

**HOW TO STAND OUT IN YOUR**

# FIRSTPOINT★USA

## ATHLETE PORTRAIT



**You are part of the FPUSA family** and whenever someone in our athlete family achieves something great, we celebrate by sharing the news with the world. When you're out in the States winning games, lifting trophies and getting straight A's in your exams, we want to be able to say how proud we are. It would be great to do this alongside a photo of the star-athlete we're talking about. Below are a few tips to help you take a great photo.

### 1. LOOK THE PART

You're an athlete. Don't be afraid to show off your team colours. Suit up in the kit of your current team or put on what you'd normally wear to training. If you want to throw in a prop, pick up whatever ball, stick, racket or club you normally play with.



### 2. SET THE SCENE

What's behind you? It would be great to see you standing proud on whatever field of play you're used to, but if you can't access a court, pitch or pool, our advice would be to keep it simple. A flat plain white wall works well too.

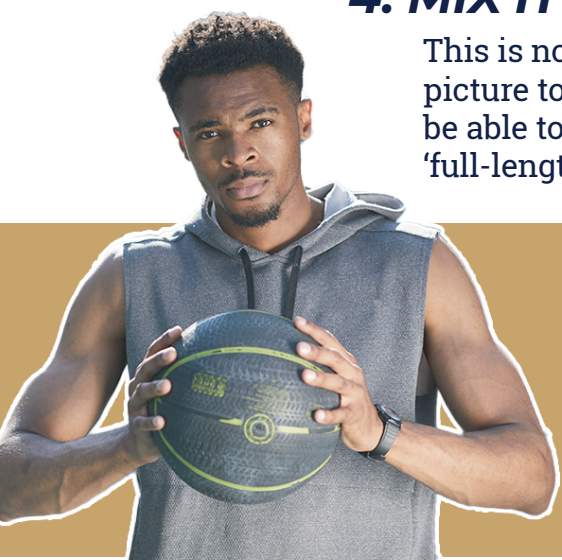
### 3. TAKE QUALITY PICS

If you don't have access to a professional camera, make sure the device you plan on using can produce quality photos.

These days the cameras on most Apple, Google and Samsung smart phones are able to do a pretty good job.

### 4. MIX IT UP

This is not a 'one and done' situation. Ask whomever it taking your picture to take a few shots. Try out different angles. Ideally you would be able to provide us with a variety of both 'head and shoulders' and a 'full-length' shots (like the examples above).



### 5. DON'T DULL YOUR SHINE

Finally, make sure you're in a well lit space and that any light sources are coming from behind the camera, making sure you are in the spotlight.