

## What We Do

Sports Upgrade was formed with the purpose of helping athletes at all levels to maximize their potential. We believe in using methods that are scientifically based and fundamentally sound to instruct athletes. A properly trained athlete will be able to perform at a higher level and may also have a decreased risk of injury.

### We offer:

- Speed & agility training
- Strength training
- Team training
- Individual training
- Consultation
- Program design
- Computerized analysis of sports skills using Dartfish software.



Sports Upgrade, Inc  
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# 225  
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## SPORTS UPGRADE

# Sports Skill Video Analysis

"Making Better Athletes"



[www.sports-upgrade.com](http://www.sports-upgrade.com)

877-229-3955 Toll Free

## Why Video analysis?

Video analysis has been found to be an incredible teaching tool. Many coaches and athletes realize how it has helped their performance. In fact, 372 medal winners at the Beijing Olympics used Dartfish software to improve their sports skills.

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

**Dave Anderson - PGA Teaching Pro**

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

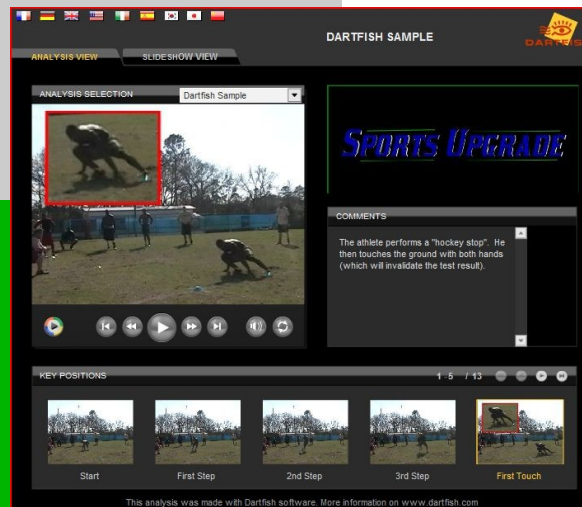
**Brooks Johnson - Director USATF Performance, USOC Training Center**



## What You Get

When an athlete gets analyzed on Dartfish software, they will receive a “mediabook” similar to the one pictured below. It will include:

- **A video clip of the athlete**
- **“Key Positions” - still pictures of key points in the skill broken down and analyzed. These can be broken down by Sports Upgrade or by your own coach**
- **Opportunities for comparison to previous or future clips**
- **A chance to have a cd of the analysis for repeated use**



## Dartfish Video Analysis

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

**What:** For Analysis of Technique, Form, and Mechanics to increase Performance

**Where:** At your Team or Individual Practice Site

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

**Cost:** \$35-\$100 per individual video analysis (varies per number of views requested and extent of analysis desired).

\*\* Reevaluations available at a discounted rate

• Team rates available

• Available for Sport Camps

(Contact us for quote)

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