

# College Connection "2010"



## 'Skills Video at WCU'

College Connection has designed small group video sessions to help athletes improve their individual skills through technology or create specialized videos for use in recruiting. Participants will be filmed in specific skills and skill drills (i.e.: receiving, passing, running with stick/ball and ball possession skills) that are recognized as important elements for playing Field Hockey. Each athlete is given multiple opportunities to demonstrate each skill or exercise. Practice trials of skills/exercises will be provided before the actual filming begins. Once the skills video session is complete, the video footage can be used as is, or edited.

**\*\* Registrations for the College Connection Skills Video are limited and will be accepted on a first-come first-serve basis.\*\***

## Participant Information

- Complete the **"Skills Video MENU"** and **FAX or EMAIL** the form with your payment. Once received, the MENU will serve as your registration. Confirmation of your participation will be sent via email. Please remember that registrations for the skills video sessions are limited and will be accepted on a first come first served basis.
- Video Groups will be scheduled and incorporated during the CC curriculum. You will be scheduled to arrive at the football field around your playing schedule. Please plan to arrive at your video sessions on time, dressed for play, wearing your College Connection Numbered Vest.
- Please have your equipment with you, including shinguards, water bottle, and the correct footwear. Skills will be filmed on both the "in-fill" turf and the water-based turf that may be intentionally wet. Please be sure you have both "turf shoes" and flats (cross trainers) with you for your sessions.
- Skills Video Format: each individual will be part of a small group and will participate in a rotation circuit of technical skills, skill drills, and agility drills. Each participant will be given a short practice prior to each segment. Several trials of each segment will be filmed. Goalkeepers will have a specialized skills set and will need to be in full equipment.

**College Connection**  
PO Box 9  
Hadley, MA 01035  
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[www.whitemountainsports.com](http://www.whitemountainsports.com)

# College Connection 2010

## Skills Video "Menu"

### College Connection @ WCU

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Parent / Guardian Email Address: \_\_\_\_\_

YOG \_\_\_\_\_ Position \_\_\_\_\_ Vest Number: \_\_\_\_\_  
(to be filled in on site)

College Connection Team \_\_\_\_\_  
(to be filled in onsite)

- The CC Skills Video Circuit will be conducted on Saturday and Sunday. Your video session assignment will be included in your packet at check-in
- Select your Option and complete the form.
  - o Please be aware that a \$50.00 – non-refundable deposit is included in the skills video fee.
  - o Shipping and handling is included in all fees.

#### ▶ Option 1

"Option 1" includes: **\$175.00** 

- o 1 copy only – raw (unedited) individual skills
- o Raw footage will be delivered on a Flash Drive for ease of use
- o Raw footage will be formatted as an .MOV file
- o Delivery by Priority Mail

#### ▶ Option 2

"Option 2" includes:

- 1 edited skills DVD with personalized with transitions, music, head shot, and brief bio.
- Production Delivery by Priority Mail **\$275.00**

Addition copies

- 10 DVD Copies – 10 total copies **\$100.00**

#### ▶ Option 3

"Option 3" includes: **\$ TBD** 

- Posting your resume, CC video skills and CC game footage on "**THE COACHES EYE**" website. The cost of this option will be determined by the services required. Please call to discuss your needs and this option.

**Total Payment: \$** \_\_\_\_\_

- Credit Card (circle one) MC or Visa**  
(A \$5.00 processing fee will be added to your authorized payment)

Card Number: \_\_\_\_\_

Expiration Date \_\_\_\_\_ Billing Zip Code \_\_\_\_\_

**Fax "Menu" to:** 413-825-8474 ♦ **Email "Menu" to:** phixon@whitemountainsports.com

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