

STROKEVIEW

SV On-Site Website Team Directory Access & Viewing Instructions



Accessing your team directory

The recordings made at your SV On-Site session have been stored in a private password protected team directory on our website. Here is how you can view them:

1. Go to <http://ysst.svonsite.info/>
2. You will be prompted to enter a username and password
User Name: ysst
Password: hickoryy
3. Once you have entered your user name and password, your team index will appear. Within the team index, there will be:
 - Parent Directory
 - Folders containing individual swimmer's recordings made during the 2-28-09 session. They will be labeled using the initial of the swimmer's first name, followed by the swimmer's last name. They will be listed in alphabetical order. (Example: ablanchat/)
 - dualcodecinstall.exe (NOTE: the dualcodecinstall.exe will be listed within the alphabetical listing of swimmer's folders)

Before attempting to view any files:

4. Create a **NEW FOLDER** on your hard drive and name it *StrokeView*. This folder will be used to store your player and recordings. *Saving the recordings not only stores your swims on your computer, but will also help maximize your computer's ability to playback the recordings.*
5. Locate the file of the swimmer whose recordings you wish to view. **LEFT CLICK** on the swimmer's name.
6. A DVR-20090301.AJP file will appear. **RIGHT CLICK** on the DVR-20090301.AJP and select *Save Link As...* or *Save Target As...* Save the file in the *StrokeView* folder on your hard drive.
7. Your computer may take a few minutes to complete the process of saving the file. When the download completes, select **CLOSE**. Repeat this process to save any files you would like to view.
8. **RIGHT CLICK** on dualcodecinstall.exe and select *Save Target As...* Save the dualcodecinstall.exe in the *StrokeView* folder you just created.
9. Once the download is completed, you will be prompted to **RUN** the installation. **RUN** the dualcodecinstall.exe. If you are warned that the publisher could not be verified, simply press **RUN** or **YES**. Running the J2K DUAL CODEC player will NOT harm your computer.
10. **INSTALL** the software using the default settings.
11. Once the software is installed, left click on **START** on the task bar on the bottom of your computer monitor, highlight *Programs*, highlight *Dual Codec Internet Relative Software*, and open *Dual Codec Internet Relative Software*
12. The main menu will appear. Select the *J2K Player*. The player will appear.
13. Select **OPEN** on your player controls. Locate the AJP file(s) you saved in your *StrokeView* folder and open the recording you wish to view.

Once open, the first frame of the recording will appear in only one of the 4 screens. This is normal. Press the **PLAY** arrow and all 4 screens will appear as the recording begins playback.



NOTE: For best playback quality and processing speed, close all other applications while viewing your recordings using the J2K player.



Using the playback functions of the JPEG2000 DUAL CODEC DVR player



Play (forward)



Forward (w/speed)



End of recording



Play (backward)



Rewind (w/speed)



Beginning of recording



Pause

2008/12/19 16:25:29

The **TIME CODE** is indicated in each of the 4 camera screens. Match the time on the screen to the time on your log sheet to locate specific swims.



The **DELAY** function allows you to slow the playback speed. When a delay setting of **1** is selected, recordings will play in actual speed. When a delay setting of **16** is selected, recordings will be played back in the slowest speed. Use the arrow keys to change settings. A delay of 4, 8, or 16 is effective for analyzing stroke technique.

Selecting a DELAY setting of 16 will enable you to view recordings frame-by-frame.



The **TIMELINE** (pictured above) can be used to navigate through the recording. Simply click on and drag the **TIMELINE INDICATOR** to move forward or back within the recording.



The **CHANNEL SELECTOR** allows you to choose which of the 4 channels you wish to view in a single channel screen.

Click  to set the player in single channel viewing mode. Camera 1 will appear.

Select the camera you wish to view by clicking on the corresponding number.

Click  to return the player to quad screen viewing mode.

NOTES

- When switching between playback modes grey screens may temporarily appear. Simply press the PLAY arrow to resume playback.
- When playing in a single window some pixilation will occur, as the original recording resolution is 360 x 240 for each of the four windows. This is similar to increasing a digital photo to 200% of the original size.
- There may be a few seconds of another swimmer on the end of your swimmer's recording due to the process of splitting the video.
- If the player or video becomes unstable or non-responsive simply close the player, follow the instructions for starting it, and load the video again.

Your head coach will be able to assist you with any viewing questions.

Thank you for trusting



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