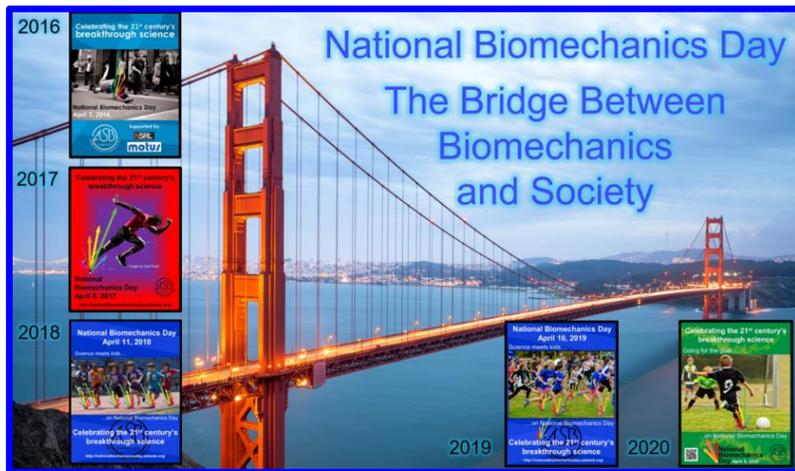




National Biomechanics Day Guidelines, Procedures, Recommendations and Suggestions





National Biomechanics Day
April 7, 2021

National Biomechanics Day Goes International

NBD Nations

- Armenia
- Australia
- Belgium
- Brazil
- Canada
- Chile
- Colombia
- Czech Republic
- Egypt
- France
- Germany
- Hong Kong
- Iran
- Iraq
- Ireland
- Malaysia
- Mexico
- New Zealand
- The Netherlands
- Pakistan
- Portugal
- Saudi Arabia
- Singapore
- South Africa
- Spain
- United Kingdom
- United States

NBD celebrates Biomechanics
with 27 Nations
29,279 High school students
951 High school teachers
And a BIG IMPACT

JOIN NBD 2021!!!



National Biomechanics Day

Guidelines, Procedures, Recommendations and Suggestions

This document contains information designed to help everyone create and conduct National Biomechanics Day events. We will continually improve this document and update its information. Any and all suggestions or recommendations for improvement are welcome and can be sent to Paul DeVita at, NBD.National.Biomechanics.Day@gmail.com. You can share all or some of this information with your high school groups as some of it pertains directly to them.

PLEASE NOTE: There are many helpful NBD resources in this document – Please click the links to get them.

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1) NBD Philosophy and Mission

Biomechanics investigates the broad expanse of biology in the physical world and it makes substantial contributions to basic biology, medicine and health, human and animal movement and performance, biomedical engineering, prosthetics and human-machine interactions, among many other endeavors. [Biomechanics helps people and it improves the quality of human life.](#) Despite this significance and its great potential, Biomechanics remains in a nascent state. It has yet to fully breakthrough into our society's consciousness. For this reason, **National Biomechanics Day seeks to expand the influence and impact of Biomechanics on our society.** The mechanism through which NBD will manifest this goal is by teaching young people about Biomechanics and thereby expand the number of people entering Biomechanics and creating careers in Biomechanics. These careers will vary greatly and may include Biomechanics science but may also include the practical application of Biomechanics in commercial, medical, industrial, and other settings. As the number of Biomechanists increases, so will our impact on society as well as society's understanding and appreciation of Biomechanics. **By achieving these goals, we will make Biomechanics the, "breakthrough science of the 21st century."** It stands on the precipice but it has not yet made this leap.

This mission is eminently attainable because of existing social pressures including the continuing growth of STEM and STEAM educational models, the accessibility of Biomechanics to underserved populations through diversity, equity and inclusiveness initiatives, and the inherent and deep-seated humanity within Biomechanics science and Biomechanics applications. Also, without doubt, Biomechanics is fun for young people. Biomechanics is the fundamental combination of all things STEM. It is science, technology, engineering, and math and with the advent and continuing growth of Dance Science it is now STEAM with A for Arts. Biomechanics can readily place itself as a foundational component to STEM/STEAM education because of our, "All Things STEM & STEAM," nature. Biomechanics has served as the centerpiece of STEM grants through the National Science Foundation (NSF) and with continued efforts, NSF among other groups can be made to better understand and value Biomechanics as an effective mechanism for entry into science by young people, indeed, as the STEM/STEAM entry mechanism.

National Biomechanics Day has had tremendous success in reaching diverse and underserved populations and it is enacting extensive initiatives to expand this success. Among these initiatives, we created a DE&I section on the NBD Organizing Committee, we joined with the Diversity Committee and Diversity Chairperson, Dr. Robin Queen of the American Society of Biomechanics and with ASB Fellows working to increase DE&I in Biomechanics and science, and we work with 4th Family, a non-profit organization dedicated to empowering and educating community members to reach for success through science. Working with these people and groups will enable NBD to reach all young people and help them sustain their drive for success in science. National Biomechanics Day is participating in other outreach activities designed to increase DE&I in our world of science.

Young people like biomechanics for many reasons including the fact that its techniques are the basis for all video games played today. When they see, "mo-cap," in real life ([Click HERE](#)), they are excited by it. **Biomechanics then becomes science with purpose for high school youngsters because they participate in it; biomechanics is the science of people moving and performing our daily activities and enjoyable sporting and athletic activities.** All NBD events and activities involve young people performing isokinetic tests, or EMG tests, or mo-cap

tests, or so many other living-science activities. The end result after each and every NBD test is amazement and awe in young people...



Two high school students at the Nike NBD 2017 event in Beaverton, Oregon. One shows amazement and one shows awe, we just cannot distinguish which is which!

...and a lotta smiles in Brazil and Malaysia in 2019,



Biomechanics can be irresistible to young people and NBD will reveal this irresistibility to them. Biomechanics and NBD are fun for young people. Indeed, our motto has been from the beginning, "Science meets fun on National Biomechanics Day."

National Biomechanics Day also recognizes the contributions of so many Biomechanists around the world who conduct other educational outreach activities. These demonstrations are exciting and productive and they also lead to many of the NBD goals. Some of these activities are even combined with NBD events. NBD however, has one element not seen in other Biomechanics outreach. **NBD is ALL OF US working together in a synchronized celebration of Biomechanics**, a coordinated, worldwide Biomechanics festival. This unity is the true, underlying greatness of National Biomechanics Day. Together, we become the irresistible force that thrills young people. They know NBD is occurring, "everywhere," and this knowledge enhances the meaning and importance of National Biomechanics Day, of Biomechanics, and of the possibility that a single young person can choose a meaningful and enjoyable career in Biomechanics.

We close with the proposition that doing Biomechanics is not enough to make Biomechanics the Breakthrough Science of the 21st Century. While it may breakthrough on its own at some time, it is clear that Biomechanics has yet to become universally known and appreciated. While doing Biomechanics is certainly the foundation of our breakthrough, **we must also show Biomechanics to people**. Do you not wonder why, after so many decades of incredible Biomechanics, Biomechanics remains the unknown science, unknown even in this information age? Why is Biomechanics not listed among literally hundreds of sciences, activities, degree

fields and careers in STEM, when it is in fact fully STEM? Where are the Biomechanics journals with impact factors of 10, 20, and 30? The answer is that we have shuttered ourselves into post-graduate programs that simply do not reach the broad population. We remain a distant and underappreciated science to most university undergraduate students and to most people. We need to take the simple step of saying, "Hello, this is Biomechanics," to young, high school students. NBD takes this step. National Biomechanics Day looks forward to the NBD inclusive of all Biomechanists stepping irresistibly into society's consciousness.

Please see this essay to further understand the need for NBD and why we think Biomechanics is on the edge of breaking through [Click Here](#).

The National Biomechanics Day website is [Here](#).

2) NBD Sponsors

NBD started with three sponsors in 2016 and in 2019 had 36. We are currently recruiting sponsors for 2020. Our sponsors include many commercial entities and scientific societies. Many of our sponsors also support other Biomechanics groups, societies, and initiatives for which we are greatly appreciative. Our sponsors are shown on our website with their logos linked to their own websites, [Click Here For Sponsors](#)

Please acknowledge their NBD support when you can and share this information with your high school participants.

3) NBD Registration and Demographic Information on Participants

Future NBD success depends on our ability to document our yearly growth. Would you please,

- 1) Have all Lab members, faculty, students, and staff who contribute to the NBD event register at: [NBD Registration](#). At ECU, we have faculty, graduate and undergraduate students participating in our event and all will register. The more people we can document contributing to NBD the greater success we will have in recruiting more sponsors and when applying for grants.
- 2) After your NBD event, please provide demographic data on your high school groups. At the minimum please count your high school students and teachers/parents. Better still, provide a count of all females and males. NBD has had great diversity numbers and this single dichotomy will help us.
- 3) The U.S. National Institutes of Health provide guidelines on demographic data for U.S. researchers. This spreadsheet [Click Here](#) can be used by U.S. or other NBD sites to record this information. This detailed information can be very useful in generating future support. **You can also develop your own form or information gathering techniques.** Please put in a site identifier to the title on any form you use. All information provided by the high school participants is voluntary.
- 4) If your institution has multiple NBDs, each should provide this information.
- 5) Please provide these data as soon as you can after your NBD by emailing them to Paul DeVita at NBD.National.Biomechanics.Day@gmail.com.

Some sites did not report their NBD events in 2019. Please communicate with us so that we can accurately measure the growth and success of National Biomechanics Day. Thank you.

4) Recruiting High School Students

High school students are our primary target audience and they typically attend NBD events in university or commercial labs off the high school campuses. It is crucial to recruit the students and a few of their teachers as soon as possible to insure attendance. While NBD is always one official day in early April, please know that you can hold your NBD event on any day that works for you and your local schools. Typically, NBDs occur from late March to early May. Please note, some NBDs have younger and some have older students and visitors depending on the local situation.

We need to recruit groups of students and their teachers and arrange transportation. Through the first four NBD years, these goals have been achieved in a variety of ways. One successful method is to directly contact science teachers in local high schools and to identify the particular students and transportation means through them. Another method if available is to work through a local school representative whose job includes arranging extra-curricular activities. We have done both here at ECU. Some NBDs have been run through university offices who specialize in outreach activities. They have made the arrangements between the high school representative and the Biomechanics Lab. Some NBDs are combined with other, existing outreach science events which already have effective high school recruitment procedures. Other NBDs have an open registration on a website for local high schoolers and so ask individuals to step forward. Please use whichever means works for you.

The number of visitors depends on factors from both the Biomechanics Lab and the high schools. Some NBDs involve a single group visiting a lab for one or two hours and some involve multiple groups rotating through multiple labs for many hours and sometimes over multiple days. NBD events have been as small as eight students and as large as 400 students. We have three individual NBD events at ECU and each will have about 30 visitors (~25 students and a few teachers) because this number of people fits comfortably within our labs.

Please see the information below about NBD social media and the NBD website. Share this information with your high school groups once they are identified and encourage them to like and follow NBD on Twitter, Facebook, and Instagram.

5) A Typical NBD Event

While we have many returning participants we also have many first-time NBD groups this year. We will provide some guidance to everyone so that we are all prepared to make NBD 2020 a great success. All NBDs should be structured around the skills and capabilities within each lab. For example in 2019 in our lab after welcoming the high school visitors, I showed the entire group this set of slides to introduce Biomechanics and NBD to them: [NBD Welcome Slides](#). They portray NBD and Biomechanics in a fun and upbeat way. I then showed them the NBD Website along with a short video or two from the Biomechanics in Action page. Then the fun really began as we divided the visitors into five groups and they circulated around the lab

learning about various measures we make: isokinetics, 3D motion capture, EMG, ultrasound elastography, & wearable technology. Grad students directed these demos which was for the best – young high schoolers can relate to young grad students. Then we re-gathered, saw one short group-demo on eye-tracking, had a few laughs, summarized, and call it an NBD. Last year we also ate NBD cupcakes. Mmmm. Please view these photos from NBDs around the world from the past three years to get many other ideas: [2017](#), [2018](#), [2019](#).

Incorporating social media within the event is important and is our primary means to show that NBD is truly worldwide. We provide specific instructions about using social media below. We make sure the kids see other NBDs and post photos to their social media sites as the event proceeds.

Please also post various NBD posters around your event and distribute several to your high school groups before the event. Here is the latest poster set: [HERE](#). If you can, please create various banners and visual materials highlighting NBD.



6) Social Media and NBD Website: Sharing NBD Information

NBD becomes the synchronized, worldwide celebration through social media, specifically Twitter, Instagram, and Facebook. Please use these aps during your NBD to show your activities to others and to view other NBDs. Please also post and retweet and like NBD materials and information throughout the year to help grow NBD.

Please [like](#) or [friend](#) or [follow](#) the NBD account on each platform.

In my lab we will have one person photographing our activities and another assigned to social media tasks. This person will upload these photos and videos to the aps and will display activities from other NBDs on a large, widely visible monitor. Please use these tags when posting:

Standard Hashtag/ID on all social media: [#NBD2020](#) (please use this hashtag/ID on all tweets or posts).

Twitter: [@BiomechanicsDay](#)

Instagram: [@BiomechanicsDay](#) and [#NationalBiomechanicsDay](#)

Facebook: [National Biomechanics Day](#)

All Platforms: everyone and anyone can also do live feeds from these platforms. We will use Facebook at ECU using the GO LIVE button. We suggest one or two people do this at each NBD event for some time. During your NBD event, you or someone else or the students can check for live broadcasts on the NBD page on Facebook by checking Live Broadcasts

Sharing across platforms: please remember to also share across these platforms so that you can post on one and then have this post automatically added to the others.

The visiting students can also take photos and videos and post them with these tags. Please encourage them to do so. Also, at some point during your NBD you might take a pause and instruct the students to look through these sites to view other NBDs.

We also have a gmail account to which anyone (i.e. Lab staff or high school visitor) can send photos or videos: NBD.National.Biomechanics.Day@gmail.com

You can contact your high school groups at any time prior to your NBD and tell them about our social media arrangements. Please ask them to also like and follow us on their favorite platforms.

In short, please promote social media activities during your NBDs to increase our interconnectedness. Please have this information visibly posted at your NBD event and point this out to your visitors.

(Note: at this time we are not using Snapchat because photos are deleted after one day.)

The National Biomechanics Day website is [HERE](#)

The website contains much information about NBD and for NBD users. The [Registration](#) page enables all Biomechanists to sign-up for this year's event and the [International NBDs](#) header will direct users to NBD events around the world.

[NBD Action](#) and [NBD Archives](#) headers contain videos that can be shown during NBDs. The Archives header also contains posters from all NBD years. Many of them are fantastic! The current posters can be used to promote your NBD events. Actually, we hope you post them extensively around your event and also share several with your high school groups.

The Sponsors header ([HERE](#)) contains logos for all sponsors on a per year basis and these logos are linked to the sponsors' websites. Please feel free to post about these companies and societies as NBD sponsors.

7) NBD Diversity, Equity and Inclusiveness

National Biomechanics Day promotes diversity, equity, and inclusiveness in Biomechanics. We have greatly enhanced our efforts in DE&I by creating a DE&I committee whose members are committed to expanding the Biomechanics horizons to include people from all walks of life. We plan to sponsor at least one independent Biomechanics event in 2020 to promote diversity and inclusion in Biomechanics and science. NBD has had tremendous diversity success since its inception; for example, over 50% of high school participants were female.

Please contact us if you have any questions about our work in DE&I or if you have any ideas promoting DE&I with NBD.

8) National or International Biomechanics Day?

NBD began as a national event in the United States in 2016 because its founder, Paul DeVita, was President of the American Society of Biomechanics at this time. Creating a national event was an achievable goal in the initial year and it simply seemed a natural step for the ASB President. Immediately after NBD 2016 many international biomechanists expressed interest in joining the movement led by Sarah Shultz at Massey University in New Zealand. Under her direction, enthusiasm, energy, and vision, New Zealand became a national bastion of NBD and 1,000 high school students participated in the first NZ NBD at seven universities across the country in 2017. Felipe Carpes, President of the Brazilian Society of Biomechanics and faculty member at UNIPAMPA (Federal University of Pampa) also became an NBD leader and organized many events in Brazil in 2017 that had hundreds of participating youngsters. Sarah and Felipe, along with Laura-Anne Furlong of Loughborough University, U.K. are presently driving the international efforts and are recruiting other Biomechanists.

Various international biomechanists, including Sarah, Felipe, and Laura-Anne discussed the idea of changing the name to International Biomechanics Day. While this seemed like a natural fit, the international group recommended against changing for a single, practical reason. Many countries offer funding opportunities for national but not international events. We simply consider that every country has its National Biomechanics Day. All are happy. New Zealand and Brazil have links to their own websites on the NBD site and **we invite all internationals to submit materials for their own pages we can create within the NBD website.** We look forward to the day when Biomechanists in every country participate in National Biomechanics Day.

9) NBD Competitions (Not Yet Current for 2021)

There are several competitions involving NBD events, some sponsored directly by NBD and some by other groups. As of this printing, we are currently organizing the competitions for NBD 2020. All members of the worldwide Biomechanics community are eligible to participate in NBD events and NBD competitions.

We will announce the competitions once they are set through social media, our website, and other means. Stay tuned...

10) Inviting Local and National Media

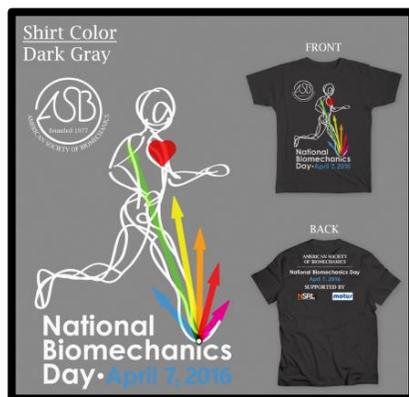
Our university news and media bureau will attend our event and produce a story about NBD for the university press. We will also have in attendance a reporter from a local news station. Several NBDs from the previous years have created excellent local press in this manner. Please invite your local news to enhance our presence within your local areas. If you live in a large metropolitan area, perhaps this local news is national news. Invite the NY Times, or the Times if you live in London. The Sydney Morning Herald or the Toronto Star would provide excellent media support. Also consider inviting a local Associated Press (AP) writer for larger coverage.

Please see various links below for some of the NBD press on the internet.

11) NBD Posters, T-Shirts, Literature

The NBD posters are designed to show the fun and cool sides of Biomechanics. Please display as many NBD posters around your Lab and other areas as you can. Also, please share some with your high school teachers and students both before and after your NBD. They can post them in their schools. The latest 2020 poster set is [HERE](#) in jpg format. As mentioned above NBD banners make a great display also. Please share these posters with your local high schools.

Several Labs have made NBD-shirts for their people, for their high school visitors or both. Here is an original design from 2016 (left) but it is a bit expensive because of the multiple colors, and shirts designed by the University of Virginia and Stanford University:



Some NBD logos that you can use for your t-shirts and other graphics are: [HERE](#)
NC State and some other Labs made booklets for the students:

12) Materials for High School Participants

Educational materials that can be used prior to or after NBD events would be most beneficial for the high school teachers and students. As of this date we have several sets of Biomechanics lessons for high school teachers and students, [HERE](#). These lessons will enable teachers and students to work Biomechanics problems and issues and so strengthen the lessons learned

during NBD. It is our idea that we can write lessons for each other and share them on the website. More about this later.

We will also gladly use and distribute educational materials from the NBD membership. Please consider submitting educational materials, videos, or lessons for everyone to share among their high school groups.

The ASB has a Teaching Repository accessible to everyone, [HERE](#) and can be used by teachers to develop classroom lessons, many of which are inexpensive. Please show your visiting teachers and students the repository and encourage them to examine the materials to see if they find a few particularly interesting. Also, we can all recommend particular websites we like to keep the high school groups in touch with Biomechanics.

In general, please consider remaining in contact with your high school groups and now and then invite them to a Biomechanics guest lecture or a thesis presentation or some other Biomechanics event.

13) Post NBD Activities – Sharing Results

Along with posting photos and videos on social media, we ask you to submit as many photos and videos as you can to Paul DeVita via Dropbox, Google Drive, mailing to NBD.National.Biomechanics.Day@gmail.com or any other mechanisms you prefer. These images are greatly useful in creating visual records of all NBDs for future presentations and for spreading the word about our success. Please also feel free to share stories about your NBDs via social media, societies' newsletters, your institutes news bureau, or any other available and interested site.

Please also, post NBD information, stories, anecdotes, jokes, ideas, future plans on NBD social media sites listed above, #6.

14) The Future of National Biomechanics Day

It is our every intention to continue National Biomechanics Day each year and every year. There has been some discussion of expanding NBD to NBW, National Biomechanics Week, but this is only an idea at this time. There was also discussion on changing the name to International Biomechanics Day. Many international representatives however recommended against this idea because within individual countries, funds can be raised for national events more readily than for international events. So, we consider that each country has its own National Biomechanics Day. We certainly look to increase the number of nations and of individuals participating in NBD each year. As we see it, Biomechanics would greatly benefit from outreach work by all Biomechanists simply because this work will produce more biomechanists, fundamentally, our ultimate goal.

While NBD sponsors support NBD financially, NBD also depends on individual contributions from local sources to directly fund the local event. Many individuals have gotten either internal or external support for their events. NBD events are not too costly, but they do use some lab supplies, personnel, and time. While NBD funds have grown the numbers of events and participants has grown at a much faster rate. Although the central office cannot yet support individual NBD events, we hope to in the future.

The NBD Organizing Committee is always interested in working with energetic people passionate about NBD and our mission. If you would like to work with us in any role, please contact Paul DeVita, NBD.National.Biomechanics.Day@gmail.com. There is always room for positive, energetic people. On a related point, we started to develop National Coordinators in 2018. Their role is to recruit new NBD participating Biomechanists from their countries and regions and to organize or assist other NBDs in their countries (and neighboring countries if appropriate). Please contact Paul if you are interested in such a position.

NBD will work to increase diversity, equity, and inclusiveness in Biomechanics. We will continue to promote and/or sponsor STEM and STEAM outreach activities that also increase DE&I in Biomechanics. Our expansion to more nations is one mechanism to increase diversity in Biomechanics. We look forward to more outreach activities and we encourage everyone to contact us if you have an idea along these lines.

NBD has gotten positive and extremely helpful press in its initial four years. For example, we have this exceptionally supportive article in LER ([HERE](#)). Since our goal is to expand the number of people knowledgeable about Biomechanics, future press will be greatly beneficial. We ask all NBDers to contact their local or national news organizations to write or show a story about your NBD efforts. We recommend that you have a news reporter and photographer at your NBD.

15) NBD on the Internet (websites active at publication date)

As of this date we have these NBD stories on the internet (that we know of):

LER article: National Biomechanics Day thrills kids worldwide:

<http://lermagazine.com/article/national-biomechanics-day-thrills-kids-worldwide>

Active Voice: National Biomechanics Day Goes International in 2017:

<http://www.multibriefs.com/briefs/acsm/active030717.htm>

Biomechanics: Making Science Fun: <https://www.keloland.com/news/making-science-fun/>

Happy National Biomechanics Day!: <https://web.stanford.edu/group/stbl/cgi-bin/wordpress/2017/04/06/happy-national-biomechanics-day/>

BME participates in National Biomechanics Day: <http://www.bme.ncsu.edu/bme-participates-in-national-biomechanics-day/>

National Biomechanics Day: <https://cobr.boisestate.edu/nbd/>

National Biomechanics Day: <https://www.unomaha.edu/college-of-education/news/events/2017/03/national-biomechanics-day.php>

Healthy Movements: <http://www.ecu.edu/cs-admin/news/National-Biomechanics-Day.cfm>

National Biomechanics Day throws light on forces and effects:

<http://www.indiannewslink.co.nz/national-biomechanics-day-throws-light-on-forces-and-effects/>

BOOM: Biomechanics On Our Minds: Episode 1: Off the beaten path:

<https://soundcloud.com/biomechanics-on-our-minds>

Making science fun: <http://www.keloland.com/news/article/news/making-science-fun>

National Biomechanics Day on Vimeo: <https://vimeo.com/user49286886>

Delsys: An unforgettable year for science: <https://www.delucafoundation.org/2017-an-unforgettable-year-for-science/>

Delsys: National Biomechanics Day: <http://www.delsys.com/event/nbd-openhouse/>

National Biomechanics Day 2017: <http://sites.psu.edu/hmrc/nbd2017/>

Armstrong Hosts Local High School Students for National Biomechanics Day:

<https://www.armstrong.edu/news/armstrong-hosts-local-high-school-students-for-national-biomechanics-day>

National Biomechanics Day 2017: <https://my.vanderbilt.edu/batlab/outreach/>

Michigan Tech celebrates National Biomechanics Day:

<http://www.westsidepodiatrycenter.com/blog/item/131-michigan-tech-celebrates-national-biomechanics-day.html>

National Biomechanics Day at Lytton High School: <http://gisborneherald.co.nz/video/2732418-135/national-biomechanics-day-at-lytton-high>

National Biomechanics Day at Staffordshire University:

<https://www.youtube.com/watch?v=3H6nzYteRek>

Senior PE involved in National Biomechanics Day at Otago University

<https://www.lphs.school.nz/home/article/48743>

USARIEM opens doors to high school students during National Biomechanics Day:

https://www.army.mil/article/165798/usariem_opens_doors_to_high_school_students_during_national_biomechanics_day

National Biomechanics Day throws light on forces and effects:

<http://www.indiannewslink.co.nz/national-biomechanics-day-throws-light-on-forces-and-effects/>

Celebrating Biomechanics Day: The science of your running form:

<http://www.milestonepod.com/blog/national-biomechanics-day-run-really-matters/>

Learning the mechanics of biomechanics: http://www.massey.ac.nz/massey/about-massey/news/article.cfm?mnarticle_uid=7BDE7359-F9B0-615B-F731-039BCA3ABF0D

Wallenpaupack area high school students introduced to Biomechanics at the University of Scranton: <http://news.scranton.edu/articles/2016/05/wallenpaupack-hs-biomechanics.shtml>

NSU University School students participate in National Biomechanics Day:
<https://nsunews.nova.edu/nsu-university-school-students-participate-in-national-biomechanics-day/>

Workshop III: Biomechanics: <http://duboisscholars.org/programs/accelerated-learning-academy/workshop-tracks.html>

16) NBD Video

One NBD motto that we know and love is, “Science meets fun on National Biomechanics Day.” NBD 2019 turned out to be the Year of the NBD Video because so many people made so many great videos for our various contests or just to showcase their events. Please view a few [HERE](#). They are really fantastic!!!

Thank you.