

MISS *Amazing*

Participant Guide

MISS AMAZING AMPLIFY





WELCOME TO THE

Miss Amazing Family

Whether you're a Miss Amazing participant or a loved one cheering her on, welcome to the family! You're now part of a nationwide sisterhood that believes in the power, potential, and voices of girls and women with disabilities.

Miss Amazing AMPLIFY is all about building confidence, making connections, and stepping into leadership in a way that feels true to you. Get ready to grow, shine, and make an impact—because your voice matters, and the world is ready to hear it.

Let's get started!

OUR MISSION

Providing
opportunities for
girls and women
with disabilities to
build self-esteem.





OUR APPROACH



Empower Personal Development

Equip girls and women with disabilities with practical tools to own their stories, build upon their strengths, and author their life plans.



Nurture Friendship & Community

Create opportunities for girls and women with disabilities to build meaningful relationships with their peers and empower parents, family members and support professionals to be effective allies.



Shift Perceptions

Engage students, employers, communities, and the media to address deeply-held values and attitudes that stigmatize disability.



Drive Systemic Change

Advocate for laws, policies, and services that make it possible for girls and women with disabilities to meet their basic needs and exercise personal autonomy.

Miss Amazing AMPLIFY at a Glance

Take a moment to understand what to expect at Miss Amazing AMPLIFY so that you can take every step with confidence!



Registration

Check in, meet your Buddy, get your schedule, and start getting excited for an amazing day ahead!



Orientation

Join all participants for a warm welcome, event overview, and important announcements.



Show Practice

Practice your skill areas (see page 7) before the main event.



Interviews

Sit down with the judges to share your interests, passions, and goals.



Hair & Makeup

Get pampered with hair and makeup to help you look and feel your best onstage!



Final Show

Take the stage to share your introduction and passion presentation before all participants receive awards and the 1st runners-up and Queens are announced.



Age Divisions

Ages 5-9

The **Rising Star** division is for girls ages 5 to 9 who want an introductory experience to Miss Amazing. Their journey begins in the afternoon before the Final Show, at which point they will practice their introductions onstage. During the show, each Rising Star will enjoy her moment in the spotlight to share the many things that make her an amazing girl with a bright and promising future. Finally, all Rising Stars will be awarded for their accomplishments with a crown and trophy!

Ages 10+

Girls and women ages 10+ participate in all activities offered at Miss Amazing, including all skill areas (interview, introduction, and passion presentation). All participants are awarded for their efforts and one participant from each age division is chosen to represent her age group and state as a Miss Amazing Queen at the National Miss Amazing Summit. The age groups include:

Preteen: Ages 10-12

Jr. Teen: Ages 13-15

Teen: Ages 16-19

Jr. Miss: Ages 20-23

Miss: Ages 24-27

Sr. Miss: Ages 28-35

Mentor: Ages 36+

ACTIVITIES	AGES 5-9	AGES 10+
Participate in the Interview		✓
Participate in the Introduction	✓	✓
Participate in the Passion Presentation	<i>optional</i>	✓
Recognized with a crown and trophy	✓	✓
Performance in skill areas scored to determine division queen		✓

Skill Areas

The areas of participation at Miss Amazing AMPLIFY are known as the *skill areas*. The goal of every skill area is to offer an exciting, hands-on, experiential education in self-advocacy. Self-advocacy skills empower people to speak UP and OUT for what they want. Here are the self-advocacy skills that we focus on at Miss Amazing:

Introduction

Page 8

Interview

Page 9

Passion Presentation

Page 10



Self-Determination

Self-determination is the ability to make choices about aspects of your life that are important to you—like how you dress, what you study, and how you spend your time.



Goal-Setting

Goal-setting means making short and long-term goals and establishing the steps needed to get there.



Communication

Verbal and nonverbal communication skills empower you to share your opinions and desires in a persuasive way.

SKILL AREAS

Introduction

The microphone is yours! During the Introduction, each participant introduces herself to the audience. This skill area offers participants a chance to exercise public speaking skills and share their strengths and ambitions with others.

[WATCH AN EXAMPLE >](#)

HOW TO PREPARE



Reflect on your strengths, interests & ambitions

Be sure that the participant is actively engaged in answering the questions listed under the “Strengths, Interests, & Ambitions” section of the application. It’s important that participants ask themselves these questions before every Miss Amazing AMPLIFY event!



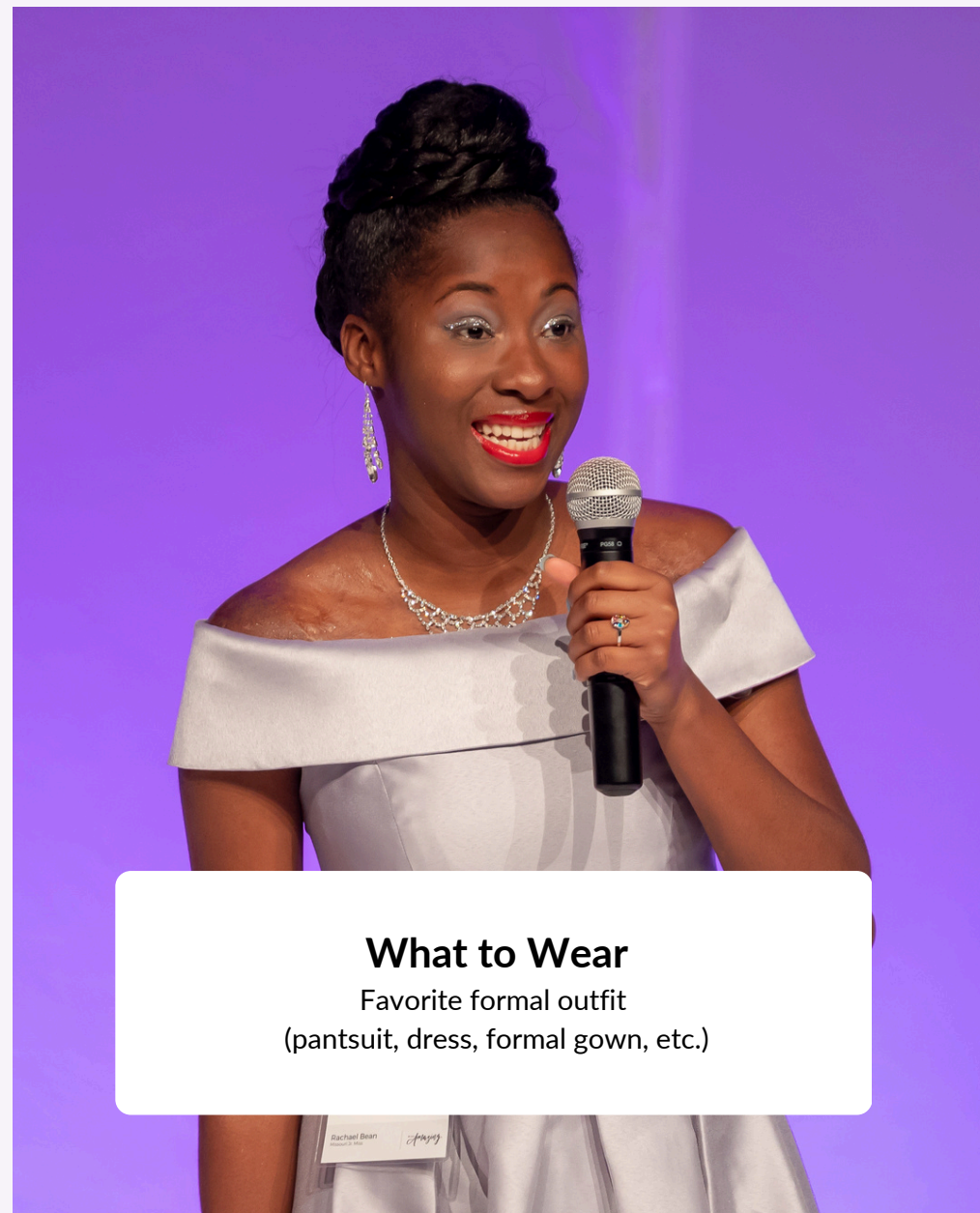
Write your introduction

You can choose to write your introduction word-for-word, or write an outline. Please include your name, hobbies and interests, and at least one ambition in your introduction.



Practice

Practice early and often! Even better, practice in front of others so that you can get comfortable with an audience and ask for feedback.



What to Wear

Favorite formal outfit
(pantsuit, dress, formal gown, etc.)

SKILL AREAS

Interview

During the interview, Miss Amazing participants exercise communication skills that could help them land their dream job or make a new friend.

HOW TO PREPARE



Reflect on your strengths, interests & ambitions

Consider your life at home, at work/school, in the community, and during your free time. Make a list of strengths, interests, and ambitions in each of those areas.



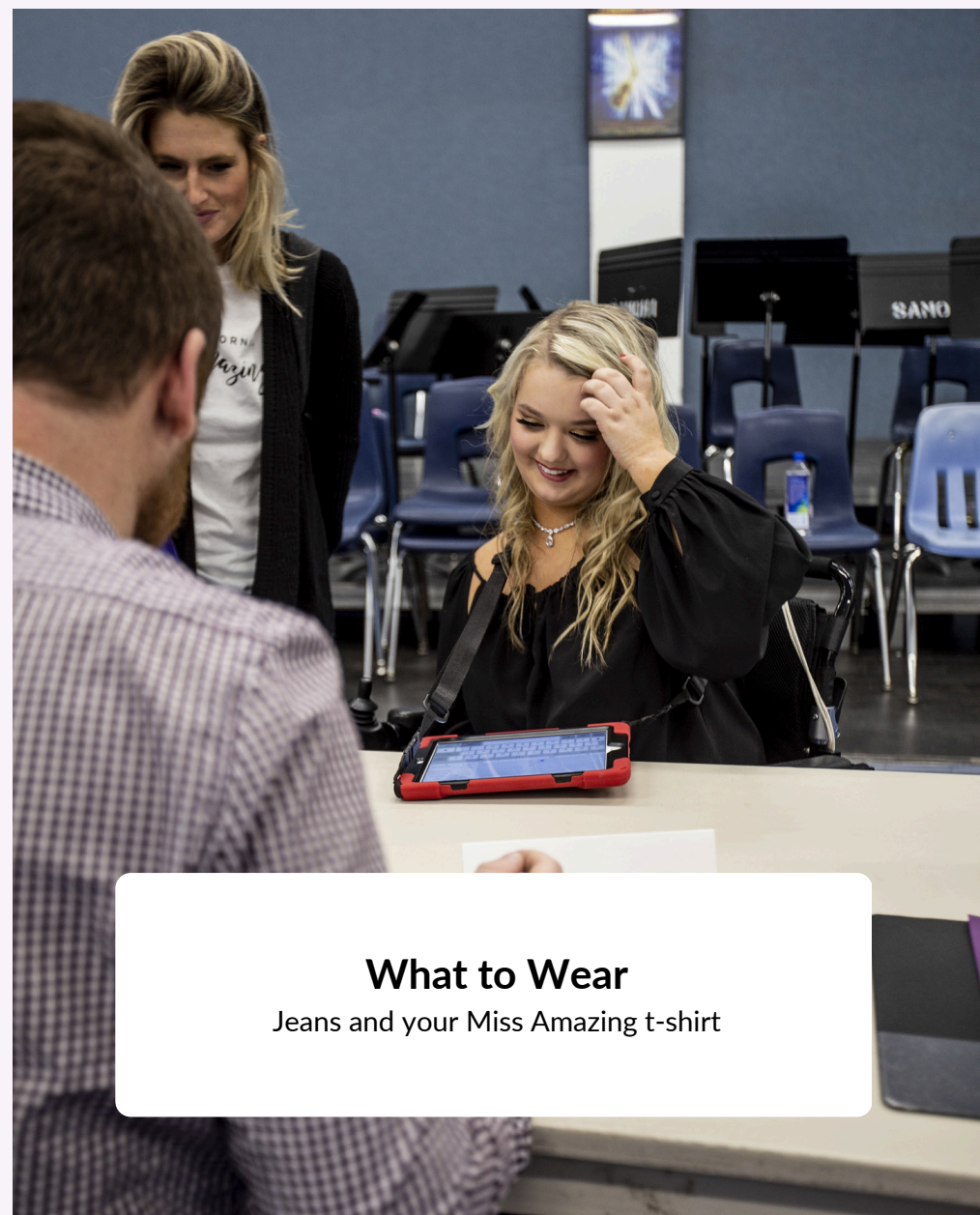
Make a list of practice questions

Write 15-20 questions based on your list of strengths, interests, and ambitions.



Practice answering questions

Whether you're with a friend, family member, or by yourself, you can practice answering questions out loud or with your AAC tools. While it might feel funny at first, practicing your answers will help you feel more relaxed and confident in the interview!



What to Wear

Jeans and your Miss Amazing t-shirt

SKILL AREAS

Passion Presentation

The passion presentation is a **90-second** performance or presentation that showcases the pastime or hobby that you are most passionate about!

[WATCH EXAMPLE A >](#)[WATCH EXAMPLE B >](#)

HOW TO PREPARE



Reflect on your hobbies and interests

When thinking about what to prepare for your passion presentation, ask yourself: “What hobby or pastime do I love more than anything?” Choose something that you currently work hard to excel at or start with a hobby that you have been wanting to take up.



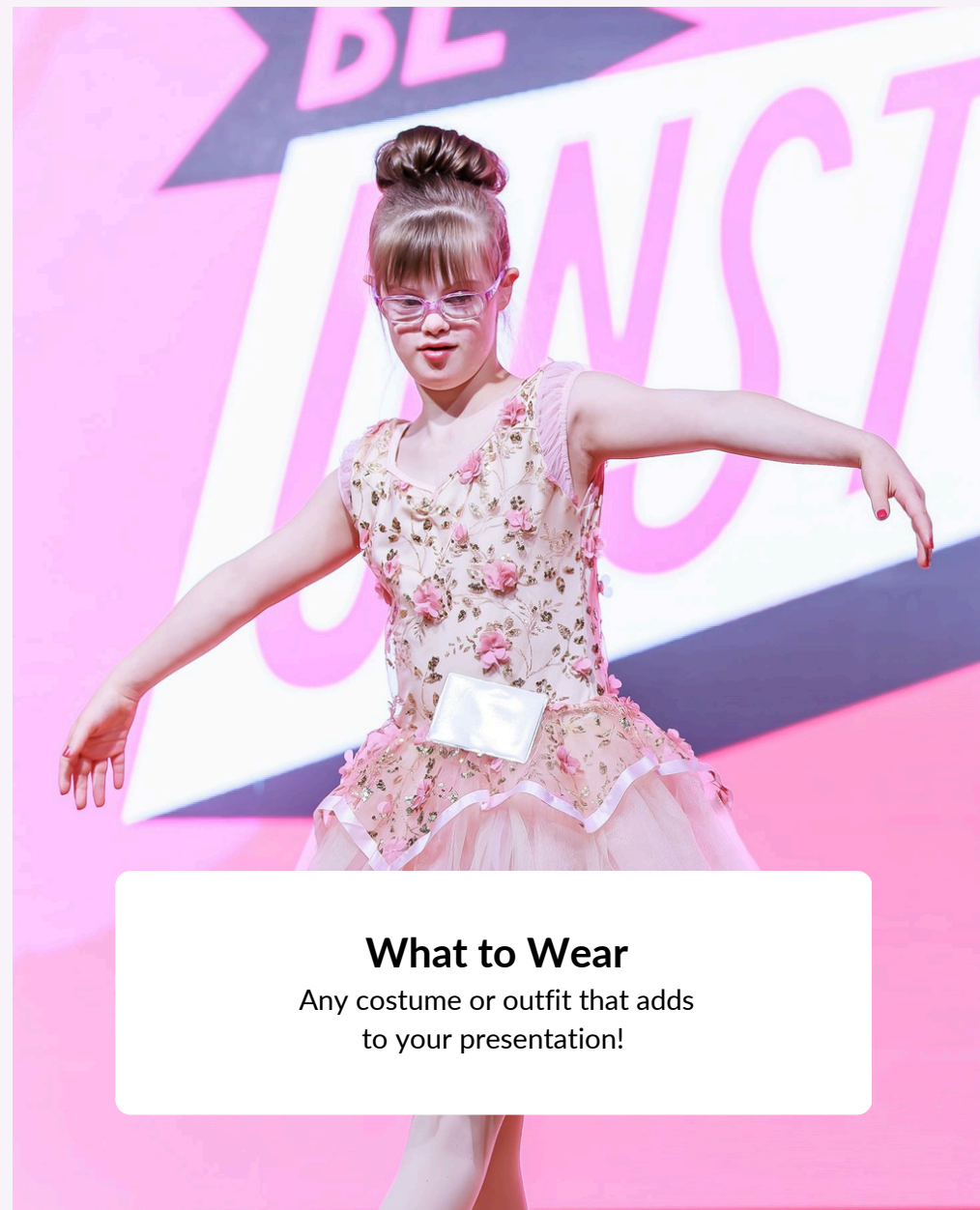
Get creative

Take some time to brainstorm creative and entertaining ways that you can share your passion with the audience. For example, if you have a passion for raising awareness about recycling, consider teaching the audience about recycling through poetry or music!



Be prepared

Practice your performance or presentation ahead of time. When you think you’ve practiced enough, practice even more! The more prepared you are, the more confident you will be.



What to Wear

Any costume or outfit that adds to your presentation!

Preparing for Miss Amazing AMPLIFY

The more you know what's coming, the easier it is to relax and enjoy every moment of Miss Amazing AMPLIFY! Follow the steps below to prepare.

Register for Your AMPLIFY Event

1

Register online at:
missamazing.org/participant-application

2

Once you submit an application, you will immediately receive an email confirmation

3

Your local chapter will prompt you to fill out required paperwork and provide you with a tentative schedule

4

Closer to the event, you will receive an updated schedule, packing list, and important reminders



Customize Your Packing List

Make a checklist of everything you'll need for the event—clothes, accessories, any personal items, and anything specific mentioned by your local chapter. Packing ahead of time means less stress and more focus on the fun!

Prepare for Meals

Check with your local chapter about meals and snacks available on-site. Pack grab-and-go snacks for good measure. Remember: If a participant needs feeding assistance, a parent or guardian must be present.

Have Questions? Contact Your Local Chapter.

Your state committee are rockstar volunteers who work year-round to create an amazing AMPLIFY event. For questions, contact your local chapter and expect a reply within 72 hours. Afterward, watch for a feedback survey—we'd love to hear from you!

Get Comfortable with the Skill Areas

Review the "Skill Areas" section of this guide. Practice by yourself or with a friend or family member, or incorporate "practice" into your everyday routine! For example, you can practice answering potential interview questions or introducing yourself when meeting a new person!

Volunteers

Buddies

At Miss Amazing, we want participants to feel confident and supported. That's where your Buddy comes in! A Buddy is a dedicated volunteer who will be by your side throughout the event, helping you with skills practice, interviews, and more. Their goal is to make sure you feel prepared, empowered, and ready to shine!

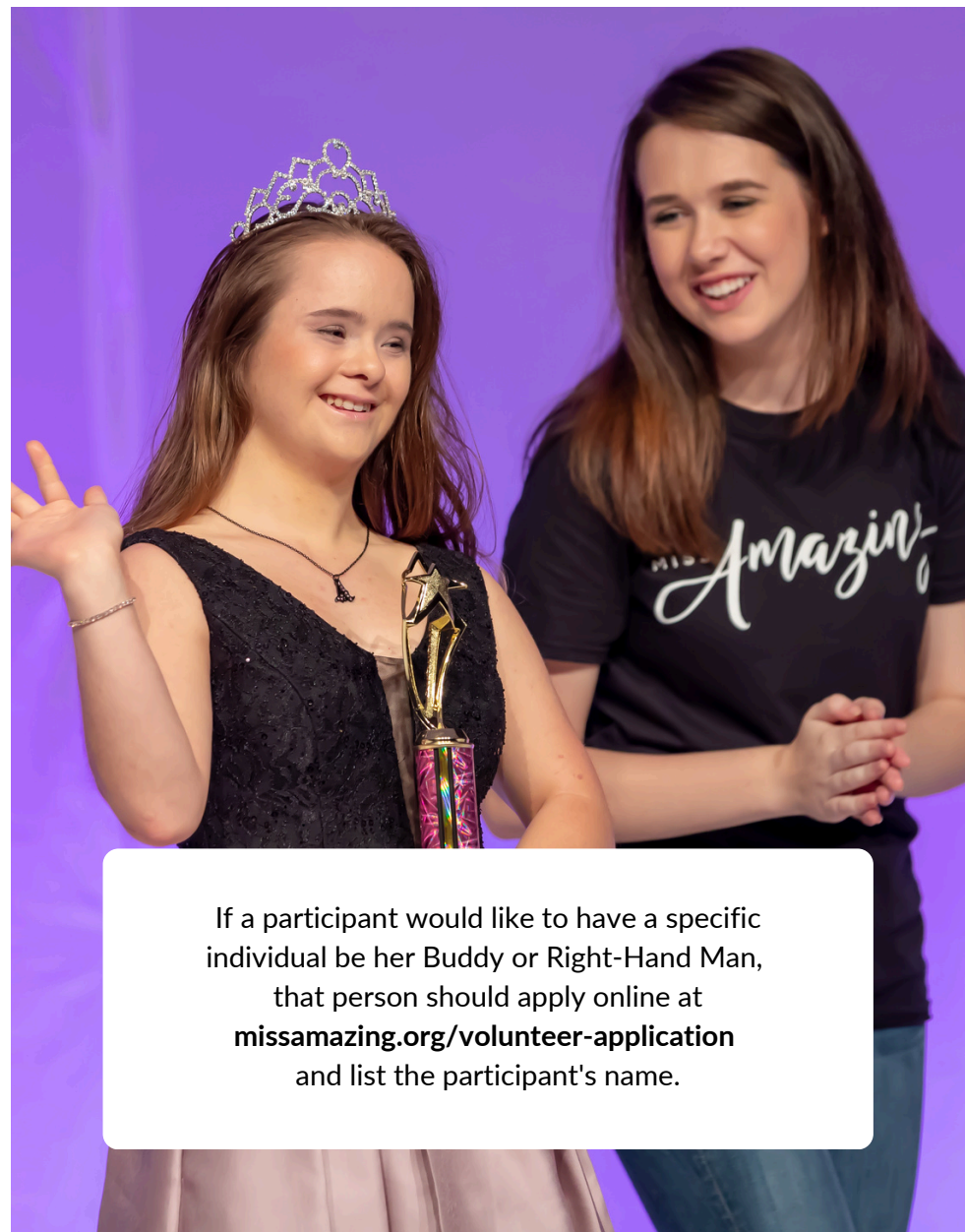
Each participant is typically paired with one Buddy, though this may vary by chapter. Many Buddies return yearly and have community service experience. Most importantly, they are excited to cheer you on!

A parent or guardian must remain on-site if:

- The participant requires medication, feeding, or toileting assistance, as Buddies are not permitted to help with these tasks.
- The participant needs support with communicating wants and needs to Miss Amazing staff.

Right-Hand Men

The objective of the Right-Hand Man program is to give boys and men with and without disabilities the opportunity to take center stage as a volunteer with Miss Amazing. Right-Hand Men are responsible for accompanying the participants onstage as they receive their awards during the final show. Right-Hand Men attend their own orientation shortly before the final show.



If a participant would like to have a specific individual be her Buddy or Right-Hand Man, that person should apply online at **missamazing.org/volunteer-application** and list the participant's name.

Growing with Miss Amazing: Tips for Participants & Supporters

At Miss Amazing, we believe confidence comes from trying new things, learning from challenges, and celebrating every step forward. Whether you are a participant or her supporter, here are a few ways to keep growing at Miss Amazing AMPLIFY, no matter what comes your way.

	FOR PARTICIPANTS...	FOR SUPPORTERS...
Effort is Everything Success isn't about trophies—it's about showing up, trying your best, and learning along the way. Every experience helps you grow.	<i>"I worked really hard on this, and that's something to be proud of!"</i>	<i>"I'm so proud of the effort you put in today! That's what makes a difference."</i>
Challenges Help us Grow Struggles aren't a stop sign—they're part of the process. Instead of getting discouraged, take a deep breath and keep going.	<i>"This is tough, but every time I try, I get a little stronger."</i>	<i>"This might feel hard now, but I've seen you grow so much already. Keep at it!"</i>
Lift Each Other Up Success isn't just about what you achieve—it's also about the connections you build along the way. Celebrating others doesn't take away from your own accomplishments.	<i>"My friend worked hard too—I want to cheer her on!"</i>	<i>"Your friend gave it her all—let's celebrate her! Kindness makes us all stronger."</i>



National Miss Amazing Summit

National Miss Amazing is the largest annual celebration coordinated by Miss Amazing.

State queens have the opportunity to step onto a national stage while representing their home states, exemplifying the ideals of Miss Amazing, and making countless new friends who share similar interests. Newly crowned state queens will receive information about the National Summit after the final show.

[WATCH A RECAP OF THE NATIONAL SUMMIT >](#)

What happens if a state queen cannot attend National Miss Amazing?

If a state queen cannot attend, she must notify her state director as soon as possible. The opportunity to attend Nationals is then offered to the runner-up in her age division. The representative attending Nationals will then act as a co-queen alongside the queen that was unable to attend.

What expenses are associated with National Miss Amazing?

Expenses include a \$100 registration fee plus the cost of show tickets, travel, and lodging. Please read the next question to understand how Miss Amazing helps offset these expenses.

What fundraising support does Miss Amazing offer?

A percentage of proceeds from each AMPLIFY event goes to offsetting the state queens' expenses. Each state chapter also coordinates at least one fundraiser to support the entire team attending Nationals. Additionally, Miss Amazing's "Sponsor a Queen" program allows donors to make use-restricted tax-deductible donations to Miss Amazing, which the organization allocates to the appropriate queen's expenses.

Frequently Asked Questions

What is the cost of participating in Miss Amazing AMPLIFY?

To participate in Miss Amazing AMPLIFY, the only cost is a donation of 5 new pantry or household items. These items will be distributed to the community by your chapter's Miss Amazing Queens. Your local chapter will provide guidance on which items are needed most (i.e. nonperishable food, hygiene products, pet supplies).

If a participant is crowned Queen, the cost to attend National Miss Amazing is a \$100 registration fee plus the costs of travel and lodging for her and her guests. However, depending on the proceeds from her state event, this fee may be partially or fully covered by the state chapter.

Who qualifies to participate in Miss Amazing?

Any girl or woman who meets the government's legal definition of a disability is eligible to participate in a Miss Amazing program. According to the Equality Act 2010, a person is considered to have a disability if they have "a physical or mental impairment which has a substantial and long-term adverse effect on [their] ability to carry out normal day-to-day activities."

To verify eligibility, we ask applicants to submit one of the following documents: the front page of an IEP, IPP, or 504 plan; SSI documentation; or a physician's statement confirming the disability.

What are participants evaluated on?

Our evaluation criteria is not based on talent, beauty, or gracefulness. Instead, we encourage our judges to check their biases



at the door, to consider each participant's unique set of strengths and skills, and to evaluate the extent to which she is taking the opportunity to advocate for herself in each skill area.

Is Miss Amazing a beauty pageant?

No. Miss Amazing does not ask its judges to evaluate participants based on physical appearance.

Is Miss Amazing similar to pageant systems?

We've carefully selected the most constructive, empowering, and impactful elements of pageantry to create a program that drives social change. If you've participated in pageants before, you'll likely notice both similarities and differences between traditional pageant systems and Miss Amazing. If you have any questions about our protocols or expectations, feel free to reach out to your local chapter!

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WWW.MISSAMAZING.ORG