

# Getting Ready for the National Leadership Conference (NLC) Competitive Events

Congratulations to all who are going to the NLC. Those of you in competitive events - you are the California official representatives in displaying our great health science/careers educational programs to the nation. You have achieved top scores in a specific competitive event at the state level.

Now your challenge is to achieve greatness at the national level. Let's show the other states that California ROCKS and is the best in the nation!!!!

In 2009, California had 2,081 secondary members and 23 of them were in the top 10 at the national level and ranked 12<sup>th</sup>. At the post-secondary level we had 189 members and 37 in the top 10 finalists and ranked 6<sup>th</sup>. Let's beat those numbers this year.



## TIPS FOR SUCCESS

### 1. READ & FOLLOW THE DIRECTIONS!!!!

At the 2009 NLC almost half of all competitors did not study the guidelines and follow every detail. Many of those competitors lost points and it made a big difference for those who went home with a medal and those who went home empty-handed.

### 2. BE PREPARED

Reread your event guidelines. Identify all of the "no brainers" (things you can do for easy points. i.e. wear correct HOSA dress, bring your guidelines to your orientation, etc.). Learn as much as you can and practice your skill.

- a. In the skill events, you must perform the procedure at 70% accuracy or higher in order to be recognized. That takes practice. Also don't forget to use the alcohol based hand wash. That was the biggest problem on the 2010 SLC rating sheets.
- b. In events that require knowledge, the key is to know more about the topic than the other competitors.

**GOOD LUCK TO ALL**