

Illinois FCCLA Competitive Events



***Going for
the GOLD!!***

Reasons to Participate

- **Develop leadership & public speaking skills**
- **Increase knowledge in the area of interest**
- **Learn to organize & complete a project**
- **Unique detail for work & college applications**
- **Opportunity for travel**
- **FUN!**
- **Recognition for you, your chapter and your school**

Timeline to Competition

- **First things first.... (September - December)**
Choose an event & complete the FCCLA Planning Process
- **Next step..... (September - December)**
Once the FCCLA Planning Process has been completed, conduct any project that may be part of the event.
- **Portfolios, Manuals, and Displays... (September - January)**
Once your project is well underway, you may begin working on your portfolio, manual or display. **Be sure to follow the rules VERY CLOSELY.**
- **Oral Presentations.... (December - January)**
At least one month prior to your first competition, you should begin writing and practicing your oral presentation.
- **PRACTICE! PRACTICE! PRACTICE! (Mid January)**
At least 2 weeks prior to your competition, begin practicing your oral presentation with your manual or display.

Additional Tips to Success

- **Read the Event Guidelines carefully**
- **Read through the Evaluation Rubrics multiple times as you work on the project. Make sure that the end product fits within the top score column of the Evaluation Rubric!**
- **Complete the research, project or activity**
 - Take pictures**
 - Keep records of any written items**
 - Share projects with the media and keep copies**
 - Send follow-up thank you notes to those who help and keep a copy of what you send**
 - Keep any correspondence that comes to you regarding the project**
- **Prepare for the competition!**
 - Start earlier enough that you can work slowly and accurately on your portfolio, manual or display. The judges will see it before they see you...so it will be your first impression!**

Competition Preparation Tips

- **If possible, connect with a former competitor or person who has knowledge of the event(s).**
- **Create your portfolio, manual or display**
- **Write your oral presentation**
- **Practice, Evaluate, Edit**
It's extremely helpful to have input from other people while working towards a perfect score.

Have at least one person (a Teacher, a Parent, etc.) listen to your presentation, look at your portfolio, manual or display and complete an evaluation for you. Once that is done, edit your project if needed.

- **Practice some more.....**
- **“Practice as if it were competition.....and compete as if it were practice!”**
~ **Peter Vidmar**
Olympic Gymnast

Words to the Wise

Allow 3 times as much time as you think it will take to prepare.

Set DEADLINES and stick to them!

Work a THEME!

- ~ **Idea**
- ~ **Colors**
- ~ **Example: Disney or Olympics**

Your Bag of Tricks

- ~ **Set up your display on a pre-measured piece of cloth so you know it is always within the proper dimensions.**
- ~ **Memorize your oral presentation! It may be the difference in who is chosen as Most Outstanding!**
- ~ **Practice for judges questions**

Advisers

- ~ **Keep a file of past events**
- ~ **Pictures, speeches, recordings of practices**

Always Remember To...

Read the rules over and over and over again to be sure that you have everything covered and done correctly!

Check for Allowable Presentation Items

Does it allow:

Audio Presentations?

Costumes?

Electronic Portfolios?

Music (IPODS/Speakers)?

Power Point Presentations on a laptop?

Be sure to read the Glossary for clarification on any *italicized* words. These definitions may include information that could relate directly to your event.

Triple check your project against the Evaluation Rubric to be sure you have everything taken care of.

Go over the Evaluation Rubric with your adviser and your project one last time to be sure everything is correct.

PRACTICE! PRACTICE! PRACTICE makes perfect!

The Day of the Competition

**Be sure you have gotten a good night's sleep
the night before!**

**Eat a good breakfast if your competition is in the
morning....or lunch if it is in the afternoon!**

**Practice your oral presentation once more if you
feel you need to...**

**Look professional! Be sure your outfit is
appropriate for a presentation in front of adults.**

**Be "ahead of time" not just "on-time"
It's best to show up to your competition
room at least 15 minutes ahead of your
scheduled time...20-30 minutes is even better!**

**Greet the judges with a smile and
thank them when you are finished!**

"Compete as if it were practice...."

Questions ??????

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