



## 2021 POWER OF RESILIENCE COMPETITION

### **COMPETITION FORMAT - EDITED MAY 6, 2021**

1. Athletes will submit their entry form with the events they would like critiqued by the judge.
2. Athletes will have someone video their routines (with the coordinating music playing while they perform).
3. Athletes may perform their routines indoors or outdoors.
4. Athletes will submit their videos to ABTA by May 26th.
5. Please ensure the video you are submitting is clear/good quality and the athlete can be seen in the frame for the duration of the video.
6. This competition is for judges CRITIQUE only and cannot be used for advancement.
7. Athletes should wear what they usually would wear at an in-person competition (ie. costume, bodysuit).
8. Judges will be sent the videos to critique after the May 26th deadline.
9. Athletes will receive their routine critiques by June 4th via email.

### **HOW TO SUBMIT YOUR ROUTINE VIDEOS:**

1. Label each video in the following format:

FOR SOLO: STATUS LEVEL, THE EVENT NAME, FOLLOWED BY AGE DIVISION, then FIRST AND LAST NAME.

Eg: BN SOLO 12-14 Jane Doe

2. Upload your videos to google drive or drop box.
3. Send the Google Drive or Dropbox link to your videos to: [albertabaton@gmail.com](mailto:albertabaton@gmail.com)