Tips for Video Submissions: There are several applications available for uploading a video from your phone or other electronic device to an online/Web environment. Using an application, like YouTube, to upload and share videos is detailed through the following links:

Step-by-step instructions for uploading videos to YouTube: https://blogs.constantcontact.com/how-to-upload-video-to-youtube/

From YouTube: Getting started on YouTube:

https://support.google.com/youtube/answer/2398242?hl=en&ref_topic=4489102

From YouTube: How to upload and share your video:

https://support.google.com/youtube/answer/57407?hl=en&ref topic=2888648

BASIC: How to shoot a video on a cell phone: https://www.youtube.com/watch?v=OPda7mPdRsU