



See the best in UK Cheerleading - Seeing is believing

Video Diary Submission Form

Cheerleaders name:.....

Address:-.....

.....

Town/City:-..... **Postcode:-**.....

Age:-.....

Telephone Number:-.....

Mobile:-.....

Email Address:-.....

I have read and understood the terms and conditions for submitting a video to Cheerleading TV and confirm that I have permission from my parents or guardians. (to read the terms and conditions please go to <http://www.cheerleading.co.uk/terms/terms.htm>)

Signed:-.....**Cheerleader**

Date:-.....

This part needs to be signed by a parent or guardian if the cheerleader is under the age of 18.

I have read and understood the terms and conditions for submitting a video to Cheerleading TV and confirm that I give permission for my daughter/son to make a video. (to read the terms and conditions please go to <http://www.cheerleading.co.uk/terms/terms.htm>)

Signed:-.....**Parent/Guardian**

Relationship:-.....(i.e. mother)

Date:-.....

Please fill in all parts, the ones in bold are compulsory.

Please send this completed submission form and tape(s) or DVD(s) to:

***Cheerleading TV
64 Mount Pleasant
South Ruislip
Middlesex
HA4 9HQ***

Please make sure that you label each tape or DVD clearly with the cheerleaders name and the name of your cheerleading Squad.

We accept the following Media:

VHS, VHSC, SVHS, Video 8 Hi8, Mini DV and DVD. If not sure please email cheertv@cheerleading.co.uk.

Please Note: If you require your original tape(s) or DVD(s) back please enclosed a SAE.

We will try and get each film edited and on Cheerleading TV within four weeks.

Here just a few tips for better films:

- 1) Have some idea what you want your film to be about.
- 2) When filming try not to move the camera around too much
- 3) When filming try not to keep on zooming in and out all the time.
- 4) When filming keep your shots fairly long (10 – 15secs)
- 5) speak directly to camera, for introductions etc.
- 6) You can make your diary on anything you like, but please add something to do with cheerleading in it, ideas include pop video (miming to your favourite song) fashion show, set up a catwalk, the hall can be a great catwalk, day in your life.
- 7) The most important thing to remember when filming is to get your parents involved and have lots of have FUN!!!

Don't forget if you need any advice on how to do this please email us: