

HOW TO DRESS

For any event in Speech & Debate, you will want to dress professionally. First impressions matter and judges are swayed by how you present yourself, even if they would never admit it, so dress to impress! Since debate tournaments can last from early in the morning to late at night, you'll want to make sure your clothing is comfortable, while still classy.

Girls

- Outerwear
 - Blazers
 - Cardigans/sweaters
- Dresses
 - Try to avoid over patterned or casual dresses. Make sure it goes to at least your fingertips in length.
- Tops
 - Turtlenecks
 - Long sleeve button down
 - Professional blouse
- Bottoms
 - Skirts (should go to at least your fingertips)
 - Slacks/Other types of professional pants
- Shoes
 - Oxfords
 - Flats
 - Loafers
 - High heels - but remember, heels begin to hurt your feet after a couple hours
 - Avoid sneakers or sandals
- Hair
 - Try to keep it out of your face. You don't want to have to keep pushing it back or playing with it, which will be a distraction for judges. We also want to see your face so you can display emotion! Try keeping a hair tie on your wrist or a bag for tournaments.
- Accessories
 - Try not to over accessories - Simple gold or silver jewelry is great if you wear any

Boys

- Outerwear
 - Blazers
 - Suit jackets
 - Sweater/Cardigan
- Ties
 - Try to avoid joke ties or clip on ties. A simple pattern or color works fine.
- Tops
 - Turtlenecks
 - Long sleeve button downs
 - Avoid T-shirts or other casual tops
- Bottoms
 - Khakis
 - Slacks
 - Avoid jeans or joggers
- Shoes
 - Loafers
 - Oxfords
 - Avoid sneakers or sandals
- Hair
 - Try to keep it out of your face. You don't want to have to keep pushing it back or playing with it, which will be a distraction for judges. We also want to see your face so you can display emotion! If your hair is long enough, tie it back. If it's short or middle length, style it with gel or hairspray to try to keep it from moving around too much.
- Accessories
 - Watches
 - Simple gold or silver jewelry - if you wear any

