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Gymnastics Media Day Pose Card

Tick the poses you want and hand this to the photographer. Lead shoulder 30 degrees off the lens.

STANDING POSES

- [ ] **1. Arms crossed**
  Arms below the chest, fingertips tucked, no fists.
- [ ] **2. Hands on hips**
  Thumbs forward, elbows slightly back.
- [ ] **3. Salute**
  One arm straight up, palm open, like presenting to a judge.
- [ ] **4. Grips over the shoulder**
  Hold by the wrist straps, rest on the near shoulder.
- [ ] **5. Chalk clap**
  One clap at chest height. Shoot a burst.
- [ ] **6. Releve**
  Up on the balls of the feet, arms in a low V, chin lifted.
- [ ] **7. Looking away**
  Three quarter turn, eyes 4 ft to the side of the lens.
- [ ] **8. Senior pose**
  Class year sign or first leotard at chest height. Vertical.

SITTING AND GROUND POSES

- [ ] **9. Beam sit**
  Sideways on a low beam, ankles crossed.
- [ ] **10. Straddle sit**
  Forearms on the mat, chin up. Camera at chest height.
- [ ] **11. Knee hug**
  Knees bent, arms around them, head slightly tilted.
- [ ] **12. One knee down**
  Forearm on the raised knee, grips or medals in hand.
- [ ] **13. Lying, shot from above**
  Arms in a loose V overhead, camera on a step stool.
- [ ] **14. Medals**
  Two or three, held by the ribbons at chest height.
- [ ] **15. Crown**
  Held at chest height or worn for one frame.
- [ ] **16. Laughing frame**
  Teammate behind the camera says something silly.

DUO AND TRIO

- [ ] **Back to back (2)**
  Each turned 30 degrees out, arms crossed.
- [ ] **Mirror salutes (2)**
  Outside arms up, inside arms linked.
- [ ] **Arm in arm (3)**
  From behind, all looking back at the camera.
- [ ] **Wedge (3)**
  Center one step forward, outside two angled in.

GROUPS OF 4, 5 AND THE TEAM

- [ ] **4 people**
  Two standing, two sitting on a low beam.
- [ ] **5 people**
  V shape, tallest at the point.
- [ ] **Flower frame**
  Heads together on the floor, camera 8 ft up.
- [ ] **Full team**
  Rows by height, serious round then laughing.

ACTION SHOTS (COACH APPROVAL ONLY)

- [ ] Handstand silhouette on the floor mat, lit from behind
- [ ] Split leap from the side at waist height
- [ ] Chalk toss in front of a dark backdrop
- [ ] 10 minute warm up done first
- [ ] Only skills already competed, coach in reach
- [ ] Low beam, landing mats, 3 attempts max

No flash during action shots. Skip any pose an athlete is not comfortable with.

HAIR AND PROPS CHECK

- [ ] Slicked high bun or tight braids
- [ ] Team scrunchie, flyaways sprayed down
- [ ] Chalk wiped off before headshots
- [ ] One prop per frame

LIGHTING QUICK SETUP

- [ ] Athlete 6 ft in front of a dark backdrop
- [ ] Key light 45 degrees, 1 ft above eye level
- [ ] White foam board opposite as fill
- [ ] Second light behind, aimed at the shoulder

Our own pose idea: _____

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Media Day Shot List and Checklist

Shot order, what to bring, phone settings and a team planner.

WHAT TO BRING

- [ ] Competition leotard
- [ ] Team warm up jacket
- [ ] Grips you actually use, fresh wrist tape
- [ ] Two scrunchies, bobby pins, hairspray, comb
- [ ] Damp towel or wipes for chalk
- [ ] Small chalk bowl
- [ ] Two or three medals, crown (optional)
- [ ] Lint roller
- [ ] Signed photo consent form

SHOT ORDER FOR EACH ATHLETE

- [ ] 1. Headshot, neutral
- [ ] 2. Headshot, smile
- [ ] 3. Arms crossed
- [ ] 4. Salute
- [ ] 5. One sitting pose
- [ ] 6. One extra: medals, crown or grips
- [ ] 7. Seniors: vertical banner frame
- [ ] 8. Warm up jacket frame
- [ ] 9. Duo, trio, groups, then team

PHONE SETTINGS

- [ ] 2x lens from 8 to 10 ft, 1x for groups
- [ ] Never 0.5x for people
- [ ] Tap focus on the eyes, brightness down one notch
- [ ] Phone at chest height on a tripod
- [ ] Burst for claps, leaps, laughing rounds

CONSENT AND SAFETY

- [ ] Photos in public areas only
- [ ] No phones in locker or changing rooms
- [ ] Know who has opted out of photos
- [ ] Ask families before posting

TEAM SHOT PLANNER

#	Athlete or group	Poses wanted	Action shot?	Done

SENIOR BANNER PLANNER

- [ ] Shoot vertical, full length
- [ ] Quarter of the frame free above the head
- [ ] Pose: arms crossed or salute

Senior: _____

Events and class year: _____

Order by (10 to 14 days before): _____