



# Nasheed & Public Speaking Contest 2018

**Testing Day:** Saturday, February 17<sup>th</sup> (11:00am - 1:30pm)

**Awards Ceremony Day:** Saturday, March 3<sup>rd</sup> (6:30-8:00PM)

## REGISTRATION FORM

### Category I: Nasheed

**Participation:** 10-14 Years Old

**Theme:** Nasheed of the Participant's Choice (5 min.)

### Category II: Public Speaking

**Participation:** 15-17 Years Old

**Theme:** Diversity from an Islamic Perspective (10 min.)

1. First Name \_\_\_\_\_ Last Name \_\_\_\_\_

2. Age \_\_\_\_\_ Gender \_\_\_\_\_

3. Email \_\_\_\_\_ Phone: \_\_\_\_\_

4. Registration Fee: \$10 (Make it payable to Apex Mosque)

5. Category you are registering for: (Circle one)

**Category 1:** (Nasheed)

**Category 2:** (Public Speaking)

Submit your application to: [diallofd@gmail.com](mailto:diallofd@gmail.com) , no later than Feb. 15th

## *Category I: Nasheed*

### **Terms, Guidelines & Instructions**

*Theme: “Islamic Nasheed of the Participant’s Choice”*

#### **1. Nasheed Restrictions:**

- Participant must attend to the testing session, scheduled on: Saturday, February 17th (11:00am – 1:30pm)
- Participant must attend the Awards Ceremony, scheduled on: Saturday, March 3rd (6:30-8:00PM)
- Nasheed Length: The nasheed should be no less than 4 min. and no more than 6 min.
- All Nasheeds must be Islamic: They can be original or an imitation of a Muslim Chanter (i.e. Maher Zain, Samy Yusef, etc. )
- Acknowledge the source of Nasheed performed in the competition (i.e. this nasheed is of Samy Yusef, etc.)
- Dress appropriately.
- Contestants will be evaluated by a committee and the winners will be announced immediately after the competition
- Contest should indicate in advance if the nasheed he/she has chosen requires any musical instruments/background.

#### **2. Eligibility:**

- Participants must be 10 to 14 years old
- Participants must be able to participate in all Competition activities
- Participants must agree to the guidelines and instructions of the competition

# *Category II: Public Speaking*

## **Terms, Guidelines & Instructions**

*Theme: “Diversity from an Islamic Perspective”*

### **1. Topic & Content:**

Motivational Intro: (Comparison, Analogy, Facts, Story, etc.)

Verse of Quran,

Hadith,

Sense of humor: jokes, etc.

Story,

Word of wisdom,

Poetry,

Practical Tips,

Conclusions,

Dua (Prayer or Supplication)

Q/A

**2. Preparation Strategies:** Here are 6 strategies to improve your public speaking skills,

***Have a Message:*** What is the one thing that you want the audience to remember from your presentation? Put it into one sentence and you have your message – the whole point. Say it clearly and repeat it so the audience remembers it. And make sure that every example, story and statistic relates to it.

***Focus on Your Audience:*** Why should the audience care about what you are saying? Think about your message from the audience's point of view and then target your presentation to their needs. Remember, it's not all about you – it's about them.

***Organize Your Material:*** One of the easiest ways to improve your presentation skills is to organize your material clearly. Your presentation should have an introduction, body and conclusion. Be sure to have a clear transition from one section of the body to the next.

***Watch Your Time:*** Never go over your time limit. No one will complain if you finish a few minutes early but things go downhill very fast once you go one minute beyond your time limit.

***Use Non-Verbals:*** Non-verbal communication includes elements such as facial expression, voice, eye contact, gestures, posture and movement. The key is for your non-verbals to match the message you are conveying or it will confuse the audience and distract from your message. So if you want to convey a message with confidence, stand up straight with your shoulders back and your weight evenly distribute on both feet, smile, make eye contact with the audience and speak in a loud, clear voice.

***Practice:*** There is no substitute for practice. If you're not used to public speaking, it's going to be almost impossible to be as good as you could be without practice. How should you practice? Say the words out loud, in as close to the real environment as possible, with particular focus on your opening, closing and key points. It's also helpful to record yourself or get feedback from trusted colleagues.

### **3. Delivery:**

Self-confidence,

Don't read,

**Develop rapport.** Smile and maintain eye contact with your audience.

**Take note of your audience.** Notice when your audience agrees with you or looks puzzled or confused.

**Prepare your prompters.** Don't memorize the speech, but be well versed on your topic that you are comfortable just talking about it. Prepare notes to prompt yourself. Put key phrases down in large letters, with stories and quotes on note cards.

**Practice.** Rehearsal is everything! Practice the speech several times out loud, in front of a mirror, an empty classroom, or to friends. Practice speaking slowly and calmly, but louder than usual. Vary the pitch and speed for emphasis.

**Avoid unnecessary words.** Use clear, concise words. Don't use pauses as fillers, irritating non-words, or overused, annoying slang, such as "uh", "um", "you know", "stuff like that", "sort of", "like", and so on. Use pauses for emphasis; then take a deep breath and go on.

**Review your performances.** Ask your instructor and other students for feedback. Be open to learning and strive to improve.

### **4. Speech Restrictions:**

Speech Length: 10 minutes.

All speeches must be original

Acknowledge the source of information used in the speech

Dress appropriately.

Judges will deduct three points from the contestant's speech score for each 30 seconds under or over the time limit.

After delivering the speech, contestants also answer questions from the judges and the audience related to their speech.

Contestants will be evaluated by both a committee

### **5. Eligibility:**

Participants must be 15 to 18 years old

Participants must be able to participate in all Competition activities.

Participants must agree to the guidelines and instructions of the competition