



DISTINGUISHED
YOUNG WOMEN

CALIFORNIA

**CLASS OF 2023
PARTICIPANT HANDBOOK**

State Finals
The Historic Bakersfield Fox Theater
Bakersfield California
July 17th – 24th 2023
Showcase July 23rd, 2023

Dear Distinguished Young Woman,

Congratulations! You have been selected to represent your community at the State Finals of the Distinguished Young Women of California program. You are about to have a once-in-a-lifetime experience! We know that this program can change your life! The time you spend in Bakersfield will be full of challenges and excitement. There will definitely be some hard work involved, but throughout the entire time, you will have a whole support team cheering for you!

California is proud to have an award winning Distinguished Young Women program with many volunteers from all over the state. Every volunteer works diligently to ensure you have a rewarding experience during your time in Bakersfield. Every effort is made so that you will enjoy being part of one exciting and entertaining Showcase of scholarship, leadership, and talent.

This handbook was developed to help you prepare for your participation in the State Finals where your time will be organized around fun activities, educational opportunities, community service and rehearsals preparing for the one-night Showcase on Saturday July 23rd, that is professionally staged and produced at The Historic Bakersfield Fox Theater located in Downtown, Bakersfield.

We refer to our one night on stage at The Fox Theater as a “Showcase” because the fun, transformative experience you will have in Bakersfield culminates in a public celebratory showcase of your accomplishments.

PLEASE prioritize some time for you and a parent or guardian to read through this handbook as soon as you receive it, paying particular attention to the instructions and deadlines.

We suggest having a downloaded version of this guide to utilize our helpful links, and a printed-out version to use as a reference for your questions.

On Page 3 there is contact information for everyone that can also help you if necessary. Do not hesitate to contact us with any questions or concerns!

We look forward to your participation in the Distinguished Young Women of California State Finals, and we hope your stay with us from July 17th through July 24th, 2022 will be memorable!

In the Spirit of Distinguished Young Women,



Kacie Lesky
State Chair

TABLE OF CONTENTS

- 1. KEY CONTACTS**
- 2. TIMELINE & SUBMITTAL DEADLINES**
- 3. ADMINISTRATIVE PROCESS**
- 4. EVALUATION PROCESS & JUDGES PANELS**
- 5. SCHOLARSHIPS AWARDED**
- 6. PREPARING FOR THE STATE FINALS**
- 7. ONLINE RESOURCES**
- 8. SUGGESTED TIPS & MISCELLANEOUS INFORMATION**
- 9. TRAVELING TO BAKERSFIELD**
- 10. SAMPLE SCHEDULES**
- 11. RULES & IMPORTANT INFORMATION**
- 12. FAMILY & FRIENDS IMPORTANT INFORMATION**
- 13. GLOSSARY**
- 14. CLOSING THOUGHTS**
- 15. CLASS OF 2023 STATE FINALS CHECKLISTS**

1. KEY CONTACTS

- State Chair: Kacie Lesky, california@distinguishedyw.org; cell 707-318-7903 (text only)
- Forms (we prefer online but if needed): Distinguished Young Women of California, P.O. Box 11717, Bakersfield, CA 93389
- Checks: Distinguished Young Women of California c/o Jared Tonks
5060 California Ave, Suite 800 Bakersfield, CA 93309
- Production Questions: california@distinguishedyw.org; cell 707-318-7903 (text only)
- Talent Questions: Kacie@distinguishedyw.org, cell 707-318-7903 (text only)
- Wardrobe Questions: california@distinguishedyw.org; cell 707-318-7903 (text only)
- Academic Form/Scholastic Questions: Barb Burja at Barb@distinguishedyw.org
- Form Submittals: participantchairca@distinguishedyw.org

Please text or email Kacie as your first form of contact. She can then make herself available and set up a time for a call with you if needed!

2. TIMELINE & SUBMITTAL DEADLINES:

TIMELINE & SUBMITTAL DEADLINES WITH CONTACTS

While the dates listed below are the deadlines we have in place for each of the items we need from you, please keep in mind that you can send any and all submissions in early.

All Items Due **2 Weeks After Initial State Welcome Email**

Upon Receiving our Initial Welcome Email/ Becoming Your Local's Representative:

- When is your last day of school? Please email this date to Barb at Barb@distinguishedyw.org. Knowing your last day of school will help us in understanding when we will be able to receive your end of term scholastics information.
- [Wardrobe Form](#) Due - please complete this form as soon as possible so that we can order those wardrobe pieces that we will be providing you for the State Program.

All Items Due **2 Weeks Before Your Last Day of School**

- We want to make sure that we are helping you maximize your Scholastics Score, which makes up 25% of your overall program score. We want to champion you and in order to do so, we have put together this quick [Scholastic Survey](#) for you to complete, to make sure that your packet is the best representation of your academic achievements. Find the Scholastic Survey here: <https://forms.gle/rWhuhJNjyReu78ic8>
- Submit the following forms to your counselor/registrar so they can submit your scholastics information to us:
- [Academic Record Form and Instructions Counselor/Registrar requesting Academic Record Form and Transcript](#)
- [Letter to High School Counselor/Registrar requesting Academic Record Form and Transcript](#)

As some of your counselors/registrars may not have access to your test scores, you can submit your test scores (ACT/SAT) by emailing the official PDF download to Barb@distinguishedyw.org. Please do this as soon as you have access to these scores. If you plan on taking these tests before the state program, we will only accept scores that we receive by Monday July 18th, any scores after July 18th will not be accepted.

MANDATORY ZOOM ORIENTATION **MAY 28TH 2022**

- State Finals Orientation via Zoom at 10:00 AM PST. Parents Welcome, **PARTICIPANTS REQUIRED**. If you cannot make this Orientation, please email Kacie asap at california@distinguishedyw.org. We will have one make up orientation for those of you that cannot attend the May 28th orientation. **You MUST attend one of the orientations!** Any meetings you may have with your local or at large committees does not supersede the need to attend orientation.

Class of 2023 State Orientation

Time: May 28, 2022 10:00 AM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us06web.zoom.us/j/5741767509?pwd=cjNTN3h4YnBsanNjdUwzbkwycmU2Zz09>

Meeting ID: 574 176 7509

Passcode: DYW

All Items Due **JUNE 4TH 2022**

- [State Participant Agreement](#) Due to participantchairca@distinguishedyw.org
- Proof of U.S. citizenship (a birth certificate or passport) or permanent residency status (a green card) Due- scanned or take a picture and email to participantchairca@distinguishedyw.org
- [Health Form](#) & Copy of Insurance Card & Copy of Covid Vaccination Card (if applicable) (scanned or email picture) Due

On the Health Form there is an area to check boxes for each over-the-counter medication that may be administered. If you would like to list in this section other medications that can be administered, such as Advil or Midol, please do this here.

- [Host Family & Meal Form](#) Due – Complete Online by [Clicking Here](#). This is for your host family to get to know you better and so we know if you have any dietary restrictions.

All Items Due **JUNE 11TH 2022**

- Preview Talent Video Due (see below for instructions) to kacie@distinguishedyw.org
- [Talent Info Sheet](#) Due

All Items Due **JUNE 18TH 2022**

- Program Book Photo: participantchairca@distinguishedyw.org
- If taken by professional Photographer, please also complete and submit the [Photo Release Form](#) to participantchairca@distinguishedyw.org

All Items Due JULY 1ST 2022

- At Large/ Qualifier License Fee Due Total Amount of \$500
- Please submit payment either by mail or online via the PayPal link below:
 - Distinguished Young Women of California c/o Jared Tonks
5060 California Ave, Suite 800 Bakersfield, CA 93309
 - PayPal Link: <https://www.paypal.com/us/fundraiser/charity/1269613>
- If you use PayPal link, please email us at california@distinguisheddyw.org letting us know. Please make checks payable to Distinguished Young Women of California.

** This fee does not apply to local programs who fundraise to pay this fee, if you advanced from a local program, listed below do not pay this fee, your Local Chair has fundraised for this already. If payment is an issue, please contact us directly. At-Large participants are recommended to approach community businesses and/or civic organizations for a sponsorship to help obtain the \$500 license fee, as it will be deductible to these businesses or organizations as an advertising or marketing expense. They can also receive ads in our Program Book for their donation. Questions, please ask Kacie!

Local Programs:

- Bakersfield
- Cerritos-Artesia
- Delano
- Del Norte
- Los Angeles County
- Oakdale
- Shafter
- San Diego County

All Items Due JULY 9TH 2022

- Online Profile Updates: www.distinguisheddyw.org Please pay attention to your spelling, punctuation, and grammar - the judges will see exactly what you enter. Do not use quotation marks, ampersands or special symbols (it causes issues with the website).
- Be Your Best Self Essay Due to participantchairca@distinguisheddyw.org.

All Items Due JULY 16TH 2022

- Please take a Covid Test on Saturday July 16th and email us a picture and the results of this test after you take it to california@distinguisheddyw.org. Please do not put yourself at risk to get the coronavirus Saturday night after you have taken the test.

As some local and regional programs have been virtual and some physical, please note that participants that are not physically able to attend state, whether it be due to illness or schedule conflicts, will not be able to participate in the program.

3. ADMINISTRATIVE PROCESS

We must have submittals from you in a timely fashion to ensure the program will be a success. Use the most current forms in order to get your information to the proper State Committee members shown in item 2, "Submittal Deadlines and Contacts".

Be extremely careful and accurate when completing these forms. While it may seem like there is a lot of paperwork, it is very simple and can be done easily in a day. Do not put it off to the final moment as some of these forms are the initial impression you are making on the committee and judges.

We strongly urge you to submit all documents and forms by email.

If emailed, include your name and "Distinguished Young Women of ____" in the Subject box. If you mail your forms to the P.O. Box shown in Item 1.1, keep a copy of everything you mailed as you may need it later, **and email us letting us know you mailed the forms.**

All forms listed below have been linked into the Timeline & Submittal Deadlines Listed above, but we have listed them again here for your reference. You will be able to access all forms noted below from the ca.distinguishedyw.org website. They are located in the California Library: <http://ca.distinguishedyw.org/library/>

LIBRARY FORMS

- Participant Digital Handbook (this document)
- Participant Checklist (last pages of this document) or [Download a Printable Version Here!](#)
- [State Participant Agreement](#)
- [Guide to Updating Your Online Profile Information](#) (You do not need to fill out the Talent Introduction instead use the below form).
- [Talent Info Sheet](#)
- [Academic Record Form and Instructions Counselor/Registrar requesting Academic Record Form and Transcript](#)
- [Letter to High School Counselor/Registrar requesting Academic Record Form and Transcript](#)
- [Class of 2023 Wardrobe Form](#)
- [Health Form](#): On the Health form there is an area to check boxes for each over-the-counter medication that may be administered. If you would like to list in this section other medications that can be administered, such as Advil or Midol, please do this here.
- [Photo Release Form](#): You only need to complete the photo release form if you have a photographer take your headshot, as they own that photo. If you take your photo

yourself (or with the help of a friend or family member) you will not need to complete this form. Please fill this out if you do have your photo professionally taken as we do not want to use any photos without permission for the photographer.

PREVIEW TALENT VIDEO

- This recording, along with your [Talent Info Sheet](#), will help place you in the production line up and assure that two people are not performing the same or similar talent in a row. The costume you will be wearing and props you will be using are helpful, but **not** required in the video. Once you have submitted your [Talent Info Sheet](#) and sent in your Preview Talent Video, you may NOT change your talent selection. However, you may make changes to your costume and music selection, if requested and approved by the Production Chair. This is not a professional video but should be a good indication of what your talent will be like; you can use a video of your talent from your local program.
- When submitting the video link include your: **Name, “Distinguished Young Women of ____” Title, what you are doing as a talent, & the title of your selection in the body of your email.**
- Begin your video by stating your **NAME, “DISTINGUISHED YOUNG WOMEN OF ____” TITLE, WHAT YOU ARE DOING AS A TALENT, & THE TITLE OF YOUR SELECTION.** For Example: “Hi my name is Kacie Lesky. I am the Distinguished Young Woman of Rohnert Park. For my talent I will be singing. The title of my selection is "I Can Hear the Bells" from Hairspray”.
- **While your talent video does not need to be of professional quality or on a stage, it also should give us a good suggestion of what your talent will look like. For example: If you are dancing, marking the dance in your jeans in a 3' x 2' space in your bedroom is not a good representation of your talent. Videos not following these guidelines will have to be corrected and resubmitted.**
- Your video may be submitted in one of three (3) ways:
 - Upload your video on YouTube and send the link to kacie@distinguishedyw.org
 - OR
 - Send the video via Google Drive to kacie@distinguishedyw.org
 - Record the video on your smart phone and email the video to kacie@distinguishedyw.org

Not sure how to upload videos or files via google drive, check out our helpful video here:

[Uploading Files to Google Drive](#)

Add how to make sure you have shared your files with us here:

[Sharing Access to Files on Google Drive](#)

REVIEW ALL BELOW RULES AND SUGGESTIONS BEFORE CHOOSING & FILMING YOUR TALENT!

TALENT RULES AND SUGGESTIONS TO KEEP IN MIND WHEN PLANNING YOUR TALENT

1. **There is a strict 90-second time limit.** The Judges Committee will time you at the showcase, and if you exceed the time limit, you will NOT receive any Talent points. Your timing starts with the first movement or sound and ends with the last movement or sound (NOT your first sound if you are a singer, but the first musical note). Just so this is clear, if the Judges Committee disqualifies you from Talent for exceeding the time limit, it will not affect your points in the other categories.
 2. If you do not use recorded accompaniment, and are playing an instrument, performing a monologue, or the like, it may be more difficult to control the length of your presentation. To avoid exceeding the time limit, you should make your presentation under the 90-second time limit, we recommend around 87 seconds. A word of advice – have this under control before you arrive for the State Finals, as it will be extremely difficult to shorten your presentation after you arrive in Bakersfield. Please keep in mind that you will only be judged for what you perform live on stage.
 3. Any part of the presentation created off stage for use during the talent presentation (i.e., a costume or prop) may be used but will not be judged. Judges score only what they see and hear on stage.
 4. You may use a recording of background music or sounds for your performance. **However, you may not have any background sounds that enhance your performance – singers may not have any additional voices on the accompaniment, tap dancers may not have additional tap sounds, instrumentalists may have only piano accompaniment, and pianists may not have any accompaniment. You may not have live accompaniment. You must observe the following when preparing the audio recording for your talent presentation:**
 - a. **Listen to your recording and be sure it is edited correctly before you send it.**
 - b. **Please note in your submission if there is an intentional blank space at any point in the recording.**
 5. **Other Rules that must be followed:**
 - a. Props cannot weigh more than 70lbs. Questions? Ask Kacie.
 - b. You may use only those props that are absolutely essential to your performance. Questions? Ask Kacie
 - c. **Nothing Disney related, including music or monologues may be used.**
 - d. If you are using music, make sure all lyrics are “clean language”.
 6. Suggestions:
 - a. If you are an instrumentalist, adding a piano background to your presentation is a nice addition to your performance.
 - b. For any type of performance, it is strongly suggested no sheet music or reference of any kind is used. We strongly encourage you to memorize your piece.
 - c. If you are presenting a monologue, you may add background music to your presentation, but it cannot contain any spoken word.
 - d. If you are presenting a monologue or spoken word piece, you can utilize a soft instrumental track to keep you from going over the 90-second time limit
 - e. A singular talent is suggested. It will allow you to highlight your strengths without diluting the presentation. Examples of multiple talents are: dancing and singing, playing an instrument and singing, reciting a poem and dancing. While dual talents like these can be a very nice presentation, make sure that both elements are equal. In other words, if
-

you sing well but play the guitar at a level less than your singing, we suggest using recorded music instead of playing the guitar.

- f. We suggest selecting a talent that fits you well and that is meaningful to you and that you can use your emotions to present.
 - g. We suggest enhancing your costume to fit the talent
 - h. We suggest adding background music when appropriate
 - i. We suggest adding emotion to any talent selected
 - j. We suggest trying to use the stage and engage the audience
7. Follow the Talent Rules of this Participants Handbook. Only Production or State Chair can answer talent questions as they relate to the content of the Participants Handbook.

PRODUCTION AUDIO RECORDING

If you are using a pre-recorded audio accompaniment during your Talent performance, **you must bring an USB/Thumb Drive edited to the exact length of your talent presentation to the State Program. EMAILED TRACKS WILL NOT BE ACCEPTED.**

Your talent track must be edited to your liking **BEFORE** you arrive in Bakersfield as we **WILL NOT** edit your track for you, **OR STOP/START AT INDICATED CUES.** If you really need help, please contact Kacie long before the State Showcase.

YOUR NAME AND TITLE MUST APPEAR ON THE USB/THUMB DRIVE and put this in your carry-on bag or purse, we will be collecting them as soon as you arrive in Bakersfield. Attach a note to your USB/Thumb Drive if there is an intentional blank space at any point in your recording. **IT IS HIGHLY RECOMMENDED TO HAVE A SECOND USB DRIVE JUST IN CASE!**

You may use a recording of background music or sounds for your performance. Listen to your recording and be sure it is edited correctly **BEFORE YOU LEAVE HOME.** Please note on the label if there is an intentional blank space at any point in your recording.

CD's ARE NOT ALLOWED and can only be submitted in lieu of a USB/Thumb Drive with prior approval from Kacie Lesky and they are not preferred.

TALENT REHEARSAL

Rehearsal time at the auditorium for your Talent presentation is limited. We encourage you to practice at your Host Family's home. There will be a special technical rehearsal on stage to iron out the technical aspects of your Talent. At that time, the production crew will set the most complimentary lighting, mark the location of any props necessary for your presentation, and establish the proper placement for your microphone(s).

Each participant will have individual stage time to work with the Production Chairman. The Production Crew will time your Talent presentation during your technical rehearsal and the Production Chairman will notify you if you are near, or over, the time limit of 90 seconds.

PHOTO REQUIREMENTS

When submitting your photo to be used in the Digital Showcase, follow these guidelines:

- DO NOT upload your photo to the website. Email your photo to participantchairca@distinguisheddyw.org
- Take a full-color headshot in front of a solid white background
- You can also use a website to remove the background of a current photo and submit a photo with no background. Use a website like <https://www.remove.bg/>
- Do not cut off the top of your head; make sure there is some space around your head in the photograph
- 5" x 7" or larger at 300 dpi (your photographer should understand these requirements). If you are not a photographer, just make sure when you make the photo 5x7 size it is not blurry.
- If you chose to take the photo yourself, just please try to use a quality camera or camera phone. Send the attachment at actual or large size.
- If you use a photographer, include the photographer's signed image release form found in the Library, or linked here: [Photo Release Form](#)
- These photos will be used in our program book and possibly on social media. Please make sure you like the photo and that it is a **current photo** of you!
- Photo examples:



4. THE EVALUATION PROCESS & JUDGES PANELS

JUDGING CRITERIA

There are five categories involved in the selection process and these are the same at the local, state and national levels: Scholastics, Interview, Talent, Self-Expression, and Fitness.

1. **INTERVIEW (25%)** The 5-member selection panel has a ten-minute interview with each participant. Here are some of the things they will be looking for:
 - Perception: depth of knowledge; ability to think and reason
 - Personality: self-assurance, manners, sincerity, naturalness, spontaneity, attention and warmth
 - Sense of Values: goals in life, areas of interest and concern, family, civic, and school activities and interests
 - Clarity of Expression: vocabulary, pleasing, well-modulated voice, and ease of presentation
 - Knowledge: awareness of the world around you and interest in current events
 - Human Relations: ability to mix well with a variety of people, consideration of others, and a cooperative and sportsmanlike attitude
 - Accomplishments: a review of your participant information and possibly a couple of questions to help determine your community service and contributions to school, clubs and civic activities
2. **SCHOLASTICS (25%)** A separate scholastic judge reviews and rates your Academic Record including your grades, college entrance examinations, difficulty of class schedule and academic extracurricular. This is completed prior to your arrival in Bakersfield.
3. **TALENT (20%)** The panel bases its judgment on originality, technical ability, appropriateness of selection and costume, and stage presence during a performing talent. Each participant presents a talent they choose and is limited to a 90-second performance. Any performance over 90 seconds is disqualified and a score of "0" awarded in that category.

****NOTE: THE USE OF DISNEY MUSIC IS PROHIBITED BY THEIR LICENSING REGULATIONS**
4. **SELF-EXPRESSION (15%)** The panel evaluates on the basis of content, clarity of response, public speaking ability/style and carriage/posture. You will respond to a question that you will receive within 24 hours of the showcase. Tip: Many participants try to memorize something that is too long or complicated to recite in the excitement and nervousness of the performance. We recommend that you organize your presentation along these lines: introduce your idea, support your idea, and conclude.
5. **FITNESS (15%)** The panel evaluates agility, coordination, stamina, and strength, while participants perform a group aerobic-style routine, which includes an individual spotlight routine for each participant.

You will receive the fitness routine instructional video via email before the state showcase to practice on your own. Please arrive at the State Program knowing the routine, with questions for clarification. While the choreographers will go over the routine with you, we would like you to come prepared already knowing the routine, so the choreographers can spend their time help you perfect the routine, rather than teaching it to you.

THE JUDGING PANELS

There are two selection panels for the program. One panel is an educators or college admissions professional who evaluates your school transcripts and test scores to arrive at the Scholastics scores. The other panel is made up of people familiar with the Distinguished Young Women philosophy and who may have expertise in the different categories of judging. They evaluate the other four categories and, after adding in the points from the scholastics judge, the total point score determines the results. Neither of these selection panels is involved with the Be Your Best Self Essay award. A separate panel determines the Be Your Best Self Essay awards.

5. SCHOLARSHIPS AWARDED

As determined by the Program Judges scores, these are the awards typically presented. The value of the scholarships that accompany them are directly affected by annual fundraising and may vary from year to year. Additional Satellite Awards (awards not judged by the Panel of Judges) may be added as we get closer to the program. We will notify you of these additions.

1. The Distinguished Young Woman of California for the Class of 2023
2. 1st Alternate
3. 2nd Alternate
5. Top scorers in Fitness, Interview, Scholastics, Talent and Self Expression
6. Top scorers of the Be Your Best Self Essay

THE BE YOUR BEST SELF ESSAY AWARDS

Be Your Best Self is an important outreach program that allows Distinguished Young Women participants to empower and encourage young people nationwide to make a commitment to being their best selves in these five elements: Be Healthy, Be Involved, Be Studious, Be Ambitious, And Be Responsible.

We will award two \$500 Scholarships for our Be Your Best Self Awards. To apply for this optional scholarship, follow the instructions below:

BE YOUR BEST SELF ESSAY INSTRUCTIONS:

Please choose one element of the Be Your Best Self program and write an essay (500 word limit) on how you have incorporated that element into your life thus far! This is NOT REQUIRED for participation in the program. The (2) \$500 scholarship winners will be chosen by the sponsor of this essay. Please email your PDF submission with your NAME, TITLE and "BYBS Essay" in the subject to participantchairca@distinguishedyw.org by **JULY 9TH 2022**.

To find out more about each of the areas of Be Your Best Self, check out our online resource links below in Section 7.

6. PREPARING FOR THE STATE FINALS

There is a lot to get ready before your trip to Bakersfield. Plan to be ready well in advance of the July 2022 arrival date so you can spend your last couple of days relaxing and enjoying the anticipation of your trip.

YOUR PHYSICAL CONDITION

In our planning for a safe and healthy State Finals, we currently plan to have all participants and volunteers take one covid test prior to traveling to Bakersfield. This test can be an at-home test and we are asking all participants to acquire their own tests for this purpose. Because of current demand for tests, we recommend that you get a test as soon as possible that you can keep on hand for this purpose. One suggestion, if you have not already done so, is order your family's free tests the government is making available at covidtests.gov. Please take this test on Saturday July 16th and email us a picture and the results of this test after you take it to california@distinguishedyw.org. Please do not put yourself at risk to get the coronavirus Saturday night after you have taken the test. We ask you to take extra care in the weeks leading up to the State Finals, as you will not be able to attend if you test positive for Covid, so as to not put the other participants and volunteers at risk. We will not require you to wear mask during State Week if California and Kern County do not have any mask mandates in place, but you are welcome to wear a mask if you feel more comfortable doing so.

The opening number and the fitness choreography are strenuous. If you have any reservations about being healthy enough to participate, you should consult with your family physician and discuss your concerns. If you have limitations ask your physician to write a note, otherwise you are expected to fully participate. If needed, bring your own elastic bandages or braces. The judges will not lower your score for wearing this type of support.

REQUIRED WARDROBE BY ACTIVITY

WHATEVER YOU BRING TO BAKERSFIELD MUST BE LABELED WITH YOUR NAME, AND WE MEAN EVERYTHING!

ARRIVAL DAY:

- Wear something nice, but comfortable, such as casual pants, a skirt, casual dress or jumpsuit. We will be taking **LOTS OF PHOTOS!!!** Local program representatives must wear their medallion upon arrival and At Large Program representatives will be given a medallion upon arrival.

DAY OF SERVICE AND OTHER EVENTS:

- Service Day will be a provided DYW tee shirt and your own yoga or exercise pants.

AT HOST FAMILY:

- Casual and comfortable wear for hanging around the house or going out to dinner or dessert.

REHEARSALS:

- Casual, comfortable clothes (what you would wear to go to work out or to a dance class), good support athletic shoes without suction cups or wavy soles. You will be moving around (jumping, running, and turning) in these shoes. Please bring support items you need such as ACE bandages or ankle or knee braces. **NO SHORT SHORTS, CROP TOPS OR SEE-THROUGH LEGGINGS!!!**
- **If you wear clothing we find inappropriate, you will be asked to change!!!**

OPENING NUMBER:

- Black full-length jeans and mostly all black shoes (can be the same as fitness shoes but does not have to be). Your top will be provided.

FITNESS:

- All-black, white, or grey supportive athletic shoes (No flashy colors. Make sure they are already broken in) with low tops and no suction cups, a good supportive flesh toned bra, a black sports bra (REQUIRED FOR EVERYONE), black underpants, and short black socks. You will be provided the fitness top and fitness pants. Questions about shoes, email kacie@distinguishedyw.org.

TALENT:

- Bring whatever you need to present your Talent.

INTERVIEW:

- Participants should wear business attire that can include a traditional two-piece suit (the two pieces do not have to be the same color), slacks and blouse, skirt and blouse, professional dress with or without a jacket. Treat this as you would a job interview and dress accordingly. Bring appropriate shoes and minimal jewelry. Examples of appropriate interview outfits are provided in the online library here: [Self Expression & Interview Wardrobe Examples](#)

SELF EXPRESSION:

- Examples of Self Expression dresses and jumpsuits are provided in the online library, [here](#). You may wear evening shoes that are appropriate for your chosen attire. We recommend heels in the range of 2" to 2 ½" for safety and ease of movement. We have found contestants that wear shoes with a higher heel experience difficulty performing the routine, as you will be walking up and down stairs. Shoes must have a sling or full back. Mules or slides are not appropriate for this number. We do NOT recommend tall, platform style shoes or any style. No wedges.

- The attire for Self-Expression should reflect a participant’s individual style. The wardrobe should be appropriate for a special occasion, be in good taste, and be in line with the goals and ideals of the program. The wardrobe should move and not cling and should be tasteful and age appropriate. This wardrobe is meant to be evening wear that would be appropriate for a school ceremony or evening wedding. It can include a dress, pants and top or jumpsuit.
- Examples of Self Expression dresses and jumpsuits are provided in the online library here:
- [Self Expression & Interview Wardrobe Examples](#)
- Your Self Expression wardrobe must conform to the following criteria. You can select EITHER of the following options – both are acceptable:
 1. Knee length dress with a special occasion look, one that would be tasteful for an eighteen-year-old young lady, and be appropriate for a formal event like an evening wedding:
 - Dress should be a solid color. Bright, vibrant colors and jewel tone colors are strongly recommended. Black is also acceptable. Keep in mind that white, beige, gray, silver, cream, flesh tones, and pastels colors do not show up well under stage lighting and tend to “wash out” on stage.
 - Dress can be between two inches above or below the knee – when selecting a dress any skirt shape is allowed but the fabric should not be skintight, and you should be able to walk comfortably. High-low hemlines are allowed as long as the front is no more than 2 inches above or below the knee and the back does not touch the floor.
 2. OR a formal pants and top combination with a special occasion look, that would be tasteful for an eighteen-year-old young lady and be appropriate for a formal event like an evening wedding.
 - Outfit should be a single color, or the top be one color and the pants be another solid color. Bright, vibrant colors and jewel tone colors are strongly recommended. Black is also acceptable. Keep in mind that white, beige, gray, silver, cream, flesh tones, and pastels colors do not show up well under stage lighting and tend to “wash out” on stage.
 - Dressy pants with a top or a one-piece jumpsuit are allowed. Top should be of a dressy fabric such as lace, silk, or a shimmery fabric. Top should fully cover the abdomen and not have a plunging neckline.
 - Pants should also be of a dressy style and should not be jeans.

ADDITIONAL ATTIRE REGULATIONS FOR SELF EXPRESSION:

- Bare midriff, backless, and lace-up dresses or tops are prohibited.
- Plunging necklines are prohibited.
- Straps or over the shoulder dresses/tops are recommended. Halter-style dresses/tops are acceptable.
- No skin-tight dresses, tops or pants.
- Your outfit should have room for you to move and not cling.

- Wardrobe may have some beads or sequins as an accent, but fully beaded or sequined dresses, pants or tops are not recommended.
- Accessories: Jewelry is permitted. Participants should select jewelry that compliments their outfit and personality. Necklaces, chokers, bracelets and earrings are acceptable.
- Stoles, boas, and gloves are prohibited.
- Hats or oversized hair ornaments are prohibited.

It is in your best interest to follow the guidelines as these will be given to the judges.

The Self Expression Attire Guidelines are not meant to intimidate you, but rather created to be as detailed as possible, to help you find the best Self Expression attire for you. If you have any questions, or trouble trying to find an outfit that meets the criteria, please reach out to the State Committee or your Local Committee for help.

PACKING YOUR SUITCASE WITH SUGGESTED ITEMS

- | | |
|-------------------------------------|---|
| <input type="checkbox"/> Toiletries | <input type="checkbox"/> Curling Iron |
| <input type="checkbox"/> Sleepwear | <input type="checkbox"/> Pantyhose (optional) |
| <input type="checkbox"/> Makeup | <input type="checkbox"/> Shoes |
| <input type="checkbox"/> Bathrobe | <input type="checkbox"/> Inexpensive Jewelry |
| <input type="checkbox"/> Jacket | <input type="checkbox"/> Health History |
| <input type="checkbox"/> Brush/Comb | <input type="checkbox"/> This Handbook |
| <input type="checkbox"/> Slippers | <input type="checkbox"/> Orthopedic Supplies |
| <input type="checkbox"/> Hair Dryer | <input type="checkbox"/> Elastic Bandages |
| <input type="checkbox"/> Underwear | <input type="checkbox"/> Braces |

PACKING YOUR CARRY ON/TRAVEL ITEMS

(Items you should carry with you as you travel to Bakersfield)

- Medications
- Emergency Supplies
- Money for incidentals
- Small snacks
- USB/Thumb Drive of your talent music

WHAT NOT TO PACK

Do Not Bring valuables, keepsakes or expensive jewelry. We advise you to keep any jewelry and extra money at your Host Family's home. Bring only a minimum amount of money with you to the auditorium each day as your use of it should be minimal.

NOTE:

We have partnered with Aunt Flow to provide their menstrual products in the Dressing Room during your stay in Bakersfield.

Aunt Flow, founded by Claire Coder, believes everyone should have access to necessary menstrual products. Coder, the Distinguished Young Woman of Ohio, Class of 2015, was inspired to bring access to individuals living in poverty across the USA. Aunt Flow is a social enterprise that manufactures and sells 100% organic cotton menstrual products to schools and businesses; for every 10 tampons and pads sold, 1 is donated back to someone living in poverty.

Aunt Flow proudly endorses Distinguished Young Women of California as they offer menstrual products to all Distinguished Young Women participating in the state finals to ensure each young individual has access if ever, they are in need. Together, Aunt Flow and Distinguished Young Women of California are changing the world, one CYCLE at a time. ®

7. ONLINE RESOURCES

As you prepare for the California State Finals, we urge you to use our [Online Resource](#) to help you prepare. Here you will find all sorts of information on Distinguished Young Women, the Be Your Best Self Program, Life Skills Workshops and more! We suggest utilizing the Public Speaking and Interview Pages to help you prepare for Self Expression and Interview. Click here to explore the [Online Resource](#) or check out some of the Online Resource categories we think you should definitely check out below:

NOTE: The Online Resource is best viewed on a desktop, laptop or device with a larger screen, but can be accessed from a phone.

- Meet the 2022 Distinguished Young Woman of California Emily Lee: [Meet the DYW of CA!](#)
- Distinguished Young Women is all about preparing you for the future! Check out the [Life Skills](#) page for tips that will help you for college, career and beyond, or check out the Public Speaking and Interview Sections below to help you prepare for the State Finals!
 - [Public Speaking](#)
 - [Interview](#)
- Check out the [Be Your Best Self](#) Program and then click the links below to find out more about each of the Be Your Best Self Attributes, including last years Be Your Best Self Workshops and tips and vlogs from Nationals!
 - [Be Healthy](#)
 - [Be Healthy Inspired Recipes](#)
 - [Be Involved](#)
 - [Be Studious](#)
 - [Be Ambitious](#)
 - [Be Responsible](#)
- Want to see examples of the Showcase, then check out the [Past Showcase Videos!](#) We recommend checking out the past Opening Number, and past Fitness, Talent and Self Expression Categories, so you have an idea of what the State Showcase will look like.
- If you have any questions this handbook doesn't cover or want to see the College Granted Scholarship opportunities check out the [Distinguished Young Women FAQs](#) section!

You can also take advantage of several video resources on the National Distinguished Young Women YouTube channel found at www.YouTube.com/DistinguishedYW. Many of these videos are also available in the Online Resource.

8. SUGGESTED TIPS AND MISCELLANEOUS INFORMATION

1. If you have not taken either the ACT or SAT, and you would like to, do so before the deadline to submit your score to the state program for evaluation. This is NOT required.
2. Continue practicing the Fitness routine and fitness type moves like pushups, v-ups, several times a week. This will help your body maintain flexibility, muscle memory and stamina.
3. Continue practicing your public speaking skills, especially answering interview questions from friends and family.
4. Be more aware of major current event issues. You should especially be aware of issues that a judge may ask in your interview because of your career goals. As example, have knowledge and opinions about immigration issues if you want to be an immigration attorney; legislative or presidential campaign issues if you want to be a politician; medical ethics issues if you want to be a physician; capital punishment or excessive force by police if you want to be a law enforcement officer or a criminal defense or prosecution attorney.
5. Develop a hairstyle plan before the showcase. We suggest never wearing a hairstyle that covers any part of your face. A ponytail for Fitness is the most practical.
6. Develop a makeup plan before departing for Bakersfield for each element of the program. You may change it once in Bakersfield if necessary but arrive with a plan. We suggest everyone wear some make-up even if it is only lip gloss, mascara and blush. When you are on stage, the judges will be 30 to 40 feet away from you and make up will keep you from washing out under the stage lights into the background. Use what is comfortable for you and you do not need excessive stage makeup that is used for plays, dance competitions or field shows. You will be very close to the judges during the interview and so we suggest your makeup should be more subtle than when on stage. Bring sufficient make- up to the state program and ask for help from the Chaperones, volunteers or other participants if you're not sure what to wear.
7. Develop a hygiene plan. You will be working in close quarters with many other girls at rehearsal, public events and activities. You will also be with your host family a great deal. You may need to use deodorant more than once a day because it is very hot in Bakersfield so always have it with you along with some cleaning wipes. Make sure that you have sufficient deodorant and other hygiene products and several changes of workout clothes. Your host family will be happy to do your laundry anytime you need it done.
8. Follow the wardrobe guidelines in the Participants Handbook. Do not make any assumptions about what is acceptable but ask for input from the state program in advance.

9. Try to limit your wardrobe expenses. While you may want to purchase an interview outfit or self-expression dress, you should still try to use what you have in your closet or what you can borrow from friends.
10. Avoid tight fitting clothes. You will want to be able to move around easily, sit and stand for every category.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, DO NOT ASSUME ANYTHING BUT ASK THEM OF THE STATE CONTACTS THAT ARE LISTED IN THIS HANDBOOK.

9. TRAVELING TO AND FROM BAKERSFIELD

No matter how you are traveling; start your journey by putting on your medallion. Wearing your medallion allows us to identify you as one of the participants upon your arrival. Make sure your name is on the back of your medallion.

ARRIVAL DAY IS SUNDAY JULY 17th, 2022

TRAVEL TO BAKERSFIELD

Those of you traveling by auto will meet on Sunday between the hours of 2:30 and 3:30 P.M. in Bakersfield CA – Location TBD. We will share this via email closer to the State Finals.

TRAVEL HOME

It is the responsibility of the participants and their parents to make travel arrangements for participants to travel home on Sunday July 24th 2022. If someone other than a parent is to pick up a participant, then written directive signed by a parent must be received by a State Program Representative prior to dismissal. Girls will not be released to anyone other than a parent without signed parent permission directives.

10. SAMPLE SCHEDULES

We need you to stay focused so you can have fun! These samples indicate a typical schedule and description of activities. We want you to have an idea of what will happen during the eight days of the program. You will be divided into two color groups, Sapphire and Emerald, based on your production order. For example, if we have 20 participants #1-10 will be Sapphire and #11-20 will be Emerald.

OVERVIEW

July 18 th -22 nd	Rehearsals, Life Skills Workshops, & Community Service
July 22 nd	Interview
July 23 rd	Showcase
July 24 th	Farewell Program/ Breakfast Snacks

DAILY SCHEDULE (All times are approximate):

Rehearsal Days (Monday - Thursday)

8:00 a.m. – 12:00 p.m.	Rehearsal/Life Skills Workshop - All Groups
12:00 – 1:30 p.m.	Lunch
1:30 – 6:00 p.m.	Rehearsal/Life Skills Workshop - All Groups
6:15 – 6:30 p.m.	Release to Host Family

Interview (Friday)

8:00 a.m. – 12:00 p.m.	Rehearsal – Emerald /Interview - Sapphire
12:00 – 1:30 p.m.	Lunch
1:30 – 6:00 p.m.	Rehearsal - Sapphire / Interview – Emerald
6:15 – 6:30 p.m.	Release to Host Family

Interviews are all day Friday

Showcase Day (Saturday)

8:00 a.m. – 12 p.m.	Dress Rehearsal - All
12:00 – 2:00 p.m.	Lunch
1:30 – 3:30 p.m.	Dress Rehearsal - All
3:30 – 5:00 p.m.	Get Ready
5:00 p.m.	Dinner
6:30 – 10:00 p.m.	Showcase
10:15 p.m.	Release to Host Family

SHOWCASE NIGHTS

Our Showcase may be different from what you experienced at your Local or At Large program; this is a typical Showcase order:

Saturday Showcase:

- Opening Number
- ½ Sapphire Talent
- Emerald Fitness
- ½ Sapphire Talent
- Emerald Self Expression

- ½ Emerald Talent
- Sapphire Fitness
- ½ Emerald Talent
- Sapphire Self Expression

- Final Awards

- Participants Released to Host Families

Farewell Program/Breakfast Snacks

On Sunday, July 24th, 2022 at 9:30 a.m., all the participants, and their family members, Host Families, Day Time Chaperones, and program volunteers gather for one last good-bye. All participants are required to attend.

Both the outgoing and the new Distinguished Young Woman of California will say a few final words. You will be able to order DVDs of the Showcase if your parent did not do so on Saturday night. We will release participants to their parents at the conclusion of the program at 11:00 a.m. Your parents can pick up your luggage here from your Host Family. Participants will be released from Host Families to their Parents, unless prior arrangements have been made.

11. RULES AND IMPORTANT INFORMATION

During your stay in Bakersfield, you are going to have an amazing time. In order for all of us to keep on schedule and make sure that each of you is able to present and be your best selves, we have some rules and important information to share with you.

PUNCTUALITY

This is of utmost importance during your stay in Bakersfield. Everything is based on a time schedule. It is vitally important that you be where you are supposed to be when you are supposed to be there. This includes being ready to leave your host family's house on time in the morning, as well as being ready to leave the auditorium at night. Please be considerate so that you don't keep others waiting.

VISITORS AND TELEPHONE CALLS

Participants may not be excused from rehearsals to visit family or friends, or to receive phone calls. Only written notes or oral messages are allowed. We realize that some of you may be accustomed to spending a lot of time on the phone and/or texting your friends. We really need your focus to be on your experience. We believe that it is important for you to concentrate on the activities in Bakersfield so you can do your very best. You may bring a cell phone with you to Bakersfield, we will go over when it is ok to use your cell phone upon your arrival.

You are encouraged to post on social media, but use of your cell phone at rehearsals or other events should not be during any instructions or be distracting. Always add the hashtag #DYWCA2023 on any post related to Distinguished Young Women of California. This allows anyone seeing this hashtag, which is automatically turned into a link, to click it and be taken to a page to see ALL posts with the same hashtag.

SMOKING AND ALCOHOL

We have strict policies regarding drinking alcohol and smoking. No alcoholic beverages will be served to or around participants either in public places or private homes. Smoking is not permitted at your host parents' homes, in The Fox Theater, or during any Distinguished Young Women events or activities.

MEDICAL TREATMENT

We certainly hope that there is no need for you to have any sort of medical treatment while you are with us in Bakersfield. In the unlikely event that you do require medical attention let your Host Parents or Day Time Chaperone know about the problem if you become ill. They will see to it that you receive the attention you require. Your Health form will be used in this situation, so please make sure to fill it out as thoroughly as possible. Your parent/guardian will be notified immediately if this were to occur.

AT THE HOST FAMILY'S HOME

Your Host Families consider you a part of their own family. Get to know them and enjoy this new extended family! Past Host Families have maintained friendships with their former host daughters over many years and have created strong relationships.

If you do not have a cell phone, please keep your telephone conversations brief, so you do not tie up the telephone for incoming calls to your Host Family.

To ease the workload on your Host Parents, please keep your room as neat as possible. This includes making the bed, keeping your clothes hung up and keeping your toiletries together. Make arrangements regarding your laundry (if you would like to do it yourself or ask Host Parents to do it for you). Be considerate of your Host Parents. They want to share your experiences, help you when needed, and create as pleasant and relaxing an environment as possible.

DURING REHEARSALS

Rehearsals are long and may be demanding, but you will have lots of fun while learning the program routines. It is important to listen and pay attention during rehearsals. Rehearsals are closed to the public. This includes family, friends, sponsors, Regional Directors, Local Committee people, etc.

AFTER EACH PROGRAM

After the Showcase, your Host Mom will come to the Coop to help you prepare to leave. The participants are released ONLY to the Host Parents, who will then allow you to visit with your family and friends in the auditorium lobby or outside on the plaza, prior to returning to your Host Family's home. You will spend the night with your Host Family and meet your parents at the Farewell Program on Sunday. If you need help with all of your belongings, your parent or guardian can come to the dressing room to help you, once we have made sure that all participants have finished changing for the evening. The Host Mom will get your parent/guardian in this event.

12. FAMILY AND FRIENDS IMPORTANT INFORMATION

HOST FAMILY

During your DYW's stay in Bakersfield, she will be with a volunteer "Host Family". These highly committed volunteers have been carefully screened and paired with your daughter to compliment her interests, eating habits, affection for pets (or allergies). Our host families are dedicated to welcoming your daughter into their homes and getting them to all rehearsals and activities.

DAYTIME CHAPERONES

In addition to making sure the participants are in the right place at the right time, Daytime Chaperones work hard to keep spirits up and confidence high. Daytime Chaperones give their participants treats and encouragement throughout their stay in Bakersfield.

MEALS

All lunches and dinners at The Fox Theater are planned, prepared and provided by professional staff based upon the dietary and religious restrictions indicated by your daughter. There is a variety of healthy snacks available at all times for the participants to enjoy. Many Host Families also pack snacks, water, and sports drinks for their girls.

HELLO...MY NAME IS

For identification and security purposes, participants, volunteers and must always wear name badges. No participants will be released without proper identification. Your parent's badge will be in your Welcome Package available for pick up at The Historic Bakersfield Fox Theater on Saturday.

COMMUNICATION WITH YOUR DISTINGUISHED YOUNG WOMAN

Our team understands that support and communication with the family is important, but it is also important that each participant leave the program knowing she did her very best and did it on her own. Your DYW is under a rigorous schedule of rehearsal, community service, and public appearances; it is important for her to be able to focus on her "job." With this in mind, we suggest the following:

CALLS TO HOST FAMILY'S HOME:

Please do not call the host family's home unless it is absolutely essential. Your daughter will have time for a brief call each evening to keep you up to date on what is happening and how she is doing. Your DYW is not allowed to use her cell phone for calls and texts during the day so there are no unnecessary distractions but will be allowed to communicate with you in the evening. Please keep calls short so your daughter can be fully immersed in this experience.

VISITS WITH YOUR DYW:

There will be a limited amount of time after the showcase on Saturday evening to chat.

STAR GRAMS AND FLOWERS FOR ENCOURAGEMENT

The DYW of CA team strongly encourages each family to support their DYW by sending star grams with words of encouragement, some inspirational message, or just to say “We Love You.” The star grams are available for purchase online and will be delivered to your Distinguished Young Woman’s dressing room any day you request, Wednesday – Saturday.

ABSOLUTELY NO FLASH PHOTOGRAPHY OR VIDEOTAPING IS ALLOWED DURING THE PERFORMANCES

Recording devices may interfere with the sound system, and flash photography can distract and endanger the participants. Please be courteous and respectful of others in the theater when taking non-flash photos so that you do not obstruct their line of sight. Professional DVD’s and photographs are available for purchase. Online store opens May 1, 2022.

SUPPORTING YOUR DYW & THE PROGRAM

To minimize long wait times, crowded chaos in the lobby, and items being sold out, we are requesting that our DYW Families and Friends pre-purchase all items. Your star grams and flower arrangements will be delivered to your Distinguished Young Woman’s dressing room on the day you request, Wednesday – Saturday. Your Parents Welcome Package will include all other pre-purchased items and Name Badges. All items/tickets can be picked up at The Historic Bakersfield Fox Theater beginning at 5:00 pm on the Showcase night.

TICKET ORDERS

Tickets and all other items that can be ordered will be available online beginning May 1, 2022, at: <https://squareup.com/store/distinguished-young-women-california>

PURCHASABLE ITEMS

PHOTO BUTTONS - Support your DYW by sporting her custom-made three-inch photo button. This is one of the hottest selling items and almost always sells out! Price is \$5 each or five buttons for \$20.

PRE ORDER ONLY - DEADLINE JULY 10th, 2022.

DVD’S - A professional videographer has been engaged to record the Showcase on DVD. DVDs must be pre-ordered, and the cost is \$65, which includes video, shipping, and handling directly to your address.

PRE ORDER ONLY - DEADLINE JULY 10, 2022, After Deadline Price will increase

STAR GRAMS - Write a note of encouragement, inspiration, or just say I love and miss you. Your note will be delivered to your daughter’s dressing room on the day you specify while she is in rehearsal. It’s great to see everyone’s mirror plastered with notes from home, lifting spirits and energizing the girls. STAR GRAMS are only \$2 each. A limited quantity will also be available for purchase at The Historic Bakersfield Fox Theater on the showcase night.

PRE ORDER ONLY - DEADLINE JULY 10th, 2022.

FLOWERS - A small flower arrangement & handwritten card may be sent to your DYW any day of your choosing and delivered to your Distinguished Young Woman's dressing room during morning rehearsal. Cost of arrangement is \$15. **PRE ORDER ONLY - DEADLINE JULY 15, 2022.** For your convenience and to save you the stress of finding a florist, toting flowers to the theater, and storing them under your seat, pre-ordered presentation bouquets will be available for pickup in the lobby of The Fox Theatre after Saturday night's performance while you are waiting to greet your DYW. The presentation bouquet is \$20 and comes with a blank card for you to fill out. **PRE ORDER ONLY -DEADLINE JULY 10th, 2022.**

PHOTOS - Order now to capture special moments of your favorite participant's adventure during her week in the Distinguished Young Women of California program! Each photo package will have high-resolution photos taken during their week in Bakersfield. Photographers will be taking pictures at various times during the week and their photos will include formal photos of arrivals through final-night awards as well as behind-the-scenes photos during rehearsals and other events. Some photos will be by host families and crew who submit photos for inclusion in the package. The photos will be sorted by day/time and will tell a story in pictures. Each photo package will have at least 1,000 photos (prior year's photo packages have had over 4,000 photos) and will be shipped to you on a single USB (thumb drive). Total cost is only \$100. Don't miss out, so order now to take advantage of this special offer to remember this special time. Remember, ALL proceeds go to fund the scholarship program. **PRE ORDER ONLY -DEADLINE JULY 10th, 2022** After Deadline Price will increase.

PROGRAM BOOKS - The Program Book is one of the best keepsakes. The high-quality book is jammed with great information about the history of Distinguished Young Women program, pictures and bios of current DYWs, and loads of pictures of past representatives. Look for the page titled "College Granted Scholarships" and check the tuition assistance available to your DYW. This money is not just for the Distinguished Young Woman of California representative but is offered to all participants at the state level. You will clearly see how DYW has impacted the lives of more than 780,000 young women and granted more than \$116 million in cash scholarships over the past 65 years. Program Book cost is \$10.00. Pre-orders encouraged as only a limited quantity will be available for purchase at the door.

RAFFLE TICKETS - A team of our volunteers are scurrying around California gathering up a number of merchant gift cards to raffle off along with an official DYW Swag Bag. Seven tickets for \$5 will be available for purchase online or in the lobby on showcase nights.

SILENT AUCTION - We hope to have a few silent auction items. More information will be emailed to you.

DYW CLOTHING - At Blowout Prices

These official DYW tees and sweatshirts are available (limited styles/sizes at a reduced price). Let everyone know you are the proud parent, sibling, or friend of a DYW! Sizes & quantities are limited. Blowout prices start at \$5 and are available at The Historic Bakersfield Fox Theater on Showcase nights while supplies last.

PROGRAM BOOK ADS - Available in 3 sizes
DEADLINE FOR PAYMENT & ARTWORK JULY 1,2022

Put an Ad in our program book and receive listing on our webpage & our lobby sign as a sponsor.

Business Card Size (1/8 page) \$125, 1/4 Page Size \$250, 1/2 Page Size \$500

ACCOMMODATIONS IN BAKERSFIELD

While there is a wide variety and number of accommodations that you can choose in Bakersfield, we will be partnering with a hotel to provide rooms at a reduced rate.

A LIMITED BLOCK OF ROOMS will be available for DYW of CA family and friends at a reduced rate. Information will be available no later than May 1, 2022, in the Family & Friends Packet, info will be emailed to you.

SHOWCASE TICKETS

Tickets should be pre-ordered and will be included with your Parents Welcome Packet or will be available 5:30 pm at The Historic Bakersfield Fox Theater on Showcase nights. Please note tickets will not be mailed. Tickets are offered as Reserved or General Admission, adult or children, for Saturday night. Reserved seating will be assigned on a first-come, first-served basis; every effort will be made to seat your entire party together. Reserved Tickets (preferred seating, roped off to just reserved tickets holders) are \$30, General Admission Tickets are \$20, Online store opens May 1, 2022: <https://squareup.com/store/distinguished-young-women-california>

SPECIAL EVENTS SNEAK PEEK

Updated information will be available on May 1st, 2022 in the Friends & Family Packet. This will be emailed out.

HOST FAMILY and PARENT MEET & GREET – We will have a Host Family and Parent Meet & Greet with light refreshments prior to Saturday Showcase.

FAREWELL BREAKFAST - We will meet one last time on Sunday, July 24th, 2022, at 9:30 a.m to 11:00 a.m., location TBD. Attendance is mandatory for all DYWs as it concludes the program. Certificates will be awarded, and California's newest Distinguished Young Woman will have her first public speaking engagement. We will bid you and your DYW a fond farewell, wish you safe travels home, and offer our sincere gratitude for sharing your incredible DYW with us.

13. GLOSSARY

DISTINGUISHED YOUNG WOMEN/PARTICIPANTS

You! Each of you participated in a Local or an At-Large Program and was selected to participate in Distinguished Young Women of California.

LOCAL PROGRAM VS AT LARGE / STATE QUALIFIER PROGRAM

One of Distinguished Young Women's founding principles is that every qualified young woman should have the opportunity to participate in Distinguished Young Women. To make this possible, a State must have Local Programs covering all areas of the state. If it does not, it must conduct At-Large programs to allow for young women across the state to participate.

California is lucky to have a great number of Local Programs all over the state. Unfortunately, we do not offer a local program in every county. When a Local Program, run by a committee of local volunteers, is not offered in a city or county, the state program holds a one day At Large/ State Qualifier Program. While no scholarships are awarded at an At Large program, it is offered as a way for a participant to qualify to attend the state program and compete for cash scholarships and college granted scholarships there. A local program awards scholarships from funds raised by its local committee, and usually one or two participants advance to the state program after competing against a number of other young women. Any participant of an At Large program can advance to the state program if found by the judges to meet our program criteria. The judging criteria is the same at all levels.

HOST FAMILIES

The Host Families are people from Bakersfield and the surrounding area who have graciously volunteered their homes to host the participants. They provide the home-like support that participants need during their busy stay in Bakersfield.

ROOMMATES

The State Committee has a thoughtful process of pairing roommates. First, the Production Committee assigns each participant a number based on their talent presentation, so that a variety of talents are presented at each Showcase. Ideally, the participants are paired with a roommate who is not from her area, has a different talent, and is not in the same color group. Then we review all of the participants housing requirements to determine which homes are best suited to particular needs (e.g., allergies). Be considerate of your roommate. Remember, she may be just as nervous as you. Try not to keep her waiting. Help her when needed, and back her up when possible, especially when she is performing.

DAYTIME CHAPERONES

Daytime Chaperones supervise you during the day while you are participating in the State Program. It is the Daytime Chaperones duty to know where you are at all times, get you to rehearsals on time; escort you to your Interview; and take you to your fittings, production meetings, and meals all while supplying you moral support. Your Daytime Chaperones are devoting their time to your needs; please let them know that they are appreciated!

COOP

The Coop is the name fondly given to the participant's dressing room at the auditorium and is the area where we store all of your costumes. It is a place where you can rest when you are on a

break from rehearsals and visit with other participants. This becomes your daytime “home away from home.”

PRODUCTION COMMITTEE

The Production Committee consists of the Production Chair, Technical Crew, Stage Crew, & Choreographers. These are the people that will be teaching you the on-stage routines, discussing the stage requirements of your Talent presentation, and giving you direction for the performance nights. Please pay attention to the entire Production Committee– they know how to make your performance appear the best it possibly can.

HAS BEENS/AMBASSADORS

The Has Beens are a small group of specially selected Distinguished Young Women from the previous year class. They are required to provide their own travel expenses to and from Bakersfield, and they are housed with Has Been Host Parents. Has Beens are here to support both the participants and the program. They attend sponsor functions and help promote the program throughout the community.

DISTINGUISHED YOUNG WOMEN OF CALIFORNIA STATE COMMITTEE

An all-volunteer program as large and diversified as this one needs a lot of people, all year long, to do the many activities. It would be too lengthy to describe all of the activities in detail, so let’s say that the state has an awesome committee that make this program a success. There are people that you may not get to meet face-to-face, but please know that time & effort went into making your experience the best it could possibly be!

DISTINGUISHED YOUNG WOMEN OF CALIFORNIA CORPORATION

Our program is a 501(c)3 nonprofit corporation that is charged with both the execution of the State program to determine the winners of scholarship funds, and raising scholarship funds to be awarded at the program.

While the State Chairperson is directly responsible for the State Program and the adherence to the rules set out by Distinguished Young Women, the Board of Directors guides the corporation and is chiefly responsible for raising scholarship funds and setting policy.

SCHOLARSHIP ADMINISTRATOR

Darshna Shah of Cerritos is a member of the State Committee who administers the scholarship funds until the winners claim their scholarships for use at an accredited College or University. If you are awarded a scholarship, she will reach out to you in the spring time of your senior year via email.

THANK YOU

Two of the nicest words that you can say are THANK YOU. Give them out freely to your Host Family, Mother Hens, Big Sisters/Has Beens, Production Crew and others. A written note of gratitude is especially nice.

14. CLOSING THOUGHTS FOR ALL THE DISTINGUISHED YOUNG WOMEN AND THEIR FAMILY AND FRIENDS

Thanks to all our Distinguished Young Women for sharing 8 great days of your summer with us. We wish you a happy and safe journey home. You will always be a part of the Distinguished Young Women family, and we look forward to hearing from you and learning about your new adventures and accomplishments. As you continue on with your life, please keep in touch with us by emailing at California@distinguishedyw.org.

As you prepare for State and continue on, please follow us on our social media:

- Facebook: <https://www.facebook.com/DistinguishedYoungWomenofCA>
- Instagram: <https://www.instagram.com/distinguishedywca/>
- YouTube: <https://www.youtube.com/channel/UCDqD0ydYmtwqHqIzWK12y4Q>

Thanks to all the family and friends who supported your Distinguished Young Woman at her Local or At Large program and throughout her participation in the State Finals and for acknowledging that she is a young woman of excellence who

15. CHECKLISTS

FORMS

All Items Due **2 Weeks After Initial State Welcome Email**

Upon Receiving our Initial Welcome Email/ Becoming Your Local's Representative:

- When is your last day of school? Please email this date to Barb at Barb@distinguishedyw.org. Knowing your last day of school will help us in understanding when we will be able to receive your end of term scholastics information.
- [Wardrobe Form](#) Due - please complete this form as soon as possible so that we can order those wardrobe pieces that we will be providing you for the State Program.

All Items Due **2 Weeks Before Your Last Day of School**

- We want to make sure that we are helping you maximize your Scholastics Score, which makes up 25% of your overall program score. We want to champion you and in order to do so, we have put together this quick [Scholastic Survey](#) for you to complete, to make sure that your packet is the best representation of your academic achievements. Find the Scholastic Survey here: <https://forms.gle/rWhuhJNjyReu78ic8>
- Submit the following forms to your counselor/registrar so they can submit your scholastics information to us:
- [Academic Record Form and Instructions Counselor/Registrar requesting Academic Record Form and Transcript](#)
- [Letter to High School Counselor/Registrar requesting Academic Record Form and Transcript](#)

As some of your counselors/registrars may not have access to your test scores, you can submit your test scores (ACT/SAT) by emailing the official PDF download to Barb@distinguishedyw.org. Please do this as soon as you have access to these scores. If you plan on taking these tests before the state program, we will only accept scores that we receive by Monday July 18th, any scores after July 18th will not be accepted.

MANDATORY ZOOM ORIENTATION **MAY 28TH 2022**

- State Finals Orientation via Zoom at 10:00 AM PST. Parents Welcome, **PARTICIPANTS REQUIRED**. If you cannot make this Orientation, please email Kacie asap at california@distinguishedyw.org. We will have one make up orientation for those of you that cannot attend the May 28th orientation. **You MUST attend one of the orientations!** Any meetings you may have with your local or at large committees does not supersede need to attend orientation.

All Items Due **JUNE 4TH 2022**

- [State Participant Agreement](#) Due to participantchairca@distinguishedyw.org

- Proof of U.S. citizenship (a birth certificate or passport) or permanent residency status (a green card) Due- scanned or take a picture and email to participantchairca@distinguisheddyw.org [Health Form](#) & Copy of Insurance Card & Copy of Covid Vaccination Card (if applicable) (scanned or email picture) Due. On the Health Form there is an area to check boxes for each over-the-counter medication that may be administered. If you would like to list in this section other medications that can be administered, such as Advil or Midol, please do this here.
- [Host Family & Meal Form](#) Due – Complete Online by [Clicking Here](#). This is for your host family to get to know you better and so we know if you have any dietary restrictions.

All Items Due **JUNE 11TH 2022**

- Preview Talent Video Due (see below for instructions) to kacie@distinguisheddyw.org
- [Talent Info Sheet](#) Due

All Items Due **JUNE 18TH 2022**

- Program Book Photo: participantchairca@distinguisheddyw.org
- If taken by professional Photographer, please also complete and submit the [Photo Release Form](#) to participantchairca@distinguisheddyw.org

All Items Due **JULY 1ST 2022**

- At Large/ Qualifier License Fee Due Total Amount of \$500
- Please submit payment either by mail or online via the PayPal link below:
 - o Distinguished Young Women of California c/o Jared Tonks
5061 California Ave, Suite 800 Bakersfield, CA 93309
 - o PayPal Link: <https://www.paypal.com/us/fundraiser/charity/1269613>
- If you use PayPal link, please email us at california@distinguisheddyw.org letting us know. Please make checks payable to Distinguished Young Women of California.

** This fee does not apply to local programs who fundraise to pay this fee, if you advanced from a local program, listed below do not pay this fee, your Local Chair has fundraised for this already. If payment is an issue, please contact us directly.

Local Programs:

- | | | |
|--------------------|----------------------|--------------------|
| • Bakersfield | • Del Norte | • Shafter |
| • Cerritos-Artesia | • Los Angeles County | • San Diego County |
| • Delano | • Oakdale | |

All Items Due **JULY 9TH 2022**

- Online Profile Updates: www.distinguisheddyw.org Please pay attention to your spelling, punctuation, and grammar - the judges will see exactly what you enter. Do not use quotation marks, ampersands or special symbols (it causes issues with the website).
- Be Your Best Self Essay Due to participantchairca@distinguisheddyw.org.

All Items Due **JULY 16TH 2022**

- Please take a Covid Test on Saturday July 16th and email us a picture and the results of this test after you take it to california@distinguishedyw.org. Please do not put yourself at risk to get the coronavirus Saturday night after you have taken the test.

PACKING LIST

BY CATEGORY:

- Medallion (if you have one) Wear on Arrival Day
- Nice/Casual Arrival Day Outfit – Picture Ready!

INTERVIEW:

- Interview Outfit
- Interview Shoes
- Interview Undergarments
- Interview Hair Necessities
- Interview Jewelry

TALENT:

- Talent Outfit
- Talent Shoes
- Talent Undergarments
- Talent Hair Necessities
- Talent Jewelry

SELF EXPRESSION:

- Self Expression Outfit
- Self Expression Shoes
- Self Expression Undergarments
- Self Expression Hair Necessities
- Self Expression Jewelry

FITNESS:

- Fitness Shoes
- Fitness Undergarments
- Black Sports Bra
- Fitness Hair Ties for Pulling Hair Back
- Fitness Jewelry (Small Stud Earrings Only)

REHEARSAL:

- Rehearsal Shirts and/or Tank Tops
- Rehearsal Shoes (we recommend your fitness shoes and a back-up pair)
- Rehearsal Undergarments
- Rehearsal Hair Ties for Pulling Hair Back
- Rehearsal Jewelry (Small Stud Earrings Only)

OTHER SUGGESTED ITEMS

- Toiletries
- Sleepwear
- Makeup
- Bathrobe
- Jacket
- Brush/Comb
- Slippers
- Hair Dryer
- Underwear
- Curling Iron
- Shoes
- Inexpensive Jewelry
- Health History
- This Handbook
- Orthopedic Supplies
- Elastic Bandages
- Braces

PACKING YOUR CARRY ON/TRAVEL ITEMS

(items you should carry with you as you travel to Bakersfield)

- Medications
- Emergency Supplies
- Money for incidentals
- Small snacks
- USB/Thumb Drive of your talent music
- Cell Phone
- Thank You Notes (optional)