# Hotel Room Video Analysis

## Application of video capture in Training

Presented by Sam Wong - Rowing Coach HKSI

# Topics to Be Covered

- Background and Development
- Mobile Coaching Office Setup
- Basic Video Capture Experience
- Download Procedures
- Cutting and Editing
- Coaching & Technique Analysis
- Training Video Record - Storage and Retrieving
- Summary

# Background & Development

- Film Recording w/ 8mm film ?
- Video Recording with Bata-Tape ?
- Video Recording with VHS
- VHS --- VHS-C (small tape)
- VHS-C --- Mini-DV
- ---- Mpeg4 ????
- Other Consideration - PAL & NTSC

# Mobile Coaching Office Set Up 1

- With IEEE 1394 standard ( Firewire or I-link) promoted / pushed by Sony and Apple Computer since 1997

- DV-Cam with Build-in IEEE1394 available

- Possible to link video data from DV-Cam to Firewire equipped computer directly

- Available of non-linear editing software

- Mobile Coaching Cffice with the function of Technique / Competition Analysis is POSSIBLE

# Mobile Coaching Office Setup 2
## - Setup of HKG Rowing Squad M.Office

- 3 CCD DV Camera with 10X Optical Zoom
- 17" Apple PowerBook G4 Laptop Computer with 1Gb RAM / 80Gb Hard disk / Super Drive
- Macintosh OSX Standard Software - Free
- Photoshop Elements - Free with camera purchase
- MS Office X

# Basic Video Capture Experience

- Shooting with STEADY HAND, OPTICAL ZOOM ONLY, ZOOM if needed.

- Do Not Use the build-in Screen for shooting action - save power & view

- One Shot for One Action / One Sequence - for easy auto-clip digital editing

- Battery Charge Up & Availability of Spare Battery

- Download a.s.a.p. and Technique Analysis a.s.a.p.

- Affordable Biggest Hard Disk !!

# Demonstration of Procedure

- Using Macintosh OSX System

- Hardware Used : G4 Powerbook, Panasonic 3CCD Camera, IEEE 1394

- Software Used : iMovie & Photoshop Elements

# Summary & Discussion

- Macintosh Computer Vs. Windows Based Computer

- Desktop Computer Vs. Laptop Computer

- 3 CCD Vs. 1 CCD Video Camera

- Digital Video Storage Vs. Tape Image Storage

- VCD Vs. DVD

# Thank You