



Youth Panel Video Application How to Guide:

Congratulations and thank you for submitting a video application for the Swim Wales Youth Panel. The thought of filming a video can be daunting but here are a few simple tips on how to make a good video:

1. Make sure your sound/speech is clear! Sound is the most important part to any video without it the video won't present well.
2. Try and make sure you are comfortable. Maybe try a few practices first and then choose the best take.
3. Make sure you sit in an angle that seems natural. Try sit to the side or even in the centre but make sure there is head space around you. Check out these blogging tips from the BBC Academy:
<https://www.bbc.co.uk/academy/en/articles/art20180921180251922>
4. Be yourself! We want to get to know you and hear what you think and what's important to you.
5. Have fun and get creative – this is the most important thing! We want you to have fun with this and use your imagination.