



ATTENTION COACHES

DARTFISH TRAINING

'ANALYZE THIS'

What is Dartfish?

Dartfish is a biomechanical analysis program. DARTFISH Software analysis tools include:

- Timing events (e.g. batting swing)
- Measuring movements (e.g. step length)
- Measuring velocity of movements (e.g. ball speed)
- Video overlay (compare athletes to professional/elite athletes)
- StroMotion software (view video footage frame-by-frame)

Learn how to analyze athletes by inputting digital video footage into the DARTFISH Technology software and how to operate several of the analysis tools.

Instruction topics will include:

- Digital video filming techniques
- Camera placement
- Camera angles
- Lighting
- Use of tripods

During the workshop, coaches will be given an opportunity to use the DARTFISH program and experiment with its many features and programs.

WHEN: Saturday, April 17, 2010
10:00a.m. to 4:00p.m.

WHERE: Lions Room, Morden Recreation Centre

COST: \$25.00 (payable to the Morden Community Sport & Leisure Alliance or MCSLA)

REGISTRATION DEADLINE:

April 1, 2010

*LIMITED SPACE so please register early!

For more information please contact:

Cindy Kowalski 822-9310 (leecindy@mts.net) or

Curtiss Barrett at 362-0458 (curtissb@gveag.com)

Registration forms also available on the MCSLA website at

www.mcsla.net