

Speak Up, Stand Out

1 - Increase Your Competence

- Communication Skills
- Critical Thinking Skills
- Research Skills
- Writing Skills
- Public Speaking
- Time Management

2 - Practice Collaboration

- Respectful Listening
- Quick Thinking
- Leadership
- Teamwork

3 - Build Character

- Humility
- Empathy
- Confidence
- Persistence

Next Steps

- Judge a tournament
- Attend a free workshop
- Affiliate with ASDA
- Compete



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