



# Here are your tips:

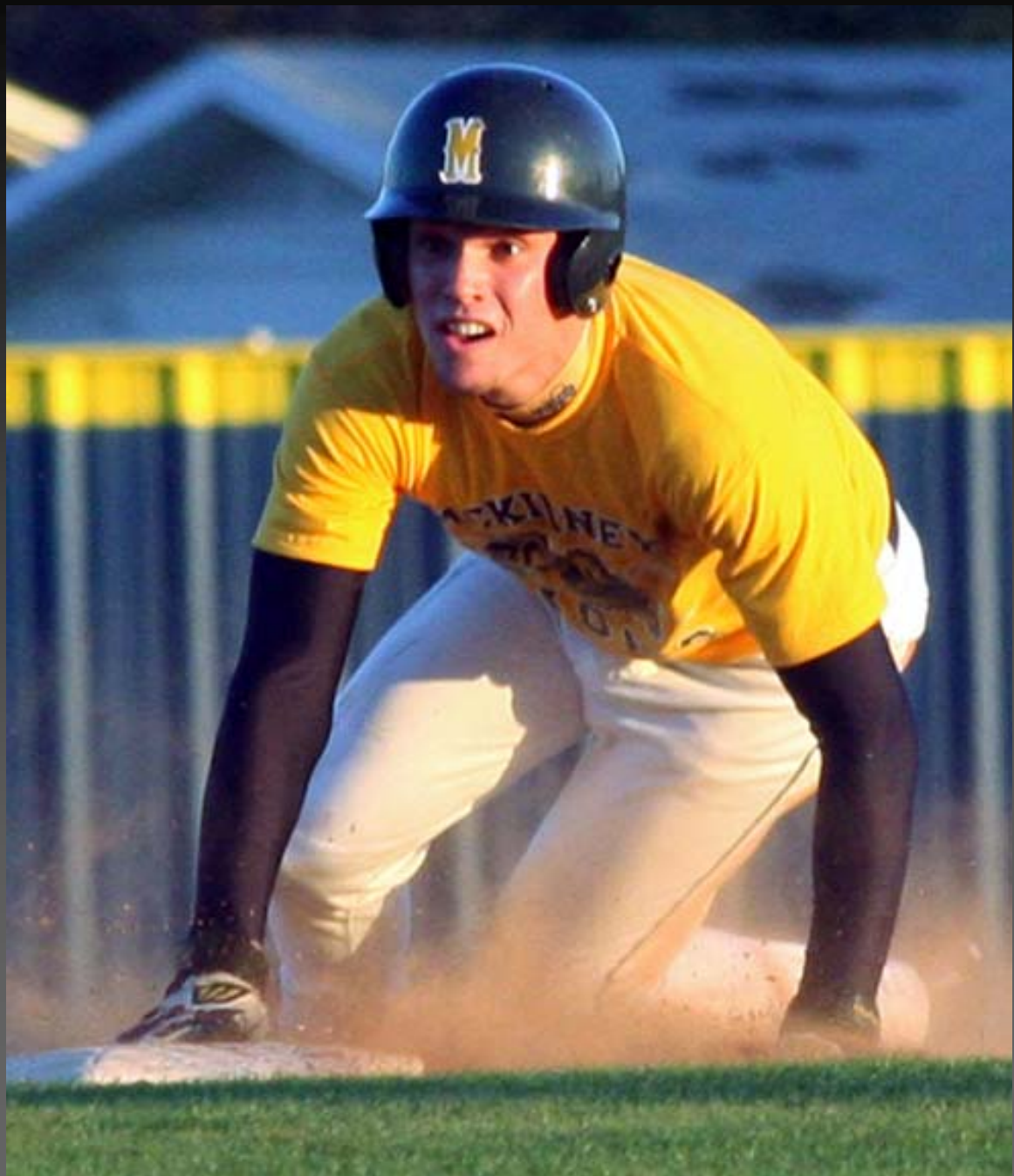
- Shoot before, during and after the competition.
- Stop the action. If the sport requires a ball, keep it in the shot.
- Know the basic rules of competition for the sport before shooting.
- Shoot no less than 200 shots.
- Shoot the scoreboard periodically to keep photos in story-telling order.
- Attend at least three competitions.
- Look for one-person, two-people, small group, large group moments.

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## Photocomposition

- Emotion
- Fill the frame
- Rule of thirds

- The intensity of this photo is a result of showing the competition.
- Fast shutter speed even stops sweat flying off the boys.
- The end of a race is usually more intense than the beginning.

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## Photocomposition

- Stop action
- Fill the frame
- Anticipate the moment.

- Position yourself at the end of the lane your swimmer is in.
- Know the strokes and when the swimmer rises above the water and be ready to shoot.
- Use a fast shutter speed but also keep the aperture in mind to blur the background.

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## Photocomposition

- Stop action
- Anticipate the moment

- The close competition makes this photograph stronger.
- Lining up on the side of the pool gets the photographer ready for this type of shot.
- Sporting events are full of drama, hopes, expectations, and emotion. Capture any one of these, and it's a great shot.

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## Photocomposition

- Repetition
- Unique angle
- Framing

- Look for team rituals and routines.
- Resist the urge to stand and shoot. Get on eye level with the aspect of the photograph you wish to highlight.

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## Photocomposition

- Stop action
- Emotion

- The moment of impact is the best time to shoot.
- If the ball isn't in the shot for an action shot, don't use it.
- Cropping out the rest of the body leads the reader to the center of focus. Crop photos tightly through the lens and again when in Photoshop.

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## Photocomposition

- Stop action
- Small group

- The fast shutter speed stops both the ball and the water.
- The surrounding players add angst and drama.

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