



AllGymnastics Video Tutorial Instruction Sheet

Hello and thank you for participating in the AGC Skills and Drills video tutorial series. Below, please find a list of instructions and criteria that we ask you to include when submitting your video footage and information.

Preparation

- The video footage can be recorded using a cellular device or camcorder. For the best quality, a camcorder or video feature on a camera would work well.
- Depending on the skill you will be featuring, please select a gymnast(s) to model the skill. Also, please have a coach on hand to assist the gymnast if needed.
- Have one person as the designated camera person (no selfie videos please)

During Recording

- Say and spell your first and last name as well as the organization you are affiliated to.
- To begin, provide a brief introduction of yourself to the viewers including, years of coaching experience, the name and location of your gym, etc.
- Next, give a brief overview of the drills for the skill you will be discussing in the video.
- As the gymnast demonstrates the drill, explain what he/she is doing, how this is beneficial to the gymnast's skill and how many reps the gymnast should complete of the drill. Please indicate the type of equipment the gymnast is using. Possibly suggest alternative equipment/resources that could be used if viewer does not have access to the specific equipment used in video.

Send Footage

- Upload video clips to Google Docs or Dropbox.com. If you choose to upload the footage to dropbox, please include the link to the dropbox folder in your email.
- Our professional video editor will piece together and edit the footage you provide. If you would like to preview the final video before it is posted, please indicate that in your email.

All footage can be email directly to Hello@allgymnastics.com. If you have any questions, please write us to this email. You will receive an email when the video has been posted.

Thank you for sharing your knowledge and expertise with the gymnastics community!

Sincerely,
The AllGymnastics Teeam