

Video Filming Checklist

A calmer way to prepare a routine for a constructive conversation.

BEFORE FILMING

A parent or guardian has approved recording and private sharing.

The event, level, and program are written down.

The person filming has permission from the gym or event.

CAPTURE THE ROUTINE

Use one steady, horizontal, continuous shot when possible.

Keep the gymnast visible from head to toe; avoid blocked views.

Record the full routine, not only the parts you want to discuss.

PREPARE USEFUL QUESTIONS

Identify one or two moments you would like to understand.

Write down what the gymnast and coach want to focus on.

REMEMBER

This is a preparation checklist, not a scoring or official judging tool.