

CoachMate Story Challenge: Video Submission Guide

We're looking for short, authentic stories that show how CoachMate is making a difference in clubs and schools across New Zealand.

Whether CoachMate has helped save time, build confidence, support coaches, develop players, or strengthen your hockey community, we'd love to hear about your experience. Your story can help others discover the value of CoachMate and the difference it can make.

Submit your video by 11:59pm on Wednesday 11 November and go in the draw to win a \$500 Kookaburra equipment package for your club or school.

How Your Video May Be Used

Videos may be used by Hockey NZ to promote CoachMate, coaching, and hockey development initiatives across a range of channels, including websites, social media, presentations, reports, and marketing materials.

How to Capture the Video

The best stories are genuine and personal. Don't worry about getting everything perfect. Filming on your phone is fine. To help us capture footage that is clear, easy to watch, and easy to use, please take a moment to read the tips below before you start recording.

- **Film in landscape (horizontal) format** by holding your phone sideways.
- **Keep your camera steady** by using a tripod or placing your phone on a stable surface if possible.
- **Record in a quiet location** where voices can be heard clearly. An external microphone is helpful if available, but it's not essential.
- **Keep it concise.** Aim for individual responses of around **30 seconds or less**. Multiple short clips combined into a single video file are welcome.
- **Consider your background and lighting.** Make sure faces are clearly visible and be mindful of what's in the frame. Avoid filming directly in front of bright windows or strong sunlight.
- **Don't aim for perfect, aim for real.** We want people to be themselves and share their experiences in a way that feels natural and comfortable.

This doesn't need to be a professional production. A genuine story captured on a phone is exactly what we're looking for.

What to ask

At the beginning of your video, please have those being filmed introduce themselves naturally by sharing:

- Name

- Role/s in Hockey (coach, parent, volunteer, player, etc.)
- Name of Club or School
- Where you're based (town, city, association)

For example:

"Hi, I'm Sarah and I'm a volunteer coach at Ngatea Hockey Club in Thames Valley. I coach our Year 7 and 8 team.

There's no right or wrong way to tell your story. The prompts below are provided as a guide, but feel free to share what matters most to you in whatever way feels natural.

Consider asking one or two questions from the below to ask:

- How has CoachMate helped you this season?
- Can you share an example of how you've used CoachMate?
- What difference has CoachMate made for the people involved in your club or school?
- What would you say to someone thinking about using CoachMate?

For those keen to share a little more, consider adding one or two quick-fire questions:

- Describe CoachMate in one to three words.
- What's your favourite thing about CoachMate?
- What's one thing CoachMate has helped you with this season?
- Would you recommend CoachMate to others? Why?

Permissions

Before submitting your video, please ensure:

- Everyone appearing in the video has agreed to be filmed and included.
- Parent or caregiver consent has been obtained for anyone under 18 years of age.
- You have permission to use any images, music, or other content included in the video.
- You are comfortable with Hockey New Zealand using the content for promotional purposes

How to Upload Your Video

1. Complete the online submission form: <https://forms.cloud.microsoft/r/DtPCnEjy9e>
2. Once you click Submit, you'll be taken to a page containing a secure upload link where you can upload your video(s).
3. Please upload the original video file directly from your device where possible.

Important: There is no upload button within the form itself. The upload link will appear after you submit the form.

Questions or Concerns

Please contact Nicole Youman at Hockey New Zealand if you have any questions:

Email: nicole.youman@hockeynz.co.nz , Phone: 022 067 5511