

# Fans for the Cure – The Catch Filming Guidelines

## SETTINGS

On your phone settings, go to Camera:

Set "Record Video to 4K at 24fps.

If not available, select 1080p at 60 fps (or 30 fps)

Toggle Record Stereo Sound to ON.

## FILMING DIRECTIONS

- 1) POSITION CAMERA SO THAT THE SUN IS BEHIND OR TO THE SIDE OF THE CAMERA PERSON. BE CAREFUL TO AVOID CASTING A SHADOW ONTO THE SUBJECT.
- 2) PROP OR HOLD RECORDING PHONE UP IN HORIZONTAL POSITION. IF HOLDING PHONE, REMAIN AS STILL AS POSSIBLE.
- 3) FILM SUBJECT HAVING CATCH AS A MEDIUM CLOSEUP (WAIST UP) CATCHING THE BALL AND THEN THROWING THE BALL – AT LEAST ONCE.
- 4) TAKE A STEP OR TWO BACK AND FILM SUBJECT HAVING A CATH AS A FULL BODY SHOT (HEAD TO TOE WITH "HEAD ROOM" AT THE TOP OF THE FRAME). AGAIN, FILM THEM CATCHING AND THEN THROWING THE BALL AT LEAST ONCE.
- 5) IF FILMING MORE THAN ONE PERSON, IT IS IMPORTANT TO MIX IT UP – SO THAT IF THE FIRST PERSON IS THROWING LEFT TO RIGHT, THE NEXT PERSON SHOULD BE FILMED THROWING RIGHT TO LEFT.

## SENDING FILES

You should be able to send the files via email right from the phone. If not, you can upload the files to WeTransfer.com (a free file sending site).