

## VIDEO SUBMITTANCE GUIDANCE

### VIDEO ONE – Coaching

- This video must showcase your coaching abilities
- The video must be a **maximum of 5 minutes long** (anything longer than this will not be considered as part of your application)
- This may consist of a collation of several separate clips in one video and does not necessarily need to be one continuous coaching session
- Please ensure you include footage from a live coaching session (e.g. adult or mini tennis) to show the following skills:
  - Sound technique when live feeding
  - Basket feeding
  - Demonstration of a serve
  - Quality of communication
  - Level of enthusiasm

### VIDEO TWO - Personal Statement

- This video must be a **maximum of 2 minutes long** (anything longer than this will not be considered as part of your application)
- This is your opportunity to sell yourself and explain why you should be allocated a place on the MCC course
- Please demonstrate that you have:
  - Clear, well thought out motivation for applying
  - A sound consideration of how completion of the MCC would add value to your coaching career

### GENERAL GUIDANCE

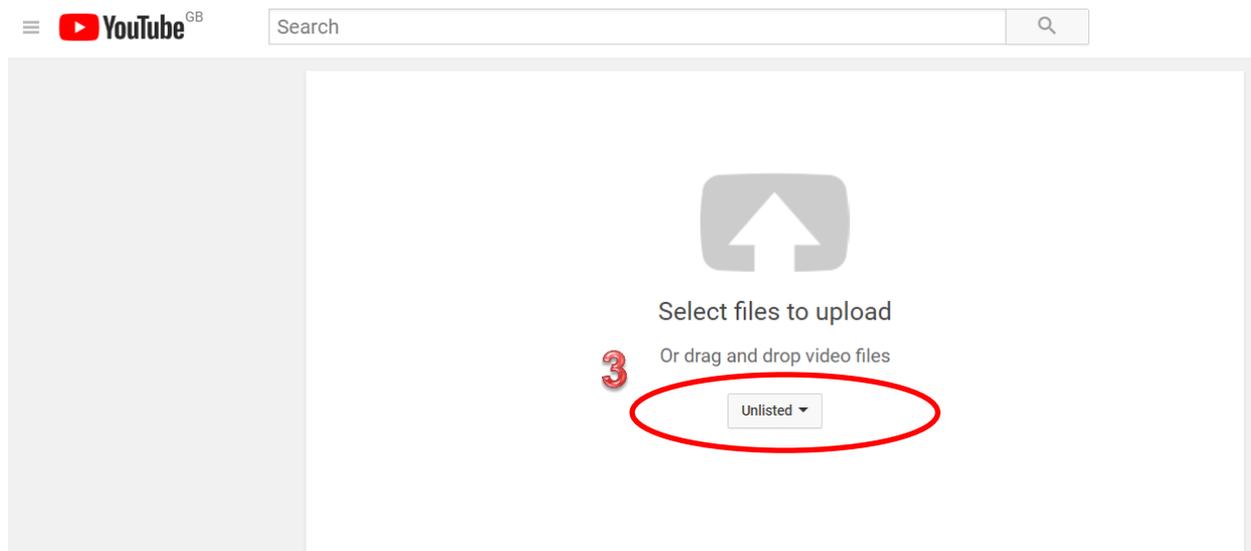
- Ensure good lighting and a clear picture
- When speaking to the camera, please make sure that you can be clearly heard, and keep background noise to a minimum
- Use a tripod, or ask someone else to record the video for you – no selfies!

### HOW TO SUBMIT YOUR VIDEOS

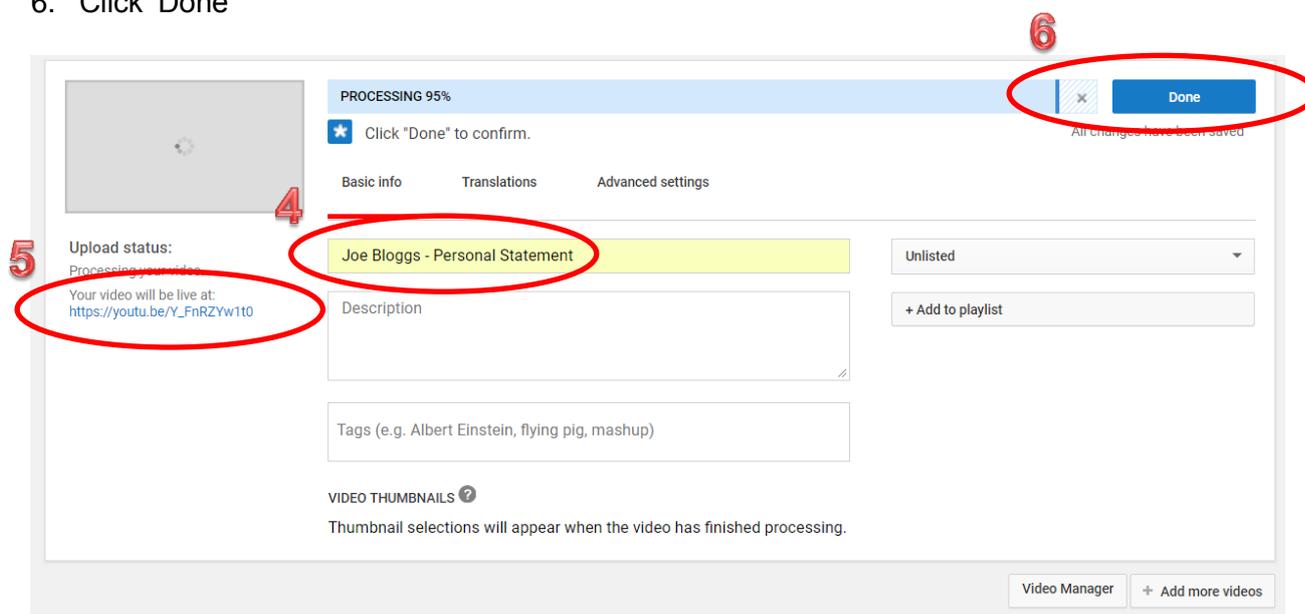
- Upload the two videos to your personal YouTube account
- If you don't already have one, you will need to create a free YouTube account
- Please be aware that YouTube is a public platform. We recommend that you make the videos private and provide us with an accessible link.
- Please check the link beforehand to ensure that it works
- Paste the shareable URLs into the appropriate field within the online application form
- Follow the instructions below for help on uploading your video to YouTube

## YOUTUBE UPLOAD GUIDANCE

1. Log into your YouTube account at [www.youtube.com](http://www.youtube.com)
2. In the top right hand corner, click the arrow 
3. In the drop down, select 'unlisted'



4. Choose your video to upload and enter the title. This should include your name, followed by either 'Personal Statement' or 'Coaching'. Eg:  
'Joe Bloggs – Personal Statement'  
'Joe Bloggs – Coaching'
5. Copy the shareable link to later paste into your application form. Share this link first with a friend to check it works.
6. Click 'Done'



7. Select 'Add more videos' and repeat steps 4-6 for your second video
8. Paste your two links into your application form in question