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