



LPGA HOW TO FILM A LESSON VIDEO

1. Your Camera and Filming tips

- Video can be taken with an iPad, flip camera, video camera or any device with reasonable quality of picture
- Must be capable of recording 30 minutes of video
- Must be capable of recording sound or connect to an external microphone
- Use a real student you have **NOT** given a lesson to before, not an actor. You want this to be a real lesson not scripted to get the best practice for your Practical Evaluation at Level III.
- Have someone film for you so the camera moves with you.

For example,

(a) if you are viewing the student **“down the target line”** (looking towards the target) be sure the camera is even with the hands and parallel to the target line. This is a common position to observe ball flight, pre-motion components of set-up aim, alignment and hold as well as in-motion components of dynamic balance, posture changes and plane.

(b) if you are filming **“face on”** be sure the camera is positioned even with the body’s midline and perpendicular to the target line. This is a common position to observe pre-motion components of set-up and hold as well as in-motion components of dynamic balance, posture changes and plane.

(c) if you are filming **“down the target line”** to show the path of the club through impact, be sure the camera is precisely on the target line.

- **Must** be able to hear **you** and **the student** talking.

HINT: remember the person watching your video can’t see everything you see. Be very vocal and tell the camera what the student is hitting or describe the ball flight or have the student describe the ball flight.

2. Lesson

- **Submit 2 videos:** 1 short game and 1 long game lesson
- Your lessons should be up to but not more than 30 minutes in length.
- Videos that are over 30 minutes will not be accepted
- Videos should be one continuous flow of film. Do not stop and start the camera- this will not be accepted.
- **HINT:** have a time keeper to help you know how much time you have left

3. How to submit:

- Upload your video to a video hosting site such as Youtube, DartfishTV, Dropbox etc. and email the link with the submission form to LPGA Headquarters. Submit payment by phone, fax or mail; or
- Transfer to DVD or flash drive and mail with payment to LPGA Headquarters
- Email your video to gwen.checho@lpga.com
- Mail your video to:

LPGA T&CP
Attn: Gwen Checho
100 International Golf Drive
Daytona Beach, FL 32124



4. Video Feedback

- You will receive feedback for your videos from LPGA Headquarters within 4 weeks from the date of submission via email.
- Contact your Reviewer by phone within 5 business days to discuss the feedback given.
- **To complete the Video requirement and pass to the next level of certification you must speak with your reviewer.**