

# 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. Also, take your tape out of the camera if you're not recording to it or your camera will automatically shut off.

### STARTING THE PROGRAM & SELECTING A PLAYER

1. Start SwingView Pro by clicking the SwingView Pro icon on your desktop.
2. After the program's intro animation finishes select the "**Default**" folder on the right side of the screen under the 'Swings' tab panel. For the time being, videos you record will save to this directory.
3. 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

4. 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 in another document and we will just deal with capturing individual swings here. To record individual swings, press the **Swings** tab. It should already be highlighted in blue.
5. At this point you need to make sure your camera is attached and turned on.
6. 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.
7. *What* you capture isn't that important right now, you're just learning the process. To capture click the "**CAPTURE**" button (just below Ready). When capturing a golf swing you will press the SPACEBAR one time at impact.
8. OBSERVE: When you press the SPACEBAR or click CAPTURE 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 and the 1<sup>st</sup> frame of the video you just captured will appear on the screen.
9. You can display live video again at any time by pressing the letter "L" on the keyboard, but you don't have to press "L" every time before you capture a video. Just press the SPACEBAR again (or click the Capture button) when you want to capture a swing.
10. 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

11. To playback the video you can 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.
12. 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.

## OTHER WINDOWS

13. 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.
14. 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

15. Towards the top on the right side of your screen, you will notice 4 tabs: “Swings”, “Drawing”, “Options”, “Shot Data”. Click the 2<sup>nd</sup> 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.
16. 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.
17. 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**

18. 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!*
19. 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.
20. 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.
21. Pause your mouse over any swing to see a swing thumbnail video.
22. 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.
23. 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".

# 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 or eBay.com for purchasing cameras and camera accessory items such as wide angle lenses. Models such as the Canon ZR-100, ZR-200, ZR-300 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 2005) 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  $1 / 2000^{\text{th}}$  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 by itself after it has been on a few minutes then your camera is in DEMO mode.

Once again, 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 and you will be **VERY ANNOYED!**

Call us during the week with **ANY** questions regarding hardware or the program.