



Impact Series

Posing Guide

Basketball Poses

BASKETBALL



STANDARD POSES



EASY STAGED ACTION:
MOST ATHLETES CAN DO.
EASY FOR CAMERA CAPTURE.



ATTITUDE POSES



Hockey Poses

HOCKEY



Volleyball Poses

VOLLEYBALL



STANDARD POSES



ATTITUDE POSES

Softball Poses

STANDARD POSES



SOFTBALL

EASY STAGED ACTION:
MOST ATHLETES CAN DO.
EASY FOR CAMERA CAPTURE.



ATTITUDE POSES



Baseball Poses

BASEBALL

STANDARD POSES



EASY STAGED ACTION:
MOST ATHLETES CAN DO.
EASY FOR CAMERA CAPTURE.



ATTITUDE POSES



Cheer & Dance Poses

CHEER & DANCE



ATTITUDE POSES



Gymnastics Poses



Wrestling Poses

