

Help us help you get the most out of your stroke analysis!

The better the video quality, the better the feedback!

Basic Video Requirements:

1. Please download the Coaches Eye or DartFish app to your Smart Phone and film using either of these applications.

<https://www.coachseye.com/>

<http://www.dartfish.com/>

It is not required; however, it is very useful for providing quality video stroke analysis and will help us provide you with a more detailed review of your swimmer. You should check to see if these are also available via App Store on Apple.

2. Learn the functionality of your iPhone, iPad, GoPro camera or video filming device and practice.

3. Filming at swim meets is best done from an elevated position, grandstand preferred.

4. No deck level, please. Do your best to focus primarily on your child and use the ZOOM feature. Best video is when the swimmer occupies the majority of the screen.

5. When filming at the pool, in a casual setting, we recommend the following:

- Butterfly: Side view walk along and swimmer swimming towards camera
- Backstroke: Swimming towards camera, swimming away from camera and side view walking along
- Breaststroke: Side view offers highest value for analysis. Walk along and maintain side view. To evaluate the balance of the kick, please film your swimmer as they kick away from you.
- Freestyle: Side view walk along is recommended. It is also useful to have footage swimming toward and away from the camera.

Starts: Side view, back view and front view

Turns: Side view for all, front view and also footage of swimmer leaving the wall and streamline is all useful. Make sure the swimmer completes the breakout for each stroke and takes a minimum of 5 full speed strokes after streamline.

It is useful to have footage of the swimmer at full speed to evaluate stroke. Turns and starts should also be at full speed.

Go-Pro filming is great! Using a stick, walk alongside your swimmer to capture footage. If you can go underwater and film the swimmer both coming towards and going away from the videographer, that is also very useful footage.