

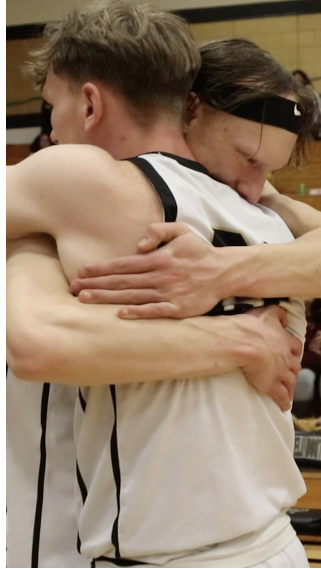
Over the course of the 22'-23' school year, I successfully ran a 10-person sports journalism staff, producing sports-related videos and graphics weekly to promote our high school athletics. Only having a 10-person team, we knew how much work each person had to put into creating content. I personally made sure that I produced more than enough content so that others could work at their own pace. Not only did I create a vast variety of hype videos for our sports journalism staff, but I worked to produce new types of content our school hasn't seen before. Honoring the senior athletes, I would create "End-of-Season" recaps to highlight all of the amazing moments from that season. I also used inspiration from media outlets online. After seeing videos of athletes talking into a mic during their practices and games, I wanted to bring that to our sports journalism staff. The very first "Mic'd Up!" video our staff had created ended up receiving a total 14,450 views on our Instagram account, so we continued to mic up more players. I also highlighted the issues and seriousness of sports with my news stories. Interviewing varsity athletes that were looked up to by their peers and recording a standup to portray my research on the topic, I was able to tell a story of the mental effects of being an athlete in high school. Using my on-camera presence from my news story, I also enjoyed anchoring for our weekly news broadcast. Through all of these contributions to my publications program, I learned the importance of using your time wisely. Being involved in 2 varsity sports in the Fall and Spring season, I had a hard time finding ways to go out and film sports games, anchor, edit, and more. That's why I made sure to plan out my weeks in advance so I could go and film without any worry of missing games or practices for my personal sport. I also learned how to use limited resources to the maximum extent. Due to our low staff count, we needed to work together to produce our highest quality content, all of the time. We were able to achieve this by always assisting each other in our projects and implementing something new into every project we would make.



## Cross Out the C Week

[Cross out the C Week Video](#)

I created this video using footage from our Boys Volleyball games throughout the season to promote our rivalry game against Francis Howell Central. I also interviewed each senior on the team about their upcoming game against Francis Howell Central, which can be seen in the background throughout the video. Starting this year, our staff created a new tradition in which all of our posts use “X’s” to replace each “C” that is used in our captions, stories, etc., during the week leading up to the day of the game, thus the name “Cross out the C Week”.



## Senior Night 2022-2023 Basketball Season

### [Senior Night 2022-2023 Basketball Season Video](#)

I created this video using film from our rivalry basketball game against Francis Howell Central, where our school honored our seniors' dedication to the basketball team over the course of their high school career. I made sure to include a minimum of 1 clip for each senior, to ensure everyone was highlighted in the video. Posting after the season ended, this video received over 6,000 views, (our second highest view count on our account), along with 732 likes.



## Kendra Swope Mic'd Up Video

### [Kendra Swope Mic'd Up Video](#)

I created this video using the footage I gathered from the Girls Basketball practice, taping a microphone onto basketball player Kendra Swope and following her around with the camera. After seeing similar videos online, I wanted to attempt hooking a microphone up to a player to see what they talk about during practice for comedic effect, and to diversify the content on our staffs' social media accounts. Although the video is linked through TikTok, on Instagram, this video has over 14,000 views, being our highest viewed video on the account.





## The Effects of High School Sports on Student Athletes

### [The Effects of High School Sports on Student Athletes Video](#)

I created this video using 3 separate stand-ups, interviews with 2 varsity athletes, and a variety of b-roll inside the classroom and on the court. Attempting to highlight the effects of being an athlete in high school, I chose to interview 2 athletes who perform exceptionally well in their sport, asking them how much time they devote to their athletics and how that can affect their performance in the classroom.



## Knightly Show Anchoring Video

### [Knightly Show Anchoring Video](#)

Our publication staff produced and posted a weekly show, named “The Knightly Show”, showcasing all of our content made in the room from our staffers. I enjoyed volunteering to anchor the show many times throughout the year, anchoring with new people almost every week where we would transition from one topic of each video to the next, to help correlate the information and improve the smoothness of the show. As seen above, that week’s “Knightly Show” was anchored by myself and a colleague during the week of December 20th.