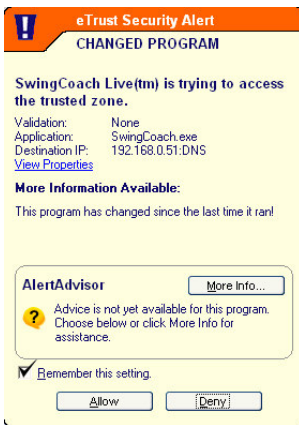# SwingCoach Live: The Basics

SwingCoach Live allows you to capture swings and then connect with your instructor to analyze the swings. Here's how:

1. Go to: www.swingcoachlive.com   Download and install the program.
2. Open the program and type in your instructor's e-mail and your e-mail address, then click "Connect".
3. Once connected click the Swings tab. Your swings are in the top right window. Click and drag a swing from the top list down to the bottom list. The bottom list are the swings on your instructor's computer.
4. The swing will transfer and pop up on the instructor's screen. You will both be able to play the video and draw on the video and talk to each other using VoIP.
5. When done with the session, click Disconnect on the Communications tab and close the program.

Things to know: Installation

- SwingCoach Live works best over a broadband internet connection.
- When you install the program from the website, click "Run" when prompted to automatically download and install SwingCoach Live.
- During installation you'll get a message that the publisher could not be verified. Click "Run" in order to continue installation.
- If you have a firewall, the first time you run SwingCoach Live you will get a prompt asking if you want to allow or deny access. Choose allow and check to box to always allow access.

Things to know: Connecting

Tip: SwingCoach Live allows you to speak to the instructor via your internet connection using Voice over IP. We recommend using a headset with a built in microphone.

Once SwingCoach Live is open you will enter your instructors e-mail address and your e-mail address and click "Connect". You will see the message "Connecting" pop up on the screen and then you will be

connected to the remote server. Once the instructor connects (they connect the same way you do) the message "Connected To Instructor" will appear.
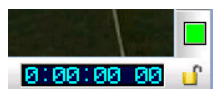
The first thing you should become familiar with after opening the program are the tabs at the top right of the screen. The tabs allow you to access different features of SwingCoach Live.

- The **Communications** tab is where you enter e-mail addresses, connect and disconnect from your instructor, and control volume settings for your microphone and speakers. You can also "chat" by typing messages and pressing the Enter key to send the messages.
- The **Swings** tab shows the swings stored on your computer and the swings on your instructor's computer. You can transfer swings to one another by clicking and dragging swings from one list to the other.
- The **Settings** tab allows you to select the camera you want to use for recording swings and trim videos you have already recorded. Other basic program settings may be modified from this tab.
- If a swing capture was triggered by a hardware device, (Example: P3Pro Swing), the numbers will appear on the **Shot Data** tab.

Show at the right is the Swings tab. This is where you'll spend most of your time once you are connected.

When you click and drag a swing, the video file is compressed and sent to the remote computer. A typical swing will take from 15 to 30 seconds to transfer. You can see the progress of the transfer at the very bottom of the Swings column. When the transfer reaches 100% the swing/video you sent will appear on the instructor's screen. If the instructor drags you a video, the video will appear on your screen when the transfer is complete.

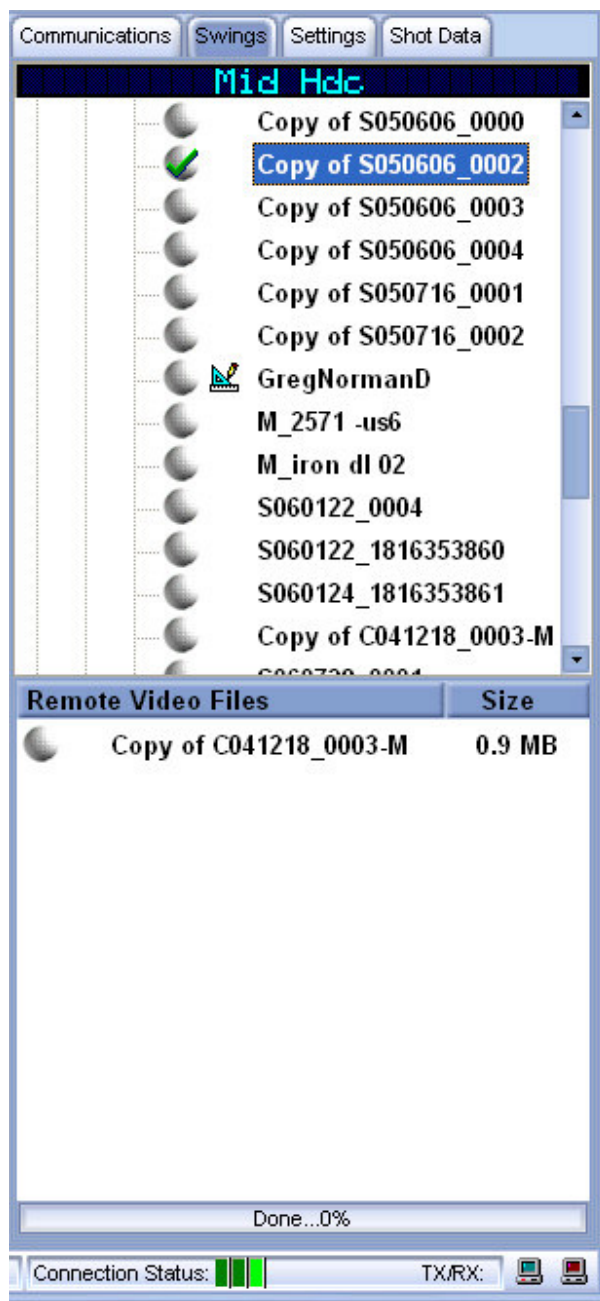**Important:** Keep an eye open for this box! It's at the bottom right of the video screen and indicates whether you and the instructor are looking at the same swing or not. If the box is red you are looking at different swings. If the box is green, you are looking at the same swing.

To record video, connect a DV camcorder to your computer. You must use a Firewire cable to connect your camera, not a USB cable. Make sure the camera is selected from the *Video Capture Device* drop down list in the Settings tab.
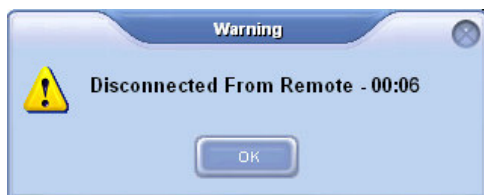
To preview your video, click "Start Preview". To record video click "Start Capture". When done click "Stop Capture". The swing will compress and appear in your Swings list.

Note: The VCR buttons can be used to play/rewind/stop/advance video if you are capturing from tape using a DV camcorder.

The best way to become familiar with the program is to try it out. Look for these features:
- Grid: Click the grid icon at the top right of the program window to turn a grid on or off.
- Swing Trace (check to enable): Leaves a trail of the club as the video is advanced frame-by-frame. Toggle on or off to see subtle changes in swing plane.
- Remote mouse lock: Click the mouse icon on the right side of the video window to control the other person's mouse. This is very useful because you can easily point things out without having to use the drawing tools. Click the icon again to release mouse control.
- Drawing tools: Left-click a drawing tool to select it. Move the mouse cursor onto the video window. Left-click (hold) and drag to draw. For text, click the ABC icon and click and drag a box to define where you want to type text.

When you are done with your session, click the Disconnect button on the Communications tab. The number on the screen indicates the number of minutes you were connected.