

2020 Student Competition Season

Part 1: Skills Phase Evaluation Standards

Part 2: Cooking Phase Instructional Guidelines

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SKILLS PHASE OBJECTIVE

Welcome to the 'Skills Phase' of your student competition.

This guide was created for you the student competitor, coach, and team advisors on behalf of the ACF National Culinary Competition Committee to serve as a tool in achieving optimal results and thus, an optimal score. The standards identified within this document are the standards by which the jury will evaluate with the highest degree of objectivity possible. We are committed to your success!

The standards are presented in the order they are recommended to be produced for optimal results during practice and competition. Specifically this order: Pastry skills, chicken fabrication, fish fabrication, and finally, fruit/vegetable knife cuts.

You are encouraged to follow and execute these guidelines to the best of your ability for maximum point consideration. *They are stepping stones to success*.

In addition to these standards, you are encouraged to <u>study the score sheets</u> affiliated with each part of the competition. The score sheets are found in chapter six (6) of the Student Competition Manual. We endeavor to see each team leaving the skills phase of the competition with the same amount of points they came into the competition embracing! Every team starts with a gold medal! Let's hold on to it!

We wish you tremendous success on your culinary competition journey!

~ The ACF Culinary Competition Committee

PASTRY CREAM STANDARD

OBJECTIVE

To successfully prepare 1-quart of finished and ready to use pastry cream with proper technique and sanitation.

POINT VALUE

10 points possible

JUDGES WRITTEN EVALUATION STANDARD

- Viscosity: A medium-thick custard with enough body to be used as a customary filling
- **Temperature**: Uniformly <u>well-chilled</u> with no residual warmth from the cooking process evident during evaluation
- Flavor: Egg-like custard, mildly sweet, gentle vanilla perfume, no residual uncooked starchy finish
- Appearance: Smooth, creamy, speckled with vanilla bean (if used), lump free, uniform viscosity

STANDARDIZED PASTRY CREAM RECIPE (SUGGESTED (not required) for use by all teams)

Ingredients	Amounts		
	US Measure	Metric	
Whole milk	1 qt.	1 I.	
Vanilla bean	1 ea.	1 ea.	
Granulated sugar	4 oz.	114 g	
Fresh egg yolks	8 ea.	8 ea.	
Granulated sugar	4 oz.	114 g	
Corn starch	2 oz.	57 g	
Unsalted butter	4 oz.	114 g	
Pure vanilla extract	2 tsp	10 ml	(Optional in place of vanilla bean)

Method:

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Place the milk, first sugar, and vanilla bean (split open) in a 20 cm. (w) by 14 cm (d) (approximately) thickbottom sauce pan and bring to a boil. In an appropriate sized moon bowl, combine the remaining sugar with the yolks and whisk together until ribbon like. Carefully whisk in the corn starch. When the milk is very hot (simmering), temper some of the hot liquid (1 cup or so) into the sugar/yolk/starch liaison by whisking in carefully. Add the tempered yolk mixture back to the principle boiling milk. Continue to stir vigorously until the mixture thickens and comes back to a boil. Allow to simmer another minute or so while stirring constantly. Remove the pastry cream from the heat, continuing to stir a moment to dissipate heat. Whisk in room temperature butter thoroughly. *Note*: *Whisk in the optional pure vanilla extract at this point*. Place the finished pastry cream in a sanitized 2" half 200-pan. Sprinkle a little granulated sugar on surface to prevent a skin from forming. Cover with perforated (some holes to allow steam to escape) plastic wrap and store under refrigeration till ready for use. **Note:** Yolks are from grade A, size large eggs.

JUDGES VISUAL EVALUATION STANDARD



ADDITIONAL INSTRUCTIONAL IMAGES







PRESENTATION

- For maximum point consideration, the finished quart of pastry cream shall be presented in a half 200pan with a half 400-pan base filled with ice so as to keep the product well chilled and ready for evaluation.
- Cover with perforated plastic wrap until service to allow the product to be protected and vent while cooling.
- No front of the house (FOH) vessels shall be used such as glass, silver, plates, etc. No other presentation material is required or necessary.
- Additional points will not be earned for going above this standard, ie; ice packs/bags or any unnecessary props, linen, dishes, cups etc.
- Please present with clean tasting spoons for the jury.

ZEST, PEEL, SECTION STANDARD: LEMON

OBJECTIVE

To successfully zest, peel, and section one (1) lemon using quality fabrication skills and proper sanitation.

POINT VALUE

5 points possible

JUDGES WRITTEN EVALUATION STANDARD

- Zest: Entire lemon zested using a zesting tool or micro plane grater, either tool is acceptable
- Peel: Using the appropriate size knife, top/tail and peel the lemon in full (as shown below in trim)
- **Sections**: Using the appropriate size knife, cut each lemon section away from pulp, uniformly and cleanly. Edges of individual lemon sections should be complete, uniform, and unbroken (as shown below). Note the number of sections will vary from lemon to lemon, depending on size, but the entire lemon must be sectioned. You may squeeze the residual juice over the segments to keep them moist as shown.
- *Pulp*: The remaining pulp shall be reserved and presented.
- **Juice**: Any residual juice which can be extracted from pulp shall be reserved and presented to encourage total utilization of product.



- For maximum point consideration, lemon sections shall be presented in a 1/3 200-pan (as shown above). Zest, peel, pulp, and juice may be presented in 2, 4, or 8-ounce deli cups (recommended) as shown above and on a ¼-size sheet pan for ease of evaluation.
- <u>No front of the house (FOH) vessels shall be used such as glass, silver, plates, etc</u>. No other presentation material is required or necessary.
- Additional points will not be earned for going above this standard, ie; ice packs/bags or any unnecessary props, linen, dishes, cups etc.

ADDITIONAL INSTRUCTIONAL IMAGES



PREPARE 8-INCH TART SHELL FOR BLIND BAKING

OBJECTIVE

To successfully prepare an 8-inch tart shell (with removable bottom) for blind baking using proper technique and sanitation.

POINT VALUE

5 points possible

JUDGES WRITTEN EVALUATION STANDARD

Size: 8-inch finished tart shell

Pan type: Tart shell with removable bottom

Dough Type: Dough can be sweet or savory

Quality Production: Short dough should be used cold, and made malleable by kneading (minimally) to prevent any cracking of dough during pinning out. Use of dusting flour should be minimal but sufficient to accomplish task without the dough sticking to work surface. A bench brush should be used to remove excess before placing in pan. If sticking on the table occurs, the tart bottom or the spatula should be used to carefully release from work surface. The team member should exhibit deft movements when using the rolling pin, minimizing the effort needed to pin out the dough quickly and uniformly. The pinned out dough should be placed into the center of the pan, with the sides being carefully formed and square to the bottom of the shell. The icing spatula should be used to remove excess trim protruding from the top edge of the tart, leaving a clean, smooth, flat surface, level with the top edge of the tart pan.

Excess Allowed Dough: Excess dough should be the size of a golf ball approximately, weigh 1-ounce, and <u>be</u> presented next to the finished shell for final evaluation.

STANDARDIZED PATE SUCREE RECIPE (SUGGESTED (not required) for use by all teams)

Ingredients	Amounts		
	Metric	:	
Confectioners' Sugar	92 g		
Butter, unsalted	112 g	(cold, cut into small pieces)	
Eggs, whole	57 g	(beaten)	
All-purpose flour	259 g		

Method:

Using the creaming method, combine the sugar and butter and mix until pale. Add beaten eggs. Mix in Eggs Mix in flour until just combined. Bring together in a large ball and portion into two 225gm balls. Flatten each ball into desired shape, wrap and chill until use.

Yield:

16 oz. (450 grams) enough for 2 tart shells (2 each, 8oz (225 gram) dough rounds)

JUDGES VISUAL EVALUATION STANDARD



PRESENTATION

- For maximum point consideration, dough should appear very uniform and flat in bottom of tart pan as well as uniform in thickness around the sides, square to the bottom of the tart, not rounded corners.
- Dough shall be docked uniformly.
- Pie weights are not necessary nor required. Additional points will not be earned for having or showing.
- A cartouche is not necessary nor required. Additional points will not be earned for showing one.
- No other presentation material is required or necessary.
- Additional points will not be earned for going above this standard.

ADDITIONAL INSTRUCTIONAL IMAGES ADDITIONAL INSTRUCTIONAL IMAGES









CHICKEN FABRICATION STANDARD

OBJECTIVE

To fabricate a whole chicken (8-way) using quality butchery skills including proper handling of carcass and remaining protein with proper sanitation. The committee recommends the selection of a 2.5-3lb (WOG) chicken for best success.

POINT VALUE

20 points possible

JUDGES WRITTEN EVALUATION STANDARD

- Recommended Size for Optimal Results: 1 each, 2.5-3lb chicken (WOG)
- **Breasts**: Frenched, frenched bones cleaned, frenched bone tipped, tenderloin intact, leave as much skin on as possible (shown below)
- *Leg/Thighs*: Separated between joints, bone-in, skin-on, trimmed of cartilage, oysters removed from carcass and left on thigh (shown below)
- Wings: Tips removed (shown below)
- Carcass: Wish bone removed, void of flesh by way of clean fabrication, excess skin saved (shown)



- For maximum point consideration, all fabrication shall be presented in a 200-pan with a 400-pan base filled with ice so as to keep all finished fabrication chilled, sanitary, and uniform team to team.
- <u>No front of the house (FOH) vessels shall be used such as glass, silver, plates, etc</u>. No other presentation material is required or necessary.
- Additional points will not be earned for going above this standard, ie; ice packs/bags or any unnecessary props, linen, dishes, cups etc.
- Please present with fresh gloves for jury evaluation.

ADDITIONAL INSTRUCTIONAL IMAGES



ROUND FISH FABRICATION STANDARD

OBJECTIVE

To fabricate a whole round fish (**of choice**) using quality fabrication skills including proper handling of carcass and remaining protein with proper sanitation.

POINT VALUE

20 points possible

JUDGES WRITTEN EVALUATION STANDARD

- Fillets: uniform fillets fabricated (boneless) as demonstrated below, maximizing flesh from carcass
- Carcass: flesh uniformly removed
- *Gills*: cleanly removed and reserved as shown below
- Skin: cleanly removed (if necessary to fish type) and reserved as shown below
- Useable Trim: remaining minimal flesh from carcass, scraped off with spoon, stored as shown below
- Eyeballs: cleanly removed and reserved as shown below



- For maximum point consideration, all fabrication shall be presented in a 200-pan with a 400-pan base filled with ice so as to keep all finished fabrication chilled, sanitary, and uniform team to team.
- <u>No front of the house (FOH) vessels shall be used such as glass, silver, plates, etc</u>. No other presentation material is required or necessary.
- Additional points will not be earned for going above this standard, ie; ice packs/bags or any unnecessary props, linen, dishes, cups etc.
- Please present with fresh gloves for jury evaluation.

ADDITIONAL INSTRUCTIONAL IMAGES







KNIFE SKILLS STANDARD

OBJECTIVE

To fabricate a variety of fruits or vegetables showcasing precision work using proper sanitation for the following classical cuts: julienne, tourné, brunoise, small dice, and concasse.

POINT VALUE

25 points possible

JUDGES WRITTEN EVALUATION STANDARD

- Julienne: Four (4) ounces by weight, 1/8 x 1/8 x 2, carrot, useable trim minimal and customary
- **Tourné**: Eight (8) each, all uniform in size, ¾" diameter, 2" long, 7-sided, ends trimmed blunt, prepared from potato, 50-ct (suggested size), useable trim minimal and customary
- **Brunoise**: Two (2) ounces by weight, fresh shallots, 1/8 x 1/8 x 1/8, useable trim minimal and customary
- *Small Dice/Concasse*: Two (2) vine-ripe tomatoes, peeled, flesh cut ¼ x ¼ x ¼, peels reserved as shown above, juice/seeds reserved as shown above, concasse pulp (rough chop as shown above), 5x6 tomatoes (suggested size)
- Unusable Trim: shallot peels, carrot peels, potato peels, tomato core, wrapped as shown below



- For maximum point consideration, all fabrication shall be presented in a 200-pan with a 400-pan base filled with ice so as to keep all finished fabrication chilled, sanitary, and uniform team to team.
- Individual cuts shall be shown in 2, 4, or 8-ounce plastic deli cups (recommended) as shown above.
- No front of the house (FOH) vessels shall be used such as glass, silver, plates, etc. No other presentation material is required or necessary.
- Additional points will not be earned for going above this standard, ie; ice packs/bags or any unnecessary props, linen, dishes, cups etc.
- Please present with fresh gloves for jury evaluation.

ADDITIONAL INSTRUCTIONAL IMAGES



WILD CARD POINT CHALLENGE – FLUTED MUSHROOMS

OBJECTIVE

• To uniformly and accurately flute four (4) mushrooms using proper sanitation and must be completed within the 80-minute production window. Successful fluting of mushrooms will result in one (1) full point added to the teams' <u>total final score</u> within the Kitchen Skills phase.

WILD CARD POINT GUIDELINE

Mushroom fluting must be done only <u>after every other skill has been completed</u>. The challenge can be done **by any member of the team, including the alternate**.

POINT VALUE

1 point possible, Evaluation is pass or fail.

JUDGES WRITTEN EVALUATION STANDARD

- *Size*: Mushrooms chosen maybe any size or variety, must be uniform in size, and ideal for fluting uniformly
- *Visual Appeal*: Mushrooms must be executed with the highest degree of craftsmanship and uniformity for maximum point consideration
- Usage: Mushrooms do not have to be used within the final signature menu
- **Timing**: Teams must be on time to be eligible to present their fluted mushrooms. Directly, any team running late and past their 80-minute production window will not be eligible to submit any fluted mushrooms for extra point consideration.



- For maximum point consideration, mushrooms shall be presented as shown above, in a 9th 200-insert pan with a small amount of cool water so as to keep all finished fabrication uniform team to team.
- Trimmings shall be shown in 2 or 4-ounce plastic deli cups (recommended) as shown above.
- <u>No front of the house (FOH) vessels shall be used such as glass, silver, plates, etc</u>. No other presentation material is required or necessary.
- Additional points will not be earned for going above this standard, ie; ice packs/bags or any unnecessary props, linen, dishes, cups etc.
- Please present with fresh gloves for jury evaluation.

COOKING PHASE OBJECTIVE

Welcome to the 'Cooking' phase of your student competition, the regional signature 4-course menu. This guide was created for you the student competitor, coach, and team advisors on behalf of the ACF National Culinary Competition Committee to serve as a tool in achieving optimal results and thus, an optimal score. The standards identified within this document are the standards by which the jury will evaluate with the highest degree of objectivity possible. We are committed to your success!

Within this section you will find the guidelines to <u>creating a menu and recipe packet</u> which is ready for submission to the show chair and jury. Note, for the first time in history, all judging of all levels of this student competition program will be judged **BLINDLY**. Please follow the guidelines to create a successful packet.

Next you'll find the <u>Skills and Techniques Inventory Sheet</u> below. The first part identifies the required skills each team must identify and demonstrate SOMEWHERE within their 4-course signature menu. These techniques are based on good, sound, classical cookery, such as braising, sauté, etc. *Where you execute these techniques is completely up to you in your free-style approach to menu development*. Failure to incorporate these required techniques will result in point deductions. *Remember too, you're required to use some of all the items from the SKILLS PHASE of the competition within your signature 4-course menu*. Failure to do so will also result in point deductions.

Regarding the "<u>MODERNIST TECHNIQUE</u>", we as the Culinary Competition Committee are *ENCOURAGING* you as students, coaches and advisors to be *INNOVATIVE*. But there's a fine line between copying what others before you have done and blazing a new trail. We are encouraging you to feature something new, something special, and something with a research and development mindset which will have others within industry, COPYING YOU. This isn't an area where we necessarily wish to see you copying the techniques developed by 'modern masters' or 'social media influencers', but an opportunity to reinvent a texture, plate creatively, and push creative and artistic boundaries within student culinary competition. You're ENCOURAGED to embrace techniques such as sous-vide, vacuum-sealing, and the like. Push and inspire each other to lead our organization with your amazing *innovation and fresh spirit backed by a solid classical foundation*.

In addition to these standards, you are encouraged to <u>study the score sheets</u> affiliated with each part of the competition. The score sheets are found in chapter six (6) of the Student Competition Manual. We endeavor to see each team leaving the cooking phase of the competition with the same amount of points they came into the competition embracing! Every team starts with a gold medal! Let's hold on to it!

We wish you tremendous success on your culinary competition journey!

~ The ACF Culinary Competition Committee

HOW TO BUILD A TEAM MENU & RECIPE PACKET State & National Competitions

OBJECTIVE

To create a packet containing the signature menu of each competing student team including courses, descriptions, photos, and recipes for the purposes of *blind tasting evaluation*.

IT WILL BE NECESSARY TO REMOVE ANY LOCAL OR REGION/VENDOR SPECIFIC LANGUAGE OR WRITTEN WORD SO AS TO KEEP YOUR INDIVIDUAL PACKET SUBMISSION FULLY BLIND TO THE TASTING JURY

EXAMPLE of Incorrect Verbiage: "Dallas Farms Honey Barbecue Sauce" ←-- REMOVE "Dallas Farms" Example of Correct Verbiage: "Honey Barbecue Sauce"

HOW TO BUILD A TEAM MENU & RECIPE PACKET (SEE COMPLETE EXAMPLE BELOW)

- 1. Create a blank cover page (use provided example below)
- 2. Create an introductory menu page (see example below)
 - Course 1 name and description
 - o Course 2 name and description
 - Course 3 name and description
 - Course 4 name and description
 - Photograph of entire four course menu
- 3. Complete and insert Inventory page of classical and modernist techniques as well as menu placement of required skills phase production items (see example below)
- 4. Create individual course pages (a section dedicated to each course see example below)
 - Course 1, name and description, photo, recipes
 - Course 2, name and description, photo, recipes
 - o Course 3, name and description, photo, recipes
 - Course 4, name and description, photo, recipes
 - NOTE: Nutritional analysis of courses is NO LONGER REQUIRED for this competition format.

DO INCLUDE FOR SUCCESS

- All the information requested above in "HOW TO BUILD A TEAM MENU & RECIPE PACKET"
- Packet built using 8.5 x 11, white paper ONLY (no cardstock)
- Body and copy of content using, Arial 12-pt font
- Headers throughout using, Arial 18-pt font, **bolded** for ease of use
- Finished document, single stapled in left hand, top corner of packet
- Five (5) finished copies presented in a sealed manila envelope, given to show chair at the start of the competition. Show chair shall assign and record a number or letter to blindly identify each competing team. The juries will only know your team by way of a number or letter. It's essential you remove any identifying information regarding your team from this material to ensure equitable evaluation.

DO NOT INCLUDE

School logos, locations, names, chapters, sponsor names or identification, biographies, or photographs
of anyone or location affiliated with the competing team

- Names, photographs or biographies of captains, coaches, advisors, administrators, or other persons affiliated with the competing team
- Names, photographs, or biographies of team members
- No dates
- No colored font or fonts used outside of the recommended size and type above
- No packets bound with spiral or tape binding, three ring binders or the like. Stapled, simple, cost effective presentations are required as directed above.

TEAM PROMOTION AND CELEBRATION – YOUR FEATURE TABLE

As with every student team competition, each Team will be provided with a feature table (or shared space) to showcase their finished 4-course signature regional menu. Upon this table, you are highly encouraged to tastefully decorate it with materials celebrating the Team, ACF Chapter, Sponsors, Coaches, Advisors, School, and regional location using logos, team photographs, biographies and the like. This is the place to highlight the local foods, flavors, and producers you worked with to bring your concepts to life. It is the desire of the committee that each table presentation represent a complete and professional impression of each competing team for the purposes of education and promotion.

CRITIQUES AND FINAL MENU EVALUATION

With the release of this new format, all critiques for all student team competitions shall be conducted within a total open forum format (PUBLIC). Critiques and feedback from the judges as always will be constructive and with the intent to grow all participants professionally and for the development of knowledge and talent. All critiques whether in the Skills Phase Competition or Signature Tasting Menu will be exclusively conducted for the benefit of all participating to hear. Directly, no closed door or private critiques shall be conducted. Full transparency is the goal and the experience is meant to be rich in content and collaboration for the benefit all of in collective participation. This will start at the Local/State level and carry all the way through to the contest at the National Convention.

SCORES

All scores and final numbers shall be checked and double-checked for their final authenticity. In addition to this verification by the lead judge and show chair, each summary score sheet affiliated with each competition shall be signed by each judge in participation for further codification. Final summary scores will be made public at the time of the awards presentation and posted upon receipt at the ACF National Office for the purposes of maintaining the eventual Wild Card Team invitation to be the 6th participating team at the National Competition to which they would be eligible. Full transparency is the goal and all in participation shall know exactly where the results stand upon the completion of each contest.

SPORTSMANSHIP AND COLLEGIALITY

It goes without saying but it shall be emphasized here within these new competition guidelines that the spirit and intent to which this format has been created is for the benefit of the ACF student member in addition to all those in support. It is the desire of the committee to foster a healthy spirit of competition which is equitable, honorable, memorable, measurable, and challenging with the ulterior goal of grooming future culinary professionals coming together for the profession at large. Everyone in participation is wished the best of success and we endeavor to leave the culinary profession in a stronger state of quality because of our collaborative and collective participation.

HOW TO BUILD A TEAM MENU & RECIPE PACKET (SAMPLE TEMPLATE) (see below, next page)

TEAM

(LETTER OR NUMBER ASSIGNED BY SHOW CHAIR ONLY FOR IDENTIFICATION PURPOSES)

COURSE 1 – NAME AND DESCRIPTION COURSE 2 – NAME AND DESCRIPTION COURSE 3 – NAME AND DESCRIPTION



INVENTORY OF CLASSICAL & MODERNIST TECHNIQUES

TECHNIQUE	COURSE PRESENTED
SAUTE	
FORCEMEAT	
POACHING	
BRAISING	
DEEP FRYING	
PIPING	
EMULSIFIED SAUCE/DRESSING	
MODERNIST CUISINE TECHNIQUE	

INVENTORY OF SKILLS PHASE MENU ASSIGNMENTS

TECHNIQUE	COURSE ASSIGNED
CHICKEN	ENTREE
ROUND FISH	APPETIZER
TART DOUGH	
LEMON	
PASTRY CREAM	
POTATO, TOURNEE	
CARROT, JULIENNE	
SHALLOT, BRUNOISE	
TOMATO, SMALL DICE	

- COURSE 1 NAME AND DESCRIPTION
- COURSE 1 PHOTOGRAPH
- COURSE 1 RECIPES

All information as requested within these three bullet points is necessary for successful evaluation of each individual course and for maximum point consideration. Each team may use as many pages necessary per course to fulfill the requested content. It is encouraged to keep content succinct and extremely organized, in the correct font and stapled at the top left hand corner as requested in the outlined menu packet standard.

- COURSE 2 NAME AND DESCRIPTION
- COURSE 2 PHOTOGRAPH
- COURSE 2 RECIPES

All information as requested within these three bullet points is necessary for successful evaluation of each individual course and for maximum point consideration. Each team may use as many pages necessary per course to fulfill the requested content. It is encouraged to keep content succinct and extremely organized, in the correct font and stapled at the top left hand corner as requested in the outlined menu packet standard.

- COURSE 3 NAME AND DESCRIPTION
- COURSE 3 PHOTOGRAPH
- COURSE 3 RECIPES

All information as requested within these three bullet points is necessary for successful evaluation of each individual course and for maximum point consideration. Each team may use as many pages necessary per course to fulfill the requested content. It is encouraged to keep content succinct and extremely organized, in the correct font and stapled at the top left hand corner as requested in the outlined menu packet standard.

- COURSE 4 NAME AND DESCRIPTION
- COURSE 4 PHOTOGRAPH
- COURSE 4 RECIPES

All information as requested within these three bullet points is necessary for successful evaluation of each individual course and for maximum point consideration. Each team may use as many pages necessary per course to fulfill the requested content. It is encouraged to keep content succinct and extremely organized, in the correct font and stapled at the top left hand corner as requested in the outlined menu packet standard.

**** END OF MENU & RECIPE PACKET SUBMISSION ****

FINAL NOTE OF UNDERSTANDING

No additional material or supporting documentation is necessary or warranted. No additional points will be gained for going outside of this prescribed example and it is the desire of the ACF National Competition Committee for the purposes of uniformity as well as total anonymity that all packet submissions honor this process. Thank you and best of success in your competition!