



To do the “advanced” analysis, I need you (or a friend) to shoot a few video clips of your 2 swim strokes. At the end of this filming process, you should have 2x above water video clips, and as many underwater supplementary ones as you want.

If you do not have access to an **underwater video camera**—this is okay. I am able to still complete the analysis with only above water video clips.

#### **Above Water Film Criteria:**

1. Stand in the middle of the pool, at an elevation slightly higher than the pool level (3-4 bleachers up if possible).
  1. **If you're at a meet:** make sure you are close enough that the camera will put up the starter. It is crucial I can hear the “beep” for when the timing system starts. From there, pan slowly with your device from side to side making sure the swimmer stays in the middle of the frame throughout their event. Also, be sure to show the scoreboard with the swimmer & time after the event is completed too.
  2. **If you're not at a meet:** start your swimmer (so I can hear) and pan slowly with your device from side to side making sure the swimmer stays in the middle of the frame.
2. If you're filming with an iPhone/iPad, be sure to shoot with the device in **landscape** mode. That means the phone will be held lengthwise while recording.
3. If you are a **competitive swimmer**, I'd like the video clip to be taken from a competition—so a defined swimming event (i.e. 200m Freestyle) is involved. Nothing over 400m is necessary.
4. If you are a **triathlete**, footage from a pool practice is fine. If you could swim a certain distance (i.e. 200m Free) and film that clip--that would be the best bet. Nothing over 400m is necessary.
5. If you are a **non-competing swimmer**, same criteria as being a triathlete applies. See above.

#### **Underwater Film Criteria:**

1. Put the device under the water about 1.5 feet from the surface. Either suction cup the device or have the filmer hold the camera pole, *still*, throughout the take.
2. Complete two different underwater shots
  - a. **Head-On** (Swimmer's head is swimming directly towards the camera).--making sure they're in the middle of the frame.
  - b. **Side-View, Stationary** (Swimmer swimming parallel to the camera). Swimmer will start swimming before the camera and complete their swim well past the camera's angle. Best bet is to start the swimmer at the end of the pool (pick a wall) and filmer stands at 15m away from the swimmer. Start recording and have the swimmer complete a fast 25m of their stroke to ensure the entire swim is properly recorded.
3. For more information on how to film these underwater angles, watch the video at the very end of

the webpage labeled, “How Should I Film”: <http://www.swimlikeafish.org/videoanalysis/>.