



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 ORIGINAL 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 4th.** If you have any questions please contact me at mike@VG-Productions.com. There is an order form below to preorder the video. 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
- Present picture
- 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, send original format on a memory card, or usb drive. **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 purchase a copy of the 2024 NorCal Senior Videos, Venmo \$30 plus \$2.50 shipping to @Michael-Guzman-140 . Put in your name and "for senior video" Then please email us your address to mike@VG-Productions.com.

If you would like to send a check, make it out to VG Productions and mail it to VG Productions, 4011 Crescent Court, Antioch CA 94509. Please include your address and phone number.

If you order more than one copy, this shipping will still be \$2.50.

The videos are sent as a digital file on a flash drive.



To upload pictures and video

go to

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