

THE ATHLETE IDENTITY PROJECT

Program Introduction

This program invites athletes to create a personal video that tells their story — who they are, what drives them, and what their athletic journey has been like.

There is **no fixed format, no required structure, and no step-by-step process**. The goal is not perfection or editing quality, but **honest expression**.

Students are encouraged to reflect on their experiences, how they started, what they've gone through, and what keeps them moving forward, and share that in a way that feels natural to them.

This can be **simple or creative**:

- Speak directly to the camera and tell your story
- Record clips of your training and add voiceover narration
- Film a “day in the life” of your training routine
- Show your practice, workout, or competition footage
- Combine photos from your athletic journey with narration

The program is **self-paced**, and students can invest as much time as they want.

The purpose is to:

- Spark creativity
- Build confidence in self-expression
- Help athletes understand and articulate their own journey

Ideas to Get Started (Optional)

If you're not sure where to begin, you can think about:

- How did your athletic journey start?
- What challenges have you faced?
- What moments mattered most to you?
- What motivates you to keep going?
- What kind of athlete are you becoming?

Stage 1 — Brainstorm & Plan

Think about the story you want to tell and how you want to present it. There is no required format, just plan your idea.

Consider:

- The main message of your video
- What parts of your journey you want to include
- Where you want to film (gym, field, track, home, etc.)
- Whether you want to talk to the camera, use voiceover, or both

Stage 2 — First Draft

Record your video based on your plan. Focus on capturing your story, not perfection.

You may:

- Try different locations or angles
- Speak naturally without memorizing
- Capture training footage or daily routines
- Record voiceover after filming clips
- Include moments that feel meaningful to you
- Keep editing minimal at this stage

The goal is to capture your ideas and create a complete first version of your story.

Stage 3 — Edit & Improve

Review your first draft and improve clarity and flow.

You may:

- Cut unnecessary parts
- Rearrange clips
- Add music or text
- Re-record sections

There is no “right way” to do this — only your way

COMMON QUESTIONS

What format should the video be?

Any format is acceptable. This may include speaking to the camera, documentary style, training clips with voiceover, photos with narration, or a mix of formats. There is no required structure.

Does the video need professional editing?

No. Editing is optional. A simple and authentic video is fully acceptable.

Where should the video be submitted?

Students may upload their video to Google Drive, YouTube (unlisted), or other online platform

Who will review the video?

The video will be reviewed by the program mentor. The focus is on reflection and expression rather than evaluation.

Is this graded?

This is not a traditional graded assignment. Completion is based on effort. It is an opportunity for self-expression through their sport and character.

Can parents help?

Parents may assist with filming, brainstorming, or editing. The story and message should come from the student.

When does the video have to be submitted?

Students may complete the project at their own pace and spend as much time as needed. It is suggested to submit the first draft before June 2026 and complete the final video by August 1, 2026.

Other questions bryant@7edu.org