

## Tournament Hosting Ideas

---

**HOSTING AN IN-PERSON TOURNAMENT? Here are some great ideas from Sara Gronstal of Eastern Illinois State University**

- **INSPIRATION GEMS** – Give a single gem to each student at the beginning of a tournament. Their mission: Give their gem to one student from another school who gives a performance which inspires them . . . **before postings!** The point is to show appreciation without it being tied to competitive success.

Or . . . Go BIG at your own tournament and make gems available at the Wellness Table (See below) for anyone to pick up and bestow.



- **WELLNESS TABLE** -- We all have a registration table and judges table . . . how about a Wellness Table for your competitors?

## WELLNESS AND KINDNESS

*National Forensic Association National Tournament, 2019*

### WARDROBE MALFUNCTIONS



- safety pins
- sewing kit
- spare buttons
- shoe repair glue
- shoe polish wipes
- clear nail polish
- static guard
- lint roller
- tide to go pen
- bobby pins
- hair ties
- earring backs
- panty hose (limited)
- camisoles (limited)
- \$1-5 ties

### SPEECH EMERGENCIES



- black books
- page slicks
- notecards
- pens
- pencils
- black sharpie
- spray glue
- tape
- scissors
- black electrical tape
- dry erase Markers



## WELLNESS AND KINDNESS

*National Forensic Association National Tournament 2019*

### FIRST AID



- band-aids
- neosporin
- instant ice pack
- ear plugs
- cough drops
- ace bandage
- alcohol wipes
- hand sanitizer

### PERSONAL CARE



- tampons
- menstrual pads
- panty liners
- make up wipes
- make up sponges
- make up setting spray
- disposable toothbrushes
- tissues
- wet wipes
- nail polish remover
- nail file
- wax for braces



### KINDNESS



- quiet/meditation room
- stickers
- Inspiration gems
- colored pencils
- coloring journal and book
- nice notecards
- usb power strip
- some charging cables

### EMOTIONAL SUPPORT



- hugs
- handshakes
- high fives