Debate, during my high school years, helped me learn how to research effectively, prepare solid speeches and become an effective speaker. It gave me the confidence to strive toward any goal I set my mind to. Of course, the icing on the cake was winning tournaments, but the real cake was growing inside, feeling good about whom I was becoming and feeling confident as I entered college. All the skills I learned through participating in debate gave me a great foundation for college! It was one of the greatest stepping stones to my future that I had! The friends and mentors I met along the way gave me a broader sense of our world and my options for my future broadened because of it. I felt I was a more informed citizen, on whole, because of the type of debate I did and the worldly issues I became informed about. The weekly discipline that comes with true participation helped me become a more focused and organized person. The competitiveness of speech and debate helped me become better at what I did and always gave me positive goals to reach. I admired so many of the competitors before me and that gave me a sense of wanting to give back to this community by being an example of a good competitor, helping those just starting and becoming a camp instructor, debate coach and now curriculum director for debate.