

## Tips for submitting pictures and video for use on the website:

File size makes a difference in loading time on the site – and in the time it takes to e-mail a pictures.

Compressing **photos** is too easy if you have Windows XP.

- Select the pictures in your file listing that you wish to send to the webmaster.
- Right mouse click, and choose Send to: Mail Recipient.
- Choose Make all my pictures smaller. This is correct!

It will then pop open an outlook window. You can send the e-mail to the [webmaster](#) or you can copy and paste the newly compressed files displayed in that e-mail to your own e-mail.

Compressing **video** can be a bit trickier depending on the video editing software you have.

The best format for the webmaster to receive video is **.avi**, followed by **.mpeg** or **.wmv** for windows media player or **.mov** for quicktime.

- The **.avi** and **.mpeg** formats are best for re-editing. This is useful for any girls who want to make “highlights” DVDs for college recruiting. There is no loss of quality from the original tape.
- The **.wmv** and **.mov** formats are highly compressed and are best for viewing on the internet.
- The format that is the hardest to edit or compress is the true DVD format, with the **TS** files and folders. That is best for coaches to view using a DVD player to a TV. We don't have ready access to ripping equipment that would be needed to translate these into other formats.