



**TEAM ONTARIO ATHLETE IDENTIFICATION  
VIDEO SUBMISSION INSTRUCTIONS**

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## Regional Program Highlight Video Instructions

Athletes interested in the Team Ontario Regional Program (TORP) must upload one indoor highlight video to be evaluated. Athlete highlight videos must include no more than 16 full rallies (no single skill clips). **Video should be from the current 2023-2024 OVA season.**

A rally starts with a serve and ends with a point being scored. Make sure you choose rallies that showcase all skills. For example:

Serving, defending, blocking, setting in and out of system, attacking, blocking, etc.

We recommend you include a mix of rallies featuring you in the front row and in the back row. Coaches are as interested in seeing what you do with the ball as they are in seeing what you do when you don't have the ball.

**Make sure you identify yourself with the colour of your jersey and your number in the video or in the YouTube description area of the video.**

**Please include the year the footage is from in the video or in the YouTube description area of the video.**

\*\*Please note that rallies taken from gameplay within a practice context are also accepted. In this case, a rally could start with another action than a serve (i.e.: a coach putting a down ball in play to start a rally). If you use practice clips, make sure you CLEARLY identify yourself in the video.

## White/Red/Black Indoor Program Full Game Video Instructions

Athletes interested in the Team Ontario Indoor programs are required to upload one full game (non-edited) video to be evaluated. The game should be 2 or 3 sets long. You can submit 2 full sets from 2 different matches. Please identify your team and your number in the video. Video should be from the current 2023-2024 OVA season.

**Make sure you CLEARLY identify yourself with the colour of your jersey and your number in the video or in the YouTube description area of the video.**

**Please include the year the footage is from in the video or in the YouTube description area of the video.**

Exhibition games or 6v6 gameplay played within a practice context are also accepted. Make sure to CLEARLY identify who you are in your video.

## White/Red/Black Indoor Program Highlight Video Instructions

Athletes interested in indoor Team Ontario programs must upload one highlight video to be evaluated. Athlete highlight videos must include no more than 16 full rallies (no single skill clips). Video should be from the current 2023-2024 OVA season.

A rally starts with a serve and ends with a point being scored. Make sure you choose rallies that showcase all the skills relevant to your position. For example:

Setters: Serving, defending, blocking, setting in and out of system.  
Left sides & Right sides: Serving, defending, passing, blocking, attacking.  
Middles: Serving, defending, blocking, attacking.  
Liberos: Passing, defending, setting.

We recommend you include a mix of rallies featuring you in the front row and in the back row (except for liberos). You can include other skills than the ones mentioned above for your position if they show your versatility as a player. Coaches are as interested in seeing what you do with the ball as they are in seeing what you do when you don't have the ball.

**Make sure you CLEARLY identify yourself with the colour of your jersey and your number in the video or in the YouTube description area of the video.**

**Please include the year the footage is from in the video or in the YouTube description area of the video.**

\*\*Please note that rallies taken from gameplay within a practice context are also accepted. In this case, a rally could start with another action than a serve (i.e.: a coach putting a down ball in play to start a rally). If you use practice clips, make sure you CLEARLY identify yourself in the video.

## Team Ontario Beach Movement Video Instructions

Athletes interested in the Team Ontario Beach programs must submit a movement video. The video can be recorded anywhere, and the athlete must complete the movements below:

- 10 high knees in place.
- 4 lunges (1 to the right, 1 in front with right foot, 1 in front with left foot, 1 to the left).
- 2 burpees to squat hold (1 facing the camera, one to the side).
- 4 throws (2 towards the camera, 2 to the side of you non-throwing arm - use a tennis ball).
- 3 counter movement jumps in a row with no pause.
- 5 bound with arms (Sync your arms with your bound).
- 2 back-to-back step blocks (1 to the right, 1 to the left); Immediately followed by 2 back-to-back swing block (1 to the right, 1 to the left).
- Video should be recorded from the current year.
- For a sample video on what the movement video should look like, and what should include, please check out this link: <https://youtu.be/iav6aFx8U2Y>

## Team Ontario Beach Full Game Video Instructions

Athletes interested in the Team Ontario Beach programs are required to upload one full game (non-edited) video to be evaluated. The game should be 2 or 3 sets long. Please identify who you are in the video.

If an athlete does not have access to footage on the beach, interested athletes can [attend an OVA Winter Beach Tour](#) event or [Drop In Beach Training session](#) to be considered for a Team Ontario Beach program.

\*If you are unable to attend a Winter Beach Tour or Drop In Beach training session, please submit a Movement Video in lieu of beach footage.

**Video should be from the 2023 Summer Beach Tour season or 2023-2024 Winter Beach Tour season.**

**Make sure you identify yourself with the colour of your jersey and your number in the video or in the YouTube description area of the video.**

**Please include the year the footage is from in the video or in the YouTube description area of the video.**

### **Team Ontario Beach Highlight Video Instructions**

Athletes looking to be identified for Team Ontario Beach should submit a Beach Highlight video to be evaluated. Please identify who you are in the video.

The highlight video must include 8 rallies starting from serve receive, and 8 rallies starting from serve.

If an athlete does not have access to footage on the beach, interested athletes can [attend an OVA Winter Beach Tour](#) event or [Drop In Beach Training session](#) to be considered for a Team Ontario Beach program.

\*If you are unable to attend a Winter Beach Tour or Drop In Beach training session, please submit a Movement Video in lieu of beach footage.

**Video should be from the 2023 Summer Beach Tour season or 2023-2024 Winter Beach Tour season.**

**Make sure you identify yourself with the colour of your jersey and your number in the video or in the YouTube description area of the video.**

**Please include the year the footage is from in the video or in the YouTube description area of the video.**




## How To Upload Your Video to YouTube

You can upload videos to YouTube in a few easy steps. Use the instructions below to upload your videos from a computer or from a mobile device.

Click here for a video on how to upload videos to YouTube or check out the instructions below:

<https://www.youtube.com/watch?v=y9Dk6wMc8UM>

### Upload videos in YouTube Studio

1. Create an account or Sign in to [YouTube Studio](#).
2. In the top-right corner, click CREATE  > Upload videos .
3. Select the file you'd like to upload. You can upload up to 15 videos at a time. Be sure to click Edit  on each file to edit your video details.

Note: Your video will be converted to the highest resolution available to ensure successful playback on different devices and networks. You can view the estimated processing time for SD, HD, and 4K videos. Higher qualities such as 4K or HD may take more time to process. Learn more about [video quality after upload](#) and [video resolution & aspect ratios](#). If you're having issues, check out our [common uploading errors](#) guide.

If you close the upload experience before you finish choosing your settings, your video will be saved as private on your [Content](#) page.

Add important details to your video. Note: You can click REUSE DETAILS to copy select details from a previously uploaded video.

Title	The title of your video.  Note: Video titles have a character limit of 100 characters and cannot include invalid characters.
Description	Info that shows below your video. For video attributions, use the following format: [Channel Name] [Video Title] [Video ID]  For corrections in your video, add "Correction:" or "Corrections:" then add the timestamp and explanation of your correction. This section should appear after any video chapters. When your audience watches your video, a View Corrections info card will appear.  For formatted text in your descriptions, select bold, italicize, or strikethrough from the options at the bottom of the description box.  Video descriptions have a character limit of 5,000 characters and cannot include invalid characters.  Note: If the channel has any active strikes, or if the content may be inappropriate to some viewers, the corrections feature won't be available.

<a href="#">Thumbnail</a>	The image viewers will view before clicking your video.
<a href="#">Playlist</a>	Add your video to one of your existing playlists, or create a playlist.
<a href="#">Audience</a>	To comply with the Children’s Online Privacy Protection Act (COPPA), you’re required to tell us whether your videos are made for kids.
<a href="#">Age restriction</a>	Age-restrict videos that may not be appropriate for certain audiences.
Related Video	<p>A video from your channel that is a <a href="#">clickable link</a> in the Shorts player to help direct viewers from your Shorts to your other YouTube content.</p> <p>With <a href="#">advanced feature access</a>, you can edit Shorts to include a link to a video from your channel. Videos, Shorts and Live content can be linked.</p> <p>Note: The video you select has to be public or unlisted and must follow our <a href="#">Community Guidelines</a>.</p>

At the bottom of the Details page, select SHOW MORE to choose your advanced settings.

<a href="#">Paid promotion</a>	Let viewers and YouTube know that your video has a paid promotion.
<a href="#">Automatic chapters</a>	<p>You can add video chapter titles and timestamps to your videos to make them easier to watch. You can <a href="#">create your own video chapters</a> or use the automatically generated chapters by checking the 'Allow automatic chapters (when available and eligible)' checkbox.</p> <p>Any video chapters entered will override auto generated video chapters.</p>
Featured Places	Featured Places (when available and eligible) uses destinations you have prominently highlighted in your description, video transcript and video frames to highlight key places in a carousel in the description of your video. To opt out of automatic Featured Places, unselect the 'Allow automatic Featured Places' checkbox. Note: Featured Places doesn’t use your device location data or affect what ads are shown in your video (if you’re monetizing).
<a href="#">Tags</a>	<p>Add descriptive keywords to help correct search mistakes.</p> <p>Tags can be useful if the content of your video is commonly misspelled. Otherwise, tags play a minimal role in your video's discovery.</p>
<a href="#">Language</a> and caption certification	Choose the original video language and caption certification.
Recording date and location	Enter the date the video was recorded and the location where your video was filmed.
<a href="#">License</a> and <a href="#">distribution</a>	Select if your video can be embedded on a different website. Indicate if you’d like to send notifications to your subscribers for your new video.

<a href="#">Shorts sampling</a>	Allow others to create Shorts using the audio of your video.
Category	<p>Select a category so viewers can find your video more easily. For Education, you can choose the following options:</p> <ul style="list-style-type: none"> <li>• Type: Select activity, concept overview, how-to, lecture, problem walkthrough, real life application, science experiment, tips, or other as your education type.</li> <li>• Problems: Add the timestamp and the question that is answered in your video. Note: this option is only available for the problem walkthrough education type.</li> <li>• Academic system: Select the country/region that your video aligns to. This allows you to further specify the level and exam, course, or academic standard. Note: This may be automatically selected based on your channel's default country/region.</li> <li>• Level: Choose the level for your video, such as Grade 9 or advanced.</li> <li>• Exam, course, or standard: Search our database to add an academic standard, exam, or course that relates to your video.</li> </ul>
<a href="#">Comments</a> and ratings	Choose whether viewers can leave comments on the video. Choose whether viewers can find how many likes are on your video.

On the Visibility page, choose when you want your video to publish and who you want to find your video. You can also share your video privately.

*Note: The default video privacy setting for creators aged 13–17 is private. If you're 18 or older, your default video privacy setting is set to public. Everyone can change this setting to make their video [public](#), [private](#), or [unlisted](#).*

- Save or publish: To publish your video now, choose this option and select Private, Unlisted, or Public as your video's [privacy setting](#). If you choose to make your video public, you can also set your video as an instant [Premiere](#). Note: Your video can be published once SD processing is complete.
- Schedule: To publish your video later, choose this option and select the date you want your video to be published. Your video will be private until that date. You can also set your video as a [Premiere](#).

Preview your changes and make sure they follow [YouTube policies](#), then click SAVE.

Note: If your account has a Community Guidelines strike, your scheduled video won't publish during the penalty period. Your video is set to "private" for the penalty period duration, and you have to reschedule publishing the video when the freeze period ends. Learn more about [Community Guidelines strike basics](#).