.

And I can't look for it  
Cause my eyes are in it,  
And I can't call to it  
'Cause my mouth is on it  
(Couldn't hear me anyway  
'Cause my ears are on it),  
Can't even think about it  
'Cause my brain is in it.  
So I guess I'll sit down  
On this rock  
And rest for just a minute....

(And what I thought was a rock turned out to be my head.)

**Shelvin Silverstein – “Smart”**

My dad gave me one dollar bill  
'Cause I'm his smartest son,  
And I swapped it for two shiny quarters  
'Cause two is more than one!

And then I took the quarters  
And traded them to Lou  
For three dimes – I guess he don't know  
That three is more than two!

Just then, along came old blind Bates  
And just 'cause he can't see  
He gave me four nickel for my three dimes,  
And four is more than three!

And I took the nickels to Hiram Coombs  
Down at the seed-feed store,  
And the fool gave me five pennies for them,  
And five is more than four!

And then I went and showed my dad,

And he got red in the cheeks  
And closed his eyes and shook his head –  
Too proud of me to speak!

**Eloise Greenfield – “To Catch a Fish”**

It takes more than a wish  
to catch a fish  
you take the hook  
you add the bait  
you concentrate  
and then you wait  
you wait you wait  
but not a bite  
the fish don't have  
an appetite  
so tell them what  
good bait you've got  
and how your bait  
can hit the spot  
this works a whole  
lot better than  
a wish  
if you really  
want to catch a fish.

**Eloise Greenfield – “Harriet Tubman”**

Harriet Tubman didn't take no stuff  
Wasn't scared of nothing neither  
Didn't come in this world to be no slave  
And wasn't going to stay one either.

“Farewell!” she sang to her friends one night  
She was mighty sad to leave ‘em  
But she ran away that dark, hot night  
Ran looking for her freedom

She ran to the woods and she ran through the woods  
With the slave catchers right behind her  
And she kept on going till she got to the North  
Where those mean men couldn't find her

Nineteen times she went back South  
To get three hundred others  
She ran for her freedom nineteen times  
To save Black sisters and brothers  
Harriet Tubman didn't take no stuff  
Wasn't scared of nothing neither  
Didn't come in this world to be no slave  
And didn't stay one either

And didn't stay one either.

### **Martin Luther King, Jr. by Helen H. Moore**

When Martin Luther King was just a tiny little boy,  
His father taught him to be brave and true.  
His father was a preacher, and when young Martin grew,  
Martin learned to be a preacher, too.

Martin worked for justice,  
Martin worked for peace.  
Martin worked so people could be free,  
Martin had a dream that someday  
Children everywhere  
Would live in freedom and equality.

Martin Luther King preached his message far and wide,  
In Washington they heard his message ring.  
But there were some who didn't want to hear what Martin preached.  
and so they shot young Martin Luther King.

Martin worked for justice.  
Martin worked for peace.  
Martin worked so people could be free.  
Martin had a dream that someday  
Children everywhere  
Would live in freedom and equality.

### **George Washington Carver by Helen H. Moore**

The farmers of the south were frightened  
by a little bug!  
Its name was the boll weevil  
(it was smaller than a slug).  
It ate up all the cotton crops,  
no one knew what to do,  
until Professor Carver  
showed them all  
a thing or two!  
"Plant some peanuts!"  
Carver said, "Those  
Weevils just won't eat 'em!  
Peanuts will help the soil and those  
Boll weevils? We'll defeat 'em!"  
The farmers did what Carver said,  
The peanuts grew and grew!  
"We've got too many nuts," the farmers said,  
"Now what to do?"  
Professor Carver went into his lab  
And had a think.  
He worked with peanuts day and night,  
and quick as you can wink---  
he used the nuts to make all kinds of things,  
from bread to ink ...in fact,  
he made 'bout everything  
except the kitchen sink,  
by using peanuts!

### **In Daddy's Arms by Folami Abiade**

In daddy's arms I am tall  
& close to the sun & warm  
In daddy's arms

In daddy's arms  
I can see over the fence out back  
I can touch the bottom leaves of the big magnolia tree  
In Cousin Sukie's yard  
In daddy's arms

In daddy's arms the moon is close  
Closer at nighttime when I can almost touch it  
When it grins back at me from the wide twinkling skies

In daddy's arms I am tall  
Taller than Benny & my friends Ade & George  
Taller than Uncle Billy  
& best of all  
I am eye-ball-even-stein with my big brother Jamal

In my daddy's arms  
I am strong & dark like him & laughing  
Happier than the circus clowns  
With red painted grins  
When daddy spins me round & round  
& the whole world is crazy upside down  
I am big and strong & proud like him  
In daddy's arms  
My daddy

## **SECTION I: QUALIFICATIONS AND LEVELS FOR CONTESTANTS**

1. The Contest is open to students of all ages. Participants must recite an excerpt from one of the pre-approved selection of speeches.

### 2. Contestant Levels:

#### Level 1, Grades K-3: One-Two Minutes

Contestants will be penalized 1-point deduction for each 15 seconds or portion over or under allotted limit if their speech is less than 30 seconds or greater than 2 minutes 30 seconds.

#### Level 2, Grades 4-6: Two-Four Minutes

Contestants will be penalized 1-point deduction for each 15 seconds or portion over or under the allotted time if their speech is less than 1 minute 30 seconds or greater than 4 minutes 30 seconds.

#### Level 3, Grades 7-8: Three-Five Minutes

Contestants will be penalized 1-point deduction for each 15 seconds or portion over or under the allotted time if their speech is less than 2 minutes 30 seconds or greater than 5 minutes 30 seconds.

#### Level 4, Grades 9-12: Four-Six Minutes

Contestants will be penalized 1-point deduction for each 15 seconds or portion over or under the allotted time if their speech is less than 3 minutes 30 seconds or greater than 6 minutes 30 seconds.

## **SECTION II: CONTEST RULES**

1. All contestants must memorize and recite from memory an excerpt of any of the attached speeches.
2. A speech must be delivered in English.
3. All contestants must state their selected speech before beginning their speech in order for the timekeeper to record the exact time of the speech. A 3-point penalty is automatically assessed by the timekeeper for failure to identify the selected speech.
4. The use of props, special costumes or clothing, or the use of prompters will not be permitted. Notes may not be used. The penalty will be disqualification.
5. Contestants going over or under will not be cautioned. This penalty will be determined by the official timekeeper.
6. Timing will begin immediately after the selected speech is expressed. Any salutation to the judges, audience, etc. should precede the announcement of the selected speech. Timing will stop when the contestant finishes.
7. No reference can be made that identifies the student, parents, school or community. This will result in a deduction of 5 points.
8. Contestants shall not be identified by name until after the last oration has been presented and all score sheets are out of the possession of judges.
9. Any protest in the conduct of this contest must be made immediately after the condition is noted. Protest received after the next contestant has been introduced, or in the case of the last contestant, after the judges leave to total the score, will not be accepted under any circumstances.
10. The Contest Chairperson will decide all protests in accordance with the official rules. The decision of the Contest Chair is final, and no higher appeals will be recognized.
11. **Contestants may register for Oratory Class/Competition by submitting the class entry form to Ms. Michelle Chambers PHONE: 773 256-2762 or by email: mchambers@rainbowpush.org**
12. **See Judge Stanley Hill Instructional Video on YouTube for instructions on how to use the contestants score sheet attached.**

For proper use of Judge Score Sheet refer to Judge Stanley Hill Instructional Video on YouTube

**Judge's Score Sheet for Panel**

Contestant Level \_\_\_\_\_ Contestant \_\_\_\_\_ Length of Speech \_\_\_\_\_ (Minutes & Seconds)

Self-Identification Deduction 5 points: \_\_\_\_\_

Failure to Announce Selected Speech at Beginning Of Speech Deduction 3 points: \_\_\_\_\_

1 Point Deduction for Each 15 seconds or portion over or under official limits: \_\_\_\_\_

<b>POISE</b> Maximum 30 points	<u>Poor</u> 1-6	<u>Fair</u> 9-12	<u>Good</u> 15-18	<u>Excellent</u> 21-24	<u>Superior</u> 27-30	<b>Total Score</b> *****
Appearance, Attire and Personality						
<b>DELIVERY &amp; PRESENTATION</b> Maximum 50 points						*****
Voice/Volume	1-2	3-4	5-6	7-8	9-10	
Continuous Delivery Without Hesitation						
Enunciation/Pronunciation						
Eye Contact/Gestures						
Emphasis Well-Placed						
<b>OVERALL EFFECTIVENESS</b> Maximum 20 points						*****
Memorization & Mastery of Material	0-4	5-9	12-14	15-17	18-20	

Judge's Name Print \_\_\_\_\_

Judge's Signature \_\_\_\_\_

Date:

Each Contestant Must Receive A Score for Each Category.

Each Judge Must Sign His/Her Individual Score Sheet and Submit The Same To The Competition Chairperson or Designee At The Conclusion Of Each Contestant's Speech.

The Oratorical Committee Will Tally the Scores.



**PUSH for Excellence, Inc., Illinois Judicial Society and St. Sabina. Inc.**  
**“YOU GOT TO PUT IN THE WORK, YOU GOT TO PUT IN THE TIME!”**

**ORATORICAL ENTRY FORM**

**Contestant Name:** \_\_\_\_\_ **(Circle One) Contestant Levels:**  
Level 1-Grades K-3  
Level 2-Grades 4-6  
Level 3-Grades 7-8  
Level 4-Grades 9-12

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Telephone (\_\_\_\_)** \_\_\_\_\_

**Email (contact information)**  
\_\_\_\_\_

**DOB** \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ **Age:** \_\_\_\_ **Grade in School** \_\_\_\_\_

**School and/or Church:**  
**Homework Coach:** \_\_\_\_\_

**Contestant Agreement**

I have studied the rules of the contest, and I will be bound by all of the requirements.

**Signature** \_\_\_\_\_ **Date** \_\_\_\_/\_\_\_\_/\_\_\_\_

**Parent or Guardian Permission and Release:**

I give my permission for my child/ward to participate in this contest. I also consent to my child/ward being photographed or videotaped, including audio, in connection with his or her participation in this contest. I also give PUSH Excel and its assigns permission to use, edit and re-use these products for print, internet, and all other forms of media. I release PUSH Excel, and its assigns, agents and employees from all claims, demands, and liabilities whatsoever and in connection with, the above.

**Signature** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Relationship to Contestant** \_\_\_\_\_

## **THEME: “YOU GOT TO PUT IN THE WORK, YOU GOT TO PUT IN THE TIME!”**

**Where there is no vision, the people perish. (Proverbs 29:18).**

God invites us to use our imagination to see the invisible. He allows us to be in a place that needs to be developed, and He challenges our faith by pushing us to see what we do not yet see. Many of us see only what is physically before us. Keep the vision alive. Rejoice that what we do not see now will be what we see forever. “We walk by faith, not by sight.” (*Two Corinthians 5:7*). The word “walk” refers to how we live. We are encouraged not to live by what we see but to live by faith. Our faith is the substance of things hoped for the evidence of things not yet seen. (*Hebrews 11:1*). Sight can only show you the present. Vision shows you the future. Vision causes you to rejoice with expectation for what is to come. When you have vision, you are able to see your future while you are in the middle of your current situation. When you have the right vision for your life, it will increase commitment and energize you. Vision will help you establish a standard of excellence in your life and connect your present and your future. Vision will cause you to rejoice with expectation for what is to come.

Vision will cause you to understand that the answers you seek will not come, not by force or human reason, nor by struggle and strain, but by means of the Holy Spirit ever at work within your mind, heart, soul, body and life. The right vision will cause you to realize that God will see you through, bringing the right answers through the right channels, at the right time and in the right place. God will work through the right persons and circumstances. God will see you through in the best way for the greatest good of all concerned. No matter what the circumstances, how difficult or how impossible you feel it may be; God will see you through. If life is demanding strength that you think you do not have, wisdom you think you do not possess, tact, patience, forgiveness, love, or peace that you feel are foreign to you, remember that by keeping the vision alive you will know that God will see you through with His strength, His peace, and His infinite supply. Now just tell yourself persistently and firmly that God will see you through, and then let him.

### **To prepare for the tournament study the following lessons.**

1. **POISE (30 points)** Poise: appearance, attire, personality. Poise is the freedom from affectation or embarrassment, composure. Affectation is a mannerism adopted to impress others. The speaker’s grooming and attire should be appropriate. The contestant should speak with enthusiasm and assurance, showing interest in the audience and confidence, permitting his/her personality to shine.

**Poise** – graceful and elegant bearing in a person. Synonyms: Grace, gracefulness, elegance, balance, control, good deportment.

**Affectation** – speech that is artificial and designed to impress. Synonyms: Pretension, pretentiousness, affectedness, artificiality, posturing, posing, airs, pretended feeling, façade, front, show, appearance, pretense, simulation, posture, pose.

**Attire** – clothing, clothes.

**Personality** – the combination of characteristics or qualities that form an individual’s distinctive character. Synonyms: nature, disposition, temperament, makeup, persona, psyche.

#### **Mind your Body – The idea is to attract, not repel.**

We can offend others with our bodies. We do that with the way our bodies, look, the way they smell and what we do with and to them. Thus, we need to consider good basic grooming habits. When we take good care of our bodies and our appearance, we implicitly validate whom we are. We look at ourselves as deserving of attention and act upon that feeling. As we are being good to ourselves, we also show that we consider others important. Behind the attention to our grooming are the goals of appearing at our best on the stage of everyday life and of being as pleasant a presence for others as we can. Essential to good grooming are a clean and odor free body, recently washed hair, fingernails and toenails in perfect order, clean and unrumpled clothes, well-kept shoes, unfrayed socks, and run-free stockings. Good grooming is simple good self-maintenance. When we are well groomed, we often experience a sense of both physical and psychological well-being. We feel good, and we feel good about ourselves. When this happens, we are better disposed toward others, treat them better, and are thus better treated in return.

2. **DELIVERY AND PRESENTATION (50 points)**

Delivery & Presentation: voice, volume, enunciation/pronunciation, gestures, eye contact, sincerity and emphasis. Delivery and presentation shall be judged on several factors. Voice quality should be recognized in tone, pitch and volume. Delivery should be continuous without hesitation or halting. Enunciation and pronunciation are most

important. Eye contact with the judges is important. Gestures should be appraised for frequency, nature and effectiveness. Desire to be convincing should be obvious and emphasis should be well placed and dynamic.

### **There is a Message in Your Voice**

*While speech is how you use words, voice is how you create sound. To your listeners, your voice is a part of who you are and what you believe. Follow these tips on using your voice effectively when you are giving a presentation.*

Your voice is a bigger and more important part of your presentation than you may think. With your voice, you can mutter, whisper, or shout. You can roar, suggest, demand. You can state, announce, assert, declare, affirm.

#### **Use your voice for maximum impact.**

From the sound of your voice, your listeners will make judgments about your attitude toward them and the ideas you are presenting. They will judge your sincerity and credibility in part by your voice. In addition, in turn that will affect how they respond to you and your message.

It follows that to be a good presenter; you must take care of your voice and learn to use it effectively. The proper use of your voice can emphasize and strengthen every message you deliver.

#### **Vary the elements of sound for emphasis.**

If the pitch, volume, rhythm, and timbre of your voice never fluctuate, you will be speaking in a monotone. In addition, you will risk losing your audience as a result.

### **“They will judge your sincerity and credibility in part by your voice.”**

A monotone suggests to your listeners that you have little invested in them or in your message. It suggests you do not really care much whether or how your listeners respond.

A monotone provides too few points of emphasis, the kind that helps your audience comprehend your message. However, you can supply those points of emphasis by making your voice more expressive. An expressive voice pauses and quickens ... changes pace ... lowers and raises both volume and pitch. It carries emotion ranging from certainty to doubt ... surprise to assurance ... delight to disgust.

Work expression into your voice by varying the elements of sound: volume, pitch, rhythm, and timbre. Try that now by reading this next sentence aloud:

*“I didn’t tell her you were stupid.”*

Depending on how you vary the vocal elements, you can give this sentence any of several meanings. Begin by saying the sentence aloud, emphasizing the first word with added volume. Continue repeating the sentence, each time emphasizing a different word:

*“**I** didn’t tell her you were stupid.”* (Somebody else told her.)

*“I **didn’t** tell her you were stupid.”* (I emphatically did not.)

*“I didn’t **tell** her you were stupid.”* (I implied it.)

*“I didn’t tell **her** you were stupid.”* (I told someone else.)

*“I didn’t tell her **you** were stupid.”* (I told her someone else was stupid.)

*“I didn’t tell her you **were** stupid.”* (I told her you are still stupid.)

*“I didn’t tell her you were **stupid**.”* (I told her something else about you.)

Identical words. Different meaning. That is the power of voice.

Here are some more tips on harnessing your vocal power:

**“Lower the volume for an aside.**

**Raise the volume gradually as you build toward a point.”**

### **Adjust the volume.**

Use changes in volume to prevent your voice from slipping into monotonous sameness and to alert your audience to the nuances of your message.

Always speak loudly enough so everyone in your audience can hear you. Speak a little more loudly if the audience is large, even if you are using a microphone.

Lower the volume for an aside. Raise the volume gradually as you build toward a point.

Change your volume when you are changing an idea or an approach. Use your full voice with a microphone.

### **Refine the pitch.**

Pitch is the frequency of the sound waves you produce. It is about hitting high or low notes with your voice.

Become aware of pitch and learn to refine it, phrase-by phrase. Questions, for example, should end on a higher note. Conversely, affirmative statements should end in a level or slightly lower pitch. The ending of statements on a high pitch can create doubt in your listeners.

Vary your pitch throughout your presentation to establish and reinforce your message.

### **Alter the rhythm and tempo.**

Rhythm is the pattern of the sounds you produce. Tempo is the pace of your voice.

### **Use rhythm to carry meaning.**

Slow the pace to emphasize certain ideas. Quicken the pace to show excitement or humor. Pause to underscore major points or to give listeners time to absorb a complex idea. Pause also when you are about to transition to another idea.

### **Control the timbre**

Timbre is the emotional quality of your voice. It is the attitude behind a word or a phrase. Listeners perceive a speaker's attitude and use their perception to build comprehension.

Use timbre to enhance your meaning or express the emotion or attitude you want to create. Choose words and phrases that support that attitude.

Vary your emotional expression to support and signify meaning.

Your voice is one of the many tools with which you communicate. Practice managing your voice. Become adept at using it to clarify your message and to carry its significance to your listeners.

What is the difference between pronunciation and enunciation? Clarification: Good enunciation is the act of speaking clearly and concisely. The opposite of good enunciation is mumbling or slurring. See also pronunciation, which is a component of enunciation. Pronunciation is to pronounce sounds of words correctly.

## **Body Language Mistakes: Gestures, Movement, Posture & Facial Expressions**

Non-verbal communication, or body language, is an important part of public speaking. Your body language includes your posture, movement, gestures, facial expressions, eye contact and voice. At the very least, your body language should not distract the audience, with a little practice, it can help you convey confidence, and help the audience see your message more clearly. Here are the most common gesture, movement, posture and facial expression mistakes:

### **GESTURE MISTAKES**

Not using gestures at all. If you keep your hands locked at your sides, you will look nervous and your presentation will lack the visual element to accompany and enhance your words.

**Keeping our hands in our pockets.** This position leads down the slippery slope to slouching and a sloppier posture. In addition, you may unconsciously start playing with the keys or change in your pocket (yes, I have seen – and heard – it happens!)

**Fidgeting with your hands.** Be aware of what your hands are doing, such as “washing” each other, grasping each other tightly, fiddling with our watch or jewelry, etc. One of my public speaking coaching clients rolled and unrolled his shirtsleeves while he presented (we solved that problem by having him wear short sleeves). If you must hold something, such as your notes or the PowerPoint remote, be conscious of how you are holding it. Too often, the item becomes something for you to play with unconsciously, or in the case of notes, a crutch that prevents you from looking at the audience.

**Holding your hands behind your back.** This gesture usually resembles that of a child reciting a poem at a school assembly. When not gesturing, your hands should be in the “neutral position,” hanging loosely at your sides.

**Pointing at the audience.** Yes, your mother was right – it is not polite to point. Try an open-handed gesture instead.

**Folding your arms across your chest.** Even if you are, only doing this because you feel cold, this gesture will most likely be interpreted as you are closing yourself off from the audience.

**Gripping the podium.** This gesture is usually accompanied by the “deer in the headlights” look. If you are using a podium, place your hands lightly on the top of it or in a relaxed hold on the edges.

**Using stilted gestures.** Your gestures should be natural and flow smoothly rather than looking forced or robotic.

**Using overly rehearsed gestures.** I once saw a speaker fall to his knees during his speech, which was unnecessary and struck the audience as melodramatic and insincere.

## MOVEMENT MISTAKES

**Moving without purpose.** Most of the time you should stand confidently in one place rather pacing back and forth or walking aimlessly. If you do need to move, it should have a purpose. For example, walk confidently to the front of the room before you begin speaking and walk with purpose to the flipchart or to the computer.

**Shifting your weight from one foot to the other.** Many people do this unconsciously and sometimes because their feet hurt (hint: wear comfortable shoes!). Instead, stand with your feet firmly planted on the floor, with your weight equally distributed on both feet.

**Hiding behind a desk, podium or flipchart.** If the room configuration is set up so you are partially obscured behind something, then you have to rely more heavily on your voice and facial expressions to convey meaning. If you are nervous and feel exposed when there’s nothing between you and the audience, practice, practice, practice – in front of the mirror, on video, in front of a friendly group of colleagues. If you must stand behind something, do so with assurance and not as if, you are shrinking from the audience.

## POSTURE MISTAKES

**Standing too stiffly.** Yes, you should stand up straight, but it should be natural, not like you are frozen at attention. Keep your shoulders back and hold your head up so you can make eye contact. This posture conveys confidence and helps you breathe more fully.

**Slouching and keeping your head down.** Not only does it prevent you from looking at the audience, but it also conveys nervousness and makes it harder for the audience to hear you.

## FACIAL EXPRESSION MISTAKES

**Not smiling, ever.** Unless you are delivering horrible news, it is appropriate for you to smile, even in a business setting. Smiling will relax you and, in turn, relax the audience.

**Smiling too much, especially when delivering bad news.** You may be smiling or even giggling because you are incredibly nervous, but it undermines the seriousness of your message and your sincerity. If you smile broadly or giggle while announcing mass layoffs, for example, your audience will interpret it as a sign of your lack of concern.

If you eliminate these body language mistakes from your presentation, you will come across as more confident and sincere and you will be able to communicate more effectively. Your body language will reinforce your message to the audience rather than distract from it.

### 3. **OVERALL EFFECTIVENESS** (20 points)

In this category the overall impression created by the speaker and the speech should be rated based on memorization and mastery of the material. In this phase of scoring, the general overall impression is given actual point values. It is in making this particular score that a judge would most closely approach a conclusion that would actually rank the contestants in his or her own opinion. **Emphasis well placed is important:** Emphasize in your speech appropriately and advantageously key words and thoughts in a manner that is good and useful.

### **Maximizing Your Memorizing**

#### **Organize It**

**Get the big picture.** Learn material from general (big picture) to specific (little details). Outline it; diagram it; chart it.

**Create associations.** You remember new information more effectively if you associate it with learned information.

#### **Use Your Body**

**Learn it once, actively.** Action is a great memory enhancer. Pace back and forth. Use your hands as you study. Get your whole body involved.

**Relax.** You absorb materials more quickly and recall it with greater accuracy when relaxed. Relaxation is a state of alertness, yet free from tension. You can be active and relaxed.

**Create pictures.** Draw diagrams. Use these images to connect facts and illustrate relationships. Associations are recalled more easily when visualized.

**Recite and repeat.** Repetition blazes a trail through the pathways of your brain, making information easier to find. Reciting aloud anchors information because it utilizes two different senses (saying as well as hearing it). Reciting in your own words forces you to process the material.

**Write it down.** Writing engages a different kind of memory than speaking. It prompts you to be more logical, coherent, and complete. It is also an effective way to prepare for exam questions.

#### **Use Your Brain**

**Over learn.** Learn more than you need to know about a subject. Pick it apart, examine it, and add to it until it becomes second nature.

**Escape the short-term memory trap.** Short-term memory is limited in what it can contain and rarely last longer than a few hours. A short review within hours of a study session can move material from short-term to long-term memory.

**Use your times of peak energy.** Study your most difficult subjects when your energy peaks. One hour of study in the day is equal to one and a half hours of study at night.

**Distributed learning.** Three 2-hour study sessions are more effective than one 6-hour session. If you overload your brain, it will shut down for rest. Distributing your learning allows time for your brain to “rewire” itself by growing new connections between cells.

**Be aware of attitudes.** If you feel history is boring, you will have trouble remembering dates and facts. Look for connections that relate to your own interests.

**Combine techniques.** All of these techniques work better in combination. Combine memory techniques to involve sight, sound and touch when you study.

### **Recall It**

**Remember something else.** If you cannot recall facts, remember the example used during lecture. The information is encoded in the same area of the brain, so similar or related information will trigger recall.

**Brainstorm.** If you stumped on a test question, start-writing answers to related questions and you will likely recall the answer.

**Notice when you remember.** Notice our learning style. It is easier to remember what you saw, heard, or have done. Adjust learning techniques to your natural learning style.

**Teach it.** Teaching requires mastery. By explaining information, you will quickly understand it yourself. Study groups are especially effective in promoting this kind of mastery.

**Use it before you lose it.** Pathways to information become weak with disuse. To remember something, access it a lot. Read it, write it, speak it, listen to it, apply it – make contact with the material regularly.

### **Memory Tricks**

**Create mind maps.** Using mind maps classifies information for easier recall. It also gives a visual image to remember.

**Create new words.** Acronyms are words created from the initial letters of a series of words. For example, IPMAT helps biology students to remember the stages of cell division (interphase, prophase, metaphase, anaphase, and telophase).

**Create sentences.** Acrostics are sentences that stand for something. For example, the first letters of the words of the sentence “Every Good Boy Does Find” are the musical notes of the lines of the treble clef staff (E D B C D F).

**Create rhymes and songs.** Rhyming, songs, and jingles are powerful memory tools. For example, “In 1492, Columbus sailed the ocean blue.”

## Eye Contact:

Eye contact is essential to a great presentation and is one of the most difficult aspects of giving a speech. Eye contact is almost like touching someone. To reach out and touch a stranger with your eyes – can feel uncomfortable. Making eye contact with individuals in the room is imperative if you want to build a relationship with your audience.

- Use an irregular and unpredictable “Z” formation – looking at one person for three to five seconds.
- Smile; move gracefully off. Do not stare. Keep relaxed.
- Look at someone on the left side for a few seconds, then someone in the middle, then someone on the right. Do not neglect the people in the back.
- When looking at the back of a large room, it is okay to focus on a section or a head in the distance rather than the wall.
- Make eye contact with the one who is smiling, the one who is nodding, and the one who is “obviously” getting it.
- As you transmit your message – with your words, our facial expression, posture, tone of voice, gestures – you watch your listener’s eyes to determine whether they understand.
- Lack of eye contact creates a barrier between you and the audience; it makes you look untrustworthy.
- 

## Eye contact, or lack of it, can make a difference in how receptive the audience is to your message.

These points may help:

- Maintain eye contact with your audience. Try to memorize your opening and closing statements so that you can maintain steady eye contact when you need to hold the audience’s attention.
- Try not to stare at a fixed object. Let your eyes travel casually and naturally from person to person throughout your speech.
- Look for friendly faces with whom to make eye contact, but do not neglect the rest of the audience.
- 

## **Gestures and Expressions:**

Gestures can be a powerful addition to any speech. They can also be a terrible distraction.

The following points may help you turn gestures into a public speaking asset:

- Use gestures only if they are natural to you. Effective hand gestures come from being relaxed and spontaneous, not from fidgeting.
- **Smile! If you look like you enjoy what you are doing, so will your audience.**
- Be dramatic but match your facial expressions to your words. Look serious and sincere if your message is serious, smile if your message is positive.

## **Posture:**

Posture is especially important to maintaining an interested and confident appearance.

The following points may help:

- If a podium is available, place your notes on it, but do not lean on it. Leaning gives the impression that you are tired, sick, or bored.
- If you choose to walk while you talk, maintain your upright posture and hold your notes above your waist.
- Avoid pacing because it is distracting and may make you look nervous.

## **The Eyes Have It and They are All on You ... and Your Gestures.**

The most important visual is you. Let us start with one truth. The most important visual in a presentation is not that dazzling animation or PowerPoint slide overflowing with data. The most important visual is you. In addition, when presenting, a large part of the “visual you” are conveyed in your body language. Study after study confirms that gesture, movement, and facial expression contribute significantly to helping your listeners grasp what you say.



One study, done several years ago at the University of Chicago, examined “the spontaneous, ephemeral, “made up-on-the-fly” gesturing we do every day. It concluded that at least half of language is imagery and that body language gives form to that imagery more than spoken words.

**Gesturing is a hand movement that is as much a part of language as speech.**

When we’re speaking, we’re thinking in two forms simultaneously,’ the study noted. Speech and gesture are one system. Gesture is a hand movement that is as much a part of language as speech.

Therefore, when you are presenting at the front of the room with your hands resting limp at your sides, you are diminishing your listeners’ ability to appreciate your ideas. The same Chicago study claimed that speaking without gesturing could cause an audience to miss large chunks of your presentation.

So how do you gesture? Moreover, how do you make it both effective and natural? Gestures need to arise from the content of talk and fit both the circumstance and your own personal style. However, they also need to be effective. There are some core guidelines to delivering effective gestures. What feels natural or comfortable is not always what works.

Many people gesture during a group presentation the same way they do when they are talking one on one. This is their accustomed habit, so it feels comfortable. Other people’s gestures become constrained in both size and frequency when they stand up in front of an audience. Not all these people are probably gesturing at their best.

One-on-one gestures tend to be small. They are right for an audience of one, not twenty- one or 501. The bigger the audience, the bigger the gestures need to be. One rough gauge is that gestures should be large enough to embrace most of the audience. This does not work for audiences of 1000s (unless your arms are long), but it is a good reminder to scale up the gestures to match the size of the room.

**Penguins can be cute, but they are not good presenters.**

**One key to enlarging gestures is to start them from the shoulder.** Wrist or elbow gestures are automatically smaller and tend to be limited in their variety, too. In fact, this is the single most common problem that drives people to repetitive gesturing. If you keep making the same gesture, it rapidly becomes meaningless and ultimately annoying to the audience. The misguided feedback becomes “Stop talking with your hands.” The better feedback would be to start really talking with your hands to make your hands more powerful and expressive.

**Next, make sure your gestures are high enough.** Low gestures draw the eyes of the audience down and away from your face. They become distractions. If you watch for it, you can sometimes catch people doing a vague imitation of penguins, with their hands flipping about at their waists. Penguins can be the cute; but they are not good presenters.

**Finally, tap your own natural style, but then expand on it.** Try doing what feels “natural” and then make it bigger. If you do not naturally gesture at all, start by just adding one or two gestures to a sentence you practice in private. Try using words that have obvious gestures associated with them (large, tall, small, all, etc.). It probably will not feel or look natural at first, but with a bit of practice, you can build on your innate gestural vocabulary to become a more powerful and eloquent speaker.