

Chairperson, adjudicators, members of the audience, members of the opposition; My name is _____ and I am the captain of the proposing/opposing team. I am here today to propose/oppose the motion that '_____':

- I will discuss how
- Next, I will prove...

Firstly, I will define the motion.

.....
.....

Secondly,

Finally,

In conclusion, I have proven that_____.

Ladies and Gentlemen, I strongly urge you to propose/oppose this motion and I thank you for your attention.