

Pre-Production Planning Document (MINI DOC)

GENERAL INFO

1. Your Name: **Melanie Topchik**
2. PROJECT: Mini Documentary/Biography/News Package

CREATIVE BRIEF

1. What must it be?

A short documentary video including narration, an interview and b-roll.

2. Who is it for?

Anyone interested in seeing what it is like to compete in Division I track.

3. How long must it be?

Around 1:00-5:00 minutes

4. What is your objective with the piece?

To give a quick look at the story of my friend Nyasia, as a DI athlete, and to show what it is like to compete at a college track meet, also highlighting her dedication.

5. When is it due?

12/14/25

6. What is the overall idea?

A story of a student athlete preparing for and competing in a meet, showing both her routine, the environment around her, and learning what it is that makes the sport so special to her.

7. What is the storyline summary?

The video introduces Nyasia, shows her warming up, competing, and reflecting on her experience. The visuals follow her from preparation to the moment she finishes her event, giving viewers a clear, fast sense of her life on the track.

8. Elevator pitch:

A quick look into Nyasia's world as a Division One runner at Quinnipiac, told through quick interviews, warm-up clips, race footage, and the energy of the meet.

9. Tagline:

A glimpse into the drive behind a Division One runner.

10. Look and feel description (including "pacing"):

Clean, energetic, and natural. Quick cuts that match the pace of a track meet. Balanced mix of wide shots, mid shots, and close ups. The pacing should feel smooth and steady, with a natural build toward the race moment.

QUESTIONS / NOTES

SUBJECT:

1. Why did you choose this story?

Nyasia is my good friend and is also one of my roommates, and is competing at a Division One level, which gives an interesting story with built-in action and authenticity. It is easy to capture and provides strong visuals without staging anything.

2. Story ideas:

- Her passion for running
- The intensity of a DI meet
- The routine she follows
- How she balances school and athletics
- What motivates her to compete

NARRATION/HOST:

3. Who will lead us through the piece?

A combination of Nyasia through an interview I am going to do with her, and my own narration through a voiceover.

4. Narration ideas:

Her explaining why she runs, what it feels like to race, or you briefly describing what viewers are seeing. Short, clear lines that match the visuals.

INTERVIEWS:

1. Who will you interview?

Nyasia

2. Why is this person important to the piece?

She is the subject and the person whose story I am telling.

3. What questions will you ask?

- Which events do you run?
- What do you enjoy about competing?
- What is the hardest part of a meet?
- What keeps you motivated?
- Do you have any future goals for your running?

4. What followup questions might be important?

- Can you describe that moment in more detail?
- What does that feel like for you?
- How do you prepare mentally?
- What challenges have you faced, or what challenges do you face?

B-Roll:

1. What b-roll visuals will be important to convey the story? Keep in mind you should show what the interviewees are talking about.

Warm ups, stretches, walk outs, race footage from the stands, wide shots of the track, her with teammates, equipment, meet atmosphere.

2. Any still images or charts or graphics?

A title card with her name and the events she is competing in.

3. Is the nat sound of the environment important? If so, be sure to record it properly.

Yes, the noise of the crowd, the starting gun, spikes on the track, and general meet energy noise will help make the piece feel real.

4. B-roll ideas:

- **Track lanes**
- **Scoreboard**
- **The crowd**
- **Her finishing one of her events**
- **Close up of her spikes or bib number**
- **Team tents**
- **Her walking off the track**
- **Stretching captured from a distance**

MUSIC:

1. What is overall “mood” and “feel” of the piece?

Motivated, focused, and upbeat with a calm feeling as well.

2. Music track ideas:

A simple, inspiring instrumental that slightly builds during clips of the race.

PERMISSIONS:

1. Am I allowed to film here? Do I need permission and/or a permit?

Spectators can record from the stands at most meets, so no special permit is usually needed as long as I stay where spectators belong.

2. Will any people be in my shots? Do I need permission and/or release forms?

Crowd shots are fine. Any clear close ups of athletes besides Nyasia may require permission, so I will try to keep other athletes blurred, wide, or if anything incidental.

GENERAL:

1. What gear do I need to pack and bring with me for the shoot? Film gear, sunscreen, water, etc.

Phone or camera, tripod if allowed (probably won't be able to set up but will try), extra battery or charger

2. How will I transport everything and keep it safe?

Use a backpack to keep gear secure and hands free

3. Are there any potential hazards or complications at this location?

Crowded stands, weather changes, noise, and the rule that I cannot step onto the track or team areas.

Staying in spectator zones and watching my surroundings.

SCRIPT

Name: Melanie Topchik

Title: NYASIA- A DIVISION ONE MOMENT

VIDEO	AUDIO
EXT. DIVISION ONE TRACK MEET- DAY	(Fade in ambient audio - busy track meet.)
WS establishing shot of the track and the stadium crowd	(ambient audio of light crowd noise, athletes warming up, soft chatter.)
WS athletes warming up across the infield	(Begin soft motivational music) (Fade music to background level)
CU crowd members cheering and clapping	VOICE OVER: "At every Division One meet, there is a moment when everything feels alive. Crowds cheering, runners warming up, and athletes preparing for their race. In the middle of all of this is Nyasia."
CU teammates jogging past in the distance	(Pause for one beat. Let ambient sound breathe.)
EXT. TRACK WARM UP AREA- DAY	VOICEOVER: "She runs for Quinnipiac. She competes with focus that carries every warmup and every race."
WS Nyasia stretching with teammates from the stands	(Ambient audio shifts from warm up sounds: spikes tapping, track movement)
CU feet tapping on the track as runners warm up	VOICEOVER: "Even from the stands, you can feel her discipline. Every stretch, every stride, every quiet moment before her event brings her into the zone"
CU hands tying laces	(Short pause. Let music fill the space.)
CU bib number pinned onto a jersey	(Insert interview audio from Nyasia) "I run because..."
MS Nyasia doing leg swings or stretching from afar	(Fade interview audio out into ambient crowd noise again.)
EXT. TRACK MEET ATMOSPHERE- DAY	
WS scoreboard with events listed	
CU track lanes	
WS officials gathering near the starting line	
ECU spikes hitting the track surface	

INT. INTERVIEW SPOT (REC CENTER) - DAY

MS interview shot of Nyasia

CU alternate angle of Nyasia

WS soft background of track at QU behind her

EXT. STARTING LINE- DAY

WS runners lining up from the stands

CU starting blocks

CU runner hands on the track

WS showing anticipation before the gun

EXT. TRACK - DAY

WS Nyasia sprinting from the stands

CU follow shot from a distance as runners pass

MS mid-race tracking from spectator area

WS finish line moment

EXT. POST RACE AREA- DAY

MS Nyasia walking off the track catching her breath

CU water bottle in hand

CU smile or moment of relief

WS teammates gathering around her

EXT. TRACK FACILITY- DAY

WS closing shot of Nyasia walking along the edge of the track

VOICEOVER:

"A meet is loud and full of movement, but once she steps to the line, the world narrows. All that matters is the race in front of her."

(SFX: Starter's gun)

VOICEOVER:

"In that instant, she gives everything she has."

(Ambient audio of running and finish line reactions.)

VOICEOVER:

"And when she crosses the finish line, that is the moment she trains for. The moment that makes it all worth it."

(Music swells slightly)

VOICEOVER:

"This is Nyasia. This is her track story."

(Fade music up gently)

(Fade music and ambient audio out)

WS final establishing shot of the meet atmosphere fading out

CU track surface for final beat

Fade out

