

DeLong Middle School Forensics – Informational Packet



Sign up using this qr code

Forensics is an opportunity for students to develop communication skills through participation in theater & speech activities. In other words, if you enjoy entertaining and/or informing an audience through drama and speaking activities...Forensics is the perfect activity for you!

What kind of speaking opportunities exist?

- Public Speaking – speeches that you write
 - Demonstration speech
 - Eight-Minute Persuasive speech
 - Extemporaneous speech
 - Four-Minute Informative speech
 - Special Occasion speech
 - Moments in History
- Performance of Literature – someone else's work that you read
 - Poetry Reading
 - Prose Reading
 - Non-Original Oratory
 - Play Acting (group of 2-7 people)
 - Readers Theatre (group of 2-7 people)
 - Solo Acting
 - Storytelling

What do I need to do if I decide to join Forensics?

- Go to the DeLong Home page
- Go Activities-Select Forensics –

If you have ANY questions, feel free to contact any of the forensic coaches!

Mrs. Gray (715)852-4956 bgray@ecasd.us

Ms. Loritz (715) 852-4909

Mrs. Drake (715) 852-4984

Practices-Your coach will contact you to set up a practice time that works for you/group. In general you will practice once a week during the season.

Eau Claire South Invite - **Thursday, Jan. 29, 2026 .**

Fall Creek Level 1 - **Thursday, Feb. 5, 2026**

Eau Claire Northstar Invite - **Thursday, Feb. 19, 2026**

Eau Claire DeLong Level 2 - **Thursday, March 5, 2026**

DMS Forensic Code

Student:

- I agree to attend all practices and tournaments.
- I agree to communicate with my coach regarding practices and tournament participation. If I cannot make a scheduled practice/tournament I will notify my coach as soon as possible.
- I agree to treat coaches, judges, team members and competing students with respect.
- I will respond graciously to all suggestions offered and, if asked, offer constructive observations about other's work.
- I agree to work on the goals my coach and I set. I will work on these goals and practice my presentation outside of the regularly scheduled practice times.
- When attending tournaments or other events, I agree to proudly represent my school. I will not allow my actions, dress or words to reflect poorly on DeLong Middle School and the DeLong Middle School Forensic Team.
- I agree to retain good academic standing in all of my classes.
- Finally, I agree to adhere to all Eau Claire Area School District and DeLong Middle School policies and rules when attending practices, team events and tournaments.

****Special COVID19 note:** I agree to follow all health and safety guidelines set in place by the Eau Claire City/County Health Department and by the ECASD.

~ Please note: You will choose ONE event for the season. ~

Category Options

Public Speaking

Students write original speeches and may use notes to *outline* or include *speaking points*, but not word-for-word manuscripts (to help students engage directly with audiences).

Demonstration:

- ✓ Demonstrate a specialized skill, construction of an item, or how an object operates
- ✓ Visual aids may be used
- ✓ 1-2 students
- ✓ **10 minutes**

Extemporaneous Speaking: Students research the year's topic and prepare a speech around a prompt on that topic drawn at the competition.

Extemporaneous Speech

This year's questions focus on mental health and mindfulness.

1. What is mindfulness, how does it work, and what are the benefits?
2. How does improving mental health help promote better physical health?
3. How can schools discourage stigmas involving mental health and wellness?
4. What can individuals do to better support others in their mental health?
5. How can schools encourage students to engage in self-care and mindfulness?
6. How can individuals become more mindful in their everyday lives?
7. Why is self-care so important to teachers and how they serve students?
8. What are the benefits of quiet spaces, and how can schools implement quiet spaces for students?
9. What can schools do to support students facing anxiety and depression?
10. How can professional athletes use their platform to promote mental health for teen and pre-teen athletes?
11. What are a few innovative approaches used in workplaces and schools to promote better mental health, and how successful have they been?
12. What positive and negative impacts has the COVID-19 pandemic had on mental health of teens and pre-teens?

Informative Speech:

- ✓ Share knowledge or experience with an audience
- ✓ Inform, don't persuade
- ✓ Deals with a solution to the topic
- ✓ **4 minutes**

Moments in History Speech:

- ✓ **6 minutes**
- ✓ *Choose one or both time periods:*
- ✓ 1980s (1980-1989)
- ✓ 500 BCE - 1 CE (AD)
- ✓ *Examples of areas students might consider:* politics, military action, historic sites, monuments, natural disasters, ethnology, legends, folklore, science, inventions, medicine, arts, entertainment, geography, transportation, sports, religion, heroes, villains, personalities, significant speeches, fashion, and fads.
- ✓

Persuasive Speech:

- ✓ Alert the audience to a danger, promote a cause, or offer a solution to a problem
- ✓ A good persuasive speech will contain evidence and reasoning as well as sound emotional appeals.
- ✓ **8 minutes**

Special Occasion Speech:

Select one occasion to develop a speech for:

- ✓ **Special Occasion**
- ✓ *Choose one occasion:*
- ✓ A press conference about a public health issue
- ✓ A roast of a celebrity or fictional character
- ✓ A speech to present a posthumous award or honor
- ✓ An anniversary speech to commemorate an event at a school
- ✓ **4 minutes**

Performance of Literature

Contestants interpret literature to convey the human existence, exploring psychology of characters, to mine the artistry of language, and/or cultivate arguments surrounding themes/issues.

Non-Original Oratory:

- ✓ Memorize or read an inspirational or persuasive speech written and originally given by someone else
- ✓ Do not imitate the original speaker
- ✓ **8 minutes**

Play Acting:

- ✓ Memorized scene or cutting from a play
- ✓ 2-7 students interact with each other
- ✓ No props or costumes
- ✓ **10 minutes**

Poetry Reading:

- ✓ Read a poem, cutting from a single poem, or several related poems or cuttings
- ✓ May also be original poetry
- ✓ **8 minutes**

Prose Reading:

- ✓ Read from any type of prose (short story, novel, essay)
- ✓ NOT memorized
- ✓ **8 minutes**

Readers' Theater:

- ✓ Read prose or poetry
- ✓ 2-7 students may do movements in unison but may not interact with each other
- ✓ No props or costumes
- ✓ **10 minutes**

Solo Acting:

- ✓ Memorized drama, impersonation, pantomime, etc.
- ✓ No props or costumes
- ✓ **8 minutes**

Storytelling:

- ✓ Tell a story as if telling it to a child (use voice, gestures, and facial expressions)
- ✓ Choose a children's story, a story you made up, or an interesting personal experience
- ✓ **8 minutes**