



Winter Season

Video Submission

1. **Camera Orientation:** Record in landscape mode (that is, horizontally instead of vertically). This will give footage that looks good on larger devices, not just phone screens.
2. **Video Length:** Videos can be anywhere between 10 seconds to 2 minutes.
3. **Sound:** If speaking, stay close to the audio input & speak clearly.
4. **What to Wear:** Every effort should be made to wear clothing branded as Special Olympics New York (SONY shirt, ¼ zip jacket, fleece, etc.). In the absence of having Special Olympics NY gear, either athletic wear or business casual, depending on the topic.
5. **Use Plenty of Light:** Recording during the daylight works best.
6. **Avoid Shaky Footage:** Keep your hands as steady as possible or set it up on a prop to avoid shakiness.
7. **Avoid the Zoom:** It's best not to use the zoom on your camera as distorts the image and can make the video appear grainy.
8. **Act Natural:** It can take some practice if you haven't been on camera before. Appearing nervous, fidgety, or uncomfortable on camera will distract viewers from your message.
9. **Content:** Videos of Training & Competition during the Winter Season only.
10. **Logo/Branding:** All videos should have the Special Olympics New York logo embedded. We will edit for you and add our logo. Please see #12 for sharing video content.
11. **Naming Guidelines:** Short name that includes Sport and the mechanic you are instructing. If unsure how to name, we can help as part of #10
12. **Sharing Video Content:**
 1. Create a google drive account if you don't have one already (they are free). [Here is a helpful tutorial on how to create a new google account.](#)
 2. Once you create an account, upload the video to your google drive.
 3. After the video has been uploaded, there is an option to share. Please share it to: SONYsportstraining@gmail.com

If you need any help, please reach out to your regional staff

**Video Submission Due Date:
March 10, 2021**