

Pre-Production Planning Document (MINI DOC)

GENERAL INFO

1. **Your Name:** Melinda Garza
2. **PROJECT:** Mini Documentary/Biography/News Package

CREATIVE BRIEF

1. What must it be?
 - A one-five minute video documentary about a topic that includes a voiceover or narration, at least one interview and broll throughout the piece.
2. Who is it for?
 - The piece is for anyone looking for motivation to begin athletic training.
3. How long must it be?
 - The piece must be one to five minutes in length.
4. What is your objective with the piece?
 - My goal with this piece is to cover the intense preparation that goes into training for a Half Ironman.
5. When is it due?
 - This final piece is due Sunday, May 8.
6. What is the overall idea?
 - The overall idea is to shoot creative shots and edit it together in a way that tells a story.
7. What is the storyline summary?
 - To highlight Jim Zavla who is currently training for the highly competitive 2021 Ironman 70.3 World Championship.
8. Elevator pitch:
 - Imagine swimming 1.2 miles of open water, cycling for 56 miles or running 13.1 miles. Now imagine doing all three tasks back-to-back. That's what triathlete Jim Zavala is working toward.
9. Tagline:
 - 70.3 is not just a number, it's a goal.
10. Look and feel description (including "pacing"):
 - The piece will be fast paced. It will look and feel similar to a training montage as it will include footage/sequences of running, swimming and cycling.

QUESTIONS / NOTES

SUBJECT:

1. Why did you choose this story?
 - I chose this story because I've seen first-hand how intense training for this triathlon is and would love the opportunity to highlight all the work that goes into preparing for this intense race.

NARRATION/HOST:

2. Who will lead us through the piece?
 - I will narrate and incorporate soundbites from my interviewee.
3. Narration ideas:
 - I will help move the story along, but the main subject will tell his story.

INTERVIEWS:

1. Who will you interview?
 - Jim Zavala
2. Why is this person important to the piece?
 - Jim is important to the piece because he is the person training for this triathlon.
3. What questions will you ask?
 - I will ask him why he decided to train for it, what his goals and motivations are, what he's striving to accomplish and what his training looks like.
4. What followup questions might be important?
 - The hard parts of training no one sees.

B-Roll:

1. What b-roll visuals will be important to convey the story? Keep in mind you should show what the interviewees are talking about.
 - Because this is a triathlon, I will need footage of him training on his bike, running and swimming, which involves going to several locations.
2. Any still images or charts or graphics?
 - Still images aren't vital to this piece, but I may ask him for pictures of him competing and winning other races and may use those if he talks about that in his interview.
3. Is the nat sound of the environment important? If so, be sure to record it properly.
 - Nat sound is important as I want to get as many natural sounds as possible.
4. B-roll ideas:
 - Lacing up his shoes before a run, pumping air into his tires before a cycle, still shots of the water before diving into the pool.

MUSIC:

1. What is the overall "mood" and "feel" of the piece?
 - I want it to feel inspirational and fast-paced.
2. Music track ideas:
 - I will search for "upbeat inspirational" tracks on Envato.

PERMISSIONS:

1. Am I allowed to film here? Do I need permission and/or a permit?
 - For the most part I will be recording him running and cycling in public places. The only issue I will have trouble with is him in the pool. He currently uses the Gold's Gym lap pool, so if I'm not given permission to film inside, I will have to find an alternate public location.
2. Will any people be in my shots? Do I need permission and/or release forms?
 - There should be no static or close up shots of other people in this story.

GENERAL:

1. What gear do I need to pack and bring with me for the shoot? Film gear, sunscreen, water, etc.
 - I will need my camera, tripod, a lav mic and lights for footage and the interview. I am also hoping to borrow a GoPro from a friend so I can use stabilized shots of my subject in action.
2. How will I transport everything and keep it safe?
 - In their cases and bags.
3. Are there any potential hazards or complications at this location?
 - Because he is running and cycling, I will need to ask a friend to drive while I am in the backseat recording alongside Jim, which may be a bit dangerous, but we'll work to be as safe as possible.

SCRIPT

Name: Melinda Garza

Title: A Triathlete's Journey to 70.3

VIDEO

INT. Garage - DAY

MS Grabbing shoes, CU tying shoes

Sequence shots- Quick cuts preparing to go out for a bike ride

MS - Introduce subject in interview - 3-pt lighting - indoor

MS-CS Follow feet walking then hopping on bike

EXT. PARK - DAY

WS establishing shot,

Sequence shots - Cycling

MS - Bring subject back up in interview

INT. GYM - DAY

WS lap pool

Sequence shots - Swimming laps

MS - Bring subject back up in interview

EXT. Outdoors - DAY

Sequence shots - preparing for a run

CU shoes,

Sequence shots getting water, watch, etc.

Sequence shots - running outside

AUDIO

(Fade in ambient audio - getting ready for a bike ride)

VOICE OVER:

"Imagine swimming 1.2 miles of open water, cycling for 56 miles or running 13.1 miles. Now imagine doing all three tasks back-to-back...

That's what triathlete Jim Zavala is currently working toward."

"A Half Ironman, is one of a series of long-distance triathlon races. Each distance of the swim, bike, and run segments is half the distance of that segment in an Ironman Triathlon."

"While that may sound like for some, for Jim Zavala, it's everything he's been working toward."

JIM ZAVALA INTERVIEW - Will talk about why he decided to train for it, what his goals and motivations are and what his training looks like.

"His favorite category? The bike ride."

JIM ZAVALA - Will talk about how he feels when he rides his bike

"While not everyone finishes this rigorous race, for Jim, getting this far is worth the trouble."

JIM ZAVALA - Will talk about how not everyone finishes it and his biggest fear during the race.

(Begin music - few seconds of training montage)

(Fade music to background level)

<p>MS - Bring subject back up in interview</p> <p>Incorporate photos of subject competing in previous contests</p> <p>MS - Bring subject back up in interview</p> <p>Fade to Black</p>	<p>JIM ZAVALA - Will talk about the hard parts of training no one sees.</p> <p>JIM ZAVALA - Will talk about what he's striving to accomplish.</p> <p>(Fade music up)</p> <p>(Fade music and ambient out)</p>
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