



## 2020 Team-Taught ITC Application Form

Name: \_\_\_\_\_  
Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_ Zip \_\_\_\_\_  
Cell Phone: \_\_\_\_\_  
Bus. Phone: \_\_\_\_\_  
Email: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_ (optional)  
How long have you been a Watsu® Practitioner? \_\_\_\_\_  
How many paid \_\_\_\_ unpaid \_\_\_\_ sessions have you given?  
When and where did you attend ATC? \_\_\_\_\_

List the Class Titles, Instructor and Dates for all classes you have assisted since attending ATC.

Summary of professional and life changes since you attended ATC.

Have you ever been sanctioned, suspended or in any way limited by your professional governing body? If so, please describe.

Describe any current health conditions or special needs that may keep you from fully participating in the 7-day intensive ITC.

### **Required Reading:**

*The 5 Dysfunctions of a Team* by Patrick Lencioni (available for Kindle or on Amazon for \$3.50).

### **Please send:**

- Your completed application form
- Assessment forms completed by the instructors when you assisted
- 5 min teaching video sent via private YouTube (see details on following pages)
- Your \$500 deposit. For payment options call Mary at 360-263-2119.

**Email your completed application, assessment form and teaching video to us at: [team.atc.itc@gmail.com](mailto:team.atc.itc@gmail.com)**

**Thank you for your application.  
We look forward to seeing you in class!  
Mary, Cameron and Peggy**

# Creating and Sending Us Your Teaching Video

**First, please take a few deep breaths. Let this be a fun new adventure.**

Make mistakes. Make lots of them. That's how we all learn. The three of us have been teaching since the last ice age, and we still make lots of mistakes every day. So relax and think back to when you were first learning Watsu.

Remember when you first heard the verbal instructions for a new move, and saw the demonstration of the move. It seemed simple, but then you picked up your partner, and yikes, it felt difficult to do the move! Remember how much it helped when you received clear, simple, step-by-step instructions. This is what you are going to practice. This is a fundamental part of learning to teach Watsu.

**1. Make a short (must not be longer than 5 minutes to upload easily) video of you 'teaching' the following moves:**

- a. Offering
- b. Near Leg Rotation
- c. Far Leg Rotation

2. You will need to be holding someone in your arms as you demonstrate and teach the 3 moves in a pool. You don't need other people in the water.

3. This does not need to be a major production, and we definitely aren't looking for perfection! (If we were, the 3 of us wouldn't be allowed to teach!) This is just a chance for you to practice teaching in private before you come to class. During class, everyone will be teaching short portions of Watsu.

4. Place a video camera on a tripod or have someone hold it for you. Be sure the camera is close to you so that the sound of your voice is loud enough and clear enough to be understood. Speak to the camera as if it is a person you are teaching in your class.

5. Teach the 3 moves. Rewind the camera and review it.
  - a. Were you speaking loudly enough?
  - b. Were you speaking clearly enough?
  - c. Could you really see what you were doing during each move?
  - d. Did you give the instructions in a logical step-by-step sequence?
  - e. Did you adequately describe and repeat each move so that a beginner would have a reasonable idea how to do the move?
  - f. What do you think worked well? What could be better?
6. Repeat teaching and videotaping the moves until you feel ready to send us your video.
7. Watch the videos below and read the instructions for uploading videos onto YouTube. Then send your video to us at [team.atc.itc@gmail.com](mailto:team.atc.itc@gmail.com)
8. Be sure to press the 'Privacy' button so that your video will only be accessible to us and anyone else you wish to see it.
9. Now take another deep breath and go have fun. 😊

**Watch:**

"Put a Video on YouTube: The World's Simplest Guide" on Vimeo:  
<https://vimeo.com/78947265?ref=em-v-share>

**Watch and Read:**

<http://lifehacker.com/5804501/how-to-upload-videos-to-youtube-for-beginners>

**This guide provides a walkthrough to help newcomers sign up for a YouTube account and upload their first video.**

Your videos are a whole lot more fun when you can share them online, and YouTube is one of the best ways to do that. While it's mostly a simple operation, it's not something everyone knows how to do.

Uploading videos to YouTube might seem a little intimidating if you've never done it before, but once you've done it you'll find it's very quick and easy. You'll find a video walkthrough at the top of the page and it will take you through this entire process.

## **Step by Step Instructions (taken from the Lifehacker guide above)**

### **To get started, you'll need to have a YouTube account.**

If you've already signed up for one, just skip this section. If not, here are the steps you'll need to take:

1. Go to [youtube.com](https://youtube.com).
2. Click the large blue "Create Account" button, or the smaller link with the same name at the top right of the page.
3. Fill out the form with your personal information. If you have a Gmail address, entering it as your email address in this form will save you some time later. When you're done filling out the form, click the "I Accept" button.
4. If you used your Gmail account when creating your YouTube account, you'll be asked to link them together on the next page. If this is the case, link the accounts. If you *did not* use your Gmail account (because you don't have one) you'll be asked to create on the next page. If this is the case, create a Gmail account and it will be linked to your new YouTube account.
5. Now you're signed up and should be automatically signed in. You'll know if you're signed in if you see your YouTube account name in the upper right corner of the screen. If you don't, you should see a "Sign In" link up there. Click that, then sign in with your new YouTube username and password.

### **Now that you have an account, uploading a video is very easy.**

Here are the steps you need to follow:

1. Make sure you're signed into your account by looking up at the top righthand part of the page. If you see your username, you're signed in.
2. To the left of your username, you'll find a link called "Upload." Click on that.
3. A new page will load and you'll be presented with two options. The first option is a yellow button labeled "Upload video" and a link titled "Record from webcam." You want to click the "Upload video" button.
4. Once you've clicked the "Upload video" button, you'll a new window pop up that will let you select a file from your hard drive. Select the video you want to upload and click the "Choose" button.

5. The video will start to upload and you'll see its progress as well as a bunch of other options. Make sure you **do not close this page until the video has finished uploading** or it will not finish. While the video is uploading you can change the name, add a description, set your privacy options, and fill out other relevant information.
6. Once the video has finished uploading it will need to spend some time processing on YouTube's servers before it is ready for viewing online. You'll be able to watch this process at the top of the page. Once it reaches 100%, you'll see a link at the top of the screen that you can click to view your video. Alternatively, you can always find your videos by click on your username at the top left of the page and then choosing "Videos" (which may be labeled as "My Videos" for some accounts). This will let you access all the videos you have uploaded.
7. When you're on your video's page, you'll be able to watch it and share it. You'll find a button labeled "Share" underneath the video that will provide you with a link to send to other people and a few other sharing options, such as email and Facebook.

**Please email your video to the Team at**  
**[team.atc.itc@gmail.com](mailto:team.atc.itc@gmail.com)**

*Congratulations, you've just uploaded your first video to YouTube!*

**We look forward to seeing you in class!**  
**Mary, Cameron and Peggy**