



DO YOU WANT TO BE OUR NEXT “HOST” IN GOLEADORAS “ALL STARS”?

Join us and win!

Sign up for our Contest
Goleadoras “ALL STARS”
“Girls with Goals”

- **THEME:** SPORTS, LIFE GOALS AND CHALLENGES, SPORT VALUES.
BE CREATIVE AND HAVE FUN!

VIDEO: Technical Requirements

- Record horizontally, with a maximum air of 2 fingers on the person's head.
- Try to keep the camera static while filming. preferably with a tripod or leave it on a firm surface where the phone does not move.
- Get good lighting. Avoid back-light and focus on faces.
- If you gesture or use your hands in the conversation, find a frame that shows gestures.
- Check the audio of the interview, better with no ambient noises, audible and clear voice. If you make a mistake in a sentence, repeat the shot.
- At the beginning and end of the recording, make sure there is a three-second pause of silence, this will allow you to fully capture the message.

Take into account the following:

- * Audio
- * Clothing

Together We Change The Game!