



# Prepared Speaking – Judge Feedback

Cal-HOSA SLC 2026

## ■ What Judges Noticed

- Strong emotional delivery and engagement
- Great openings and hooks
- Personal examples (e.g., COVID, speech/debate)
- Excellent eye contact and voice
- Most incorporated the theme effectively
- Memorized speeches with strong delivery

## ■ Tips for Success

- Slow down and use pauses effectively
- Refine stage presence and voice control
- Use purposeful body language (avoid overusing hands)
- Fully use your time—add content if time remains
- Continue practicing delivery and transitions

## ✓ Before You Compete – Checklist

- I have a strong, engaging opening
- My speech is memorized and flows smoothly
- I use pauses and pacing effectively
- My body language is controlled and purposeful
- I use full time effectively
- I connect with the audience through eye contact
- My message is clear, organized, and engaging

## ■ Areas to Improve

- Overuse of hand gestures
- Speaking too quickly
- Not maximizing allotted time (unused time)
- Need for more controlled pacing and presence

## ■ What Made Top Competitors Stand Out

- Strong hooks and smooth transitions
- No reliance on notes (fully memorized)
- Engaging storytelling and audience connection
- Confident stage presence and facial expressions
- Passion for HOSA and topic
- Clear, well-organized, and easy-to-follow speech

*Confidence + storytelling + delivery = powerful speaking.*