

## WCLF Video Submission Guide

### To Record Your Video:

- Press the record button:
  - do not begin until a count of 5 has passed (count silently)
  - Say your bit
  - Pause for a count of 5
  - Say your bit again
  - Pause for a count of 5
  - Stop recording

Submit your video clip to: <https://drive.google.com/drive/folders/1asrnLUVaICqWVZSyBBFUj-q7e1qNpx8?usp=sharing>

If you have any questions please contact John Shaterian of fLO Content @ [flocontent.john@gmail.com](mailto:flocontent.john@gmail.com)

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### Helpful Suggestions For Your Video

#### Device Settings:

Check that the settings on your filming device are set to capture the highest quality possible. If you are using a phone, make sure to set to 1080p 30fps (iphone default setting). Make sure you are in the video settings and that your microphone is on.

#### Framing for Device:

If using a phone, place the phone in a **horizontal** position. Ideally place the camera at your eye level or slightly above. Place the bottom of the frame at your mid-chest, leaving some space at the top of the frame above your head. Make sure there is nothing behind you that you do not want to see in the video.

#### Lighting:

Make sure there are no light sources behind you (ideal to have natural light at an angle to your face). If you do not have access to natural light, use a light placed in front or slightly to the side and make sure the light source is above the level of your head if possible.

#### Performance:

Make sure to look directly into the camera and remember to smile (especially when not talking). Speak at your normal volume, in a quiet place (no background noise interference).

Here are some videos to help demonstrate performance techniques...

Nervous? - <https://youtu.be/Bb2b12JuA-l>

Smiles - [https://youtu.be/71OM5J5Lp\\_A](https://youtu.be/71OM5J5Lp_A)