

Optimism Promise Yourself Video Contests: Highlighting tenets of the Optimist Creed



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Promise Yourself Video Contests:

What: Make a video that highlights a tenet(s) of the Optimist Creed.

Benefits: This new Optimist video contest will help share Optimism and the Creed with others. .

Contest prizes open to public & one submission per Club:

- Divisions prize of \$250:
 - Youth, Age 17 and under
 - Adult - Age 18 and Over
 - Club - 1 per Club

Deadline for submission: March 15, 2022

Winners to be announced on March 30, 2022



Video Submission Guide While we would love to have high definition 4k videos, we know not everyone has that equipment, but don't let that stop you. A story told well is just as good recorded on one of today's mobile devices as one made with fancy camera equipment. Here are some suggestions for recording:

- Keep the video under 4 minutes. It is up to you to highlight one or more tenets, or the entire Creed.
- On a mobile device: Record horizontally - not vertically, check the settings and adjust to record in the highest quality.
- Avoid windy or noisy environments - Try using a microphone or add a voice recording to the video later.
- Make sure all participants in the recording have signed off on the necessary forms located on this page under [Legal Waivers](#)
- Avoid using any images/graphics/photos, videos, and sounds that are trademarked.



If the video is too large to email, you can send it via [Wetransfer.com](#) or send a link to a onedrive/google doc for download. **It is essential** that you email your submission to communications@optimist.org and include in the Subject: Promise Yourself Video Contest, Your name, Club Number (if any), & submission division. We are not responsible for any lost video and email submissions.

Without this information, we will not know who sent a video in and for what.

For more information about Optimist International Communication & Marketing, please visit optimist.org, e-mail: communications@optimist.org or call us at 800-500-8130



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