

## OATS #1 (2024-25)

### Impromptu Speaking

*Students will submit two videos: one for preliminary round judging and one for final round judging. 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.*

### Preliminary Rounds

I talk about the Paralympics as a goal, not a dream, because dreams are a thing you get to live your whole life.

**Haven Sheperd**  
Vietnamese-American  
Paralympic swimmer

There are millions of people with disabilities, and most of them are not Paralympians. We're just like anybody else.

**Melissa Stockwell**  
American  
Paralympic triathlete, swimmer

### Final Round

The medal I got here is called a bronze, but my gold medal is my family.

**Geert Schipper**  
Dutch  
Paralympic triathlete

It's a bigger picture than the medals, it's a bigger picture than our country's flag.

**Brianna Hennessy**  
Canadian  
Paralympic canoeist