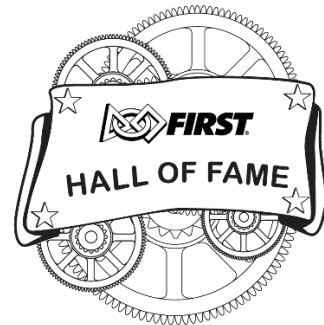


***FIRST* Hall of Fame Team 2486**
The CocoNuts Presents
The Impact Exchange
(In a Nutshell)

Impact  **Exchange**



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Introduction

What is an “Impact Exchange”?

The Impact Exchange (originally called the Chairman's Exchange or ChEx) was created by FIRST Robotics Competition Team 2486, the CocoNuts, in 2012 and was first implemented at the Phoenix Regional in 2013. Since then, ChEx has been hosted at innumerable regionals and the World Championship. ChEx is an opportunity for FRC Teams, at a set time before presentations, to get together to practice their presentations and Q & A. It can also be a great source of ideas for teams who would like to apply for the Impact Award in the future. ChEx has been very successful so far, with more and

more teams taking the initiative to host Impact Exchange events at FRC events, and putting their own flair on it.

How can we help?

We are looking for teams to host Impact Exchanges at regionals and district events across the world. These teams would be responsible for coordinating with the Regional Director or tournament coordinator to secure a space for the Exchange, publicizing the Exchange at the event, and facilitating the Exchange. Host teams reach out to the teams in advance of the event by asking the tournament director or RD to broadcast a flyer or message. Once at the event, ask the pit announcer to advertise and go pit to pit to invite teams to attend.

Why is the Impact Exchange Important?

Not only does the Impact Exchange allow teams to practice before their official presentation, it is a friendly and welcoming environment to exchange ideas and ask questions among other teams. Additionally, it provides a space for rookie and veteran teams to be encouraged to submit for the Impact Award and therefore pursue the mission of FIRST. The Exchange also promotes collaboration, diversity, and friendship among teams that reaches beyond the robot competition.

Great! How do we sign up to host an event?

If you are interested in hosting this year, please reach out to your event director (Regional Director or district tournament director) and ask if another team has volunteered to host the Impact Exchange. There may be multiple teams interested in hosting! In the spirit of Gracious Professionalism, we encourage teams to collaborate and co-host. After all, that's what the Impact Exchange is all about!

Once your Exchange is set up with a date and time, please post to your social media and tag the FIRST Hall of Fame:

- Facebook: <https://www.facebook.com/firsthalloffame>
- Twitter (X): <https://www.twitter.com/firsthalloffame>
- Instagram: <https://instagram.com/firsthalloffame>
- Email: firsthalloffame@gmail.com

NOTE: In previous seasons, the CocoNuts have coordinated events through a sign-up sheet, but the Exchange has taken on a life of its own now! We therefore are giving ALL teams the opportunity to host, but we just ask that you follow the guidelines listed here.

Wait... we don't want to host, but we want to attend!

Look for the Impact Exchange events on the FIRST Hall of Fame social media (listed above) and find out if there is an Exchange at your event! Everyone is welcome at the Exchange.

Planning your Impact Exchange

Secure a Location, Day and Time

As a host team, you will need to reach out to the tournament director to secure a location, date and time for the Impact Exchange. Typically, the Exchange takes place before formal Impact Award presentations begin. Schedules vary by event, so be sure to look at the event schedule before requesting a time. **Reach out to your tournament director at LEAST 1 month prior to the event!** Every venue is different and several locations could work: a classroom, a hallway, a corridor in an arena, an outdoor space (depending on weather). Your tournament director will know what's available.

Contacting Teams Before the Event

As a host team, you will need to inform teams of the Exchange. This should be done via social media, and/or via email in advance of the event. Your Regional Director has the ability to reach all coaches attending your event, so make sure you ask! *(Note: FIRST data privacy rules prohibit program delivery partners from sharing email addresses without permission, but most Regional Directors and Tournament Directors are happy to send something to all teams as long as it is beneficial to competing teams.)*

Below you will find a sample email that host teams can send to interested teams. All the red text is information specific to your team.

"Hello Teams,

We are from FIRST Robotics Competition Team, 2486, the CocoNuts, and we wanted to let you know about an opportunity at this year's Arizona Regional called the Impact Exchange. This opportunity is open to all FRC teams at the Regional, regardless of whether you have applied for the award. The Impact Exchange will take place at 1 pm on Thursday at the south commons. Everyone is welcome to attend, including all teams applying for the Impact Award, rookie teams getting ready to apply next season, coaches, and mentors.

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What is an "Impact Exchange"?

The Impact Exchange (ChEx) was created by FRC Team 2486, the CocoNuts, in 2012 and was

first implemented at the Phoenix Regional in 2013. Since then, the Exchange has been hosted at innumerable regional, district, and Championship events across the world. The Impact Exchange is an opportunity for FRC Teams, at a set time on before presentations, to get together to practice their presentations and Q & A. It can also be a great source of ideas for teams who would like to apply for the Impact Award.

Why is the Impact Exchange Important?

Not only does the Impact Exchange allow teams to practice before their official presentation, it is a friendly and welcoming environment to exchange ideas and ask questions among teams. It also promotes collaboration, diversity, and friendship among FRC teams that reaches beyond the robot competition.

Contacting Teams at the Event

You will likely not be able to reach all teams in advance, and this is why you will also need to inform teams directly at the event. This can be done using fliers, pit admin, and by simply talking to other teams. The appendix of this Guide has flier examples that you can use as a model, print, and hand out. These should be handed out to teams as early as possible: either Wednesday night or Thursday morning. If your event allows, you can also post the fliers around the event. We will also suggest creating signs with arrows directing teams to the location on Exchange Day.

Facilitating an Impact Exchange

Preparing to Host

As the host team you will be responsible for providing information to the teams attending the event. Here is a list of things that your team will need to get done before, during, and after the competition.

Before

- Contact your regional director and ask for permission to host the exchange and set up a time and place for it to happen.
- Inform teams attending your regional Exchange via social media and/or an email from the RD.

At the Competition

- The day before, setup signs that make travel to the ChEx location simple
- Have people sign-in
- Mediate the presentations
- Mediate Q&A

Depending on how many teams you have attending your Exchange, organization will be integral to your success. The main things to remember are that this is a casual, friendly event, and that it probably won't go perfectly. Don't get overwhelmed when there aren't enough chairs or when no one wants to go first. Go with the flow, and don't be afraid to improvise!

Also, please make sure you have all teams sign in. It's helpful for you so you can get contact information from each team, so you can continue networking after the tournament. Feel free to take a group picture to celebrate all the attending teams and post (remember to tag the FIRST Hall of Fame!!)

Based on the number of teams you have attending and your time limit, you may find that teams can present but not have much Q&A practice, or the Exchange may turn into a more informal Q&A or sharing session. Make sure to save time for questions. The average presentation time is five to seven minutes – depending on the number of teams that want to present, you may find that you're running past your original ending time. This is ok, as long as everyone who wants to practice has a chance to do so.

If there are any teams that would like to attend the Impact Exchange but not present their submission please make them feel welcome. They might be a bit nervous about their presentation for whatever reason -- maintain your Gracious Professionalism. Make sure all attendees know that this isn't a place to be criticized or judged - it's just a place for idea sharing. Questions can be directed towards them about their team and submission only with their consent.

Impact Exchange Structure Options

Presentation Practice Session

When teams are ready to present and want to hear other presentations.

1. Introduce your team and welcome the other teams.
2. Have all teams sign in and introduce themselves.
3. Ask if any team would like to go first. One is bound to volunteer.
 - a. Important: If you feel you have a very strong presentation, DO NOT go first. This can intimidate teams and leads to fewer teams presenting.
4. Follow up with group questions and comments.
5. Repeat until all teams that would like to have presented.
6. Do your presentation and have the other teams ask questions.
7. Thank the other teams and enjoy the competition!

Information, Q&A or Exchange Session

When none of the teams are prepared to present or don't want to present.

1. Introduce your team and welcome the other teams.
2. Have all teams sign in and introduce themselves.
3. The Host team can facilitate a list of open questions and allow ALL teams to share. Here are some examples. These also make great Q&A practice questions for judging interviews!
 - a. What has your team done in your community that has made the greatest impact?
 - b. What is a challenge your team has faced, and how have you overcome it to continue to make a positive impact?
 - c. What are your team's goals for the next season?
 - d. How do you plan to expand your outreach or efforts in the future?
 - e. What makes your team unique?
 - f. How does your team approach preparation of your Impact Award materials?
 - g. How does your team choose Impact Award presenters?

Best Practices for Facilitating Constructive Conversations

- Keep questions and comments positive and constructive. Instruct teams to avoid questions that can be seen as aggressive or hurtful such as:
 - How come you didn't do more with {blank}?
 - Why didn't you do {blank} this way?
 - Why don't you have more {blank} [ex: members, events, hours, etc]
- Feedback on the presentation should also be positive and constructive. Use positive stems like:
 - I love your story about {blank}. Can you expand on it more (time allowing?)
 - I'd love to hear more about {blank} if you have the time.
 - Give examples of how the presentation can be improved (ex: talking slower, improving eye contact).
 - Watch the time (it's great to have someone time the presentations and let the team know where they're at within the time limit.)
- Every team making an effort toward the Impact Award is worth celebrating regardless of how big or small that Impact is. Remind teams that the mission of FIRST is about changing culture, and that the more teams that are out there making a difference, the better our world will become!
- As with any conversation, there may be one team or one person that wants to

Speak constantly. Don't be afraid to invite all teams to share their insight.

- Host teams or teams that have a "reputation" or long track record of success with the Impact Award (ex: teams that won recently or numerous times) may easily become the "go to" team to answer questions. Remind teams that everyone's experience is valuable. The host team and "strong" teams should answer direct questions, but also be gracious enough to allow all teams to share.
- Remember, Impact Award winning teams should also be role models of GP. One of the pillars of GP is humility – avoid bragging, "tooting your own horn," or resting on your laurels.
- Remind all competing teams that there are MANY deserving teams in FIRST. The philosophy of the CocoNuts going into the award ceremony has always been, "If it's not us, then whatever team wins must REALLY deserve it!"

Tips & Tricks

- Don't stress if things don't go exactly right
- Publicize your Exchange as much as you can (in person, fliers, pit admin, social media, Chief Delphi, etc.)
- Having something set up in your location that suggests it is the Exchange location is helpful. A good idea is to put up a poster that says "We LOVE Impact Presenters" to help teams identify you. Get to the location early.
- It is fun to have something teams can sign after the Exchange (ex: a poster, t-shirt, game piece, etc.).
- We're including the Impact Exchange Logo – please use it on stickers, buttons, or fliers!
- Get contact information from anyone that has questions.
- Have fun and make friends!

Final Thoughts and Parting Words

We want to thank you so much for helping us with the Impact Exchange initiative. It really means a lot to us. Please know that you are contributing to FIRST in an incredible way by raising the level of Impact Award teams in your area and fostering a Gracious Professional attitude. We hope you have fun, and continue to host Impact Exchanges in the future.

Remember – every member of the Hall of Fame had to win their 1st Regional/District Championship Impact Award some time...even a very young or new team can be competitive!

On behalf of the FIRST Hall of Fame, the CocoNuts wish ALL teams good luck with their Impact Award process, robot game, and continued efforts to bring positive change to your communities. What you do MATTERS! GO TEAMS!

Resources

Websites

- CocoNuts Website
 - <https://team2486.org/>
- FIRST Hall of Fame Website
 - <https://www.firsthalloffame.org/>
- FRC Submitted Awards
 - <https://www.firstinspires.org/resources/library/frc/submitted-awards>
- FIRST Hall of Fame FRC Page
 - <https://www.firstinspires.org/resources/library/frc/hall-of-fame>
- FIRST Impact Award Resources
 - <https://www.firstinspires.org/resources/library/frc/fia-resources>

Logos



Impact  **Exchange**

Example Flyer

YOU ARE INVITED!

Is your team applying for the Impact Award? Are you a team interested in beginning your own Impact journey?

Join us for the **NAME OF EVENT Impact Exchange!**

What: The Impact Exchange is a chance for teams to collaborate and share ideas, to network, and to encourage each other in FIRST.

When: **DATE, TIME**

Where: **GIVE SPECIFIC LOCATION IN THE VENUE**

YOUR TEAM LOGO HERE



Impact  **Exchange**