

#### Hello Coaches—

I hope this message finds you all well and in good spirits. As we navigate the demands of our daily lives, whether at work or elsewhere, it's easy to get caught up in the hustle and bustle. In the midst of our busy schedules and responsibilities, it's important to take a step back and remember one essential thing: to prioritize ourselves.

Each one of us is a valuable part of this group, and we all contribute our best when we are at our best. It's easy to forget that we are not machines; we are human beings with needs, emotions, and the need for self-care. This is a friendly reminder that taking time for yourself is not selfish; it's a necessary act of self-preservation.

Consider this your gentle nudge to carve out some time in your day for self-care activities. Whether it's a few minutes of meditation, getting lost in a good book, expressing your creativity through art, or simply tending to your garden, these moments of self-care can make a significant difference in our overall well-being. Wishing you all a balanced and fulfilling week ahead.

Carol

Regional Quals – 2024 – Saturday – 2/3/24 – locations per Regional Director's Discretion – Tournaments will be in person unless otherwise noted.

**Varsity State** – 2024 – Saturday/Sunday – 3/2 – 3/3/24 – Wellington HS – Macaw – Host Paul Gaba. <u>I have secured 2 sets of Room Blocks And Will Release That Info At A Later Date</u>. <u>Because of Spring Break and it being "Polo Season" in the Palm Beach Area hotel rooms are a little more expensive</u>.

**Novice State** – 2024 – Saturday/Sunday – 4/13 – 4/14/24 – Apopka HS – Timacuan – Host Cathy Brown. I am working on securing hotel blocks.

Middle School State – 2024 – The MS State Committee will decide which format is best for middle school students and determine dates and locations if necessary.

\*\*\*\*\*\* Update \*\*\*\*\*\*

## **FFL Membership Drive**

The FFL Membership Drive is now open.

- 1. Go to <a href="https://www.speechwire.com/index.php">https://www.speechwire.com/index.php</a> and create a SpeechWire Account. You will need a SpeechWire account to join FFL.
- 2. The FFL Icon will appear in your SpeechWire Account (at the top). This is where you will begin the membership process.
- 3. Our membership drive now has a drop-down menu for Middle Schools and Junior High Schools. After you complete your online application, you will see a new page.

You can view pictures of what SpeechWire should look like when registering for your 2023/2024 Membership on the FFL Website – <a href="https://www.floridaforensicleague.com">www.floridaforensicleague.com</a>

\*\*\*\*\*\* New \*\*\*\*\*\*

## **Voting Is Now Open On Survey Monkey**

Voting is now open on Survey Monkey for the Fall Ballot. It will be open til 10/17/23. The link is below. Remember each school is eligible to vote only once. <a href="https://www.surveymonkey.com/r/3LWQPHV">https://www.surveymonkey.com/r/3LWQPHV</a>

\*\*\*\*\*\* New \*\*\*\*\*\*

## **Tournament Calendars Now On FFL Website**

I have placed 2 digital tournament calendars on the FFL website. One calendar is what I hope will become a comprehensive calendar that tracks everything from local to national tournaments. The other is the FFL Sanctioned Tournament Calendar.

\*\*\*\*\*\* New \*\*\*\*\*\*

#### **FFL Sanctioned Tournaments**

After our Fall Agenda meeting, the E-Board began to discuss how to increase local participation and support the FFL member schools. We are piloting a new qualifying system this year. In order to increase support and participation at local tournaments in the state of Florida. We created an FFL Sanctioning Tournament process to increase incentives for in-state schools to attend in-state tournaments. I have attached more information to this email.

Included here is the link to apply to have your tournament(s) become an FFL Sanctioned Tournament - <a href="https://forms.gle/5DA5NRQDwrLvwe3EA">https://forms.gle/5DA5NRQDwrLvwe3EA</a>

\*\*\*\*\*\* New \*\*\*\*\*\*

#### **FFL Slack Group**

We have a FFL Slack Group – We have Been Using It To Have Discussions & Share Information With Our Membership

https://join.slack.com/t/floridaforensicleague/shared\_invite/zt-21gvt50gm-wqeBC7\_z\_rwy63mLzcFLXg

# **General Reminders Are Listed Below**

## **FFL Executive Board**

President – Carol Cecil – <u>flforensicleaque@gmail.com</u>

VP - Operations - Dario Camara - dariocamara@gmail.com

VP - Middle School Operations - Aly Asware - afiebran@nova.edu

Secretary – Benjamin Gaddis - gaddisb@trinityprep.org

Treasurer – Grant Chmielewski - grant.chmielewski@ocps.net

# **FFL Regional Directors**

Region 1 – We Need A Regional Director

Region 2 – Nathan Johnston - njohnston@lhps.orq

Region 3 – We Need A Regional Director

Region 4 – Bo Lint - <u>bobby.lint@ahschool.com</u>

Region 5 – Kate Hamm - khamm@ransomeverglades.org

Region 6 – Ryan Levesque - ryan.levesque@ahschool.com

Region 7 – We Need A Regional Director

# NEW TREASURER MAILING ADDRESS - W-9 ATTACHED!

We have a new FFL Treasurer. Grant Chmielewski from Dr. Phillips HS in Orlando has taken over the treasurer position.

Dr. Phillips HS

ATTN – Grant Chmielewski
6500 Turkey Lake Rd

Orlando, FL 32819

Please make sure that you update the mailing address with your bookkeepers. I am going to make sure I say this every time I send an email because Cathy Brown as of last season was still getting checks mailed to her. She has not been the treasurer in over 4 years!