

Video Analysis Service

Do you want to find your problems in your swimming form and fix them?

Our video analysis services work best to do so because we have analyzed more than 3,000 swimmers' videos with multiple angles.

If you don't have any swim videos, don't worry! We can even analyze your swim with your rehearsal videos!

20-point inspection

We inspect your swim with 20 checkpoints to evaluate your efficiency of swimming.

Examples of checkpoints:

- ĩ Face angle
- ĩ Direction of top of the head
- ĩ Distance between the surface of the water and back of the head
- ĩ Depth of leading arm
- ĩ Direction of leading arm

Note: Some checkpoints can be fully inspected with specific camera angles. We try to inspect as much as possible with your videos.

Problem findings and solution

You may have several points to improve on. We prioritize them and provide solutions along with videos which explain the details.

Items to be analyzed;

- 1) Issue
- 2) Stroke phase
- 3) Region of focus
- 4) Reason
- 5) Effect
- 6) Ideal position
- 7) Solution
- 8) Focal point video (if available)

1. Swim Video Analysis

If you have a chance to take a video of your swim, we recommend you to record multiple angles.

1) How to take a video of your swim

- Use your smartphone or tablet for surface angles.
- Use GoPro or similar models for underwater angles. They also can be used for surface angles. Make sure those camera housings are sealed before you submerge them.
- If you take multiple angles, separate files by pressing "Pause" or "Stop."
- Active zooming is not recommended except for the surface front angle.
- We recommend you swim both ways for each side angles (surface and underwater.)

2) Camera angles

- We recommend you take at least two different angles for your videos.
- The followings are checkpoints for each angle:
 - 1) Surface (Deck) side view: Body position, head position, finish, recovery, hand entry, and breathing.
 - 2) Surface front view: Hand entry/extension, long axis rotation angle, and recovery.
 - 3) Underwater side view: Balance, body line, kick, leading arm position, switch timing, catch/pull, push, finish and breathing.
 - 4) Underwater front view: Head position, switch timing, rotation angle, catch/push and breathing.

Sample swim video

Four angles: <https://sproutvideo.com/videos/489ad8bd101de8ccc0>

2. Dryland Video Analysis

Do you know more than 70% of typical freestyle problems can be found on rehearsal?

Take a video of your rehearsal and send it, and Shinji will identify possible improvements and suggest solutions.

You can rehearse while watching examples as well as visually identify problems such as the entry point, the direction of your extended hand, the timing of the movements of both of your arms, and the initial movement of Recovery. These are all movements that you cannot see while swimming in the water.

1) How to take a video of your dryland rehearsal

- Take a video with a smartphone such as an iPhone, a tablet such as an iPad, a digital camera (using the video mode), or a camcorder.
- Stand 1 meter (3.3 feet) away from the filming equipment.
- An ideal background is a wall with single color, but anything is okay as long as your rehearsal can be seen clearly.

2) What to wear

- Wear a non-sleeve or a half-sleeve shirt so that the movements of your wrists and elbows are visible.
- Wear casual pants like training pants or sweat pants. You don't need to wear a swimsuit or goggles.
- Wear a brimmed hat or a swimming cap so that the direction you are facing is clearly visible.

3) Postures and a camera angle

- Place your filming equipment to the side.
- Create a posture assuming that the water surface is parallel to the floor.
- When you film from the side, turn your face to the camera when you breathe.
- Bend your upper body down so that your shoulders are facing forward as if you were in the water. Imagine that there are eyes between your collarbone and your back and looking forward. (see the photo on the right)
- When you create the posture above, adjust the camera angle so that your upper body is in the middle of the



screen.

- Adjust the distance from the equipment so that your recovery arm and forward-extended arm will fit on the screen.
- When you move your hand down in the water, it can go out of the screen.
- Do not look at the camera, but face the direction that you usually face when you swim in the water.

4) How to do the dryland rehearsal and take a video

1. Create the posture right before you insert your hand into the water and pause for 3 seconds. Look at the direction of travel, not at the camera.
2. Do the insert motion eight times (four times on each side) at a 30% slower tempo than your usual swim tempo.
3. When you use a Tempo Trainer, set it at 1.50~1.80 seconds.
4. Make sure you add breathing. When you film from the side, turn your head to the camera when you breathe.
5. After you insert the same hand four times, pause for 3 seconds, and stop recording.
6. Film once with the front view. Then film again with the side view and create two separate files.
7. You don't need to edit the recording. It is OK to keep both "pre-rehearsal" and "post-rehearsal" duration.

Sample rehearsal video

Front view: <https://sproutvideo.com/videos/709ad8b21410eeca8>

Side view: <https://sproutvideo.com/videos/e89ad8b21410eeca460>

How to send the video files

1) email (iPhone/iPad)

- When you use an iPhone or an iPad, select your video in the photo/video application and select [send by email].
- Your video file will automatically be compressed and ready to send.

2) email (Android)

- You might not be able to send a large file with Android.
- In this case, create a Gmail account and use the Gmail application to send your file.
- You can send an email with a file up to 25MB by Gmail.

3) Cloud service

- You can send a file as large as hundreds of megabytes using a cloud (virtual drive) service such as Google Drive and DropBox.
- Please send us the link to the file once you complete uploading the file.