

Video and Picture Tip Sheet for “Sharing Your Story of Inclusion in IHSA Sports”

Adding pictures and videos to your story can help people follow your story more and see your journey in playing sports in high school.

Here are some examples of the types of pictures and videos you can submit or email:

- Pictures and videos of you playing high school sports
- High School photo (preferably headshots)
- Current picture of you
- Video of you talking about your experience playing high school sports and how the coaches and teammates help you feel included on the team

Note:

- Keep all pictures and videos family-friendly, meaning no lewd pictures, inappropriate language & gestures, or clothing with inappropriate images & messaging.
- If you submit a video, try adding subtitles for those needing them. If you don't have tools to create subtitles, that is okay; I can help add them for you.