



(If applying with someone else your child must each submit a SEPARATE unique, individual video.)

****VIDEO SUBMISSION CHECK LIST****

1. Filled out Application
2. An UNEDITED Introduction Video
3. An UNEDITED Athletic Video
4. Any other UNEDITED videos showing personality and hometown pride
5. 5-10 Photos of your child playing sports
6. 5-10 Photos of your child growing up

BEFORE YOU BEGIN FILMING PLEASE READ THIS GUIDE THOROUGHLY

TIPS:

THE MOST IMPORTANT TIP IS FOR YOUR CHILD TO HAVE LOTS OF ENERGY AND HAVE FUN!!

UNEDITED MEANS, PLEASE DON'T ADD MUSIC, SOUND EFFECTS, FADES OR OTHER EFFECTS TO THE VIDEOS.

Also don't be afraid to ask your child any questions during the videos to help prompt them!

FILMING ON AN IPHONE OR ANY SMARTPHONE-TURN THE PHONE SIDEWAYS

This will eliminate the black bars on either side of the footage.

MAKE SURE YOUR CHILD IS NOT BACKLIT AND ALL ROOMS SHOULD BE WELL LIT TO AVOID SHADOWS.

Standing in front of windows or other major light sources looks terrible on camera.

PLEASE WATCH THE ENTIRE VIDEO BEFORE UPLOADING

to make sure it looks and sounds good.

HAVE SOMEONE FILM YOUR CHILD.

Your child should be in front of the camera the whole time. It will make the quality of your child's tape better.

PLEASE KEEP IN MIND THAT THE MAY 11TH CUT OFF IS JUST WHEN WE STOP SEEING SUBMISSION.

So when it comes to submitting your child, the sooner the better!

DO NOT PUT TEXTS/WORDS ON YOUR CHILD'S VIDEO AS WELL AS NO MUSIC OR LOGOS

**** VIDEO SUBMISSION GUIDE ****

INTRODUCTION VIDEO:

1. Have your child tell us their name, age, where they are originally from (and where they currently live if different). If your child has a nickname that's relative to their physical ability, please share. Consider this a fun infomercial about themselves. If your child thinks they have a story that we'd be interested in featuring, please have them tell that story on camera. **Have your child answer these questions in complete sentences in your video.**

- 1. Why do you want to be on the show?**
- 2. Who are you doing this show for?**
- 3. Who's your hero and why?**
- 4. What is the hardest this you've been through?**
- 5. Do you have any hidden talents?**
- 6. What are your other hobbies? Music? Sports?**
- 7. Where did you grow up and why do you love it there?**
- 8. What do you want to be when you grow up and why?**
- 9. How would your friends describe you?**
- 10. What is your nickname and how did you get it?**

2. Show some hometown pride! Have your child look into the camera and clearly state: "I AM FROM [NAME OF TOWN]." Tell us what your child loves about their town! Get creative! Show your child's athletic skills in front of their city's most recognizable locations!

3. Introduce us to your child's inspiration, their biggest fan, closest family members. Tell us why they're important to your child. Include them on camera or upload photos if you don't have access to them. (i.e. If they are deceased or out-of-state).

4. Have your child show and tell us about their hobbies and what they do in their spare time: Have they traveled the world; do they scuba dive, hunt, geo cache, volunteer, go dog sledding, wind surf, snowboard, ride show horses? Please include additional videos and pictures from the past and present. **DO NOT SEND PHOTOS OR VIDEOS THAT INCLUDE ANYONE THAT IS NOT A FAMILY MEMBER OR CLOSE FRIEND. NO STRANGERS IN PHOTOS OR VIDEOS PLEASE.**

ATHLETIC SKILLS VIDEO:

1. **SHOW US YOUR MOVES!!!** In at least one UNEDITED, CONTINUOUS SHOT, show us your child's physical prowess, endurance and/or abilities. Be active! Don't just have them talk about themselves, **SHOW US WHO THEY ARE!** Don't worry about editing, if your child makes a mistake just keep rolling and start over.

Ideally we'd like to see your child run an obstacle course. Other suggested athletic/endurance skills we'd like to see include:

Pull Ups
Monkey Bars
Scaling fences
Running up a slide backwards
Parkour
Slack lines
Rock climbing

Your child can submit more than one unedited, continuous shot in various skill based athletics but we must see them unedited ie: 10 pullups in a row without stopping the camera, climbing on monkey bars without any break in the video. We need to see their **TECHNIQUE, SPEED** and how they move their body from one obstacle to another.

2. If they have access to a “course” or obstacles, please show your child going through **UNEDITED without stopping and starting the camera.**

3. Do they train or workout in a unique, beautiful or surprising setting (i.e. snow, desert, barn, in the water, near a volcano, at work)? If so, show us.

4. Creatively demonstrate their physical strengths and/or talents! Visually **IMPRESS** us!

Have fun with this! Let your personality shine through. If there is something you’d like to tell us that we haven’t asked, tell us!

We are not only looking for athletic ability but also **PERSONALITY**, so let it shine!

******* BRING YOUR "A" GAME! *******