**VG Productions will be producing the NorCal Graduating Seniors Video for Levels 6 - 10. again this year**. This video will be shown at all the Optional Level State Meets. If you have a graduating senior please send video and pictures to VG Productions, 4011 Crescent Court, Antioch CA 94509. **Please send ORIGNAL tapes or digital format and photos – do not send copies or encode and burn to a DVD** this will reduce the quality of the video.

***If you are to film or take pictures with your phone or pad please record in the landscape mode. (the phone or pad sideways)*** *Taking video or pictures in the portrait mode (the phone up and down) will not allow the video to fit properly on the screen.*

Send baby pictures, old video of their first meet anything and everything. Please label each tape with gymnasts name and address. If no tapes are sent – they will not be in the video. **This is all needed by March 6th.** If you have any questions please contact me at mike@VG-Productions.com . There is an order from below to preorder the video. Pre-Orders that are prepaid and will be picked up at the State meets will not have to pay a shipping charge Only a limited number will be available after the meet. Please fill out the information below and send this form with your videos even if you do not order.

## Send the following to VG Productions with this form

❑ Baby picture may be digital on cd
❑ Present picture may be digital on cd
❑ Video of when she was young doing gymnastics use footage from _____ to _____
Or footage from _____ to _____
Or footage from _____ to _____
❑ Video of present gymnastic competition or work out use footage from _____ to _____
Or footage from _____ to _____
Or footage from _____ to _____

Please send original video. If video is digital burn original format to a cd or send memory card. **Please do not encode and burn to a DVD! If you have files you want to upload to our website contact mike@vg-productions.com on instructions on how to do so.**

Thank you
VG Productions

## To order a copy of the Norcal Senior Video on dvd

go to

https://www.vg-productions.com/Norcal_Senior_Video_upload.php