

# **Fraze Hornets Speech Team**

## ***Handbook 2025-26***

**2025-26 Season**

### **Welcome Message**

Hello, and welcome to the 2025-26 Frazee Speech season!

I am so glad you've made the commitment to be part of our team this year! Speech is an incredible opportunity for growth, creativity, and connection, and I am dedicated to making this experience both fun and inclusive for all of you.

As your coach, I'm here to support you in every way possible. If you have questions, concerns, or just need someone to listen, don't hesitate to reach out. This handbook will serve as a reference guide throughout the season, covering key expectations, schedules, and team policies.

Now, let's dive in—I look forward to a great season and am already so proud of you all!

—Coach Reese

## **Team Mission Statement**

The Frazee Hornets Speech Team is committed to fostering a supportive, inclusive, and high-energy environment where students can develop confidence, leadership, and public speaking skills. We strive to:

- Encourage personal growth through hard work and perseverance.
- Support each other as teammates, celebrating each success and learning from every challenge.
- Build communication skills that connect, influence, and create change.
- Compete with integrity, respect, and a strong sense of sportsmanship.

We believe that our voices matter—on and off the stage.

## **Team Motto**

*Sting with purpose. Speak with power. One hive, one voice, one victory!*

## Team Expectations

To ensure a successful and respectful team environment, all members are expected to:

1. Attend practice with a positive attitude and willingness to improve.
2. Follow all FHS Rules and Policies.
3. Practice **with a coach 1-2 times per week** and **on your own 1-2 times per week**.
4. Show respect toward coaches, teammates, judges, and competitors.
5. Hold yourself accountable for your performance and responsibilities.
6. Keep track of your materials, scripts, and personal belongings.
7. **Communicate!** If you will miss a practice or meet, notify Coach Reese as soon as possible.
8. Support your teammates—even if you have a tough round or a difficult meet.
9. **Dress for success**—present yourself professionally at competitions.
10. Accept constructive criticism with an open mind. Growth comes from feedback!
11. Most importantly—**have fun!**

## **Attire Guidelines**

What you wear to competition communicates how seriously you take your craft. You don't need to spend a fortune—but you *do* need to look polished, professional, and performance-ready.

### **Do:**

- Wear clean, well-fitting dress clothes (slacks, skirts, button-ups, blouses, jackets, ties, etc.).
- Choose neutral or solid colors when possible.
- Make sure shoes are clean and easy to walk in. Closed toes!
- Keep accessories simple and hair tidy.

### **Avoid:**

- Ripped jeans, hoodies, athletic wear, or casual shoes.
- Distracting jewelry, logos, or anything that draws attention *away* from your performance.

If you need help finding appropriate attire, please talk to Coach Reese. We'll make it work—no one gets left out because of clothing.

## **Competition Day Expectations**

Speech meets can be long and busy, so it's important to be prepared. Here's a general guide on what to expect:

### **Before the Meet:**

- ✓ Get a good night's sleep.
- ✓ Eat a healthy breakfast and bring snacks/water.
- ✓ Make sure you have all materials (scripts, notecards, performance items).
- ✓ Dress in competition attire.
- ✓ Double-check the meet location and departure times.
- ✓ Mentally prepare—visualize success and focus on your goals.

### **During the Meet:**

- ✓ Arrive on time and check in with the coach.
- ✓ Find the postings and plan your schedule.
- ✓ Stay focused—use downtime to practice or support teammates.
- ✓ Be professional in and out of rounds. Judges and competitors notice behavior!
- ✓ Keep track of your belongings.
- ✓ Have fun and make connections with other competitors.

### **After the Meet:**

- ✓ Reflect on what went well and where you can improve.
- ✓ Celebrate successes and encourage teammates.
- ✓ Keep feedback sheets and review coach/judge comments.
- ✓ Stay updated on the next practice/meet schedule.

## State Tournament Expectations

- Students will speak with teachers prior to departure and get “signed off” for eligibility to miss class and attend the state tournament.
- The team will depart during the school day on Thursday, prior to the first day of the tournament, and venture down to the cities.
- The team will return at some point on Saturday after the conclusion of the state tournament.
- Students will conduct themselves in a professional and courteous manner while attending the state tournament and doing activities in the Twin Cities.

## How to Handle Judge Feedback

One of the biggest parts of speech is learning from feedback. Judges come from different backgrounds and experiences, and their critiques are meant to help you grow.

1. **Stay Open-Minded** – Judges have different perspectives. Even if you don’t agree with their critique, be open to their suggestions.
2. **Look for Patterns** – If multiple judges point out the same issue, it’s something worth addressing.
3. **Ask for Help** – If a comment isn’t clear, talk to a coach or teammate for clarification.
4. **Don’t Take It Personally** – Speech is subjective. One judge’s opinion does not define your abilities.
5. **Apply What You Learn** – Use critiques to adjust and improve for the next round.

Remember: **Even the best speakers in the world get feedback!** The goal is not to be perfect—it’s to keep improving.

## **FHS Handbook Compliance**

All team members are expected to follow the guidelines outlined in the [Frazee High School Handbook](#), including policies on academic eligibility, substance use, and harassment. School rules apply to all speech activities, both on and off campus. If you have any questions, please review the handbook or ask Coach Reese.

## **Fundraising Guidelines**

The money we raise in fundraisers will directly assist your competition fees and more. Because of this FHS Speech Team Members are expected to participate to their full ability in team fundraisers.

## **Booster Club**

The FHS Speech Team is in the process of starting a booster club. Parents, if you are looking for a way to get involved with our team please reach out. The Booster club will be a vital part of our team and the way it runs. They will be able to help fund us doing activities as a team, getting snacks, and getting to nationals.

## **Parent Volunteer Opportunities**

Parents! If you are looking to get involved with our team, there are ways. Please reach out and we can work something out. Any involvement helps. We recognize everything our parents do for our students and do not expect anything extra. However, if you want to help out we can set something up. Ideas are things like buying Saturday snacks, judging, or hosting a team dinner.

## Why Speech Matters

Speech is more than just a competition—it's a **life-changing** activity that builds confidence, communication skills, and leadership abilities. Here's why it's worth the effort:

- **Confidence & Leadership:** Public speaking is a skill that will set you apart in school, college, and your career.
- **Critical Thinking:** Speech teaches you how to analyze information, form arguments, and think on your feet.
- **Performance Skills:** Whether you're in Drama, Humor, or Informative speaking, you'll learn how to captivate an audience.
- **Real-World Benefits:** The ability to speak well in interviews, presentations, and conversations will help you for the rest of your life.
- **Community & Friendship:** Speech teams form strong bonds, and you'll meet people who share your passion for performing and speaking.

No matter what career path you take, **the skills you develop in speech will serve you forever.**

## **Van Talk & Team Culture**

We are more than a team; we are a family. And that includes how we talk to *and about* people—especially in private spaces like vans and hotel rooms.

### **Van Talk Rule:**

Speak *with kindness* or don't speak at all at meets.

If you're frustrated, talk to a coach or friend in a way that's respectful and constructive. We want to vent *up*, not *down*.

Wait until the van to vent. When it's your team in a closed space, let it all out! That's what we are here for.

Our words matter. Let's use them to build—not to break.

## **Attendance & Practice Policy**

We strive to be flexible with scheduling, but participation is key to success.

- You are expected to check in with a coach **at least once per week**, outside of meets.  
Even a quick five-minute hallway conversation counts!
- We understand that many of you are involved in multiple activities, and we will work with you to accommodate conflicts. However, if a coach determines that you have not put in enough practice time, we reserve the right to hold you out of a meet.

## **Weekly Practice Schedule**

**Mandatory team practices** will be held on **Mondays and Wednesdays** from **3:20 PM – 5:00 PM (or later as needed)**, starting December 15th. (Optional practices may start prior to December 15th based on availability/interest)

- Coach Reese is available **after school every day except Friday**.

## **Final Thoughts**

This handbook is meant to guide you throughout the season and serve as a reference for important information. If you have any questions, don't hesitate to ask.

I am beyond excited for this season and can't wait to see each of you grow as speakers, performers, and teammates. Let's make this an incredible year!

—Coach Reese