

## Virtual Meet Tech and Zoom Tips

- To test the Internet Speed from your gym, go to <https://www.speedtest.net> click the GO button, and ensure that your gym ideally has 50 Mbps+ Download and **25 Mbps+ Upload** speeds...just in case you have two or more squads competing at once.
- Make sure you have the latest version of Zoom on your computer or mobile device - <https://zoom.us/download>
- Remember to change the wifi name and password for the virtual meet weekend so ONLY you Zoom devices and coach devices are connected to ensure optimal bandwidth for Zoom.
- This site will allow you to test your computer or device to make sure it will work with Zoom - <https://zoom.us/test>
- Always keep yourself muted in Zoom unless talking or Judges request otherwise
- You can change from Speaker View to Gallery View in Zoom depending on your preference - <https://bit.ly/2ZMA8NC>
- Make sure you have as much light as possible in your gym so your video image is bright and easy to see
- Do not have windows or bright light sources in the background of your video frame because it will make the foreground image very dark
- If you are using a mobile device with Zoom for your events, **iPads** will give you the best results over iPhones or Amazon tablets. Newest version of **iPad** is highly recommended **(borrow one if you need to!)**
- Use iPhones as a backup recorder in case a Judge wants a replay. At that point, just hold the iPhone up in front of the iPad camera within Zoom and play back the replay live for the judges to review
- Please use a Tripod with your iPads if at all possible. It doesn't have to be anything fancy. We have several of these - <https://www.amazon.com/gp/product/B00HFRYAGQ/>
- Wide Angle Adapters are also EXTREMELY helpful and allow you to get closer to your event with a wider angle. There are several on amazon. We just happen to have this one - <https://www.amazon.com/dp/B01A6D2JVI>
- Please play the National Anthem in your gym for the athletes and parents after every March In – meet directors will account for this time before starting first event warm-up