

## EVENT PREPARATION

Members interested in the Competitive Events Program should follow **ten steps** in preparing for competition.

1. Talk with the HOSA chapter advisor and let them know their interest in entering a competitive event.
2. Review the HOSA Competitive Events Program and select the event that is consistent with their career objective.
3. Visit [www.hosa.org](http://www.hosa.org) for the current edition of the specific [event guidelines](#), [General Rules and Regulations](#), and [Appendices](#).
4. Study the detailed guidelines and the judge's rating sheet(s) to know the criteria by which competitors are evaluated.
5. Practice, practice, practice and practice the event at the local chapter level before competing.
6. Talk with other members who participated in competition previously and gain as much as possible from their experiences.
7. Ask the chapter advisor to conduct event simulations in the classroom to allow all members to have an event experience. Practice with local community professionals as appropriate.
8. Know all rules and procedures for the event in which they are entering to avoid point deductions.
9. Enter competition and carefully review all instructions to event participants.
10. Enjoy the competition because *the real benefit of competition was realized in the preparation.*