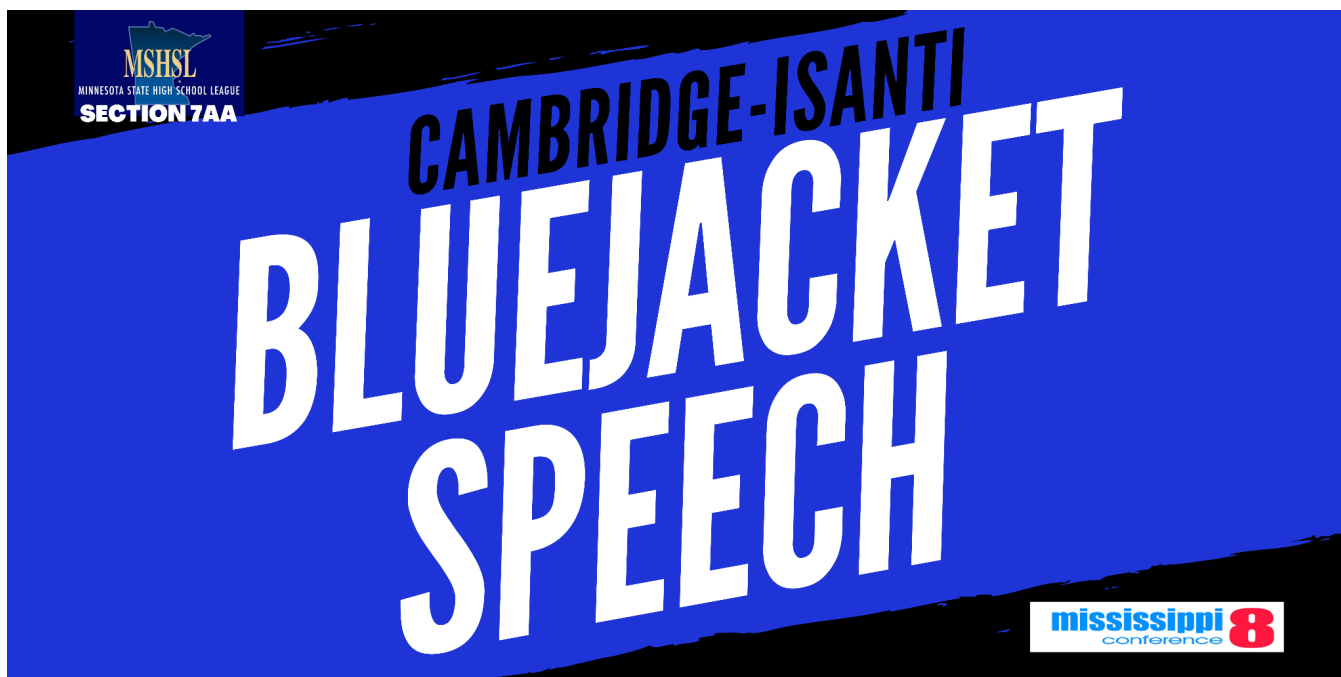


2025-2026



Team Handbook

Head Coach: Lee Orvik
Assistant Coach: Jared Faust
Assistant Coach: Therese Peikert
Assistant Coach: Jonathan Dunnick

Cambridge-Isanti Bluejacket Speech Team Website:
<https://sites.google.com/c-ischools.org/bluejacketspeech/home>



This is where you may find all team updates, information, and documents. If you can't access it, contact Coach Orvik at lorvik@c-ischools.org.

Sign up for a "Remind Text:" Enter this number: 81010. Text this message: @cispeech
 -OR-

Use this link <https://www.remind.com/join/cispeech>



Speech is an activity that helps young people develop in extraordinary ways. They not only develop as speakers- they develop as strong individuals, leaders, and community members. Speech is an activity that is truly inclusive. Students from all walks of life and all sorts of experiences are welcomed into the speech community. Speech teams and speech competitions provide places for young adults to develop meaningful relationships while offering unmatched opportunities for individual growth. These young students achieve extraordinary things when they are involved in speech. Seeing the enthusiasm, joy, and sense of accomplishment these students experience is overwhelming and rewarding. It is an infectious activity. I can't overstate how much value I see in the speech program.

2025-2026 Bluejacket Speech Schedule (subject to change)

- *"NSDA/NIETOC" means people interested in competing at NSDA or NIETOC may travel to a different tournament than the rest of the varsity team. This only happens twice on our schedule.*
- Jan. 10th is not a mandatory tournament, but highly recommended for those interested in NIETOC/NSDA if they are not already involved in theatre that day.
- Oct. 27: Early practice sessions available by appointment with Coach Orvik- for students wishing to compete in NIETOC and NSDA. (Not mandatory)
 -
- Nov. 24: **SPEECH SIGN-UP AND INFORMATION MEETING**- Sign up for categories if ready, talk about the schedule, talk about practice plans, get materials, talk about fundraising, etc.
 -
- Dec. 3: FIRST OFFICIAL SPEECH PRACTICE SESSION

TOURNAMENT SCHEDULE

Bus Load Time

Bus Return Time

Jan. 10: Mounds Park Academy (limited entry)

Jan. 17: St. Francis - (**Varsity**)
*Willmar - (**NSDA/NIETOC**)

7:15 a.m.
6:00 a.m.

4:00 p.m.
6:00 p.m.

Jan. 24: *Chanhassen or *Pequot Lakes or Columbia Heights (still deciding)

***M.O.S.S. (Online Speech Tournament Series -explained below) 1: January 25th-30th**

Jan. 31: *Irondale Medieval Melee

7:00 a.m.

4:30 p.m.

Feb. 7: *Duluth Denfeld

5:55 a.m.

7:00 p.m.

***M.O.S.S. 2: February 8th-13th**

Feb. 14: Mille Lacs (Onamia) - (**Varsity**)
*Two Rivers - (**NSDA/NIETOC**)

7:00 a.m.
6:50 a.m.

2:30 p.m.
5:00 p.m.

Feb. 21: *Forest Lake R. C. Streeter Classic

7:15 a.m.

4:45 p.m.

***M.O.S.S. 3: February 22nd-27th**

Feb. 28: Princeton

7:20 a.m.

4:30 p.m.

Mar. 7: *Sauk Rapids

7:00 a.m.

4:30 p.m.

M.O.S.S. 4: March 8th-13th

Mar. 14: NO TOURNAMENT - 2nd Weekend of Spring Break

Mar. 21: *Cambridge-Isanti

Be at CIHS by 7:30 a.m.

***M.O.S.S. 5/State: March 22nd-27th.**

March 24: Mississippi 8 Conference Tournament- North Branch

2:15 p.m.

9:30 p.m.

March 27-28: NSDA Northern Lights District Qualifier - (**NSDA/NIETOC**)

April 4: NO TOURNAMENT - EASTER WEEKEND

April 11: Section 7AA at Duluth Denfeld

April 24- Class AA State Park Center High School

April 25- Class A State Park Center High School

May 8-10: NIETOC in Shakopee, MN - **For anyone who qualified for NIETOC**

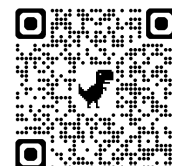
June 14-19: NSDA National Tournament in Richmond, VA - **For those who qualified for the NSDA national tournament**

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- Tournaments with an asterisk * are NIETOC bid tournaments.
 - M.O.S.S. tournaments are the Minnesota Online Speech Series tournaments. You record a video of your speech and submit it by the deadline for the first day; the rest of the days listed for that week are for the judges to view your video and judge it for each round. Results are posted on the last day.
 - Dates highlighted in red- you must be available to compete at these tournaments if you wish to earn your varsity letter for the season.

PRACTICE SCHEDULE AND INFORMATION

- **Location for all practices:** CIHS Rooms 144, 145, 146, 147, 148, 149, 145A
- **Start Date - Information / Sign-Up Meeting:** Monday, November 24th.
 - *This first meeting will be done by 4:30. Let your ride know.*
- **Practice Times Starting December 1st:** 3:30-6:00
 - *Arrange for your ride to pick you up at the **high school at 5:30** unless you have a late coach practice that runs until 6:00.*
- **Practice Dates:**
 - **(Mondays and Wednesdays are official team practices; other days by appointment)**
 - December- 3, 8, 10, 15, 17, 22
 - January- 5, 7, 12, 14, 21, 26, 28
 - February- 2, 4, 9, 11, 18, 23, 25
 - March- 2, 4, 16, 18, 23, 25, 30
 - April- 1, 8, Section Tournament
 - The following practices are for those who qualify for state or who qualified for NIETOC or NSDA: April 13, 15, 20, 22
 - Practices after the state tournament in May will be available for anyone who has qualified to compete at NIETOC or NSDA national tournaments.
 - **29 large group practice dates before the Section 7AA Tournament.**

Scan the QR code to go to the Bluejacket Speech Team Website to get to ALL information about our team and the upcoming season!!!!
-OR- Google CI Varsity Speech - our team website will be a top result.



Speech

access

INDIVIDUAL PRACTICE SESSIONS

- **Scheduled individually with coaches on Mondays and Wednesdays at CIHS. High school students may schedule individual practice times on Tuesdays and Thursdays by appointment.**

Earning a Varsity Letter is explained in more detail on pages 7-8.

PRACTICE OPPORTUNITIES

Coaches and Captains will offer practice and skill-building opportunities for team members throughout the season.

Monday and Wednesday Team Meetings

Team meetings are required. At these meetings we will present and discuss important information throughout the season. Monday meetings will be very short. Wednesday meetings will be longer; we will discuss important team business and announcements at these Wednesday meetings. Once the meeting is done, you are encouraged to work on your speech: develop, write, edit, and practice your speech. After the meeting coaches are also available for individual coaching sessions.

Individual Coach Practices

Every team member is required to sign up for one individual coach practice session every two weeks. ***Seven individual coach practice sessions are required to earn your varsity letter.***

Bluejacket Varsity Speech Team

Mr. Orvik (Head Coach):	lorvik@c-ischools.org ; 763-222-8755; CIHS room 146
Mr. Faust (Assistant Coach):	jfaust1@c-ischools.org ; 320-282-8916; CIHS room 215
Mrs. Peikert (Assistant Coach):	tpeikert@c-ischools.org ; 763-370-0322; CIHS room 147
Mr. Dunnick (Assistant Coach):	jdunnick@c-ischools.org

Captains: Genevieve Brace, Ainsley Doom, Drake Goebel, Lilia Osei-Dankwah, Ava Smith

**If you need to contact anyone directly via phone and leave a message, please make sure you include your name so we know who the message is from.*

Where to get information...

All announcements, tournament information, bus times, and team notices will be posted on our Speech Team website. There will be a weekly team meeting where information will be given, and you have this handbook to answer your most pressing questions about speech as well.

How do I practice?

Speech Team Members are required to participate in the following:

1. Team meetings for all team members on Wednesdays
2. Once every week- practice with a coach: Orvik, Faust, Peikert, Dunnick, Yerges, Thayer, Lukes, Melius, Snidarich, Venneman, Schlueter (Mondays, Wednesdays, or as otherwise arranged.)

Individual Practices will be 20-30 minutes in length and will be a one-on-one (duos count as one) practice with a coach or speaking in front of the team with the coach present and able to offer critique. Typically, coaches will listen to the speech, give suggestions, and work on the delivery of the piece.

Additional Squad Team Practices are encouraged but not required.

Important team information meetings will be held every Wednesday prior to practice. They will last from 15-30 minutes. You are expected to be at all team meetings. Conflicts will be dealt with on an individual basis. If you are in another activity that practices at this time, please bring it to our attention.

Eligibility...

As a Minnesota State High School League Activity, the speech team requires that you read the handbook, abide by the rules governing MSHSL competitors, and remain academically eligible as set forth by Cambridge-Isanti's

Activities policy. You must also return the form on the back of this handbook signed by both yourself and your parent or legal guardian.

What is this going to cost me?

*The current activity fee for the speech team is \$160. This must be paid to the activities office before you can compete at a meet. (There are greatly reduced fees for anyone who qualifies for free/reduced lunch.)

***There is also a \$10 drop fee that needs to be paid to Mr. Orvik in the event you do not show up for a meet you are registered to attend.** You are not charged a drop fee for meets on your conflict sheet, or meets that you let Mr. Orvik know about at least 10 days ahead of time. There will be no exceptions to this drop fee. We still have to pay for you even if you are ill or have a family emergency. (This cost covers a portion of the money paid out for you for registration and the judges that we have to hire based on your anticipated attendance. The actual cost is around \$24 per student, per meet.)

How do I find a piece/script/category?

First year members will be guided by the coaches. You may be assigned a category; students with more experience in a category will be given preference as to the category they end up in. Members need to find their own material once their category is established. Coaches will give advice, but we will not find, cut, or write your speeches for you.

What does one wear to a speech meet?

Speech Meets are considered “dress-up” events. This means that your appearance should be clean and tasteful at all events. “Dress-up” clothing would include suits and tie, or dress pants, button shirt and tie for the guys, and suits, dress pants and blouse, skirt and blouse, dresses, etc. for the girls. Ladies, please be mindful of how short the skirts are and how low the shirt collars go. Hats are not allowed for anyone. When you are competing in a round, you are also being judged on your visual performance, which should be positively accented by your attire.

How does one act at a speech meet?

You are an ambassador of Cambridge-Isanti High School. Everything you say and do at the meets reflects upon our school, our community, and your family. Please act in a way that shows dignity, courtesy, civility, and respect.

In rounds, you should be polite and attentive to the other speakers. You should not leave the round before it is over except in case of emergency. NEVER look at your phone while others are speaking in a round!

Invitational Meets

The schedule is listed earlier in this handbook. Meets are subject to change, and changes will be announced at team meetings. **If you intend to earn a speech letter, only one invitational meet may be missed, regardless of the reason.**

1. All invitationals in January, February, and March are open to many high schools, so tournament sizes will vary from 10-40 schools and 100-600 competitors.
2. All invitationals include competition in all 13 MSHSL events.
3. Students are ranked by a single judge against the other members of their round - usually 6 or fewer.
4. Students will be judged by people with a variety of experience at invitationals. You will receive written critiques at the end of the round or the end of the meet.
5. **Students must ride the bus** to and from the event in order to compete. Alternate plans require written permission from your parents, regardless of your age.
6. All invitationals have registration limits. If we have too many students who wish to compete, decisions will be made by the coaching staff based on preparation and work accomplished during the season.
7. Registration for invitationals occurs at least one week, and usually two weeks in advance. Once you have been registered for an invitational you will be responsible for a \$10 drop fee if you cannot attend.

Registration sheets will be posted on our Speech Team Website, and they will be sent out via email. Students must double-check to make sure they are appropriately signed up for that week's meet.

What do you mean I get to compete? What is a category? I'm just giving a speech, right?

There are actually 13 events to compete in. The categories are as follows:

- | | |
|----------------------------|-----------------------------------|
| 1. Creative Expression | 8. Informative Speaking |
| 2. Discussion | 9. Original Oratory |
| 3. Duo Interpretation | 10. Serious Drama Interpretation |
| 4. Extemporaneous Reading | 11. Serious Poetry Interpretation |
| 5. Extemporaneous Speaking | 12. Serious Prose Interpretation |
| 6. Great Speeches | 13. Storytelling |
| 7. Humorous Interpretation | |

Students will start the season in a category best suited to their style of presentation, abilities, and desires. You might receive guidance from the coaches as to an appropriate category. You may want to try more than one category during the year, and this is encouraged. Some invitationals allow for contestants to enter in more than one event. Double-entering is encouraged for students who can handle doing so. Double-entering will be allowed at the coaches' discretion.

HOW DO I EARN A VARSITY LETTER?

To earn a varsity letter in Speech, students must:

1. Be in Good Standing

- Follow all team and school rules, and remain eligible throughout the season.
- Show consistent sportsmanship and commitment.

2. Practice Requirements

- Attend **weekly team meetings/practices**. Excessive absences will mean a student is no longer in good standing.
- Attend **all weekly individual coaching sessions** with your coach.

3. Tournament Requirements

- Compete in **at least 7 in-person regular-season tournaments (not including the conference, section, state, or national tournaments)**. You should aim to compete in every single one.
 - You may miss **no more than two in-person tournaments** during the regular season.
- The Cambridge-Isanti Closing Argument (*our home tournament*), Mississippi 8 Conference Tournament, and Section 7AA Tournament ***are required***. You need to be available to compete at the limited-entry conference and section meets to be eligible to earn a varsity letter. This means that even if you are not chosen to compete, you were at least available.
- One Act participants are excused from early-season conflicts, but must meet all other requirements and should not miss any speech tournaments once the One Act season is completed.

4. Performance & Growth

- Compete in **all three rounds** at tournaments.
- Show preparation, growth, and dedication throughout the season.
- Success at tournaments (placing, finals, high ranks) will be recognized, but is **not required** to earn a letter.

5. Coach's Discretion

- In rare cases, the head coach may award a letter to a student who does not meet all requirements but has shown exceptional circumstances or contributions to the team.

In Other Words:

If you **regularly attend practices, keep up with your weekly coaching, compete in nearly all tournaments, including the three required meets, and show dedication to your growth and to the team, you likely will earn a varsity letter.**

WHAT AWARDS MAY I EARN?

All State

For seniors who meet All State requirements, which include making it to the state tournament during your career, a designated number of top finishes in your career, consistent attendance at tournaments and practices, and more.

All Conference Award

You must finish 1st or 2nd in your category at the conference meet.

All Conference Honorable Mention Award

You must finish 3rd or 4th at the conference meet.

All Conference Academic Award

You must have a GPA of 3.7 or higher at the time of the conference meet; you must also attend the conference meet in order to receive this.

Central Minnesota Speech and Drama Coaches' Association - Central Minnesota All Conference Award

Seniors who greatly impacted the success of their team may be chosen by the CMSDCA to earn this award.

Team Captain

Captains were selected by the team last spring. Captains will be responsible for helping other members find/write speeches. They will also be the ones who pick up the team trophy at tournaments. Other responsibilities include Locker Decorations, Achievement Wall, Middle School promotion, Etc.

Bluejacket Team Awards

There will be students recognized at the spring awards ceremony. Some of the awards will be voted on by the team members, other awards will be chosen by the coaches and or captains. ***You are not eligible for a team award if you do not attend our home, conference, and section meets.***

MSHSL Speech Categories

[Click here for information about the 13 speech categories](#)

[Click Here for the 2025-2026 Discussion Outline and Information](#)

[Click Here for the 2025-2026 Extemporaneous Reading- Prose Selections](#)

[Click Here for the 2025-2026 Extemporaneous Reading- Poetry Selections](#)

[Click Here for the 2025-2026 Extemporaneous Speaking Subject Areas](#)

[Click Here for the 2025-26 Storytelling Theme and Selections](#)

NSDA

[Click here for information about NSDA](#)