

## **OATS #6 (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

Nobody knows what you have in you until you've done it.

**Greta Gerwig**  
Filmmaker with ADHD

When you sing, you put on a persona.

**Susan Boyle**  
Autistic Scottish singer

#### Video #2

I was really interested in collecting insects.

**Satoshi Tajiri**  
Autistic creator of *Pokémon*

You don't have to be a robot all the time.

**Simone Biles**  
Olympic gymnast with ADHD