

HOSA 411

COMPETING AT THE HIGHEST LEVEL

1

Start Early!

Get a jump on your success by choosing your event(s) early



2

Read Event Guidelines

You have to know what is expected of you during the event



3

Gather Materials

Know what materials are required for the event



4

View Events Tutorial

Watching the videos will help you understand how an event is run

5

Practice, Practice, Practice

The more time you spend honing your skills, the better you will perform

Register For Your Event

Online registration is a must in order to compete

6



Dress Rehearsal

A few days prior to the event, run through it!!

7

Bring Required Materials

Certain events require items YOU provide

8



Follow Dress Code

Proper dress gets you 5 bonus points!

9

Relax and Have Fun!

Keep it in perspective and have a blast

10

