

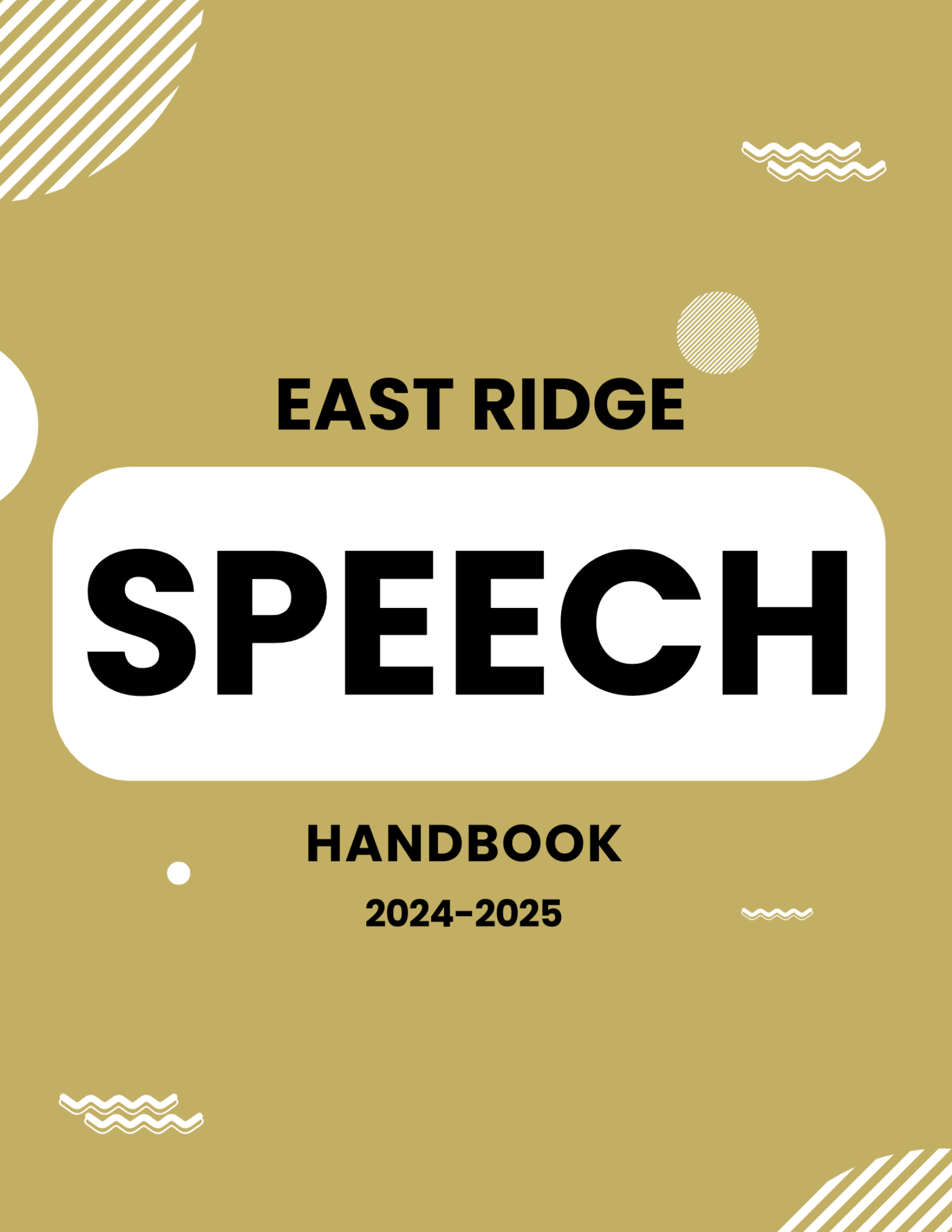


EAST RIDGE

SPEECH

HANDBOOK

2024-2025



East Ridge Speech Team Handbook 2024-2025

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Registration Checklist

- Register through the Activities Website
 - Registration fee is \$140
 - [How To: Register.pdf](#)
- Pay your Booster Fee
 - Fee is \$50
 - Via check, address to “East Ridge Speech Boosters”
 - Via PayPal, to @jenniferwallen
 - Select “Friends & Family”
- Register with the National Speech & Debate Association (NSDA)
 - Only required for non-debate novices in grades 9-12
 - speechanddebate.org/join
- Pay your NSDA fee
 - Only required for non-debate novices in grades 9-12
 - A one time fee of \$20 is required for membership in the NSDA
 - Via check, address to “East Ridge Speech Boosters”
 - Via PayPal, to @jenniferwallen
 - Select “Friends & Family”
- Read and sign the Team Handbook
 - Signatures due by Tuesday, November 26th (before Thanksgiving Break)
 - Physical page at the end of this handbook
 - Digital signature via Google Form
- Review Schedule and Fill Out Absence Form
 - If there are any weekend you’ll have to miss, fill out the absence form ASAP
- Connect with your Coach **AND** Category Leader
 - Review your schedule, set up dates for practices, and review preferred communication
- Get your suit!
 - You should have it prior to the Mock Tournament on Saturday, January 11th

Letter from the Coaches

Dear SpeechRidge,

We are thrilled to welcome you as a member of the East Ridge High School Speech Team! Since our creation in 2010, East Ridge Speech has grown into one of the most competitive teams in Minnesota and around the country. We look forward to continuing our growth and legacy with you this season.

This handbook contains important information and policies that you and your families need to participate in Speech this upcoming season. We adhere to rules developed by the Minnesota State High School League (MSHSL) and the National Debate and Association (NSDA) in addition to several policies enacted specifically for the East Ridge Speech Team. If you have any questions about the policies included in this handbook, please do not hesitate to contact Head Coach Meghan Roeser to discuss.

In addition to this handbook, we encourage you to visit the East Ridge Speech website (erhsspeech.com) where you'll find information regarding coaches, categories, schedule, etc. We also suggest following us on Instagram (@speechridge) where we post announcements, news, and tournament results.

We thank you for your commitment to joining the East Ridge Speech Team and we look forward to another great season!

East Ridge Speech Coaching Staff

Head Coach

Meghan Roeser

Assistant Coaches

Tammy Trout-McIntyre

Katie Scholz

Clark McIntyre

Talon Krummel Walter

Austin Boreen

Izhan Qureishy

East Ridge Philosophy and Core Values

East Ridge Philosophy: Student FIRST

Speech is an academic activity that will help students' performance in the classroom by improving researching, writing, and speaking abilities. However, at East Ridge High School classroom performance takes precedence over any extracurricular activity. Speech work should come second to homework, studying, and other classroom-related assignments.

East Ridge Speech Core Values: Growth, Collaboration, Communication

GROWTH

We believe that the ultimate goal for every student should not be to win trophies, but to grow each week and every subsequent season as a writer, performer, researcher, and speaker. There are several measurable ways to track student growth - tournament rankings, speaker scores, and judge critiques - but ultimately a student's individual coach will determine if they are actively improving. Growth will occur when students spend additional time, above and beyond their weekly coach practices, to work on their speaking performance. If students aren't improving during a season, the coaches will work to determine a cause and find a way to guide the student to success.

COLLABORATION

Speech can often feel like a solo activity, since students are judged as individuals, however, we prioritize collaboration on the East Ridge Speech Team and have enacted practices to ensure every student feels connected. Weekly category practices, drop-in coaching time, and team social gatherings are all important parts of ensuring that students are working together, learning from each other, and developing positive relationships. Additionally, students are expected to support their fellow teammates by attending final rounds and respectfully cheering at award ceremonies.

COMMUNICATION

With over 50 students on the East Ridge Speech Team plus parents, coaches, school administration, and alumni, clear communication is critical to success. Coaches make an effort to communicate weekly through an all-team e-mail and individual student meetings. We expect students and parents to make communication a priority as well with students carrying the bulk of the responsibility. Students are expected to read the weekly e-mails, schedule practice times with their coaches, contact head coaches with any absence requests, and communicate with captains, coaches, and category leaders about

any issues. Speech is the art of communication and the ability to convey important messages is a critical life skill we hope all will gain.

For the 2024-2025 Season: Team Culture

We received feedback from the team desiring a more cohesive, unified, and connected dynamic. This season, we are committed to fostering that into our team environment, but it will require work from all parties. As such, we've revised expectations, scheduled a pre-season team bonding event, and brought back our Mock Tournament. What this means is that we expect students to attend these events unless communicated otherwise.

We understand that speech is an individualized activity in a team setting, which makes us different from sports and other extracurricular activities. As coaches, we're working to create these opportunities for you to connect with your teammates OUTSIDE of your category, but we need you to be willing to step outside of your comfort zone to achieve this.

We thank you in advance for your attendance, effort, and understanding.

Event Rules

The East Ridge Speech Team is beholden to rules from two separate governing bodies - the Minnesota State High School League (MSHSL) and the National Speech and Debate Association (NSDA). Each category has specific rules regarding cutting, writing, movement, and time limits as defined by each organization. Most invitational tournaments adhere to NSDA rules first and MSHSL rules second, depending on the category.

The following eight events are offered by the NSDA:

- Dramatic Interpretation
- Duo Interpretation
- Extemporaneous Speaking (U.S. and International)
- Humorous Interpretation
- Informative Speaking
- Original Oratory
- Program Oral Interpretation

Students competing in these events should follow the rules outlined in the National Speech and Debate Association unified manual: [High School NSDA Unified Manual 2024-25](#)

The following thirteen events are offered by the MSHSL (bold events are not offered by NSDA):

- **Creative Expression**
- **Discussion**
- Duo Interpretation
- **Extemporaneous Reading**
- Extemporaneous Speaking
- **Great Speeches**
- Humorous Interpretation
- Informative Speaking
- Original Oratory
- **Program Oral Interpretation**
- Serious Dramatic Interpretation
- **Serious Poetry Interpretation**
- **Serious Prose Interpretation**
- **Storytelling**

Students competing in the events that are not offered by the NSDA should follow the rules outlined in the MSHSL bylaws. Students competing in the events that are offered by both the MSHSL and the NSDA should follow the rules outlined by the MSHSL bylaws for the Section and State Tournaments: [MSHSL Speech 24-25 Rules and Policies](#)

Students should rely on coaches discretion for final decisions regarding event rules and policies. Any questions can be directed to Head Coach Meghan who may also contact the rules clinicians for either the NSDA or the MSHSL.

Expectations

Part One: Students

The most important expectation of students on the East Ridge Speech Team is that everyone will act in a courteous and professional manner towards others including teammates, coaches, judges, and other competitors. All students should abide by the rules at the host site and maintain professionalism throughout a Speech tournament.

In addition to behavioral expectations, there are certain expectations that must be met in order to remain in good standing with the East Ridge Speech Team:

Weekly Practice Policy

All students are required to participate in **TWO (2)** speech practices per week: one with their assigned coach and one with the students from their category. If a student is double entered, they will need to practice with both coaches (or have two practices if it's the same coach) and with both categories. Plan on at least two hours of Speech practice time per week.

Coaches will send out their weekly availability 1-2 weeks in advance and category leaders will communicate with all students in the category and find a time that works for everyone.

All practices (coach and category) are **IN PERSON** at ERHS in the Upper Gold Pod unless communicated otherwise. While virtual practices may happen, they should **NOT** be the norm as we compete in-person throughout the competitive season.

Students who miss category practice will be required to complete a make-up activity that will be reported to the category leader. These can include drop-ins, video practice, or something else.

Failure to attend either coach or category practice without communication will result in being dropped from competing at the next invitational tournament.

Practice Absences Due to Another Activity

If a student misses their practices due to other activities (sports, other clubs, college courses, etc.), they are expected to (1) communicate with their coach **and** category leader in advance, and (2) either reschedule their practice or do a makeup activity. Failure to do so will count as an unexcused absence. If a student misses 3 weeks worth of practices (3 coach and/or 3 category practices), commitment to the activity should be taken in consideration, and a discussion will need to be had regarding dismissal from the team.

Tournament Attendance Policy

Students are expected to attend the majority of the invitational tournaments. When a student has to miss a tournament, the [absence request form](#) on the East Ridge Speech website must be completed **at least two weeks in advance**. Failure to complete the absence request form by the requested time may result in being dropped from the next invitational tournament.

Coaches will not accept emails, texts, or calls relating to a tournament absence unless it is an unforeseen excused absence. If an absence is planned or known, the absence must be reported through the Tournament Absence Form.

Unexcused Absences

What counts as an unexcused absence?

- A student does not attend a practice and fails to inform a coach or category leader in advance.
- A student does not attend their fundraising shift and fails to inform Coach Meghan in advance and/or cancel their shift on Sign Up Genius.
- A student is asked to leave practice due to a lack of preparedness or disruptive behavior.
- A student withdraws from a tournament 48 hours or less prior to for reasons other than unforeseen illness and/or emergency.
 - Aka, “I have homework to do” - is **NOT** excused, it is considered poor time management/planning on your part.

Three (3) unexcused absences will result in dismissal from the team for the season.

Excused Absences

What counts as an excused absence?

- Previous Engagements reported in the Absence Form (vacation, family event, etc.)
- Family Emergency
- Illness

Late Arrival to Practice

Practice begins punctually at their scheduled times. Students must arrive on time; if you anticipate being late to a practice, text or email a coach. This is to respect the time of both parties involved.

Communication Policy

Students will be expected to check their e-mail weekly for important team updates. Additionally, the speech team utilizes a communication app called Remind, this is a great resource for reminders, announcements, and other communications throughout a competition day.

To join the 24-25 Remind: Text @e9cd3d to 81010. However, it is recommended to download the app as well.

Students are required to communicate frequently with their assigned coach about scheduling practices, completing assigned work, and reporting absences. While we understand last minute schedule changes sometimes occur, if they become frequent we will address them with the student and, if necessary, a parent/guardian.

Fundraising Policy

Throughout the entire Speech season every student is expected to help with fundraising. There will be a variety of opportunities for fundraising shifts including concession stands, grocery bagging, and more. A link to sign up for a fundraiser shift can be found [here](#) and on the Speech website under “Current Members” as “Resources.” This sign up will be updated throughout the year. Parents may complete a fundraising shift on behalf of their student.

Part Two: Tournaments

Punctuality

Punctuality is expected for all students on tournament days. If you are riding the bus and anticipate arriving later than the loading time, you must call the attending coach immediately. If you don't know which coach is attending, call a teammate. Failure to arrive on time or communicate tardiness is disrespectful to the bus driver, the coaches, and your teammates. We schedule load times to take into account travel, warmups, and draw categories. As a result, you may be left behind or need to find your own transportation to the tournament.

As Coach Meghan says, "If you're early, you're on time. If you're on time, you're late. If you're late, then you better call me."

Transportation To and From Tournaments

Students are expected to ride the bus with the team unless they have informed a coach in advance of other transportation. Students are to remain at the tournament site for the competition duration unless permitted to leave by a coach.

If a parent judges at a tournament, they may transport their student to and from the tournament site. They must inform Coach Meghan if they choose to drive their student.

Warmups

All students competing at a tournament are expected to attend warmups. Warmups begin within 5-10 minutes of arrival once a table is found and personal items are set down. Room number will be communicated verbally and via message (Remind, text, etc.). They typically take 20 minutes, and include activities such as stretches, vocal warmups, focusers, and energizers. This is not only a way to prepare for the tournament, but it fosters team relationships. A coach will be leading warmups, but in the event that they're unable to do so, captains will lead.

Warmup Guide: [Warmups Guide.pdf](#)

Note: We are aware of those in draw categories, and if needed, early dismissal will occur so students may attend the morning meeting set by the draw staff.

We understand that some students may need accommodations, if this is applicable to you, please communicate with Coach Meghan prior to the first tournament you compete in.

Judging

If you are a parent judging at a tournament, you are expected to arrive in time for the judges meeting (typically 30 minutes prior to competition). The judges meeting is held by tournament

staff and will cover vital information needed for the tournament. While it is not required to arrive earlier, we highly recommend you do so in order to find parking, get settled, and enjoy the food/beverages provided in the judges lounge.

Once you arrive at a tournament, you must message the attending coach. That information will be included in the email you receive on either the Thursday or Friday prior.

If you are judging and are planning on driving your student, you must either (1) arrive at the student/team time, or (2) drop your student off at the designated student/team arrival time.

Remember, all students are expected to attend warmups.

Decorum at Tournaments

Students are representing East Ridge High School at every tournament and we expect appropriate and supportive behavior for the entirety of the competition. Students will respect any rules provided by a tournament host site and leave any spaces used for practice or competition in good condition. Some other important guidelines for behavior at tournaments:

- Do not speak negatively about judges or competitors from other schools. You never know who might be listening.
 - When in doubt, follow the 5 Minute 5 Mile Rule. This means you wait a minimum of 5 minutes after the round to speak about it, and be “5 miles” away from the room.
- Remain quiet in all areas except the gathering space (usually the cafeteria). Some tournaments use unique spaces and you don’t want to disturb a round in progress.
- Once our team clears out of the gathering space, be sure to remove all trash and personal belongings.
- Do not bring cell phones to competition rounds. If they are necessary for timing purposes, ensure they are turned off/silenced when any competitor is speaking.
- Once eliminated from competition, you may change out of your suit unless you will be receiving any sort of recognition on stage.
- Never leave a tournament site without permission from a head coach.

Failure to comply with any of the above behavioral guidelines will result in discipline at the discretion of the coaching staff.

Final Rounds and Awards Ceremony

If students are not competing in a final round they are expected to watch a final round and attend the awards ceremony. This is to support your teammates, explore categories you may be interested in, and foster team relationships. Additionally, we expect you to attend these in order to reinforce tournament etiquette and give you the opportunity to meet students from other programs.

If a parent brought their student to the tournament, they do not have a final round assignment, and the student is not competing in a final round, then they must ask Coach Meghan for permission to leave. We typically have room on the bus, so if a student was driven in the morning and chooses to stay later, they are more than welcome to travel back with the team.

Pictures

If you take any pictures during a competition, please send them to Coach Meghan! We'd love to have a mix of photos to post on our social media. Additionally, we want to make sure all students are included whenever possible.

Part Three: Parents/Guardians

We cannot thank you enough for the time, commitment, and support you put into your student and this team. These expectations are set in order to ensure we can function as smoothly as possible. If you have any questions, contact Coach Meghan.

Fees

We ask that all fees are paid by the Mock Tournament on Saturday, January 11th. This gives us a grace week and to sort out any exceptions, issues, etc. before competition begins. If fees are not paid prior to the first tournament, then it may result in the student being unable to attend/compete at their first tournament of the season.

Note: We never want financial hardship to prevent a student from competing, so please communicate with Coach Meghan if you have any concerns or questions. We are more than willing to work with you to ensure your student can participate.

Judging

We expect parents/guardians to judge at two tournaments **PER STUDENT**. So, if you have 2 students, you can have 2 adults judge at 2 tournaments, have 1 adult judge 4, or any combination necessary. If you know you cannot judge, you can buy out your judging commitment by paying \$160 for both tournaments or \$80 for one tournament.

To learn how to judge tournaments, attend our Judges Training on Wednesday, January 8th at 7pm in the Media Center hosted by Coach Meghan. Parents who attended last year state that it was helpful and made them feel more confident going into tournaments.

Additionally, judging materials will be sent in the weekly judges email. This will include the presentation from our Judges Training as well as our Judges Handbook. We received positive feedback from ERHS judges and those who judged at our home tournament last year regarding these materials. We're committed to ensuring you're prepared and ready to engage in this activity!

These materials are also posted on our website under the page "Judging." You can download and review them at any time throughout the season.

Communication

Just like your students, we want to enforce clear communication. We will do our best to keep all parents and students informed, send weekly updates, and answer any questions. Parents are asked to check their e-mail weekly for important team updates. Additionally, the speech team utilizes a

communication app called Remind, this is a great resource for reminders, announcements, and other communications throughout a competition day.

To join the 24-25 Remind: Text **@e9cd3d** to 81010. However, it is recommended to download the app as well.

Speech Parent Booster Organization

The East Ridge Speech Team could not function without the dedication of parents and volunteers that help our team in many important ways. We have established a Speech Boosters organization that serves under the East Ridge PSO. The Boosters are responsible for a variety of functions including fundraising, judging, and publicity.

There are several elected positions within the East Ridge Speech Boosters:

- President
- Vice-President
- Treasurer
- Secretary

Additionally, there are additional positions that were established to help support the Speech team:

- Fundraising Chair
- Banquet Chair

2024-2025 Speech Parent Booster Club:

- **President: VACANT**
- **Vice President: VACANT**
- Treasurer: Jen Wallen
- Co-Secretary: Reena Raichur
- Co-Secretary: Reshmi Verghese

We encourage all parents to participate in the Speech Boosters and help our team continue to grow. This is one of the most important and supportive roles for our coaching staff. If you ever ask, “How can I help?” - this is one of the best ways to do it.

Discipline Policies

All members of the East Ridge Speech Team are subject to the discipline policies as put in place by the Minnesota State High School League and National Speech and Debate Association in regards to event rules, chemical use, and behavior. Additionally, the East Ridge Speech coaching staff have crafted procedures that address violations of team policies.

Laid out below is a guideline that students and parents can expect to be followed by coaches and students. There is not a “strikes” policy, instead each student and each situation is handled individually and left to coach discretion. The goal of the East Ridge Speech Team is to promote student speakers – we are not interested in being disciplinarians, but we are interested in ensuring that as many students get the most out of their season as possible.

Minor Grievance: Student Warning

A minor grievance would cover an unexcused absence, failure to comply with tournament behavior guidelines, or inappropriate action at practices or team meetings. The student will meet with one or more of the coaches and discuss the problem and determine what will be done to prevent it in the future.

Major Grievance: Suspension Until Meeting with Parents / Coach

A major grievance may be a series of minor grievances or a more major misbehavior. For example, if a student is ejected from a tournament or found to be harassing another student, those would constitute a major grievance.

Once a major grievance occurs, the student’s parents will be informed, the East Ridge activities office will be notified, and the student will be suspended from tournaments until a meeting between the parent/guardian, student, and coach(es) takes place. Together, it will be decided what actions must take place for the student to continue competing in the activity.

Activity Endangering Self or Others: Expulsion

In the event that a coach believes that a student is engaging in activity that endangers the student or others, the student will be removed from the team until further notice and immediately reported to the proper authorities. For example, if the student engages in illegal activities or is in any way harassing another student.

Chemical Use Policy

Use of illicit substances during, or associated with, speech activities will not be tolerated. This includes going to, from, and while on-site at a tournament, practices, fundraisers, or team-sponsored events.

Students using illicit substances during a speech-related event will be subject to immediate dismissal from the team.

Students aware of the use of illicit substances who do not report it as soon as possible (e.g., in the room but not drinking) will also be subject to disciplinary action up to and including suspension from the team for 2 tournaments.

Traveling Policies

The East Ridge Speech Team has the unique opportunity to travel for competition throughout the season. While these trips are a fun way to connect as a team and meet competitors from all over the country, we do have some additional policies that specifically apply to traveling tournaments to ensure students safety.

During traveling all of the above policies and disciplinary actions apply and the following rules are also in effect:

- Keep your phone nearby when not in competition rounds and pay attention to group text messages.
- Be punctual for all scheduled activities and car loading times.
- Evening curfew is to be strictly followed at all times. Time will be sent out in the group text messages.
- Males and females must remain in separate rooms unless supervised by an adult chaperone. Socialize in the common areas of the hotel.
- Get permission before leaving the group and inform the lead chaperone where you are going and when you will return.
- Do not go off on your own – always travel in groups of two or more.
- Carry the name and phone number of the hotel where the group is staying at all times.
- Carry the name and phone number of coaches and chaperones at all times.
- Leave hotels and vehicles clean and do not take property from hotels (related charges will be applied to the guilty party).
- No excessive noise or obnoxious behavior in the hotels after quiet hours.
- Obey all local laws, tournament rules, and hotel policies.

Failure to comply with any of the above rules will result in a minor grievance or major grievance at coach discretion.

Lettering Policy

In order for a student to earn a Varsity letter as part of the East Ridge Speech Team, students must meet one of the following three requirements:

- 1) Achieve perfect attendance to all invitational tournaments including the mock tournament.

OR

- 2) Place in finals or honors finals at the Varsity level three times during a competitive season.

OR

- 3) Qualify for the NSDA Tournament, the NIETOC, the Extemp. TOC, or the MSHSL State Tournament.

In addition to the three above criteria, students must attend all team meetings unless excused by a coach and maintain no violations of the student policies and expectations.

2024-2025 Season Schedule

Date	Activity	Location
Tuesday, November 19th	Kick Off Meeting	ERHS Media Center
Wednesday, November 20th	Practices Begin	ERHS Upper Gold Pod
Saturday, December 14th	Team Bonding Activity	TBD
Monday, December 16th	Monthly Team Meeting	ERHS Media Center
Saturday, January 4th	Winter Workshop	Park Grove Library (Cottage Grove Public Library)
Monday, January 6th	Monthly Team Meeting	ERHS Media Center
Wednesday, January 8th	Judges Training	ERHS Media Center
Saturday, January 11th	Mock Tournament	ERHS Upper Gold & Green Pods
Saturday, January 18th	Chanhassen Tournament	Chanhassen High School
Saturday, January 25th	Wayzata Trojan War	Wayzata High School
Saturday, February 1st	Minneapolis Tournament	Apple Valley High School
Saturday, February 8th	Two Rivers Tournament	Two Rivers High School
Monday, February 10th	Monthly Team Meeting	ERHS Media Center
Saturday, February 15th	Bloomington Tournament	Bloomington-Jefferson High School
Saturday, February 22nd	Eastview Lightning Classic	Eastview High School
Saturday, March 1st	Lakeville North Tournament	Lakeville North High School
Monday, March 3rd	Monthly Team Meeting	ERHS Media Center
Friday, March 7th & Saturday, March 8th	NSDA National Qualifier (NatQuals)	Woodbury High School (Friday) Eagan High School (Saturday)
Saturday, March 8th	Eagan Wildcat Invitational	Eagan High School
Saturday, March 15th	Roseville Rosebowl	Roseville High School

Tuesday, March 18th	3AA Sections	South Saint Paul High School
Saturday, April 26th	MSHSL AA State Speech Tournament	Shakopee High School
Friday, May 16th to Sunday, May 18th	NIETOC Nationals	Liberty North High School Kansas City, MO
Week of May 19th	End of Year Banquet	TBD
Sunday, June 15th to Friday, June 20th	NSDA Nationals	Des Moines, IA

Other Events that Take Place Throughout the Season

- Drop-in Practices - Thursday nights starting after the Mock Tournament.
 - 15 minute practices hosted by coaches, alumni, and/or captains.
 - This is a chance to get feedback from others and polish delivery before competition.
 - Updated link will be sent weekly and updated on the Speech website.
 - This can be found under “Resources” on the “Current Members” page.
- Monthly Team Meetings
 - There are monthly in-person meetings scheduled throughout the season. Make sure you are following the calendar to know when these happen.
 - These will be held in the Media Center
- Fundraising Shifts - See Calendar
 - Concession Stand Shift(s)
 - Bagging Groceries in December and January
 - Food Fundraisers in January and February
 - Link to Sign Up: [Fundraising Sign Up Genius](#)
 - This can be found under “Resources” on the “Current Members” page.

Costs

The following costs are associated with joining the East Ridge Speech Team:

- **\$140.00 - East Ridge Activity Fee** (paid during registration)
- **\$50.00 - Booster Fee** (payable to “East Ridge Speech Boosters”)
- **\$20.00 - Cost of National Speech and Debate Association Membership** (Non-debate novices in 9th-12th grade only, payable to “East Ridge Speech Boosters”)

DEADLINE: Saturday, January 11th.

We ask that all fees are paid by the Mock Tournament to give us a grace week and to sort out any exceptions, issues, etc. before competition begins. If fees are not paid prior to the first tournament on Saturday, January 18th, then it may result in the student being unable to attend/compete at their first tournament of the season.

Note: We never want financial hardship to prevent a student from competing, so please communicate with Coach Meghan if you have any concerns or questions. We are more than willing to work with you to ensure your student can participate.

Additional costs that can vary in price include:

- Team Apparel (these were ordered pre-season)
- Tournament Attire - business professional
- Printing, script purchases, and other materials (cost will vary depending on category)
- Lunch on tournament days (buy at tournament or bring your own)
- Any students who qualify for national tournaments will be expected to help pay for travel.

The East Ridge coaching staff and speech boosters are dedicated to ensuring that cost will never prohibit a student from participating in team functions. If costs are a concern, please do not hesitate to contact Head Coach Meghan.

Team Resources & Materials

This season, we have a shared Google Drive that is filled with different resources for students and their families to utilize at any time during the season. This includes our team roster, warmups guide, important links, NSDA and MSHSL Rules, and much more.

This can also be found on our Speech website under the “Current Members” page as “Resources”. <https://www.erhsspeech.com/resources> This web page also includes a link to the tournament absence form, and sign ups for fundraiser shifts and drop in practices. We want to ensure that students and their families can easily access all items and information needed.

It is encouraged for all students and their parents/guardians to look over the website and familiarize themselves with it. While most of our information will be communicated via email and Remind 101, the website will still be a helpful resource to utilize.

Resources Page (Speech Website): <https://www.erhsspeech.com/resources>

Team Resources Google Drive: [Team Resources](#)

Fundraising Shifts Sign Up: [24-25 Fundraising Shifts](#)

Tournament Absence Form: [24-25 Tournament Absence Form](#)

Where to Find Suits

Speech has the unique dress code of business professional, which can pose the question, “Where do I find suits?” Below is a list of different stores and sites where you can purchase tournament attire. If this is a financial hardship for you or your student, please contact Head Coach Meghan.

Presentation (as found in Team Resources Google Drive): [Tournament Attire](#)

Department Stores

- Department stores may be a good place to start, as you can buy the basics and learn what fit/style you’re most comfortable with. Departments stores to explore:
 - Macy’s
 - JCPenney
 - T.J. Maxx
 - Kohl’s
 - Marshalls

Thrift Stores

- Checking out places such as Goodwill and Savers may help you find matching sets for suits, find undershirts that match your style, and are even a great place to find dress shoes, flats, or heels.

Online Websites

- Depending on your budget, online websites can go one of two ways. Looking into websites like Poshmark are better for finding bargains, but other websites may cater to your custom measurements if you find that traditional stores don't carry your size.
 - Poshmark
 - eBay
 - Shein
 - Temu

What do I need to find?

- A blazer or suit jacket
- An undershirt such as a blouse, button up, turtleneck, etc.
- Dress pants or skirt
- Dress shoes, flats, or heels
- Socks or tights/nylons (if needed)
- Belt (if needed)
- Tie or bowtie (if needed)

Coach Contact Information

Head Coach Meghan Roeser

Email: coach@erhsspeech.com

Phone: 651-788-2760

You can message via Remind 101

Assistant Coach Tammy Trout-McIntyre

Email: troutmcintyre@gmail.com

Phone: 651-587-8318

You can message via Remind 101

Assistant Coach Katie Scholz

Email: katie.m.scholz@gmail.com

Phone: 651-494-7552

You can message via Remind 101

Assistant Coach Clark McIntyre

Email: clark.mcintyre11@gmail.com

Phone: 651-587-6536

You can message via Remind 101

Assistant Coach Talon Krummel Walter

Email: talonkw@gmail.com

Phone: 651-728-1295

You can message via Remind 101

Assistant Coach Austin Boreen

Email: austin.boreen@gmail.com

Phone: 651-403-3860

You can message via Remind 101

Assistant Coach Izhan Qureishy

Email: izhanq101@yahoo.com

Phone: 612-475-0110

You can message via Remind 101

East Ridge 2024-2025 Handbook Agreement

Student

I have read and carefully reviewed the obligations and expectations of the East Ridge Speech Team as described in the ERHS Speech Handbook. I am willing to uphold these standards and meet the responsibilities required of an ERHS Speech team member.

Student Name

Student Signature

Date

Parent/Guardian

I have read and carefully reviewed the obligations and expectations with my child. I also understand the obligations and responsibilities placed on East Ridge Speech team members and parents/guardians.

Parent Name

You can also digitally sign the handbook here: [24-25 Speech Handbook Signature](#)