What to Wear
And what NOT to wear at a tournament

Yes, it really matters!
Speech & Debate tournaments are intense and part of being competitive means dressing like you plan to win.

Ladies first!

✓ Choose black or gray or navy or some other conservative color to start.

✓ A suit, a matching blazer and slacks, or a sheath dress with a matching jacket are each appropriate.

✓ You need to two blouses in colors that make you look fabulous! Solids are best. Most competitors prefer sleeveless, because it can get hot with a jacket on.

✓ You also need two pairs of shoes – conservative pumps to compete in and comfortable shoes to move from round to round. Blisters hurt.

✓ It’s up to you whether or not to wear pantyhose. I would personally rather be tortured. Do remember to shave your legs!

See next page for the gentlemen

What NOT to wear

<table>
<thead>
<tr>
<th>Dresses</th>
<th>Flowery; short; without a jacket; anything you would wear on a date</th>
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<tbody>
<tr>
<td>Skirts</td>
<td>Short; really short; anything sparkly or leather. Date clothes.</td>
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<tr>
<td>Shoes</td>
<td>Ridiculously high heels. Stilettos. Date shoes.</td>
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<td>Jewelry</td>
<td>Large earrings, dangly earrings, bracelets, anything blingy!</td>
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<tr>
<td>Casual clothing</td>
<td>Skimpy tops; short shorts; inappropriate verbiage; holes!</td>
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</table>
Gentlemen …

✓ Choose black or gray or navy or some other conservative color to start.

✓ A suit, a navy blazer and khaki pants, or a pair of dress pants with a matching jacket are each appropriate.

✓ You need to bring two shirts in colors that make you look fabulous! Solids are best. Most competitors wear button-downs.

✓ You also need two pairs of shoes – conservative lace-ups or clean loafers to compete in and comfortable shoes to travel in.

✓ You should bring two “power” ties as well. Ask your mom or dad what I mean.

✓ You need a belt and socks that coordinate with your choice of clothes. The color does matter, so ask for advice.

✓ Please get a haircut so that the judge can see your eyes and so that you won’t look like you just rolled out of bed!

Dr. Lowe’s BEST advice:

GOODWILL: Jackets, pants, suits, and ties – all under $10.00. Zee’s very good-looking pants suit cost $3.00.

SALVATION ARMY: ditto. Think college students dumping clothes they are tired of!

J.C. Penney’s and Wal-Mart: No one looks at labels and both stores have MUCH cheaper choices for tournament clothing.

Until you know that your child LOVES debating, please do not invest large sums of money into tournament clothes!!!