

Manual



SportsWatch.nl

Delay

Version 3

www.sportswatch.nl

Table of contents

1	Introduction	3
1.1	About the manual	3
1.1.1	Conventions in the manual	3
1.1.2	Names of components	3
1.2	Installation	4
1.2.1	Installation of .NET Framework	4
1.2.2	Installation of The SportsWatch Delay	4
1.3	Removing the software	5
1.4	Setting the language of the software	6
1.5	Registering the software	6
1.5.1	Registering the software	6
1.5.2	Using the software without registering.....	8
1.5.3	Suggestions and remarks	8
2	User interface.....	9
2.1	Choose basic settings.....	9
2.2	Setting the delay	11
3	Using the program	12
3.1	Start practice	14
3.2	Turn and finish practice.....	14
3.3	Optimizing swimming technique	14
4	Troubleshooting	15

All pictures and descriptions subject to change.

Some pictures show text in Dutch language, these will be replaced in future manuals.

1 Introduction

Every coach wants to help athletes reach their full potential. To do that, the coach obviously needs knowledge and skills, but the coach also needs visual feedback. The SportsWatch Delay software is the perfect tool for coaching swimmers during training.

This chapter contains information about the manual, directions for installing the software, for removing the software and for updating.

1.1 About the manual

1.1.1 Conventions in the manual

If the text is **bold**, it refers to a button or component of the program.

Descriptions that are only applicable to one of the versions, such as Lite, Standard and Pro, are labeled in the margin. The SwimWatcher Viewer is only available in one version, so if these labels are shown in this manual, they refer to other programs, such as the SwimWatch Race Analyzer. See below for examples.

LIT This function is only available in the Lite version.

STD This function is only available in the Standard version.

PRO This function is only available in the Pro version.

STDPRO This function is only available in the Standard and the Pro version.

1.1.2 Names of components

To fully understand the descriptions in the manuals, it is important to know the terms for the different controls.

Component	Name
	<i>Textbox</i>
	<i>Combobox</i>
	<i>Checkbox</i>
	<i>Button</i>
	<i>Tab page</i>
	<i>Dialogbox</i>

1.2 Installation

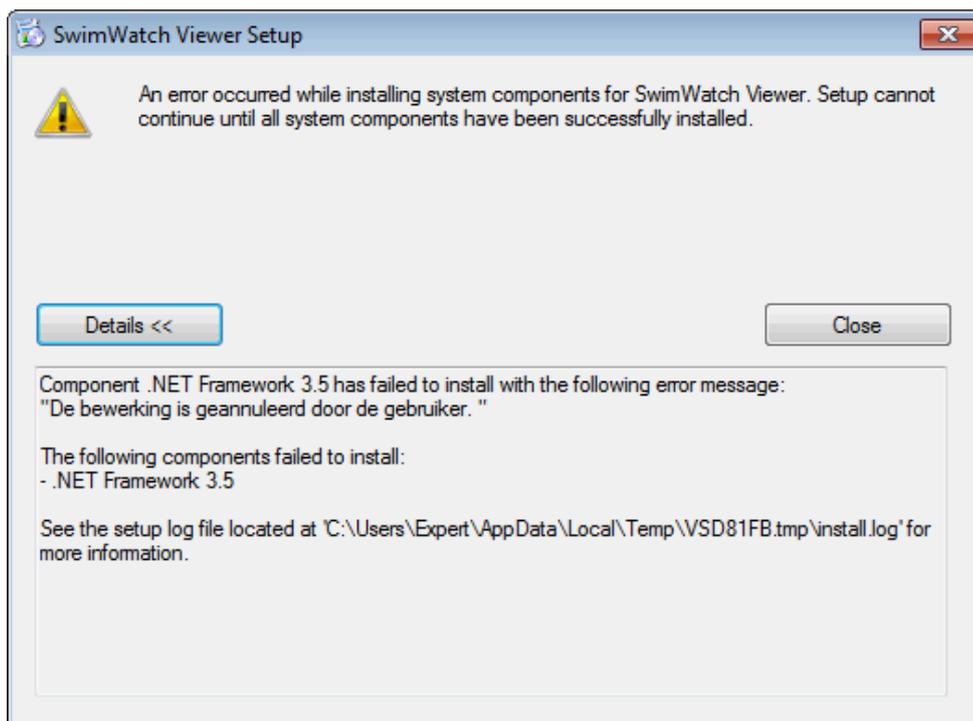
This paragraph contains directions for installing the software. The total installation process consists of up to two steps:

1. .NET FrameWork = dotnetfx.exe
2. The SportsWatch Delay = setup.exe

The software is not designed for Mac computers, but customers have reported it can work on Mac computers with an Intel processor, Windows installed on a disk partition (formatted NTFS) using the bootcamp method. The Parallel desktop method (the other way to get Windows on a Mac) doesn't support the firewire connection. Bootcamp can be downloaded from www.apple.com.

1.2.1 Installation of .NET Framework

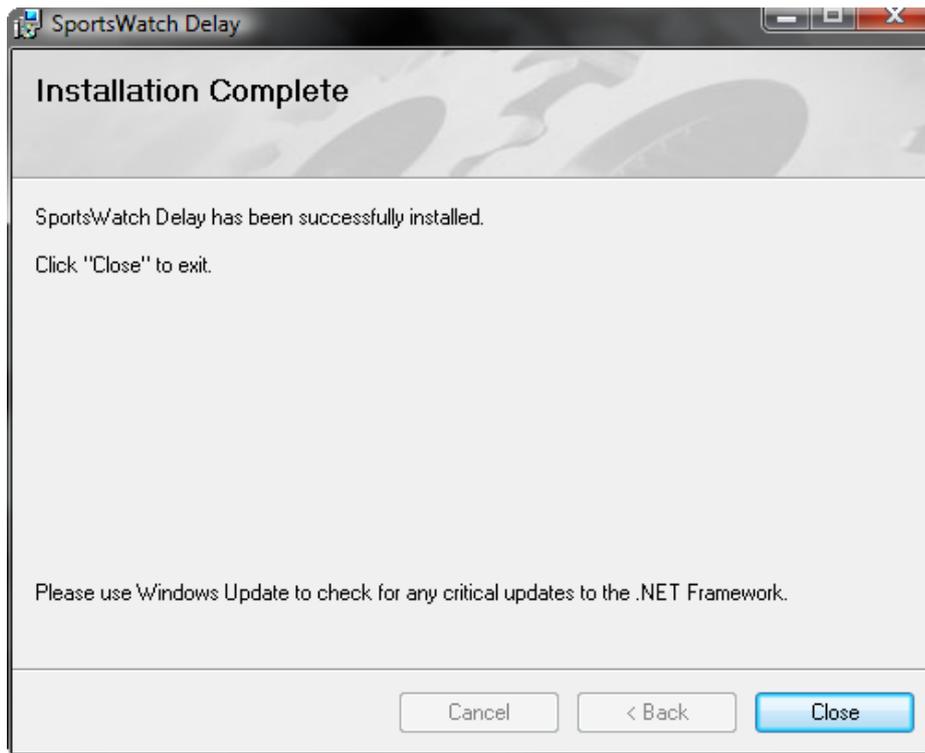
The main program is written in the programming language VB.NET (Visual Basic dot net). To be able to use the program the installation of "Microsoft .Net Framework 1.1" is required. This component is also used by other software and therefore this component is most likely already installed on your computer. If this is not the case, the setup program of The SportsWatch Delay (see next paragraph) will prompt you to download this component.



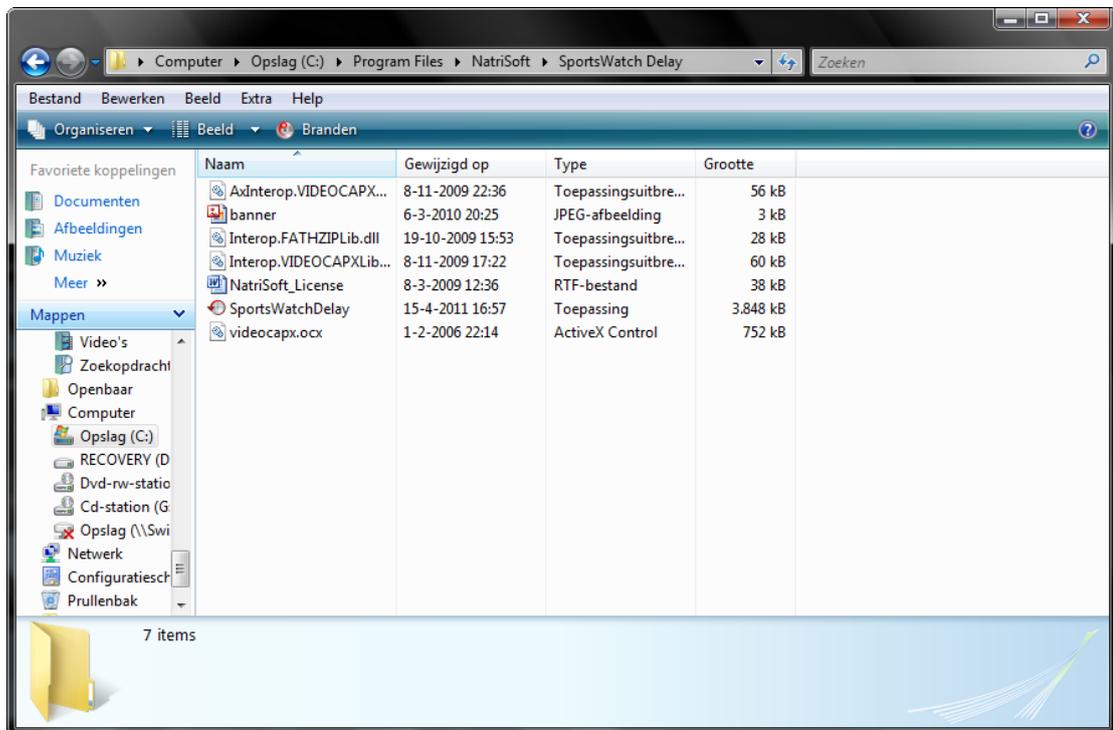
To install this component you need the file "dotnetfx.exe". This file can be downloaded from the internet, from www.sportswatch.nl and lots of other websites. This component needs only to be installed once. Execute the file "dotnetfx.exe" and follow the instructions on your screen.

1.2.2 Installation of The SportsWatch Delay

The main program can be installed by executing "setup.exe", which can be found on the CD or can be downloaded from www.sportswatch.nl. Follow the instructions on your screen and the software will be installed.



New versions of the program can be downloaded from www.sportwatch.nl. When updating, you need only to copy the file "SportsWatchDelay.exe". Place this file in the program directory and the update is completed, a new "setup" program is not required.



1.3 Removing the software

The software can be removed through the Control panel. Unfortunately, the name of the section in the Control panel where software can be removed is different for each Windows version.

1.4 Setting the language of the software

The program contains multiple languages and more languages may be added in new versions. The language can be changed in the startup screen and in Options mode. Start the software by double-clicking on the program icon on your desktop. In the top of the start screen you will find a combo box, with which you can change the language. The change is effective immediately.



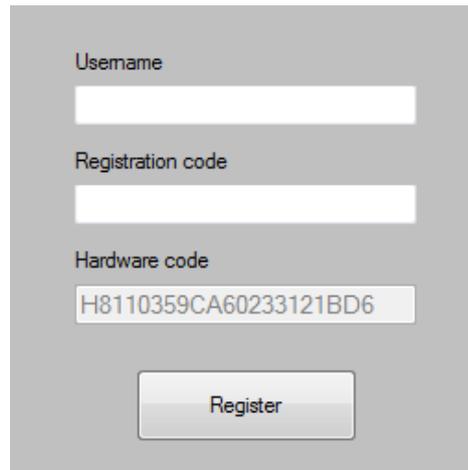
1.5 Registering the software

Making software is a time consuming process. That's why software builders want users to pay for the software by registering the software. Users on the other hand, like to test software before they buy it. Therefore is it possible to test The SportsWatch Delay software before you register, free of charge.

1.5.1 Registering the software

the process of registering and payment consists of multiple steps. First, the software needs to be started. In the start-up screen, select the image and notice that multiple textboxes become visible. In one of the textboxes, the hardware code is shown. This is the user's unique computer code.

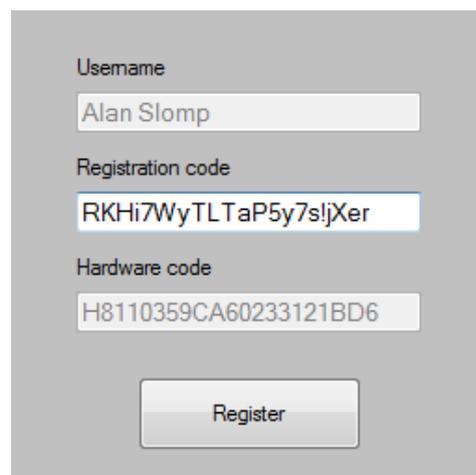




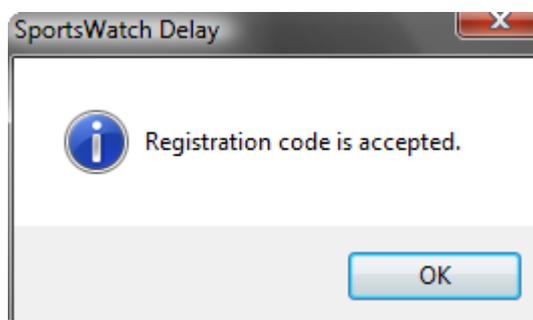
A registration form with three input fields and a button. The fields are labeled 'Username', 'Registration code', and 'Hardware code'. The 'Hardware code' field contains the text 'H8110359CA60233121BD6'. Below the fields is a button labeled 'Register'.

Go to the section Register on www.SwimWatch.nl and fill out the form. Please also enter the hardware code. After confirming the form, an e-mail with payment information will be sent automatically.

If the payment has been received by NatriSoft, an e-mail with the invoice and registration code will be sent. First click on the image in the startup screen, and three textboxes will appear. Type the username and the registration code in the first two textboxes and click on **Register**. When the codes were entered correctly, a message will appear that the software is registered.



The same registration form as above, but with the 'Username' field filled with 'Alan Slomp' and the 'Registration code' field filled with 'RKH7WyTLTaP5y7sljXer'. The 'Hardware code' field remains 'H8110359CA60233121BD6'. The 'Register' button is still present.

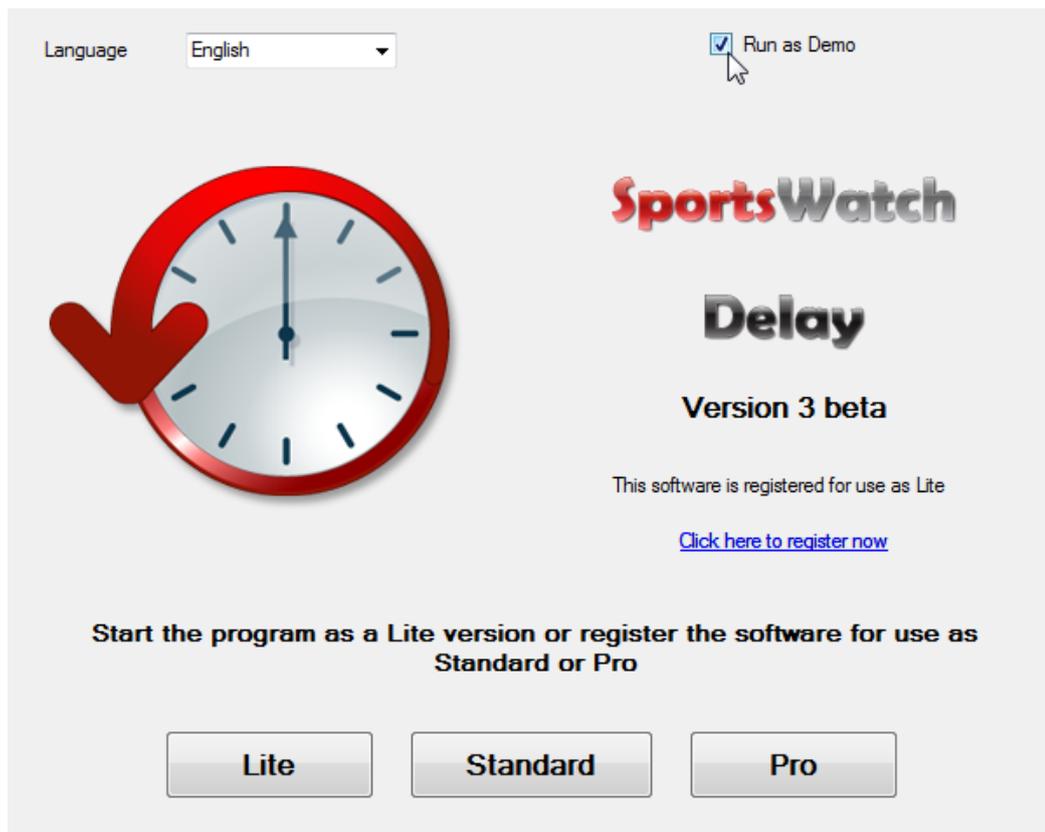


In future versions, the process of registering and payment will become more automated. Online payments will be possible, in order to receive registration codes more quickly. It will also become possible to transfer licences to other computers. Until this new registration method is in place, the licences are not transferable to other computers!

1.5.2 Using the software without registering

Users that have not yet registered the software will notice that the Start buttons (Lite, Standard, Pro) can not be used. In the top of the start screen a selection box is shown with the text Start as DEMO. When this selection box is activated the Start buttons becomes available. However, the software is restricted in it's use. The maximum Delay is restricted to 10 seconds and the program will be interrupted each minute prompting you to register.

Although these restrictions may bother you slightly, bear in mind that you are offered an opportunity to "try before you buy". The Demo mode should enable you to test the software and to determine how this software can help you improve performance. Also, the software is very friendly priced when compared to it's competition so it should be worth a try!



1.5.3 Suggestions and remarks

All suggestions and remarks that can lead to improvements in the software or the manual are more than welcome. There is a good chance that suggestions will result in additional features in future versions. All your feedback is highly appreciated, send your email to:

Support@natrisoft.nl

Thank you!

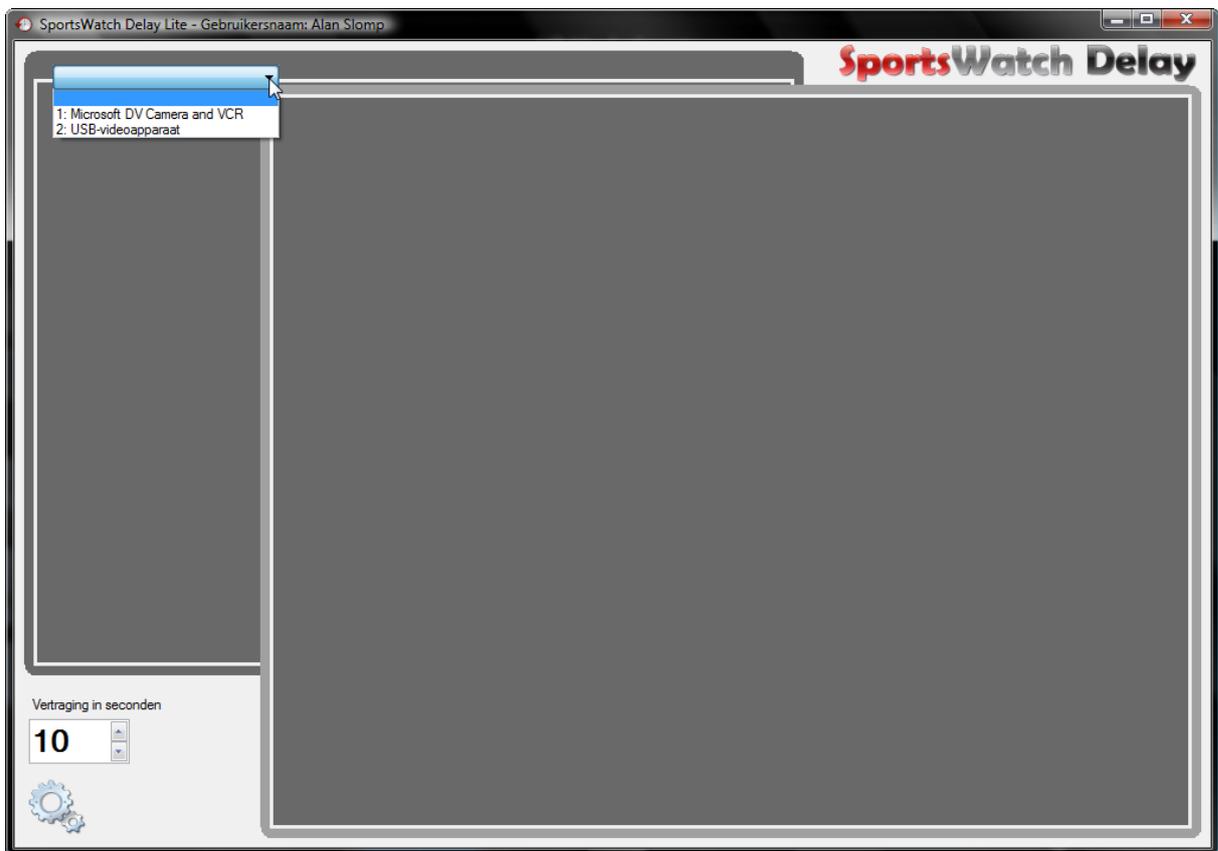
2 User interface

To be able to test the software, activate the selection box Start as DEMO and click on the button Lite.

After starting the program the screen will show two video panels. One will show the live image and the other will show the delayed video image. But first, the settings need to be set properly.

2.1 Choose basic settings

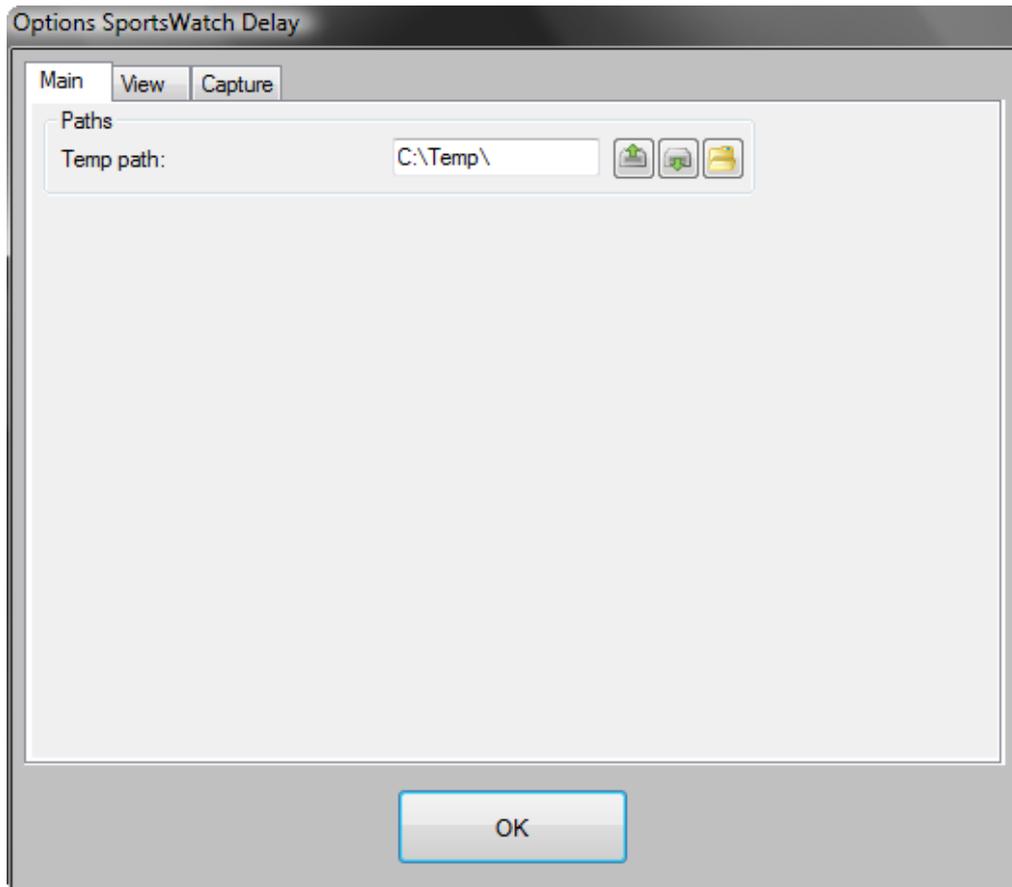
The program only needs two user settings to show a video image on screen. First, a video device needs to be selected from the list of available video devices in the combo box in the left corner of the screen. If the list does not show any camera's, the camera might not be connected properly (see "Troubleshooting").



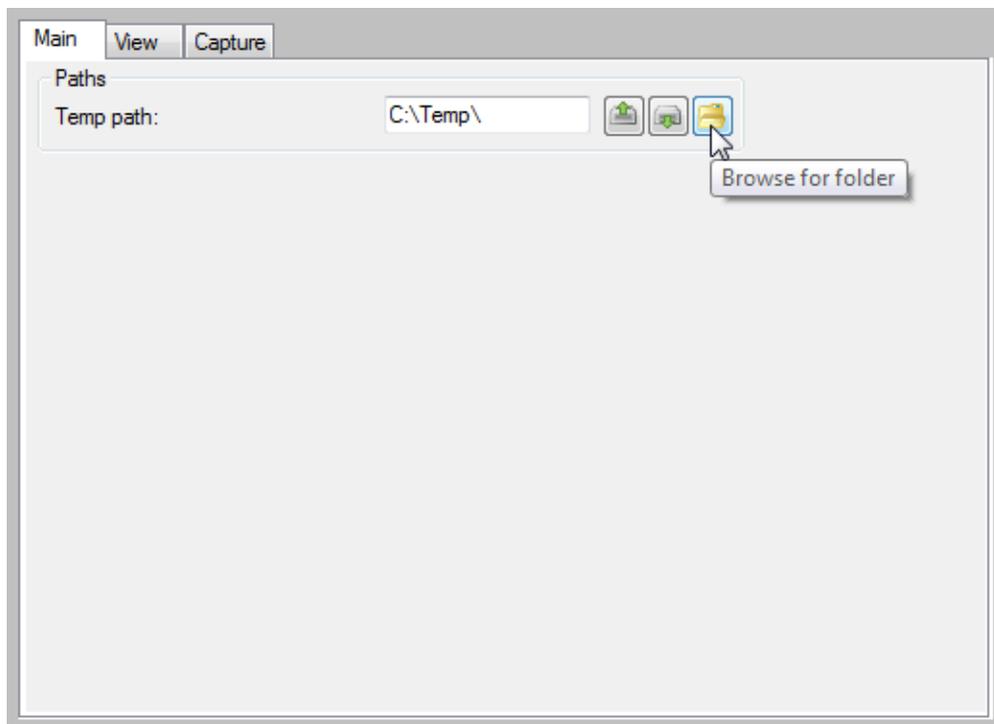
Second, the program needs harddisk memory to run. Set on the tab page **Main** the drive or path that the program can use by clicking the Browse button. Select a drive with a lot of free space, to make sure the program doesn't crash due to a lack of storage capacity.



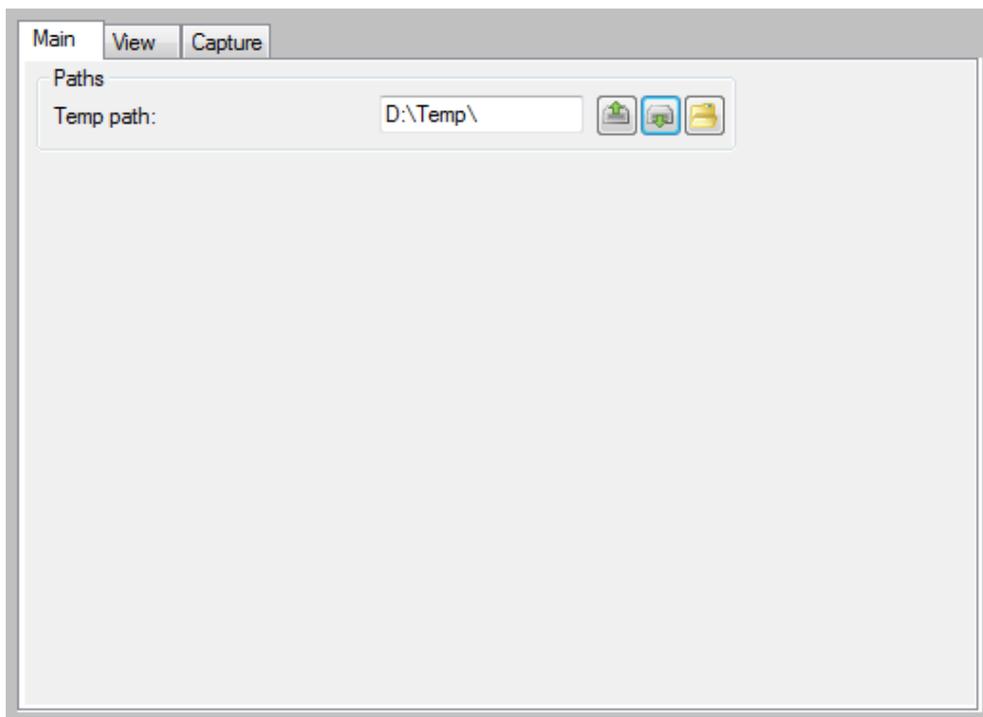
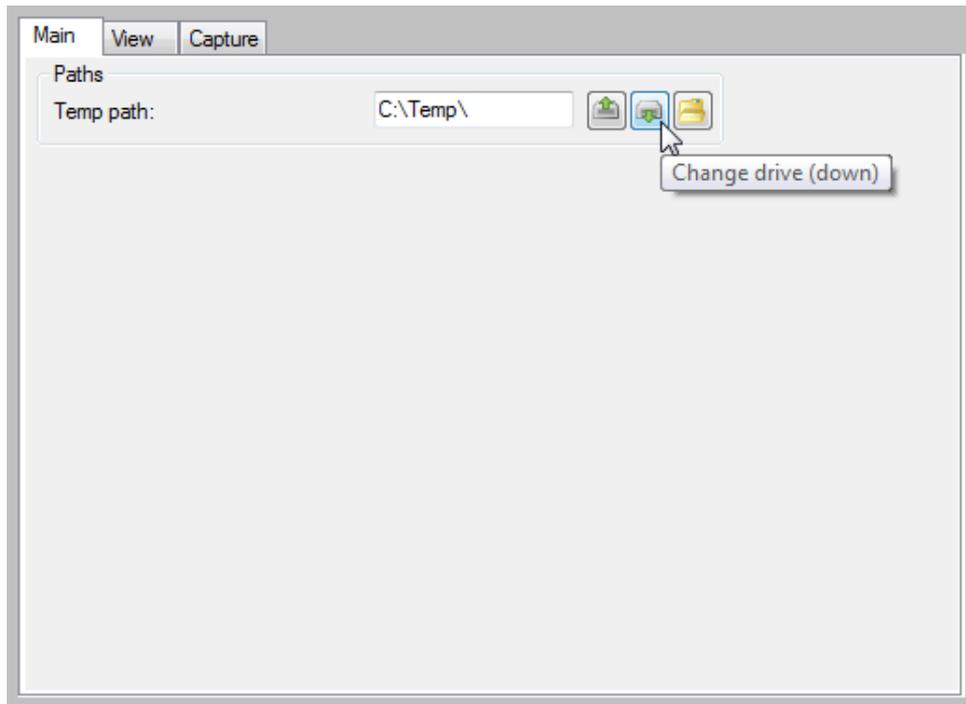
To show the settings, click on the button **Settings** in the lower left corner of the screen. A panel with settings will appear.



The third button can be used to choose a path, by using a dialog box.



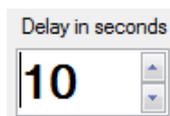
By using one of the two other buttons, a same path on another disk can be selected quickly. If the drive 'C:' is selected, and the second button is pressed, the search for the next disc with the path '\Temp\' is started, from A to Z. The first button works the other way around, from Z to A.



After selecting a device and a path, there should be a live video image in the small video panel. The other video panel will show a video image after a few seconds.

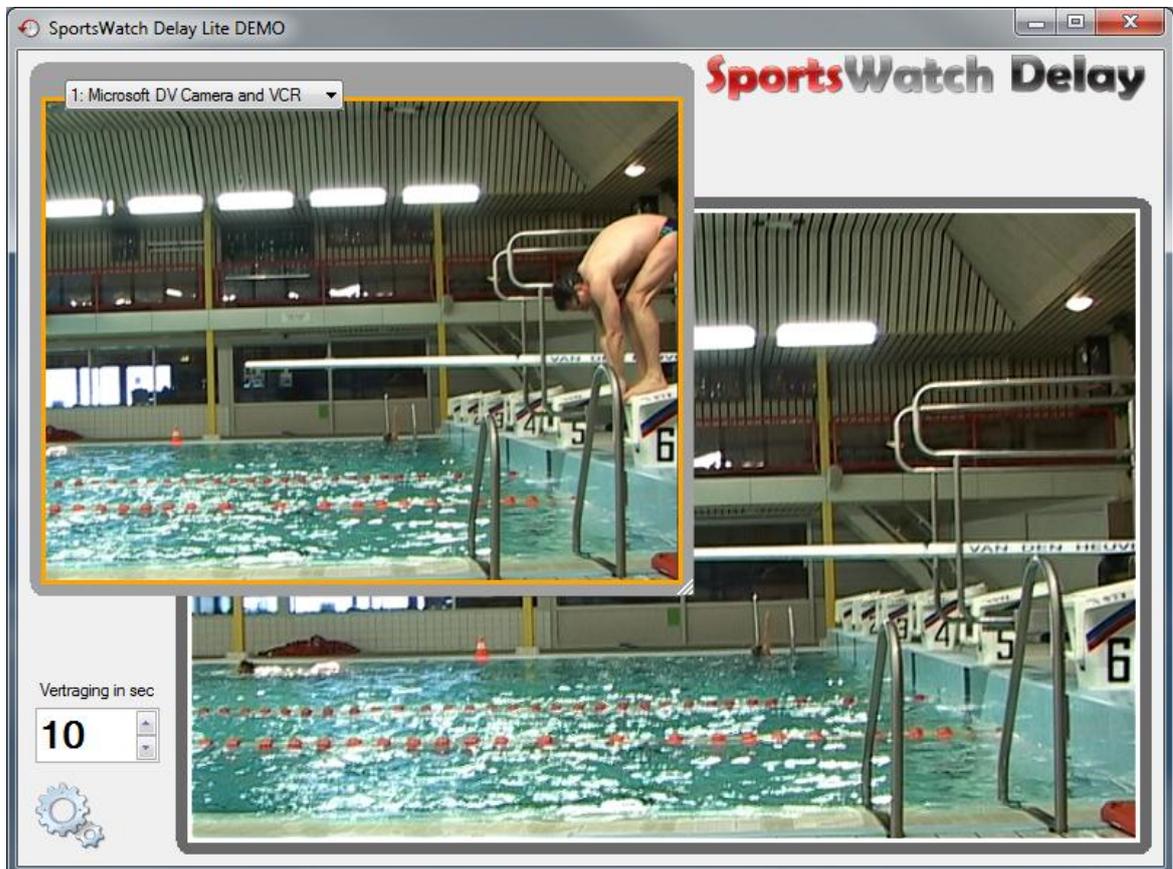
2.2 Setting the delay

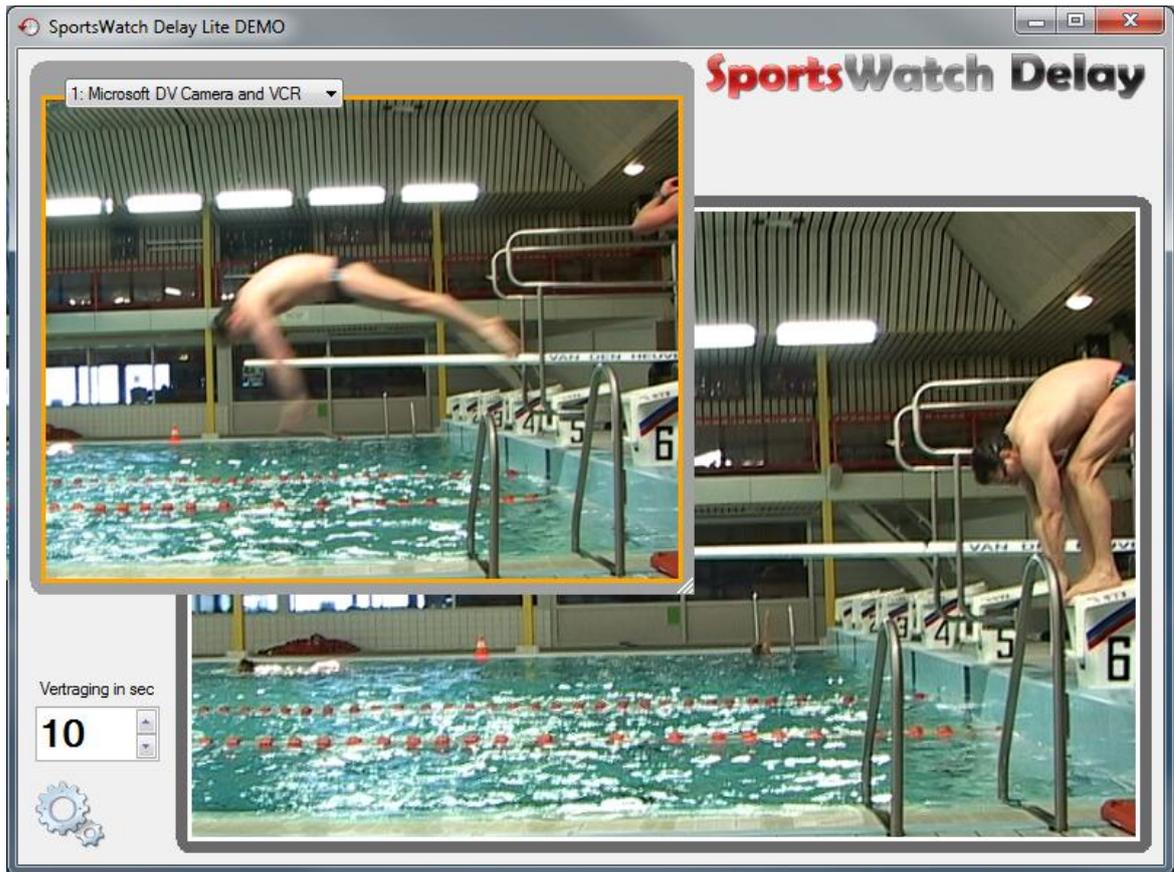
When there's live video image on the screen, the delay can be set in the box below the label **Delay in seconds** with the mouse or the Up and/or Down arrow keys. before registration the maximum is 10 seconds, after registration the maximum is 10 minutes (600 seconds).

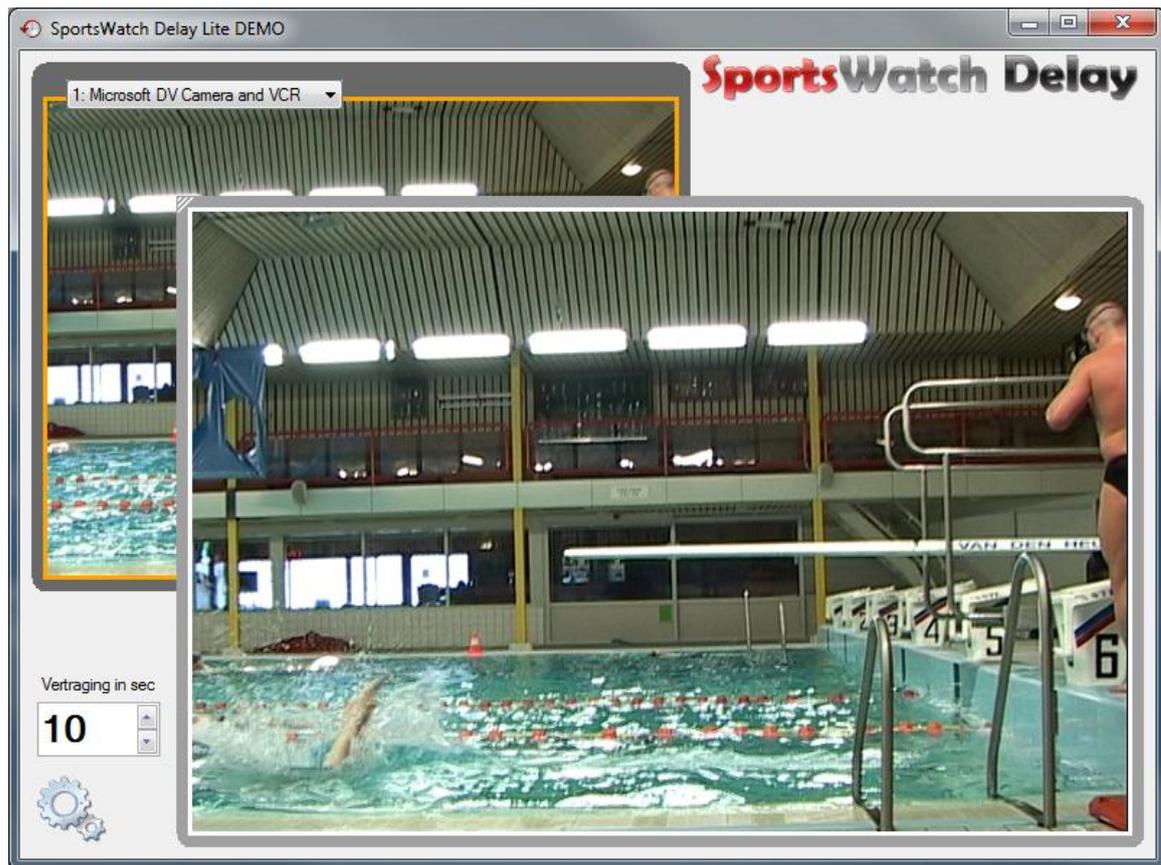


3 Using the program

Once the settings are correct given, the use of the software is very simple. Below the course of a start in swimming is shown. Note that the big picture runs 'behind' on the small screen. The swimmer can climb out of the water and view his own start, with or without comment from the coach and without having to do anything with the camera or computer.







In the following paragraphs are some suggestions for use in competitive swimming.

3.1 Start practice

Make a group of 2 to 10 swimmers and have them dive from a block into the water with 10 to 20 second intervals. Select 20 to 30 seconds of delay and swimmers will be able to see their own start after they have come out of the water. The coach can add vocal comments to each start, without the need to start and stop and replay the capture. The result is that swimmers can make more starts in the same training session and can review each start on screen!

3.2 Turn and finish practice

Just like starts, turns and finishes can be shown with a delay as well. For turns it is advisable to use a 10m firewire cable (to record near the wall and to show the turn at approx 10m). That way, swimmers can stay in the water. The delay can be set to approx. 10 seconds.

3.3 Optimizing swimming technique

Place the camera on the starting block to make a frontal recording of the swimmer that is swimming towards the wall. After touching the wall, the swimmer can review the approach from the point of view of the coach. It is recommended to use a transparent plastic cover to protect your laptop from the water splash (leave one side open to ensure the laptop won't get hot).

The use of a camera that can record underwater can help to give the swimmer more useful feedback.

Of course, this software is useful in a lot of other sports and educational or business environments. Be creative and you will think of lots of other ways to use this software!

4 Troubleshooting

Although the program is a very simple and intuitive program, there are lots of technical components at work at different computer levels and outside the computer. This means that lots of things can cause a problem. Some of them are obvious, some are not. Some are hardware, some are software.

Before you put the blame on the SportsWatch software, check the following things. Maybe the software will start working after all:

- Check to see if the battery of the camera is fully charged
- Check to see if the camera is set to camera mode (not to VCR mode or picture mode)
- Check if the lens cap is removed
- Check if the camera display shows a live video image
- Check to see if the camera is connected properly to the computer
- Check to see if the camera has been detected in Windows, if not:
 - Disconnect the camera and connect it again
 - Turn the camera off and turn it on after a few seconds
 - Press F5 and/or reselect the camera in the combo box Device
- Test whether restarting Windows has any effect
- Test whether restarting the software has any effect
- Check if there is a live video image in other video software on the same computer
- If you have more than one, try another firewire cable
- When the firewire connector in the camera and/or laptop is not as tight as it should be, try if you get a connection by pressing the connector deeper or with a slight angle.

If you own multiple cameras and/ or multiple computers and you experience problems from time to time, it may be wise to keep using the same set of camera and computer. Experience shows that changing cameras can confuse the operating system in such a way it won't connect properly (try restarting Windows). If you do switch cameras, you might need to restart your software.