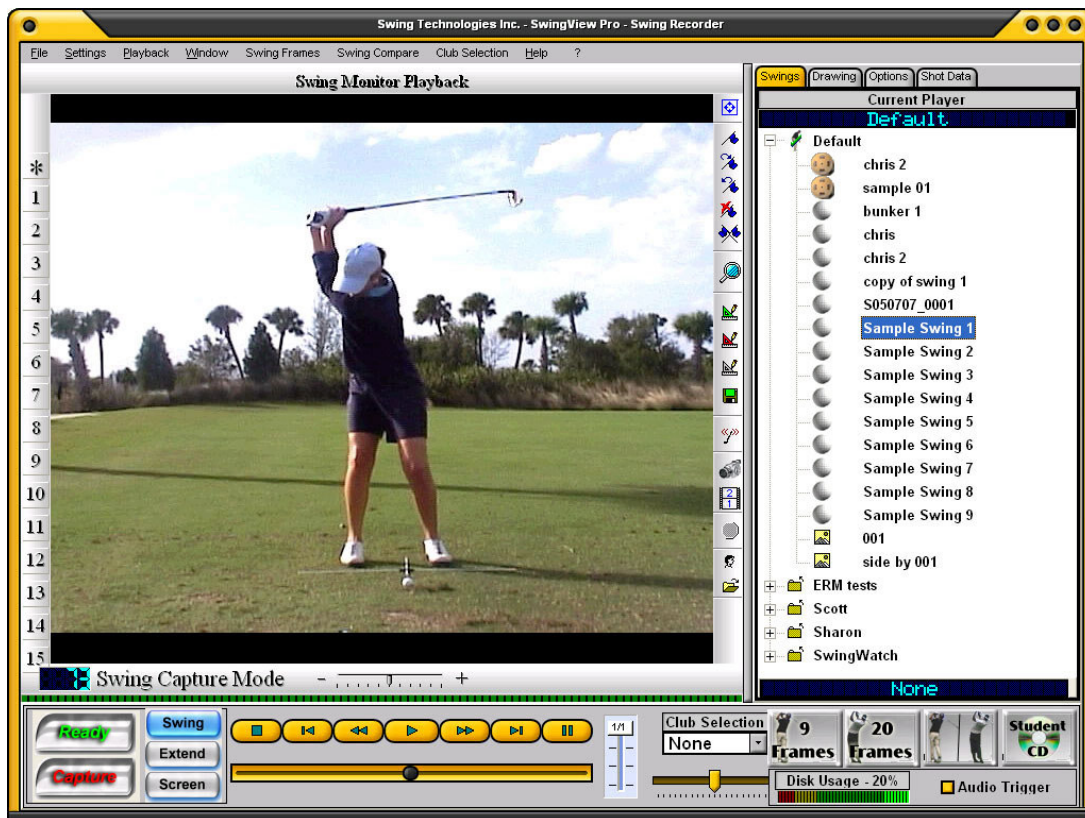


SWINGVIEW PRO: *“For pros, by pros.”*



Recommended computer specs:

- Operating system: 98SE, 2000, ME, XP, Vista
- Processor speed: 2 GHz or faster
- RAM (memory): 512MB or more
- Hard drive space: 60 GB or larger
- You will also need a Firewire port and CD burner (CD-RW)

Recommended camera:

- Any DV camcorder with a manual shutter speed adjustment. Currently we recommend any Canon ZR model. Cost: \$250 to \$325.
- Webcams: we recommend the Philips SPC900NC or Logitech Pro.
- If you want to capture video from your TV or a security type camera, we recommend the ADS VideoXpress AV-191 USB2 capture device.

During your trial you are encouraged to phone us for support:

561-848-8529

CAMERAS

SwingView Pro offers support for USB (web) cameras as well as digital camcorders, HD cameras and cameras featuring progressive scan mode. Currently we recommend the use of a digital video camera (DV camcorder). Look for one that has a manually adjustable shutter speed. As of this writing we suggest Best Buy, bhphotovideo.com, Overstock.com, eBay, or Ubid.com for purchasing cameras and camera accessory items such as wide angle lenses. Models such as the Canon ZR500 (any ZR model is OK) work well and you shouldn't have to spend more than \$350.



FIREWIRE

On your DV camcorder you will find a small connection (port) known as a Firewire port. The port may be labeled as DV in-out, IEEE-1394, S400, or iLink, but the term Firewire is now generically used. Your computer *should* also have a Firewire port built into it. Your camcorder will connect to this port using a Firewire cable. If your computer does not have a Firewire port, you can purchase an adapter card (PCM-CIA to Firewire) for about \$30-\$40 at most electronics stores.

The longest standard Firewire cable length you'll find in a store is about 14 feet. If you need something longer, call us.

FRAME RATE (f.p.s.)

The number of pictures you can capture (currently 2006) from your DV camcorder is 30 or 60 pictures (frames) per second. A webcam typically limits you to 30 frames-per-second (f.p.s.) but a DV camcorder allows the video to be de-interlaced which produces 60 pictures per second. Recording options can be found in SwingView Pro in the video settings menu (ALT+V).

SHUTTER SPEED

While it's easy to confuse the two, shutter speed is **not** the same as frame rate. While you will always be capturing at 30 or 60 frames-per-second the shutter speed setting affects *how long the camera's shutter is open for each picture that is taken*.

Your target shutter speed should be at least $1 / 2000^{\text{th}}$ of a second in order to freeze the motion of a typical golf swing. This means that the shutter is only open for $1 / 2,000$ of a second for each of the 30 or 60 pictures (frames) of video per second that are captured.

There is a trade off between picture quality and shutter speed. Less light gets in as the shutter speed gets faster. Less light means a darker picture with less color saturation. This is of importance if you are ever teaching under low lighting conditions such as indoors. Typically, you will not be able to set your camera's shutter speed above $1 / 500^{\text{th}}$ second indoors without supplemental lighting.

Your target goal indoors should be $1 / 1000^{\text{th}}$ second shutter speed. You'll still see a *little* blur of the club through the impact area, but should find that shutter speed a reasonable balance between stopping the motion & getting a useable picture quality. If you are not able to attain a shutter speed of at least $1 / 500^{\text{th}}$, you should get additional lighting.

TIP

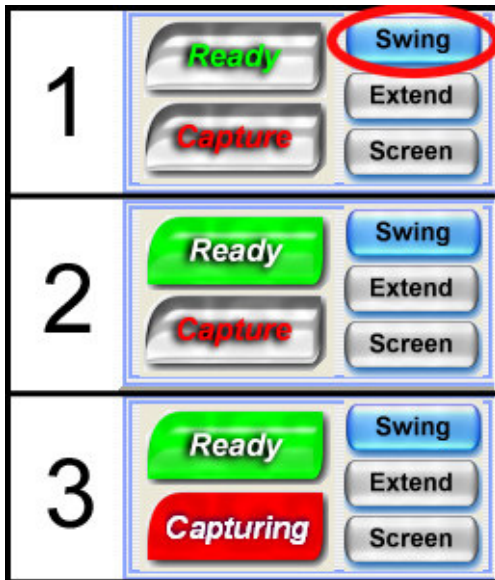
If your camera has 'Steady Shot' or image stabilization, go into the camera menu controls and turn it off. If your camera starts doing whacky things and a family having a picnic appears on your screen after a few minutes then your camera is in DEMO mode.

REMINDER

If you are using your camera to capture live video & don't plan to record your lesson to the tape, *take the tape OUT of the camera*. If you leave the tape in your camcorder, the camera will automatically shut off after a few minutes.

SVP RECORDING MODES

There are three unique recording modes in SwingView Pro version 6. All the recording modes have settings found under the Settings menu.

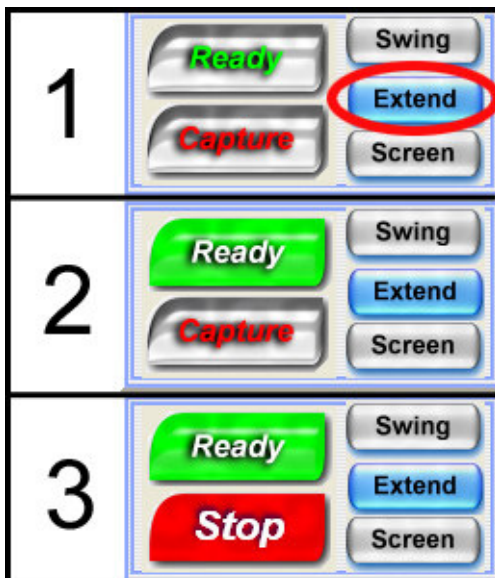


The first recording mode is called **Swing**, for Swing Recording Mode. This will capture short (usually 3 second) clips to your Swings list. Here's how to use it:

1. Click the **Swing** tab.
2. Click the **Ready** button to get *ready* to capture a swing. **Ready** should turn bright green and you should see a live video preview.
3. Press the **SPACEBAR** button once at impact to capture the swing. The **Capture** button will turn bright red and show **Capturing** while the swing is trimmed, compressed and saved to your computer.

This process is the same whether you are capturing video live, or playing back from tape.

The swing you just recorded will appear in the swing list and is ready for playback. To capture another swing, just press the **SPACEBAR** again on your keyboard. The **SPACEBAR** is used in all recording modes to Start/Stop/Pause recording of video. Remember, press the **SPACEBAR** one time at impact ... your computer will take care of the rest.

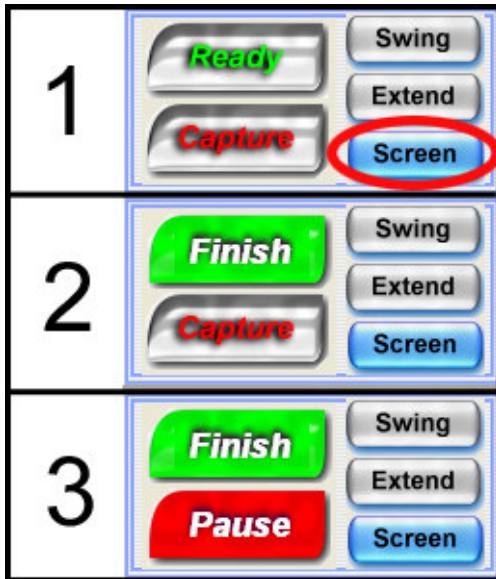


The second mode is **Extend**, for Extended Record Mode.

1. Click the **Extend** tab if you want to capture longer video segments such as drills.
2. Next, press the **Ready** button to get *ready* to capture a drill or longer video segment. **Ready** will turn bright green and you should see a live video preview.
3. Press **SPACEBAR** once to start recording video. The **Capture** button will change to a bright red **Stop** while video is being recorded. Press the **SPACEBAR** again to stop recording.

In short, press the **SPACEBAR** once to start recording, and again to stop recording in **Extend** mode. Recording full motion video with audio can be demanding for your system. If you have problems capturing drills there are some options available to help you out. Press (ALT + E) on your keyboard to access **Extend** settings. You need to have your camera attached to change any of the settings. The recommended defaults are to check the options: "Capture Audio" and "AVI 1.0 Compatible", and "Preview Live Video".

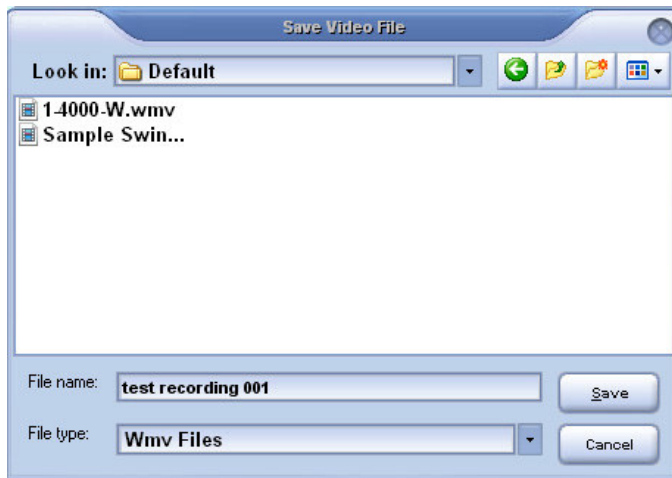
Make sure your camera/video device is listed in the Video Device line and that the Video Size is set to "Full". If you are 'dropping frames' (video is choppy) you can check "Reduced Frame Rate".



The third mode is called **Screen**, for Screen Record Mode.

1. Press the **Screen** tab if you want to do a screen recording of your 'live analysis'. Anything that happens on the screen including anything you say will be recorded to a new video.
2. To capture the screen to a new file, press the **Ready** button to set the system **Ready** to record the screen. The **Ready** button will turn bright green and change to the word **Finish**. Video is not yet being recorded.
3. Press the **SPACEBAR** to begin recording the screen. The Capture button will change to the word **Pause** and turn bright red indicating the screen is being recorded. Advance the video and do some analysis. Pressing the **SPACEBAR** again will pause screen recording. You can resume and pause as many times

as you like (by pressing the **SPACEBAR**) until you are done with your analysis. Once you are finished, click the **Finish** button (or the letter R on your keyboard) to end the recording. When you click **Finish** a small window will appear asking you to name the file you just captured. Give the recording a name and click "Save". The file will be encoded as a Windows Media File and is ready to be e-mailed or burned to a Student CD.



Your computer's video card has a great deal to do with the performance of this capture mode. If you notice your video is very choppy, you may wish to set the Recording Frame Rate to 2 instead of 5. Reducing the number of frames per second (i.e. pictures of the screen recorded each second) will make the video appear a little choppy, but will also reduce the file size.

For questions about SwingView Pro, please call our support line weekdays 9-5 EST.

20 Minutes to Mastery:

A step-by-step approach to the basics of SwingView Pro.

FIRST THINGS FIRST!

If you just installed the program or the update, you have 10 days to register. To register, call our support line at: **561-848-8529**. You will need your CD key (that came with the CD) and your registration number (ends in SV or UP) located at the center-bottom of the registration screen.

Next, if you're using a DV camcorder you need to attach it to the computer using a Firewire cable, not a USB cable. Firewire cables generally don't come with the camera when you buy it.

STARTING THE PROGRAM & SELECTING A PLAYER

1. Start SwingView Pro by clicking the SwingView Pro icon on your desktop.
2. To add a new folder or new player, click one of the small icons on the lower right side of the video screen. One icon looks like a person's head (= add a Player) and the other looks like a folder (= add a Folder). The main difference between "players" and "folders" is that you can store additional information with a player such as name, address, handicap, email, etc. Note: Holding the CTRL key while clicking the icon will add a subfolder.

RECORDING

3. There are 3 unique recording tabs you will find at the bottom left side of the screen. They are **Swing, Extend, & Screen**. They are covered in more detail above. We will just deal with capturing individual swings here. To record swings, press the "**Swing**" tab. It should be highlighted in blue.
4. At this point you need to make sure your camera is attached and turned on.
5. Press the "**READY**" icon found at the bottom left of the program screen. You should see live video on the screen. If you are playing back video from your camcorder, you will see what the camcorder plays. Optionally, you may press the letter "R" on your keyboard to enter record ready mode.
6. *What you capture isn't that important right now; you're just learning the process.* To capture press the "**SPACEBAR**" one time at impact.
7. OBSERVE: When you press the SPACEBAR the CAPTURE button will turn bright red and change to the word CAPTURING indicating the video/swing is being captured and saved to your computer. CAPTURING will remain lit for approx. 4 - 10 seconds depending on your computer's speed and capture settings. Once the video is saved the red CAPTURING light will turn off the swing will appear in the Swings list under the currently selected player.
8. If you want to capture another swing press the SPACEBAR again (or click the **CAPTURE** button) one time at impact to capture the swing.
9. FYI: Swings are automatically numbered and sorted in the swing list according to the date and swing number. If you want to quickly rename swings right after they're captured, press the 'F2' key on your keyboard. Type the new name & press ENTER on your keyboard to save the change. You can rename players using 'F2' as well.

PLAYBACK

10. To playback the video click on the name of the swing in the Swings list and press the letter "P" on the keyboard. You can also click and drag the slider bar or use the VCR controls. Personally, I think using the arrow keys on the keyboard is easiest. Tap the right or left arrow key to go forwards or backwards frame-by-frame. Hold the arrow keys down to play forwards or backwards.

11. Every swing has what's called an Impact Frame, the frame that the *computer* thinks of as the impact position. To check the Impact Frame, press the Up arrow key one time. The swing should move from the address position to impact. If the impact position is not correct, move the swing to the correct position and press the letter "i" on the keyboard to reset the Impact Frame to the correct position. Using a microphone assures impact is properly set.

OTHER WINDOWS

12. At the bottom right of the main screen are some additional icons, the 9-up (large frame) and 20-up (small frame) sequence modes. They display the 9 frames around impact, or a 20-frame overview of the whole swing. Any drawings you make in the main screen will show up in the 9-up or 20-up sequence windows and you can toggle graphics on or off.
13. Also at the bottom right of the screen you will see the side-by-side swing compare icon, and a Student CD icon. The main thing you need to know about the side-by-side window is that to get swings to appear in the right or left side of the window, you click and drag the swings from the 'Swings' list onto the window. Players should automatically sync to the impact frame. If they don't both get to impact at the same time, the Impact Frame for one of the players is not set correctly. See above to correct.
You'll have plenty of time to play with those icons later – right now lets move on to the drawing tools & burning a student CD.

DRAWING

14. Towards the top on the right side of your screen, you will notice 4 tabs: "Swings", "Drawing", "Options", "Shot Data". Click the 2nd tab labeled "**Drawing**" to display drawing tools available in SwingView Pro.
Drawing is easy – just left-click once on the drawing tool you want to use and release the mouse button. A green box highlights the tool that is selected. Move the cursor over to the video window, then left-click and drag on the screen to make the drawing to appear.
15. Try this: Click the circle tool one time. A green highlight box displays around the circle tool indicating it has been selected for use. Next, move your mouse cursor over the video. Click and drag where you want your circle to appear.
16. There are four important things to remember when working with drawings:
 - a. You can always change drawings you've already done. Drawings have options like Draw Color, Line Width, etc. Try changing a few of your circle's drawing properties by clicking these properties and selecting different options.
 - b. To make changes to a drawing object, it must be selected. Notice the 4 small green boxes around the circle. They are called 'handles'. Handles indicate the drawing is selected and can be moved or changed. You cannot change a drawing object unless it is selected. To move the entire drawing, click anywhere *inside of* the 4 handles, hold the mouse button down & drag to a new location. To resize the object, click *on* one of the handles, hold the mouse button down & drag to resize.
 - c. To insert text, click once on the ABC text icon. Move your mouse over to the video and click and drag a box to define the area where you want your text to appear. Start typing in the box. Click outside the text box to apply the text to the screen. If you want to change the font size and color, click the Font tool at the bottom right of the Drawing panel. Double-click text to edit.
 - d. If you want to save the graphics you have drawn to the players' swing, click the 'Save' icon on the bottom left side of the drawing panel – the one with the golfer and 2 swing plane lines. There is also a small green diskette icon on the right side of the video window you can click on the save graphics. In addition to saving graphics (a.k.a. drawings) with the swing, graphics can be saved as templates for reuse with other players in the future.

Go ahead and save the graphics you have drawn to the players swing by clicking the 'Save' icon (bottom left of the Drawing panel) and we'll move on to burning your finished student CD. FYI: If you go back to the 'Swings' tab, you will see a small graphic next to the current swing indicating graphics have been saved with the swing.

BURNING A CD

17. Built in to SwingView Pro is a CD burning program that will allow you to quickly burn CDs for your students that include their swings, drills, shot data, comments and drawings along with a full SwingViewer program, all *free of charge!*
18. To burn a Student CD, click the Student CD tab on the bottom right corner of your screen.
Note: It saves time if you load your blank CD before getting to this point.
19. After a few seconds, a new window will appear with a list of player names. If you have just installed SwingView Pro only the 'Default' player will be shown. Click the plus sign next to a player / folder name to view the swings.
20. Pause your mouse over any swing to see a swing thumbnail video.
21. Double-click any swings that you want recorded on the Student CD. FYI: Double-clicking the player / folder name will select all the swings listed for that player.
22. Click the Burn CD icon to start CD burning. The stages of the CD burning process are displayed on the bottom of the window. When CD burning is complete (approx. 3-10 minutes) a message will appear indicating the burning process is complete and the CD will eject itself.

OVERVIEW:

Now that you have completed the basics and burned a Student CD, you should be able to do the whole process again in less than 10 minutes. Ready?

1. Open SwingView Pro.
2. Select a recording mode from the "Swing", "Extend" or "Screen" tabs. In this case, Swing.
3. Press "R" on your keyboard or the Ready button at the bottom left of the screen.
4. Press the SPACEBAR one time at impact to capture a video.
5. Click the 'Drawing' tab at the top right of your screen.
6. Click a drawing tool to select it, then click-&-drag on the screen where you want to draw.
7. Save the drawing with the swing by clicking the bottom left 'Save' icon or the small diskette icon with the green label on the right side of the video playback window.
8. Click the 'Student CD' icon at the bottom right of the program.
9. Click the plus sign next to the player name to view the videos under that player, then double-click the swings you want to burn to CD.
10. When done selecting swings, click Burn CD.

FYI: Student CDs will run on PC computers, Windows 98 or later. They will be given the option to "Run from CD" or "Install to Hard Drive". If they want to copy all the swings to their computer and install the Student Viewer program have them choose "Install to Hard Drive". If they just want to view the swings without actually installing the viewer software, choose "Run from CD".