

» **What you need to know about CCGo (User):**

- 1) **You can only use the App to record videos** (You cannot record a video on your phone and submit it from the phone's camera roll or gallery. It is through the **CCGO** app.)
- 2) **You CAN and SHOULD review your videos before submitting** because you only have ONE submission per user. *You CANNOT delete that submission once it is uploaded.*
- 3) **You get points for interacting within the app.** Once a challenge is submitted make sure you vote for others' submissions to get extra points in the overall leaderboard.
- 4) **The challenges have a closing deadline for submission and voting period.** Make sure you are on top of it.
- 5) **Creativity also counts.** You must follow the coach's directions throughout your submission but make sure you have fun with it!
- 6) **The response submissions are in a video format; however, you don't need to videotape your own self if you don't want to.** This is where creativity plays an important role in your submissions. You can easily record your voice while pointing at something else.