

OATS #3 (2025-26)

Impromptu Speaking

Students will submit two videos. Impromptu prompts will be quotations from marginalized groups.

We trust all students and coaches to adhere to Limited Prep guidelines and ethical competition choices for preparation. Please include prep time in Impromptu videos (this can make starting the video camera easier for students, and assessing time allocation possible for judging). All Impromptu judges will be reminded to allow an initial 15 seconds for competitors to read the quotations, before beginning time.

Video #1

Keep your face to the sunshine and you can never see the shadow.

Helen Keller
American disability rights advocate

If I have to feel thankful about an accessible bathroom, when am I ever going to be equal in the community?

Judith Heumann
American disability rights advocate

Video #2

Never give nor take an excuse.

Florence Nightingale
English social reformer

Go where least wanted, for there you are most needed.

Abbey Kelley Foster
American social reformer