



Video Analyses taken by:

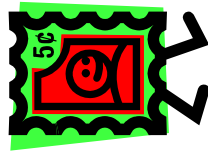
**Gary Bredehoft, CPT, ACE**

ACE Certified Personal Trainer

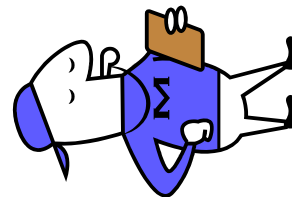
USA Triathlon Certified Coach

RRCA/ASEP Certified Coach

- Advanced analysis functions  
Analyze the game from both an individual's and team's point of view, and meet the needs of everyone involved.
- During training for immediate visual feedback. Use images as a basis for trainer-athlete communication.
- After training tools to analyze, compare and highlight performances, techniques, trajectories, and positions.
- Sharing of your analyses across different formats.
- Use video during your lessons  
Give your clients a real understanding of the corrections and adjustments they need to make. Integrate the video without interrupting the pace of the lesson.



Tiger Coaching & Personal Training  
2110 Winthrop Rd. Suite 100B  
Lincoln, NE 68502



# Sports Video Analysis



Tel: 402-488-8280 or 402-560-8280  
coach@tigercoaching.com  
www.tigercoaching.com

# Why Video Analysis?

"With Dartfish software I taught in 15 minutes what would take 3 full lessons in the past"

## Dave Anderson - PGA Teaching Pro

"Dartfish software enhances our ability to address technical & tactical issues in an efficient timely manner"

## April Heinrichs - Head Coach Us teams National Coach

"Dartfish is the best friend an athlete and coach can process as they work intelligently to improve performance"

## Brooks Johnson - Director USATF Performance, USOC Training Center



## Dartfish Video Analysis

**Who:** Any Athlete, Individual or Team Sports

**What:** For Analysis of Technique, Form, and Mechanics to increase Performance, Economy, and Efficiency. Underwater Camera Video Available for Swimming Analyses

**Where:** At your Team or Individual Practice Site or at Tiger Fitness Center

**When:** Call for Appointment, available on weekends

**Cost:** \$75-\$100 per individual video analysis (varies per number of views requested), this includes your video on your own DVD. Reevaluations - \$50

- Ask about Team Rates.
  - Available for Sport Camps.
- For hire to work hand in hand with your coaches. We bring equipment, software and video, coach analyses. (hourly rate, call for quote).



"Instantaneous visual feedback is one of the best tools a coach can provide for an athlete to optimize performance. I believe the Dartfish software program is the best mechanism to provide that feedback for any practice or competitive setting."

## Budd Termin - USA Swimming Coach



## Video Analysis of your Individual Sport or Team:

Running, Swimming, Golf, Tennis, Diving, Softball, Baseball, Track & Field, Soccer, Volleyball, Basketball, & more

## Dartfish Video Features

### Use the video and improve training sessions

Give your players or athletes a real understanding of the corrections and adjustments they need to make. Integrate the video without disrupting the way you do your job.

### Advanced analysis functions

Thanks to its unique and effective analysis tools, the Dartfish software allows us to run comparisons and detailed analyses of movements and trajectories, and demonstrates key techniques and positions.

### Share your files across different formats

We can distribute video clips of analyses and comments on CD or online. This will help your athletes to keep track of their progress over time - and helps you to make sure your instructions are understood.



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