

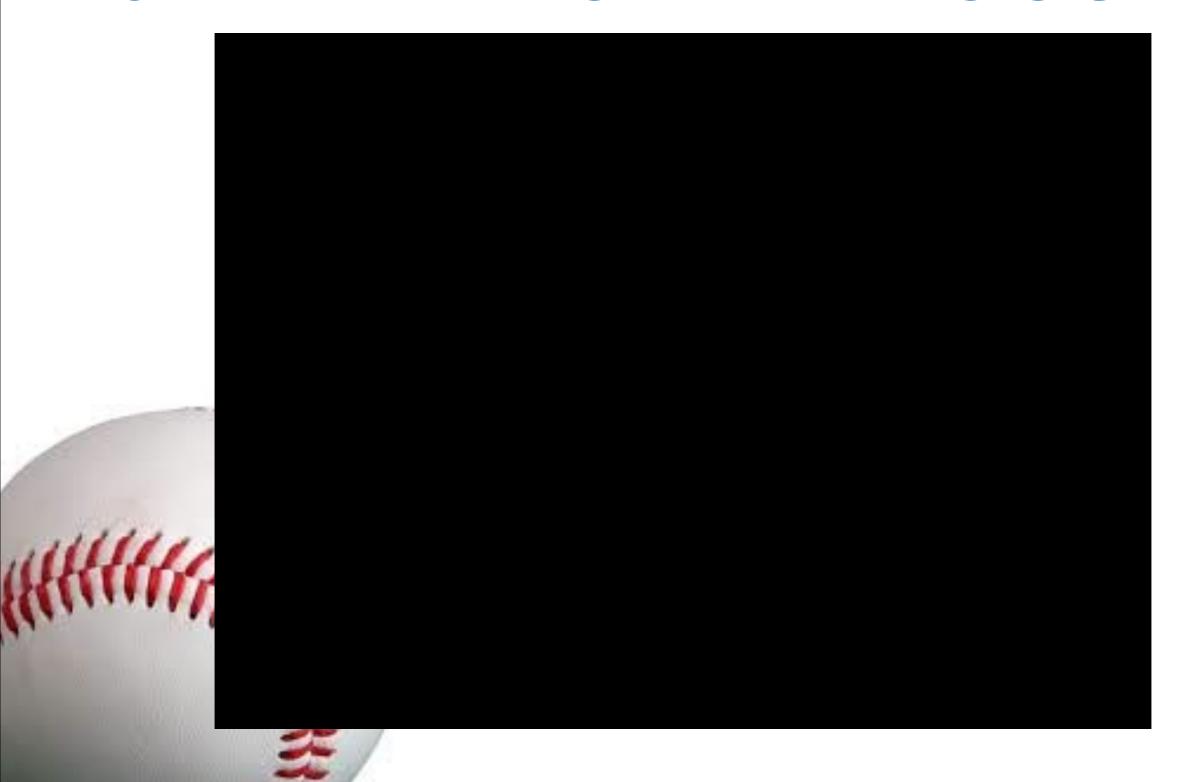
WHEN IT COMES TO COVERING SPORTS, THERE ARE THREE TYPES OF INTERVIEWS.

BEGINNING JOURNALISTS EXPECT THE "TIM DUNCAN."

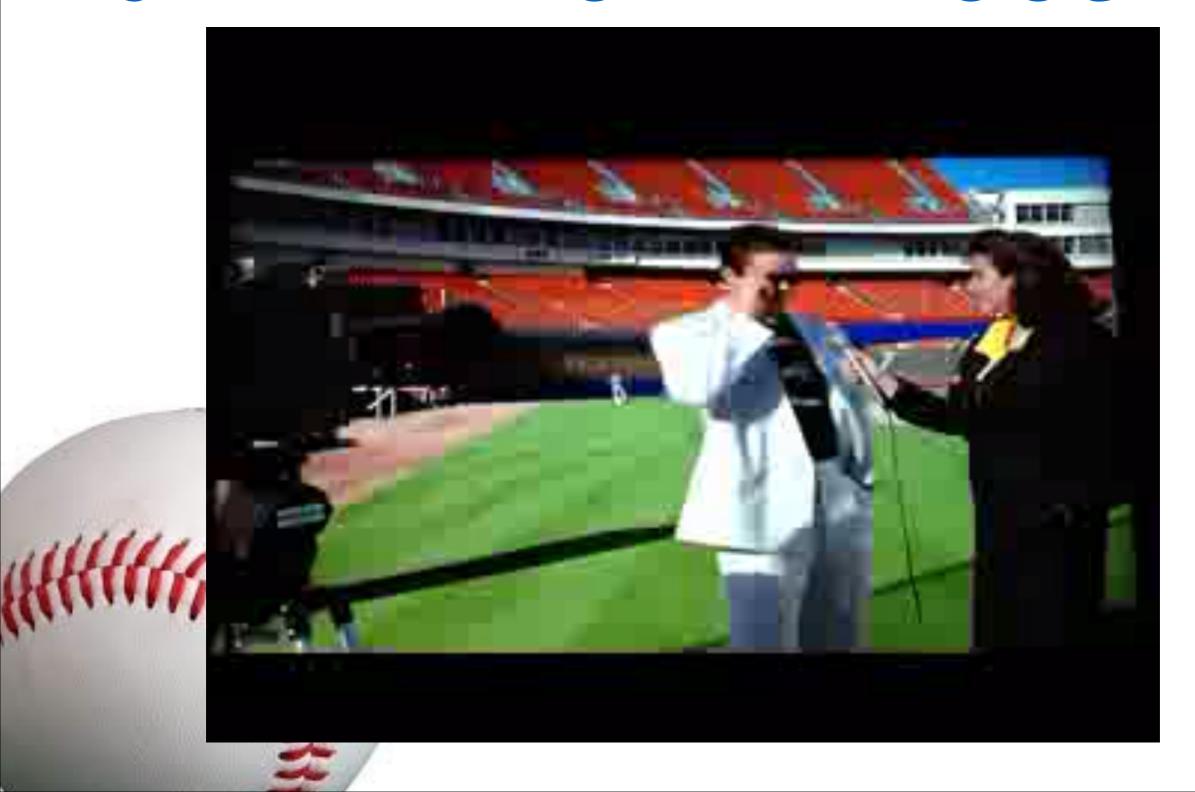


HERE'S THE REALITY.

YOU'RE EITHER GOING TO GET THE NUKE LALOOSH...



YOU'RE EITHER GOING TO GET THE NUKE LALOOSH...



...OR WORSE.



THE MARSHAWN LYNCH.

SO HOW DO YOU GO FROM THIS:



TO THIS?

KNOW YOUR SPORT.

^ The match

A match is a competition between two individual wrestlers of the same weight class. The match consists of three periods totaling four and one half minutes, [20] with an overtime round if necessary if the score is tied at the end of regulation. High school matches are one minute shorter than college and university matches - not having collegiate wrestling's three-minute first period. [21] Additionally, college wrestling uses the concept of "time advantage" or "riding time", [22] while high school wrestling does not. Junior varsity and freshmen matches may be shorter than varsity matches in some states. Any differences in the length of time are explained by the fact that junior varsity and freshmen wrestlers are presumed to be younger, less skilled, and possibly in poorer shape than varsity wrestlers, though this may not always be the case. Period lengths vary for age groups below high school and are different from state to state.

The main official at the wrestling match is the referee, who is responsible for starting and stopping the match; observing all holds; signaling points; calling penalties such as illegal holds, unnecessary roughness, fleeing the mat, or flagrant misconduct; and finally observing a full view of and determining the fall.^[23] There can also be one "assistant referee" (especially at tournaments) that helps the referee with making any difficult decisions and in preventing error.^[24] Also, a scorer with assistant scorers are there to record the points of the two individual wrestlers. Finally, a match or meet timekeeper' may be present to note the match time, timeouts and work with the scorers.^[25]



At the start of the first period, the two wrestlers are in the neutral position, as shown.



Usually at the start of the second and third periods, both wrestlers start in the referee's position, with one wrestler on the bottom with hands spread out and feet held together, and one wrestler on the top with his hand around the opponent's waist for control.

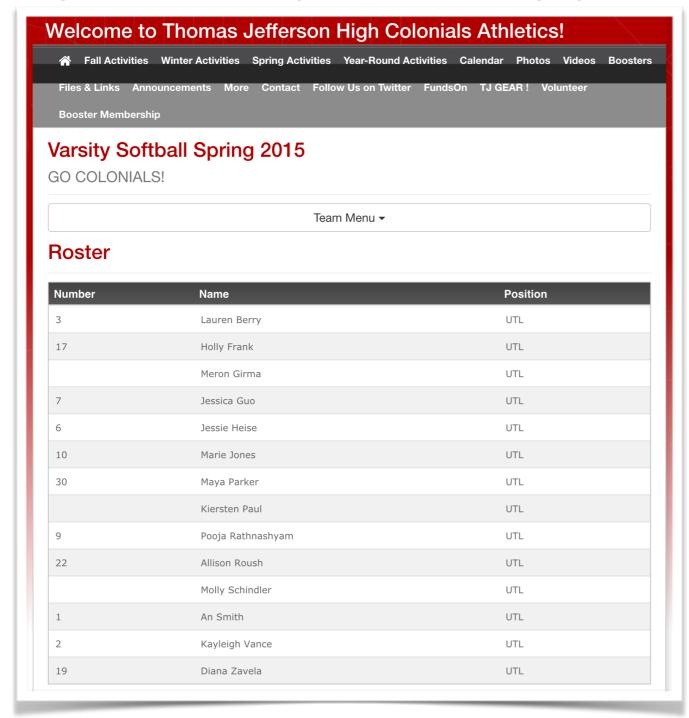
Period format

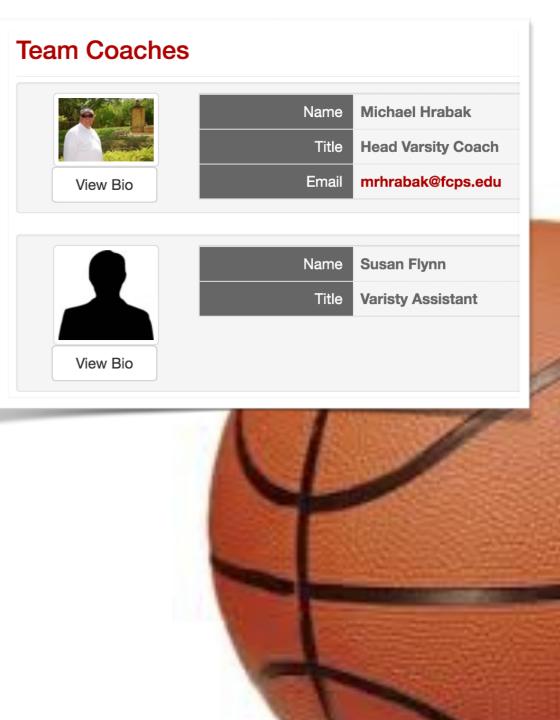
Pre-match

Each wrestler is called by the referee, reports to the scorer's table, steps onto the mat, and may put on a green (for the home team) or red (for the visiting team) anklet about two inches wide which the referee will use to indicate scoring. The referee



MAKE SURE YOU'RE TALKING TO THE RIGHT PERSON





BE PREPARED WITH GREAT, SPECIFIC QUESTIONS.

What do you like about football?

Tell me what it felt like when you scored in the last ten seconds.

BE PREPARED WITH GREAT, SPECIFIC QUESTIONS.

Why did you start playing soccer?

What is driving you and the team this season?

BE PREPARED WITH GREAT, SPECIFIC QUESTIONS.

How did you feel about the wrestling game on Thursday?

GET YOUR TERMS RIGHT.



BE PREPARED WITH FOLLOW-UP QUESTIONS

What is driving you and the team this season?



BE SURE OF THE STORY YOU WANT TO TELL

How is coverage method driving content?

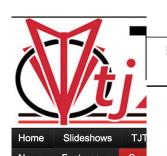
How can you use this to your advantage?



BE READY TO FOLLOW THE STORY WHERE THE INTERVIEW GOES



SECOND: let's talk about photos DIFFERENT PHOTOS FOR



Indoor Tra Capitol Co Champion

Mei Baek, Staff Reporter February 15, 2015 Filed under Indoor Track, Inc New on tjTODAY, Sports, Wi

Throughout this winter, Indoo some remarkable achieveme new and returning athletes. season had its last meet at the



On their first date, juniors Jeffrey Xia and Kate Deng went to the movies FIRST DATES

ARE GOING TO BE WORTH IT

date we watched 'The Fault in that first date was one of the our Stars.' I had an incredible first of a lot of great memories time and it's awesome that

DIFFERENT PUBLICATIONS





went to see 'The Fault in our Stars' and I promised myself I wouldn't cry

Reston Town Center had really cool big-screen showings of the games

ifferent tone in the eam composition is

probably is closer, left who have been

each other," senior

le jump, high jump

eason

Juniors Nick Lemanski and Matthew Conway give a schedule of gameday

ets are heralded by

ip meet, since I'm tting out from the ying the number of hley Lin said. "For neet means practicre satisfied. Workces approximate to

eason brings more an the regular seathe last hurdle of

ost season, because en everyone is exor Carrie Heilburn he post season, you ng on all cylinders el, which is gratifyus hard since No

Tommy Rogers smiles at his

was on the SGA Executive

some of the activities at th

Class Council and SGA members share their checklist of things they need to do to get ready for Homecoming Week

EDIT RULES OF HOMECOMING CLIMBING THE ROPES Attend HC packet meeting with all class councils. COURSE at the SGA retreat PLAN WITH SPONSORS at Camp Highroad, senior Decide how to tackle the activities Incorporate the class theme.

ASSIGN THEME Was un trie our. December of the Committee. "It's fun runn" Give all classes their theme. SPLIT UP ACTIVITIES school, getting input from kids Divide work within the homecoming committee. and seeing their smiling faces

SEND FINAL PLANS Send plans from each class to SGA for approval. BEGIN CHOREOGRAPHY

Schedule MEX practices over the summe ATTEND THE SGA RETREAT Discuss plans with SGA and class councils THINK OF IDEAS Plan for Pen Ballies ORGANIZE HOMECOMING WEEK

Assist with class competition



freshman Nick Begotka helps hi

class. Begotka was on FroshCor and helped plan activities for p Homecoming was walking ne to the float at halftime dur the football game because we're worked so hard on the float all weekend and finally seeing it actually there and really complet



RAPIDFIRE

nergy and start hydrating game from the beginning of the school day to the end of the day

12 P.M. Review film while listening to music to ge into the "groove" of the game

Players have time to relax while eating their usual pregame meal: pasta with meatballs, salad, and cookies

4 P.M. Relax and hang out for an hour with their friends before warm-up.

5 P.M. Attend team meeting

6 P.M. Participate in warm-up and pregame pep-talby the coaches and captains. The pep-talk is usually motivational and specific to the game and their current situation

7:30 P.M. The game begins. The players are ofter nervous and anxious throughout the day up until 7:15 when it all fades away and adrenaline starts to take

10 P.M. The game ends, If it is a loss, everyone sits in silence in the locker room after the game, and the silence continues through Saturday practice. If it is a win, the locker room is usually a party

12 A.M. Go out and have a midnight snack, usuall at McDonalds. After a long day the players go home exhausted and excited

3 MINUTES 10.67 SECONDS

INDUCTING THE PETER GUNNARSON, 12 CHALLENGERS 1 MINUTE 5.53 SECONDS

NHS talks about the challenges of planning the induction ceremony.



to go to a lot of applications] and I think just PI.ANNING OUT EVENTS IN GENERAL (is stressful). But it was



the myths of AP Physics. LISTENING TO A LECTURE in AP Roy, Gabe Margolis, and Philip Carr sit Physics to help him with Science

AP Physics students debunk

vsics before we get to them in math.

EXPECTATION REALITY Since I took physics "It's actually fun and

expect it to be that advanced tonics that bad." KATHERINE Physics 1, but at the YAN. 12 ame time, I do feel "[When I told people that it requires more I was taking Al application of the Physicsl they basically ncepts we learn and asked me if I was deeper thinking than some of the problem JULIE LEE, 11

JULIE LEE, 11

luvhn's second year playing on the tep up this year [due to injuries] and pefully the playing time they got will ourtesy of LifeTouch 2. BREAKING THROUGH MARSHALL'S **DEFENSIVE LINE**, senior Jackson

up the field. DuBro started the seaso

I. DIVING FOR THE BALL, junior

yne Huyhn gets tackled. It was

playing running back and free safety but ended playing quarterback. "The biggest challenge I think was numbers DuBro said. Photo o 3. DOING KNEE JUMPS, the varsity football team warms up before the second half of the Homecoming football PLAYER, sophomore Ruyan Zhang the team spirit very strongly, "I don't any point throughout today where we as a team accepted defeat, despite

DOWN THE FIELD, senior Adrian

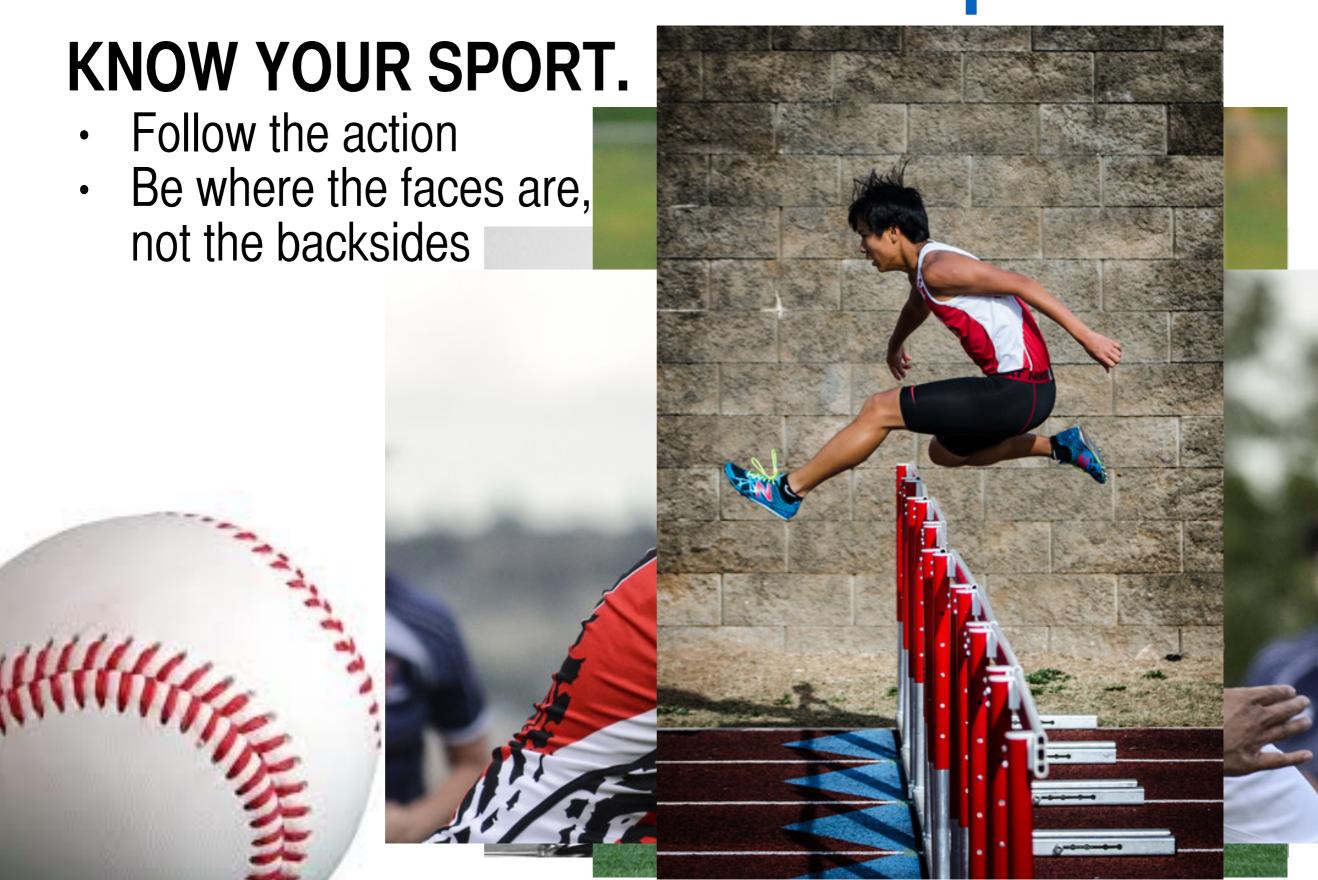
He, like the rest of the team, felt the problem of lack of players. "Each player help us for next year," Huyhn said. Photo on the team put forth all they could, even though we were facing players who were bigger and stronger than us

5. EYES FIXED ON THE BALL. junior Vikram Gupta runs up the

field. Gupta was very proud of the underclassmen who stepped up to the varsity standard, "The highlight against McLean. It got the whole

Rw 6. TACKLING A MARSHALL

Zhang played kicker at the home game against JEB Stuart High School, "We ended recovering the ball and scoring a touchdown," Zhang said. Photo by W.

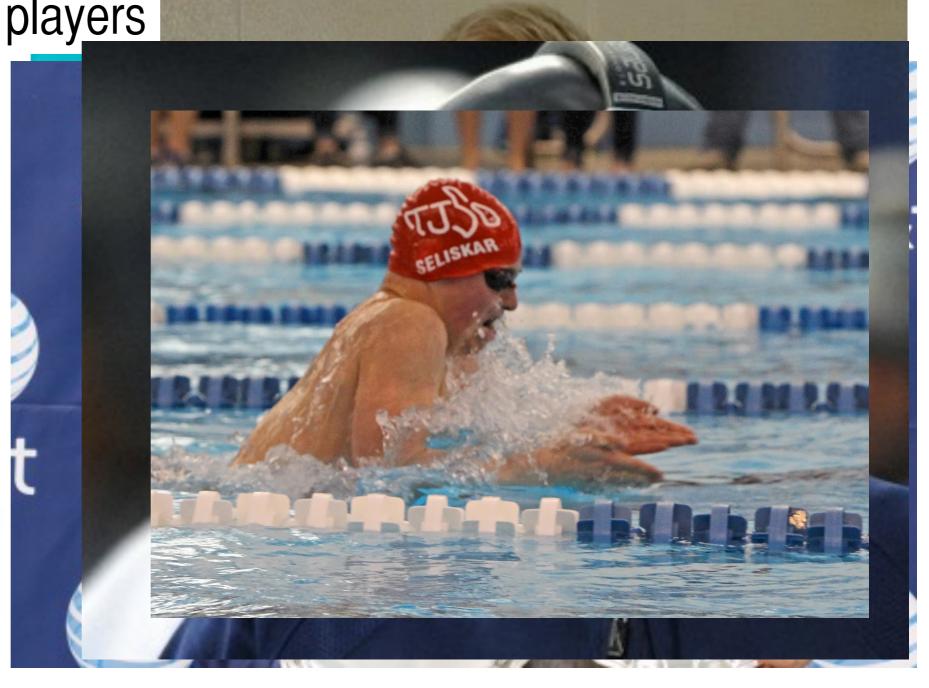


MAKE SURE YOU'RE PHOTOGRAPHING THE RIGHT PERSON

Know the key players

before you go





MAKE SURE YOU'RE PHOTOGRAPHING

THE RIGHT PERSON

Know the key players

before you go

 Remember your reaction shots





BE THERE. BE THINKING. BE PRESENT.

Before, during, after



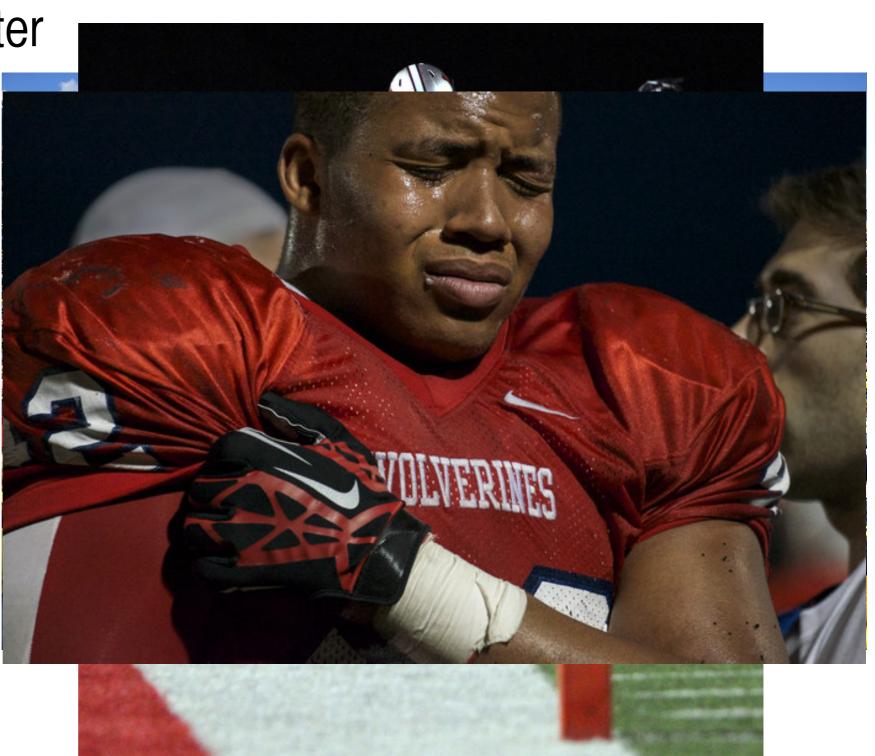


BE THERE. BE THINKING. BE PRESENT.

· Before, during, after

Wide, mid, close





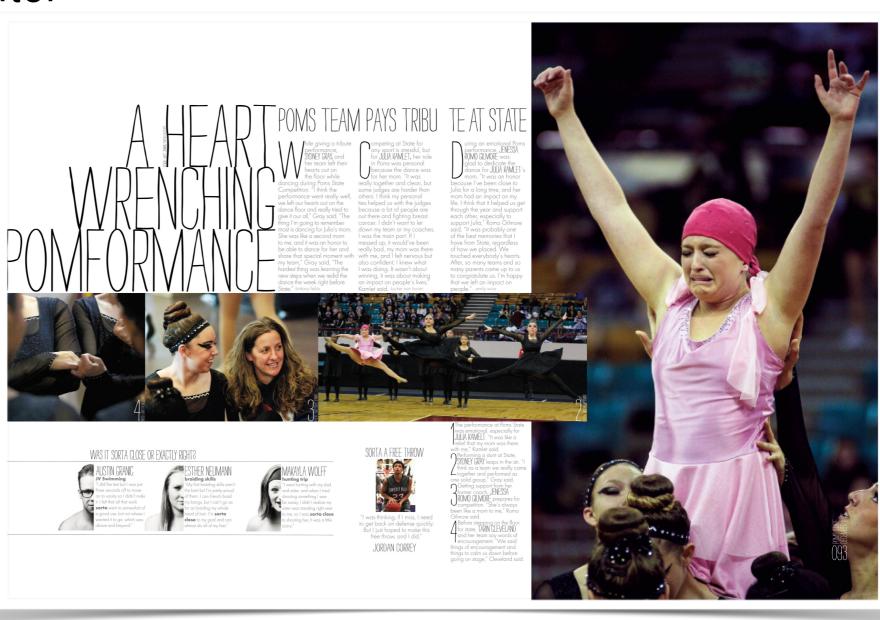
SECOND: let's talk about photos BE THERE. BE THINKING. BE PRESENT.

Before, during, after

Wide, mid, close

One, two, group





YOU KNOW YOUR STUFF. YOU'VE GOT THE PHOTOS. YOU'VE GOT GREAT QUESTIONS.

BUT YOU STILL HAVE...

MARSHAWN LYNCH.



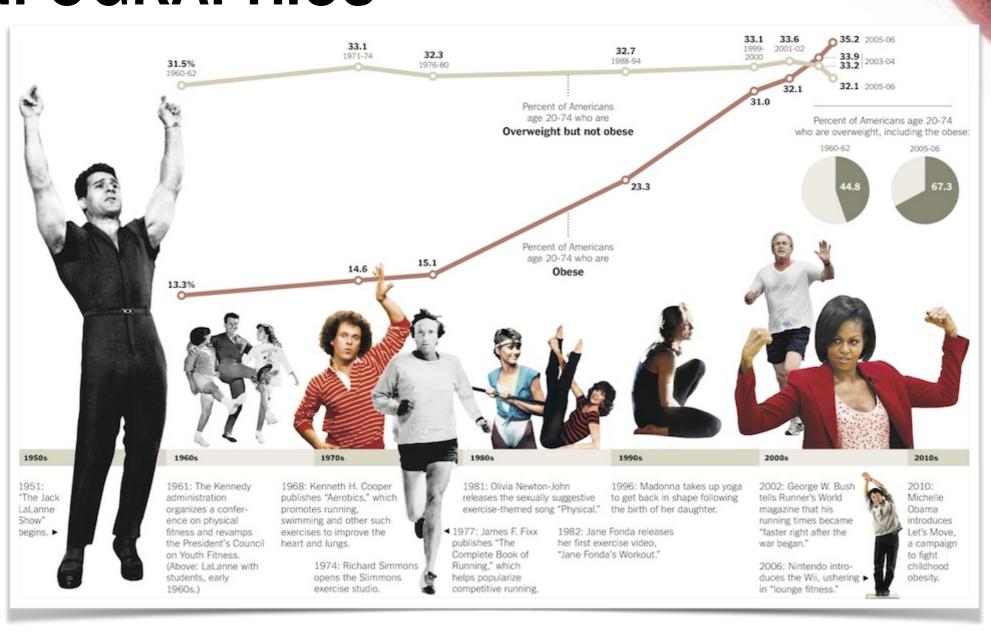
THIRD: other story-telling options



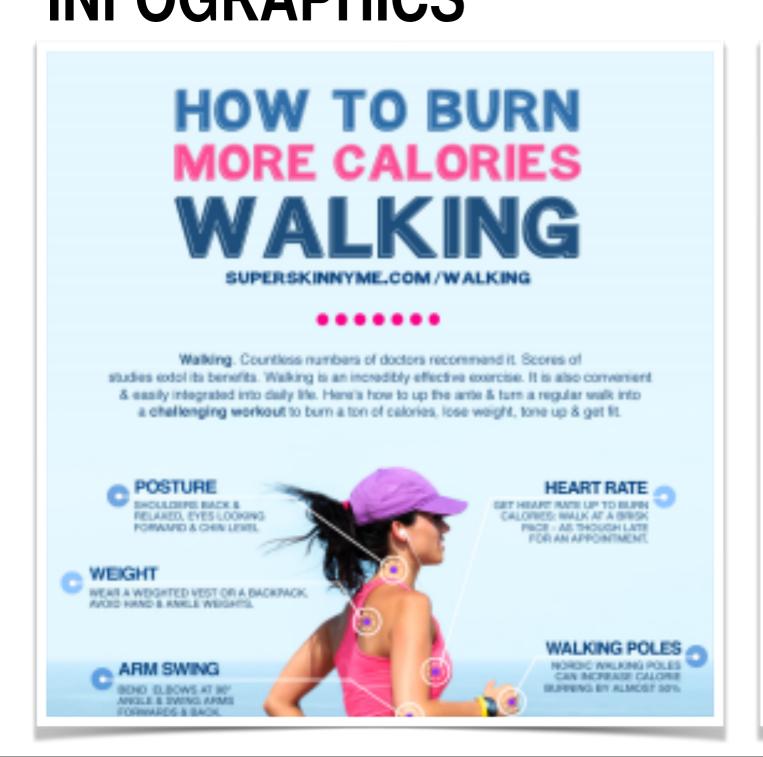


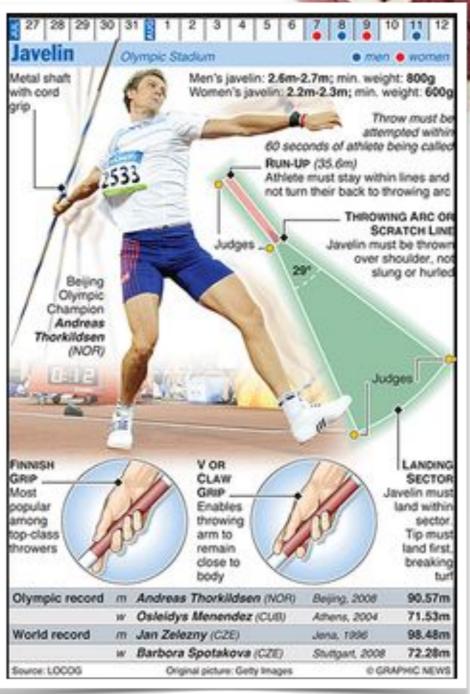


THIRD: other story-telling options INFOGRAPHICS



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THIRD: other story-telling options



Content courtesy of Brandon Hofer



Triangle Pose: Improves hip hinge pattern Extended Side Angle Pose: Improves hip for kettlebell swings and deadlift



mobility for squats and overhead presses



Downward Dog: Improves ankle mobility, decompresses the spine, and benefits Achilles tendon



Low Pyramid Pose: Great for the IT band and hamstrings



Warrior I: Improves front squat



Lunge Variation: Lengthens



Low Lunge with Quad Stretch Variation: Assists deep knee flexion and thoracic rotation



Pigeon Pose: Opens the hips and alleviates back pain

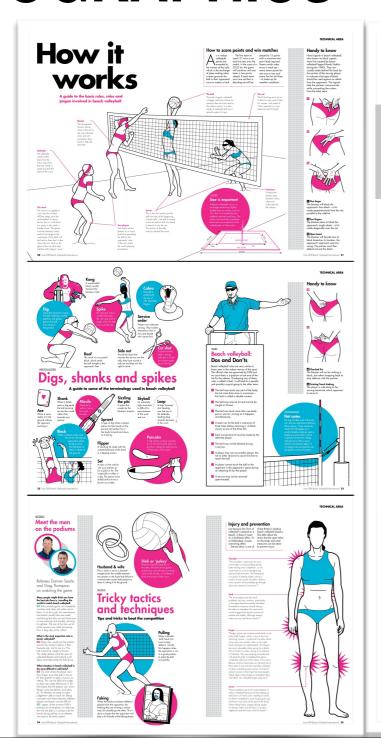


Shoelace Pose: Stretches butt muscles you forgot you had

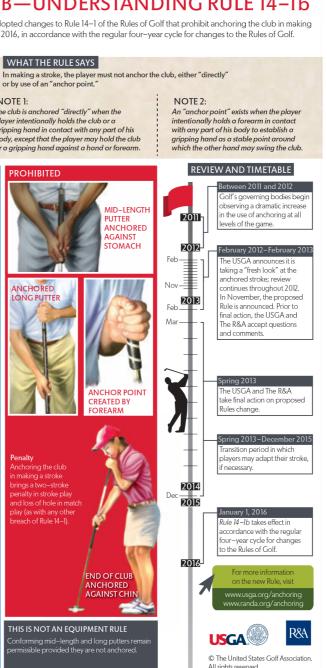


Reclined Spinal Twist: Calms the

THIRD: other story-telling options **INFOGRAPHICS**



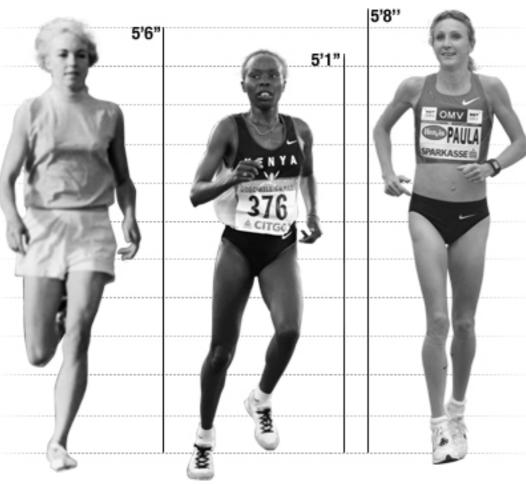






The Athletes

1963 1998 2003



100 lbs. Time 3:37:07

Merry Lepper was the first American woman to run a marathon. She had to hide in the bushes near the starting line because women were forbidden to participate. Her only fuel: one Baby Ruth candy bar.

88 lbs. Time 2:20:43

Tegla Loroupe held the world record from 1998 to 2001. She organizes "Peace Marathons" in her native country of Kenya. Nomadic tribesmen and government officials race together.

118 lbs. Time: 2:15:25

British runner Paula
Radcliffe suffered asthma
and anemia as a child, but
went on to win the New
York, Chicago and London
marathons and set the
current world record.

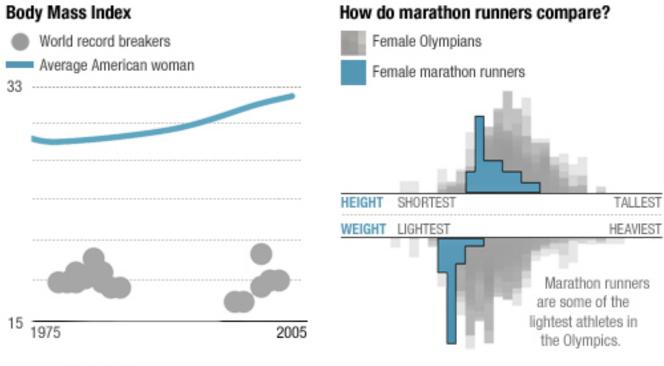






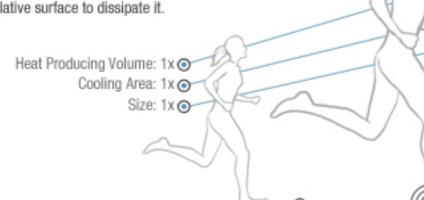
The Trend

Marathon runners come in many different heights, but all record breakers have a very low body mass index (BMI) and are very light compared with other athletes.



The Blueprint

Overheating is the biggest problem distance runners face. Shorter, thinner athletes have an advantage: They have less volume to produce heat and a larger relative surface to dissipate it.



....

Heat Producing

Volume: 8x

Cooling Area: 4x Size: 2x

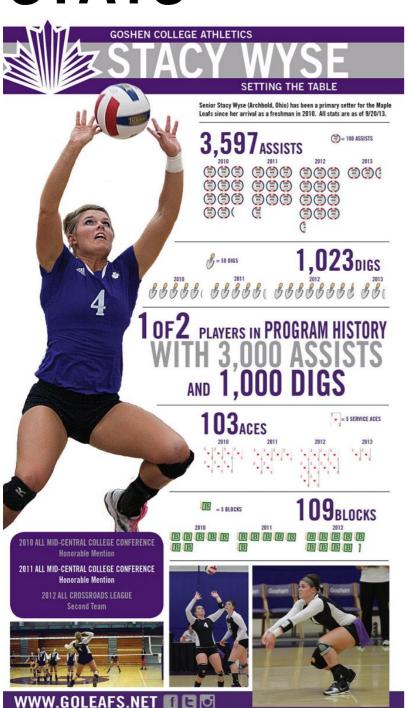
Marathon runners can minimize their energy output by "running softly" (with minimal impact), shortening their stride and increasing their stride rate.

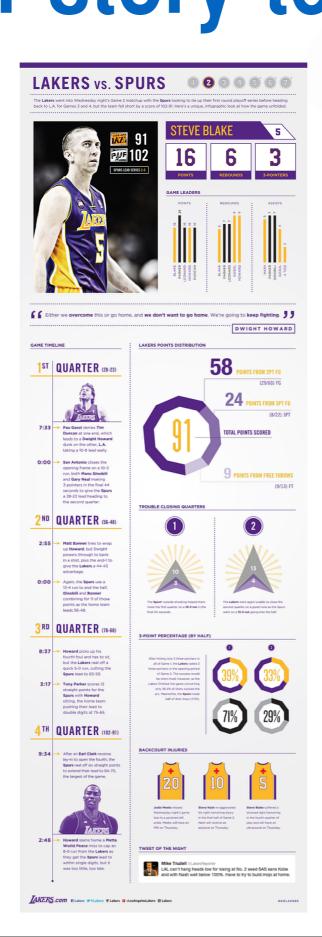




THIRD: other story-telling

Options
STATS







THIRD: other story-telling options **RECAP**



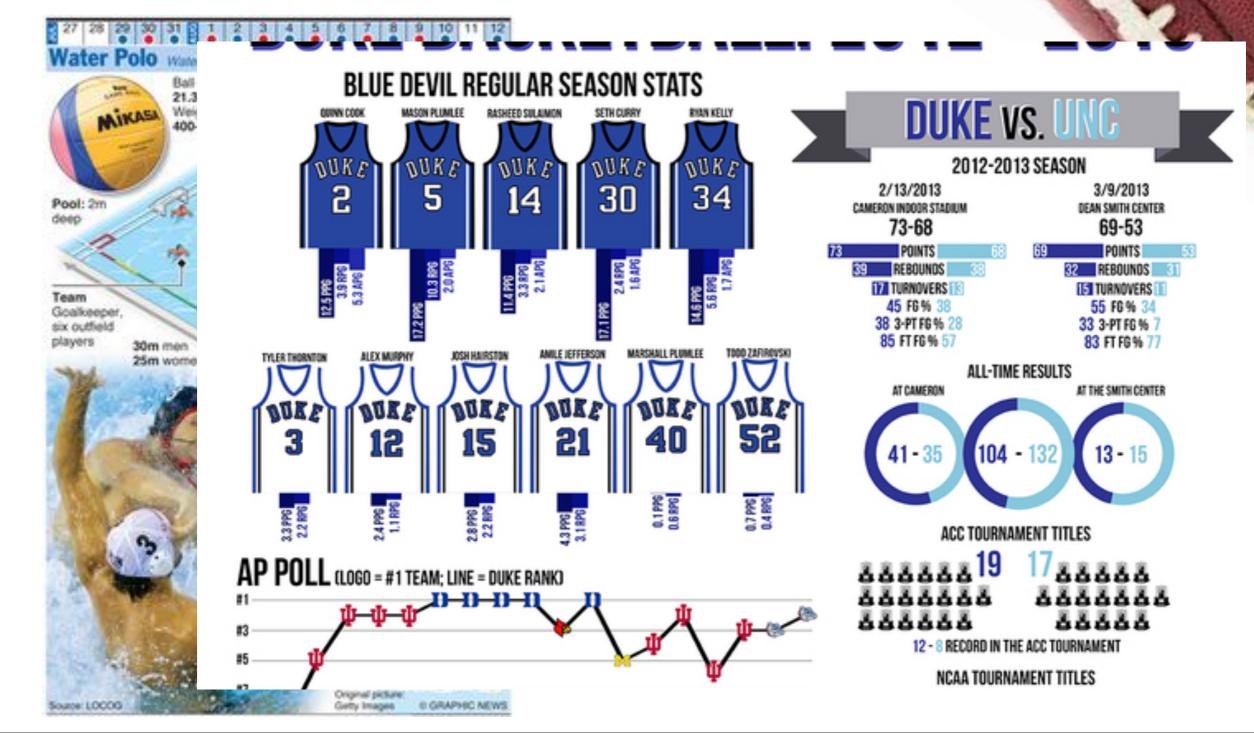
GAME 09 | NOVEMBER 15, 2013 | AMERICANAIRLINES ARENA



UP NEXT: MIAMI HEAT (6-3) VS CHARLOTTE BOBCATS (5-4) SATURDAY NOVEMBER 16, 2013 | 7:00 PM EST TIME WARNER CABLE ARENA

THIRD: other story-telling options

WHAT-TO-KNOW



IF NOTHING ELSE WORKS,



TRY SKITTLES.

IF YOU TAKE NOTHING ELSE FROM THIS PRESENTATION, JUST KNOW THIS...

YOU DON'T FEEL IN BEAST MODE. IT FEELS YOU.

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