

# 30 min VIRTUAL SPEECH A/V CUES - Poscente

Approx. Timing	Action	Cue	Approx.
0 min	Play <b>TRACK 1</b> of Audio (walk up music)  Insert <b>Skier Image</b> <slide 2>	<b>IN:</b> "...2 <sup>nd</sup> chair clarinet player...Vince Poscente."  <b>IN:</b> After Vince says, "Thank you Patrick. You might wonder what it's like skiing at 135 mph on skis..." he will stand on chair. (Post slide then.)	15 seconds
5 min	Play <b>SEG. A</b> of video <slide 3>  Begin sound med. loud. Bring under Vince's voice when he speaks.	<b>IN:</b> "Let's watch a video of the sport of speed skiing..."  <b>OUT:</b> video goes black	3 minutes
9 min 11 min	<b>Insert 1. Clarity of Vision</b> <slide 4>  <b>Insert "2000 neurons"</b> <slide 5>  <b>Insert Ant walking west video</b> <slide 6>  <b>Insert Elephant east video</b> <slide 7>	Vince says, "Research by Dr. Lee Pulos..."  "In one second of time, your conscious mind uses..."  "The ant's on the back of an elephant going west"  "Meanwhile the elephant is headed east. Which way is the ant really going?"	1 min 1 min 10 sec 10 sec
13 min 14 min	<b>Insert 2. Commitment</b> <slide 8>  <b>Insert 3. Consistency</b> <slide 9>  <b>Insert 1<sup>st</sup> pic Vince on a car</b> <slide 10>  <b>Insert 2<sup>nd</sup> pic Vince on a car</b> <slide 11>	Vince says " <b>The second C is Commitment</b> "  Vince says, " <b>The third C is consistency. How we consistently compete...</b> "  After Vince says, "I couldn't afford a wind-tunnel, but I could afford a friend with a really fast car..."	1 min 2 min 15 seconds or so for each pic of Vince on the car in a pink rubber suite
18 min	<b>Insert pic Les Arc Track</b> <slide 12>  <b>Insert 4. Confidence</b> <slide 13>  <b>Insert 4. Confidence</b> <slide 14>  <b>Insert 5. Control</b> <slide 15>  <b>Insert 5. Control</b> <slide 16>	Vince, " <b>The fourth World Cup, Les Arc, France.</b> "  " <b>There's a gap between fear and confidence.</b> "  Vince says, " <b>To create confidence, flip the gap...</b> "  Vince says, " <b>The 5<sup>th</sup> C is Control. Can't control...</b> "  Vince says, " <b>You can control your routines...</b> "	30 sec 30 sec 30 sec 15 sec 45 sec
21 min	<b>Insert pics Vince and Track</b> <slide 17>  <b>Insert pics Vince and helmet</b> <slide 18>	"Go back to the world's largest track..."  "This time I have a chance at breaking the Canadian record which had stood for six years..."	15 seconds 15 seconds
24 min 28 min	Play <b>SEG. B</b> of Video <slide 19>  Insert B&W of Vince's Dad <slide 20>	<b>IN:</b> "Let's watch the Gold Medal run at the Olympic Games in Albertville, France" <b>OUT:</b> Video goes black  "I was visiting my folks. Overheard my dad say..."	3 minutes 15 seconds
30 min	Play Track 5 (walk off music)	<b>IN:</b> <b>Start music bed</b> when says "125 mph" (as audience takes final run down the mountain)  <b>Full Volume.</b> When he says, " <b>I want to do that again.</b> "  <b>OUT:</b> (when MC retakes the virtual meeting)	Play until the MC takes over the virtual meeting