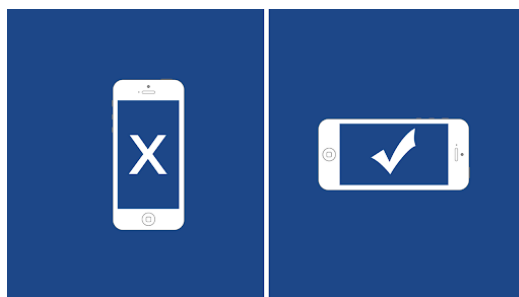




Catching Video Filming Instructions

- Always film 16:9 Format (Phone: Horizontal)
- Side View (Arm side) 90 Degrees from the target line.
- Front View (directly on-line with target). Ground level.
- Make sure entire body is in picture frame.
- Make sure there is sufficient lighting.
- Only game-like effort practice or game video is accepted.
- Wear proper footwear. Turf shoes on natural surface like dirt will not be accepted. Turfs may only be worn on indoor turf mounds. Cleats should be worn in any other case.
- Make sure there is nothing between you and camera. Including nets, screens, etc.
- Regular speed filming is desired to interpret tempo, slow-motion is NOT preferred. I will slow it down on my end.
- Trim videos to on ONE throw per angle. This will also help in upload and download speeds.
- Can be filmed from Smart phones, iPads, GoPro, or other Camera with good video quality.
- Upload videos in your player specific page. *DO NOT EMAIL!*



Video with your phone/Ipad as pictured on Right