

## NEWSRELEASE

### Pennsylvania Junior Holstein Association

### Extemporaneous Public Speaking Contest

The Pennsylvania Junior Holstein Association would like to announce to all its junior members, who are attending the 2026 PA Junior Holstein Convention, that we will be again sponsoring an Extemporaneous Public Speaking Contest.

The Extemporaneous contest is designed to develop the ability of all Junior members to express themselves on a given subject without having prepared or rehearsed the content in advance, therefore causing members to formulate their remarks for presentation in a very limited amount of time. Signups will be on **Friday, February 6<sup>th</sup>** and the contest is **Saturday, February 7<sup>th</sup> at the Doubletree, Mars, PA.**

#### Brief overview:

Juniors will draw at random 3 of 6 topics from which they will choose their speech topic. Topics will relate to Holstein or dairy industries. All contestants will have the same chance at the 6 topics. Contestants will be given 30 minutes for topic selection and preparation. Reference material will be limited to five printed items such as books or magazines and/or compilation of collected materials. Computers and electronic information may also be used to find reference information. No prepared notes or speeches will be permitted. No assistance is allowed and participants must use note cards provided.

A time limit will be on each speech of each group.

Senior division ages	18-21	4-6 minutes
Int. division ages	14-17	3-5 minutes
Junior division ages	9-13	2-4 minutes

Participants must be Pennsylvania Junior Holstein members. Awards will be presented to first, second, and third finishers in each category. Complete rules and procedures are available upon request. **NEW as of 2024 – the top three finishers in the senior division will automatically qualify them for the Holstein USA Extemporaneous contest that will be held at the National Holstein Convention.**

Any questions or comments please call Pennsylvania Holstein Association at 814-234-0364 or email at [activities@paholsteins.com](mailto:activities@paholsteins.com).