

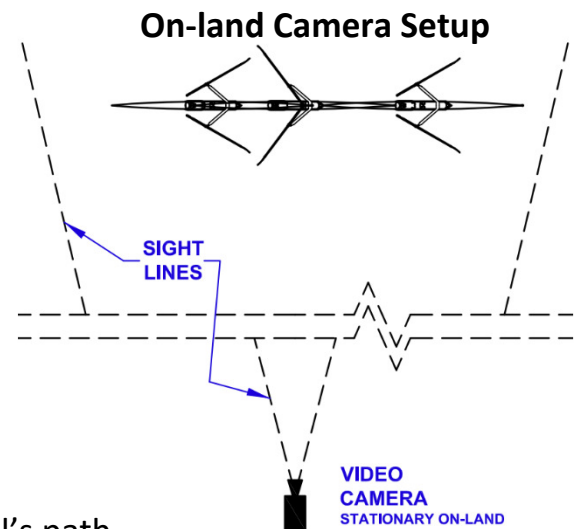
Purcerverance - Boat Speed, Rigging & Technique Analysis provides feedback that allows coaches to focus on specific opportunities to increase performance. Capturing video is the first step in the process and requires particular setups for recording on a camera or smartphone. Video can be recorded from a camera on land (picture 1) or a boat or car (picture 2). The crew should be rowing at race rate (not sprinting) to reflect the length and power applied, and video taken in the body of a race is ideal for analysis.

A. Smartphone/Camera Settings:

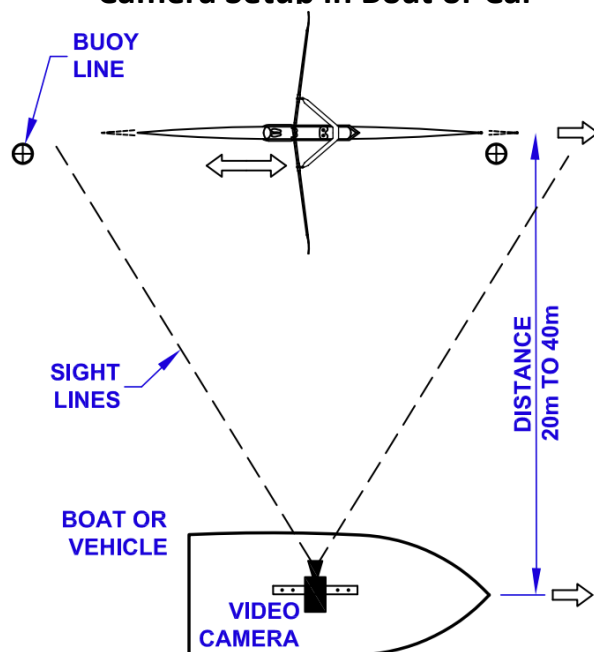
- 1 Set camera to record 60 frames per second (FPS).
- 2 Ensure the camera stabilization setting is 'on'.
- 3 Angle the camera up or down to ensure the shell is in the middle of the viewfinder.
- 4 Aim the smartphone perpendicular to the path of the shell.
- 5 Video on bright days with the sun behind camera.
- 6 Place a bow maker (#1) on the boat (for tracking).

B. ON-LAND Stationary Camera Setup

- 7 Set the smartphone about 50 meters from the shell's path
- 8 Connect or hold the smartphone completely stationary on a support (tripod, chair, boat stretcher).
- 9 Zoom camera in or out to record two full strokes.
- 10 Watch this YouTube video! <https://www.youtube.com/watch?v=JGeZkvKpAfo>



Camera Setup in Boat or Car



C. MOVING Camera Setup in Boat or Car

- 7 The camera must be held stationary in the vehicle and aimed perpendicular to the shell.
- 8 The entire shell must be in the middle of the camera frame. Zoom in to maximize the boat.
- 9 The coach boat must be on relatively calm water travelling parallel and at constant speed beside the shell.
- 10 The coach boat should be a minimum of 15m from the shell.
- 11 The shell must be travelling along (on top) a buoy line (buoy captured in the video) that will be used for movement reference.

Use the Camera Settings **A** for either the **B ON-LAND** or **C MOVING** setups. Also, use the checkboxes above to ensure all settings are covered.