



USMS Video Stroke Analysis User Guide

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Swimmer User Guide

Welcome to the USMS Video Stroke Analysis user guide.

Please review these guidelines to get your analysis started.

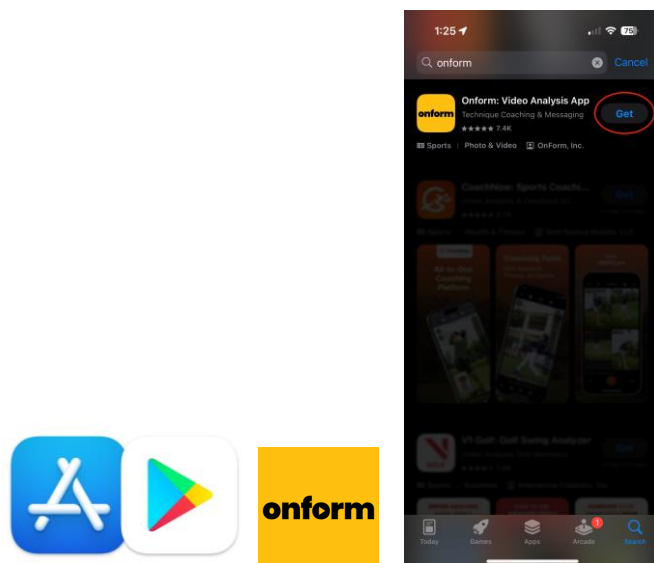
1. Video Stroke Analysis Process

	Task	Responsibility
A.	Download Onform app	User (Swimmer)
B.	Create Onform account with invite code	User (Swimmer)
C.	Intake survey	User (Swimmer)
D.	Filming best practices	USMS Coach
E.	Recording and uploading a video with Onform	User (Swimmer)
F.	1 st round analysis by USMS coach	USMS Coach
G.	Recording and uploading a video with Onform	User (Swimmer)
H.	2 nd round analysis by USMS coach	USMS Coach

A - Download Onform App

We ***strongly*** recommend you use the [Onform](#) mobile application. Although you may use Onform on your computer's web browser, it has limited capabilities.

In order to begin the stroke analysis process, **download the Onform app**, in your smartphone's app store.

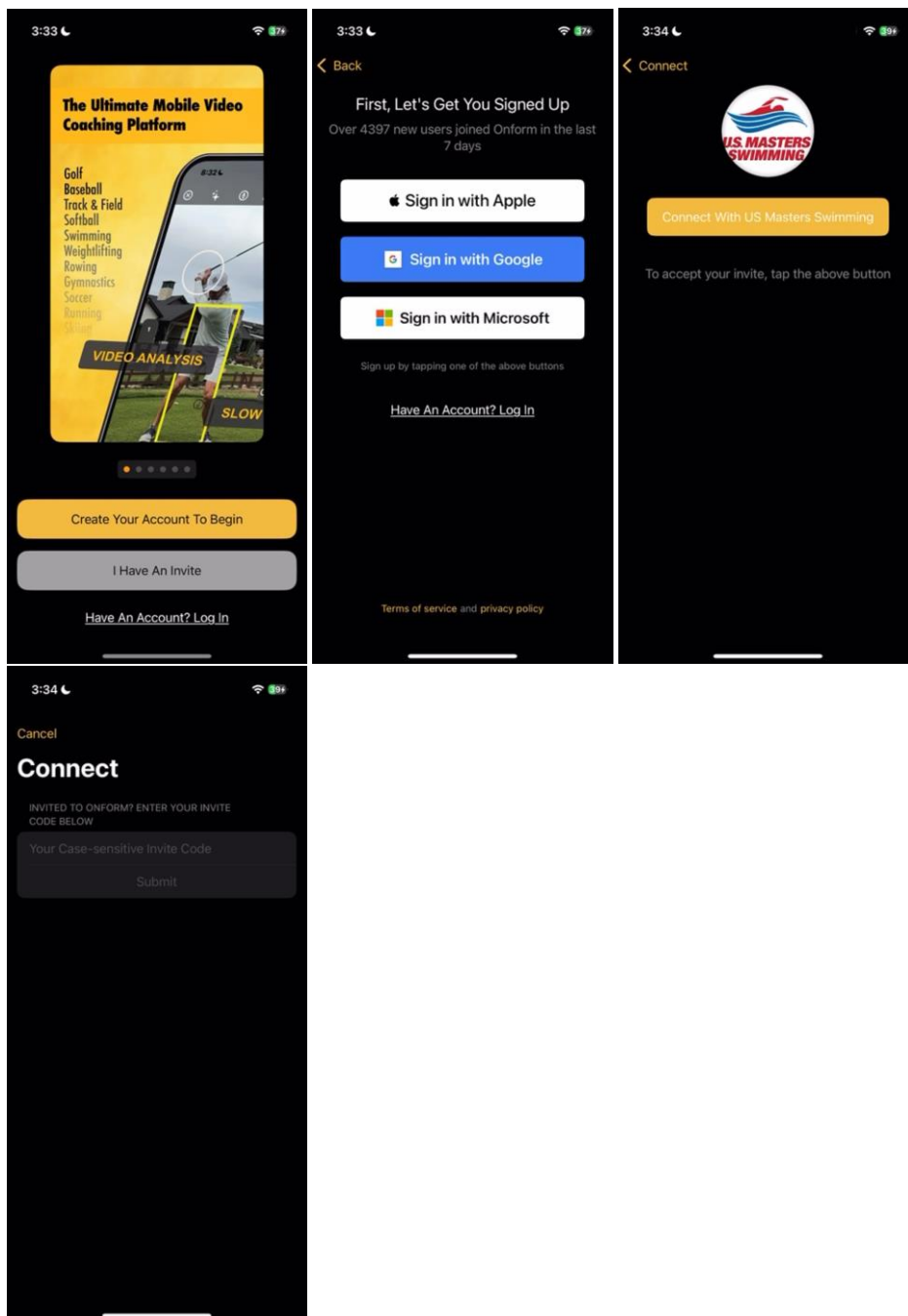


If you have any questions or need assistance with your USMS Video Stroke Analysis, please reach out to strokeanalysis@usmastersswimming.org.

B - Create Onform Account with Invite Code

Onform Sign-Up

1. Open the Onform app
2. Select “I Have An Invite” button
3. When signing up, you must select “Sign in with Google, Microsoft, or Apple”
4. Select “Connect with US Master Swimming” button
5. Enter your unique case-sensitive invite code in the space provided in Onform and then click the “Submit” button



Personalized Invite Code

Your personalized invite code was sent to you via email

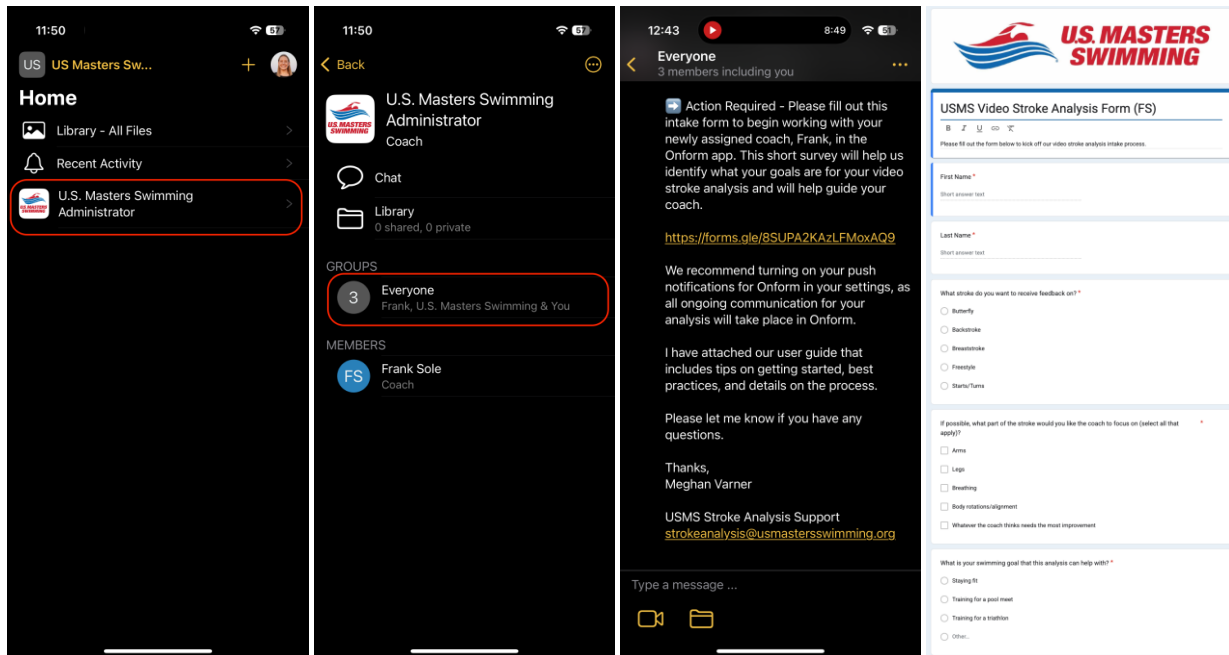
1. Email's Subject Line - **"[USMS] Stroke Analysis Onboarding – Your Name"**
2. To – sent to the email address associated with your LaneMate/USMS My Account
3. From - strokeanalysis@usmastersswimming.org

If you have any questions or need assistance with your USMS Video Stroke Analysis, please reach out to strokeanalysis@usmastersswimming.org.

4. Timing - This code will be sent within five business days of purchasing your Stroke Analysis Package

C – Intake Survey

After you create an Onform account and enter your invite code, you will be connected with your USMS administrator and coach. In the “Everyone” chat inbox in the GROUPS section, find the welcome message (demonstrated below) that will have the link to your intake survey.



This form will be used to assess your specific needs, ability level, and filming limitations you have. It is vital to fill out this form before you film yourself because it is how your coach will determine what camera angles are needed.

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D - Filming Best Practices

Filming for Analysis

Make sure to communicate what you are feasibly able to capture on film on your intake form.

- Do you have someone to help you film or will you be doing everything yourself?
- What equipment do you plan on using? Smartphone, iPad, GoPro, video camera, accessories, etc.?

Videos should be either a 50 yard/meters total OR 1 minute in length and taken from a few different camera angles. If you're not able to combine the videos, longer times or separate videos may be acceptable to allow for multiple angles. Please note that if you are not able to find a filming partner, we recommend a tripod for static camera angles (see below).

Video angles can include ...

Recommended for best results:

- **Dynamic Side Angle (partner required):** Swimmer in the first or second lane with a partner following from the deck. The camera is held chest high.



Other options:

- **Static Side (no partner required):** Camera is on a tripod or propped against something on the deck or in the gutter. Swimmer swims in and out of frame. Swimmer should be in the first or second lane.



- **Static Underwater Front/Back (no partner required):** Camera resting on the bottom of the pool angled toward the wall the swimmer is coming from.



- **Underwater Side Static (no partner required):** Camera resting in the middle of the pool and on the bottom. The camera should be facing perpendicular to the direction the swimmer is swimming and one lane over. The camera should be angled so that you can see the entire swimmer going by.



- **Static Front/Back view (no partner required):** Camera is propped on top of a block, on the wall or in the gutter, or held by a partner. Can also be done underwater if equipment is available to the swimmer.



E - Recording and Uploading a Video with Onform

You have three options with recording and uploading your video to the Onform app.

- Option 1: Record with your Smartphone's camera app
- Option 2: Record directly in the Onform application on your smartphone
- Option 3: Record on an external device like a tablet, video camera, or GoPro

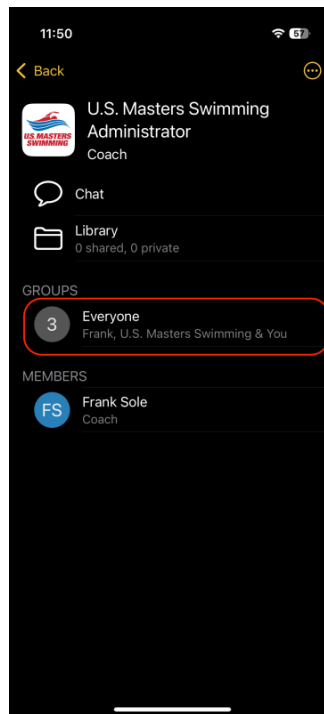
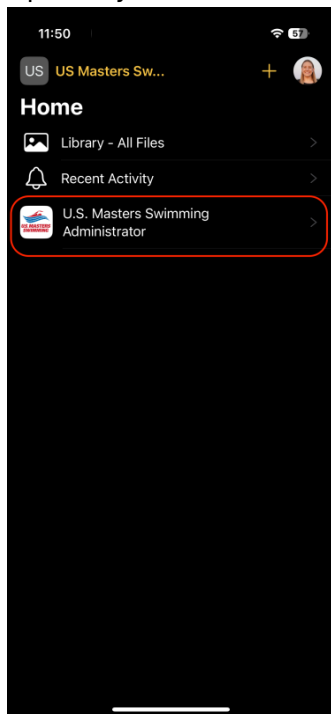
Option 1: Film on Smartphone



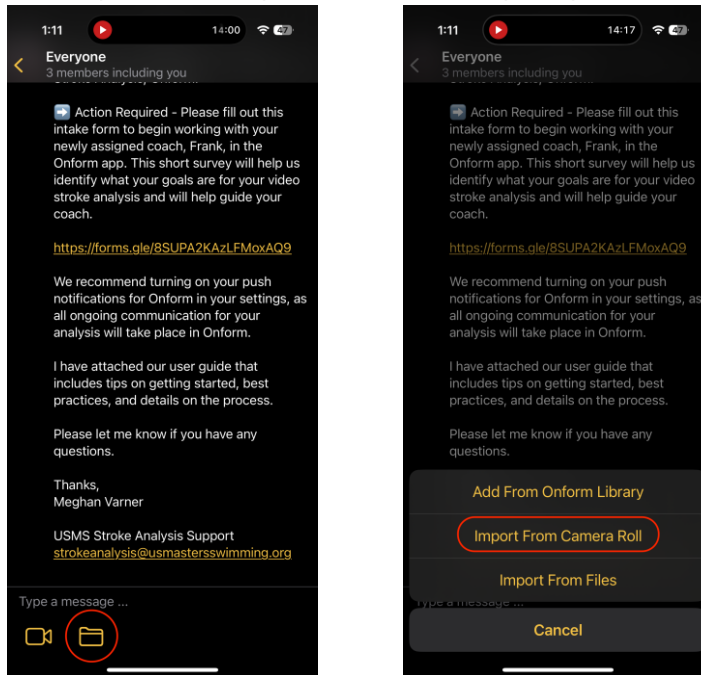
Step 1 – Film - Film a video of you swimming using your Smartphone's camera app.

Step 2 – Import - Import the video you recorded on your Smartphone to Onform app.

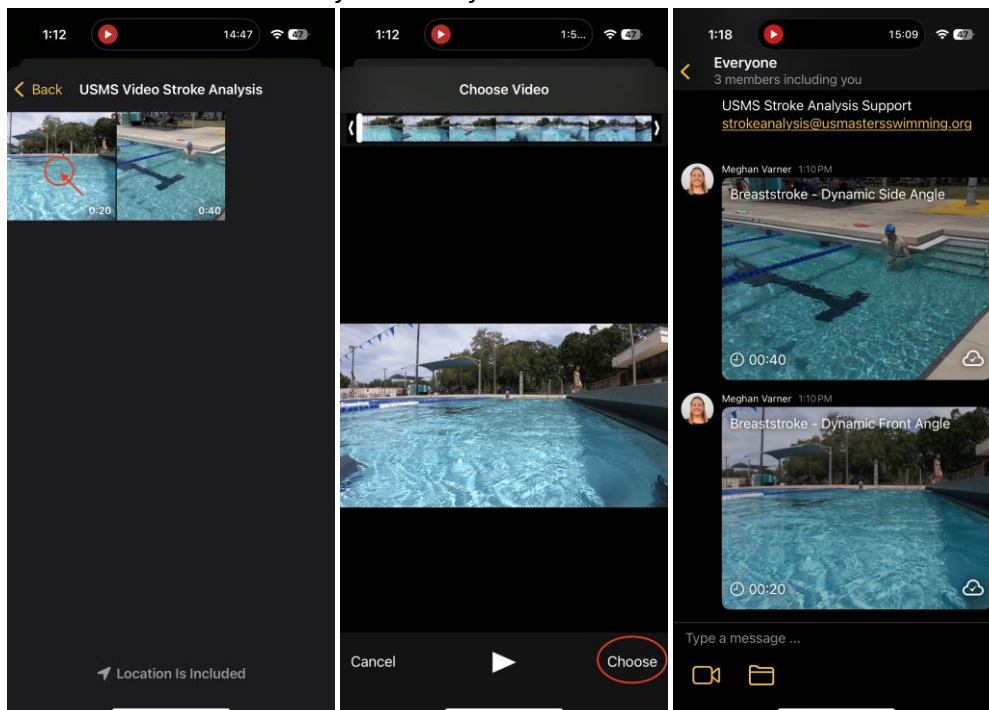
1. On your smartphone, open the Onform app, tap U.S. Masters Swimming Administrator and tap “Everyone under GROUPS section



2. In Everyone chat, tap folder icon and tap “Import From Camera Roll”



3. Tap first video and when it expands, tap “Choose”, repeat until all videos are uploaded. They will also be auto-added to your Library.



- 4.

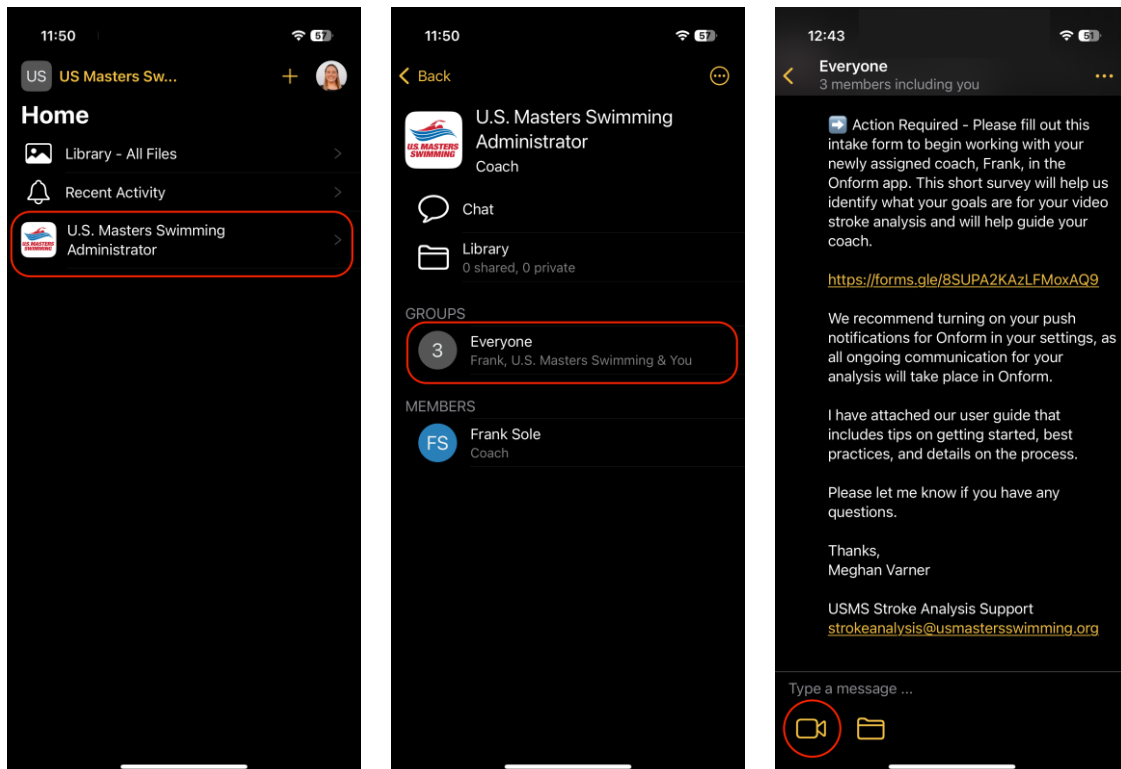
If you have any questions or need assistance with your USMS Video Stroke Analysis, please reach out to strokeanalysis@usmastersswimming.org.

Option 2: Record with Onform App

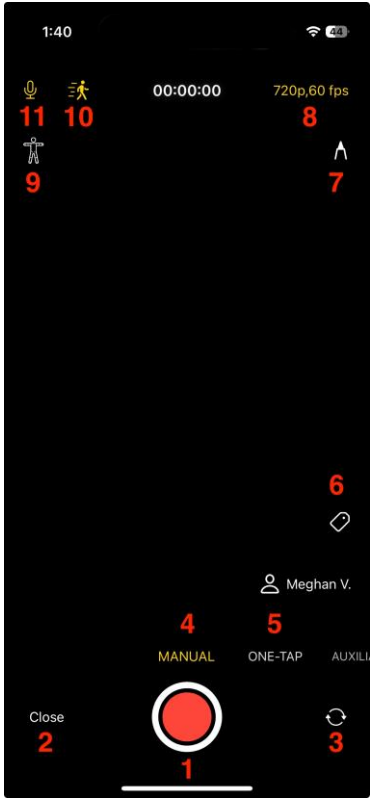


Step 1 – Record

To start recording a video with Onform, tap U.S. Masters Swimming Administrator, tap “Everyone” under GROUPS section, and click on the camera icon at the bottom left of the screen. This will take you to the recording page of Onform.



If you have any questions or need assistance with your USMS Video Stroke Analysis, please reach out to strokeanalysis@usmastersswimming.org.

Onform Recording Page	If needed, here are the features on the recording page (you will really only need feature 1 and 2):
	1. Record Button: Starts recording, changes to a stop button while recording.
	2. Close Button: Exits the camera feature in Onform.
	3. Active Camera: Changes the active camera to the front-facing camera.
	4. Camera Option Wheel, Manual: Start recording immediately after being pressed. You can select one of the three options in the wheel. We suggest using either Manual or One-Tap.
	5. Camera Option Wheel, One-Tap: Records for a preset amount of time before and after the record button is pressed. <i>Note: This is helpful if you're filming on a tripod and need time to hit record then get in the pool to swim.</i>
	6. Tag: Gives the user the ability to tag a video with preset phrases/words (Backstroke, Freestyle, etc.).
	7. Markup Tools: Opens a menu of markup tools to choose from. These tools allow you to draw on your video (tool for just coaches).
	8. Video Quality/Frame rate: Allows users to change the quality of the video (720 p, 1080 p, etc.) and the frame rate of the video. Higher frame rates capture more detail but result in larger files.
	9. N/A - Bone Tracking: Attaches graphics to limbs and body parts to get more accurate angle measurements and better visualization. <i>NOTE: Swimming is not ideal for using bone tracking in its current state.</i>
	10. Shutter Speed and ISO: Shows sliders to change the shutter speed and ISO of the video. Faster shutter speeds can help reduce motion blur but reduce brightness. Use a higher ISO to increase light capture.
	11. Microphone On/Off: Turns the audio capture of the video on or off.

Step 2 – Close / Auto Upload

Once you're done filming, hit the Close (#2) button and the video will be automatically uploaded to your "Everyone" chat with the USMS coach and administrator. It will also be saved to your Library.

Option 3: External Camera

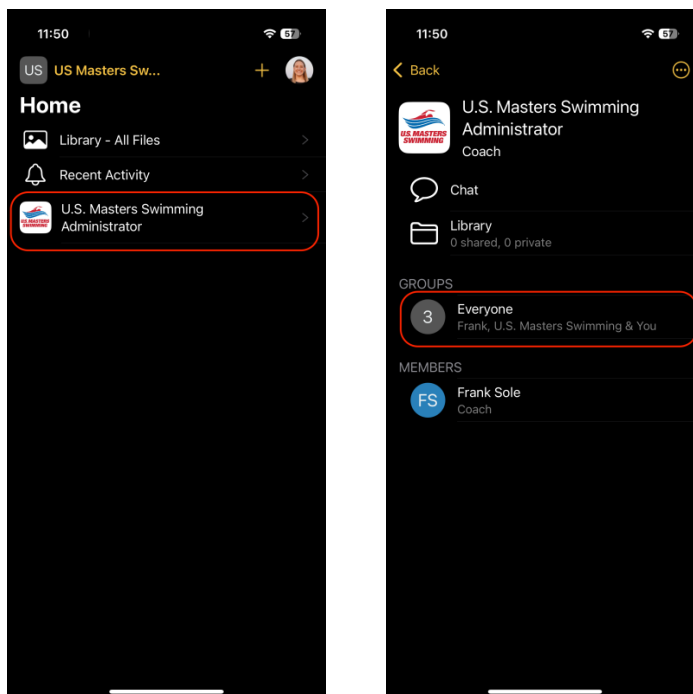
If you recorded a video on a device that is not your smartphone (i.e. GoPro, video camera), you will need to send it to your phone and save it to your phone's camera roll or files.

Step 1 – Film - Film a video of you swimming using an external camera.

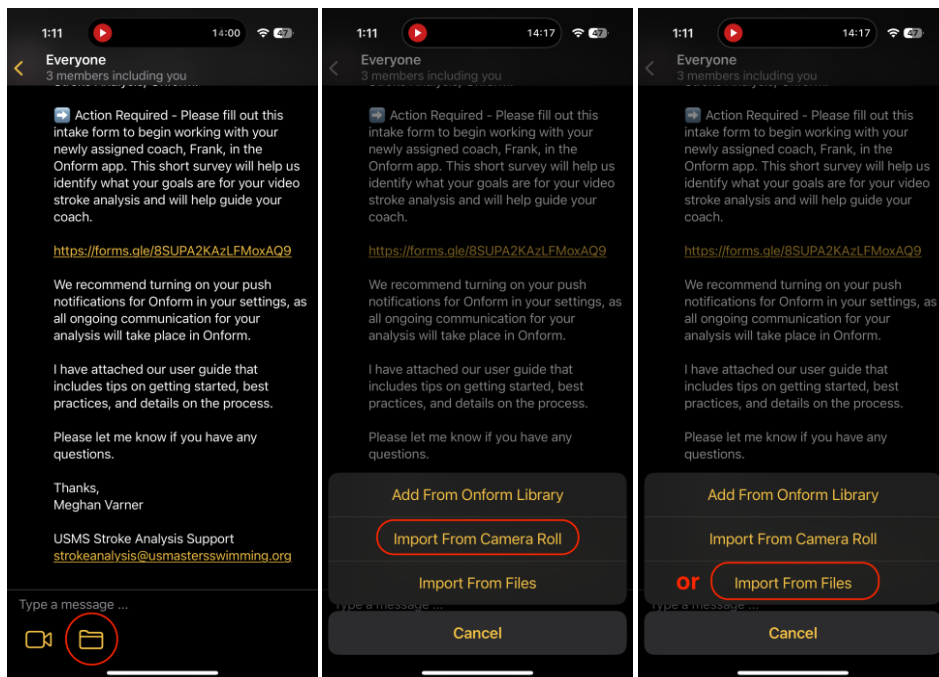
Step 2 – Transfer – Transfer video files to phone. This can be done by emailing the files to an email you may have access to on your phone, air-dropping the files, or transferring them via a cable.

Step 3 - Import - Import the video you recorded on your device to Onform.

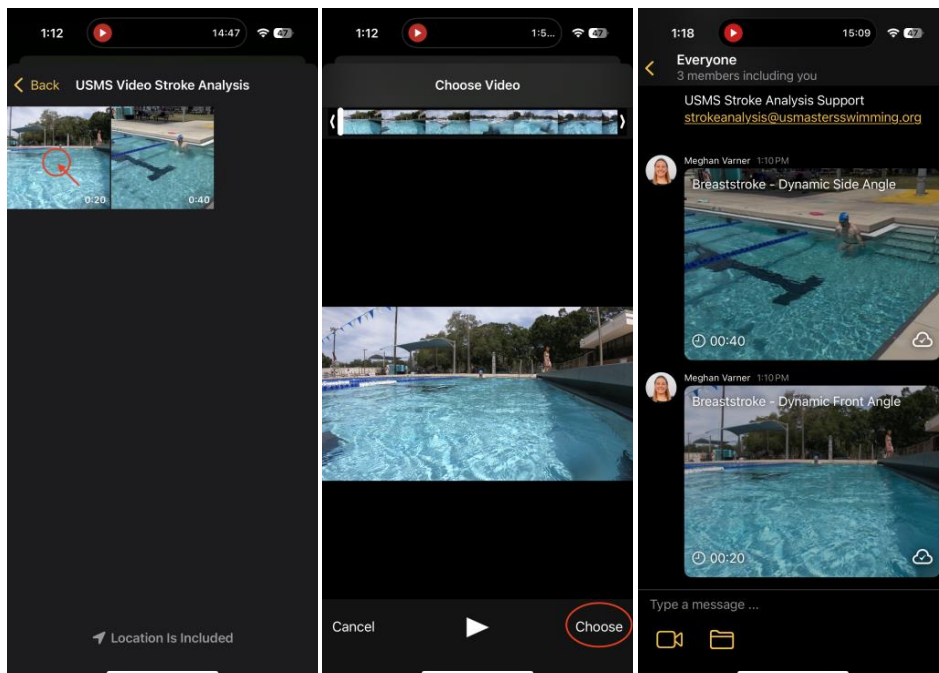
On your smartphone, open the Onform app, tap U.S. Masters Swimming Administrator and tap “Everyone under GROUPS section



In the “Everyone” chat, tap the folder icon and tap “Import From Camera Roll” (if videos saved in your smartphone’s photos app) or “Import From Files” (if videos saved in smartphone’s files).



Tap first video and when it expands, tap “Choose” in lower right-hand corner. Repeat until all your videos are uploaded to the “Everyone” chat. They will also be auto-added to your Library.



If you have any questions or need assistance with your USMS Video Stroke Analysis, please reach out to strokeanalysis@usmastersswimming.org.

F – 1st Round Analysis by USMS Coach

Analyses will be available to view in the Onform Chat or Library once they have been shared by the coach.

~5 minutes of analysis for each round calling out three areas of improvement. The analysis includes:

- A video with verbal feedback and graphics to pinpoint exactly what the coach is talking about
- A written document describing the three areas of improvement, three drills to help focus on those areas, and links to additional resources

G & H – Second Analysis - Repeat Steps E & F

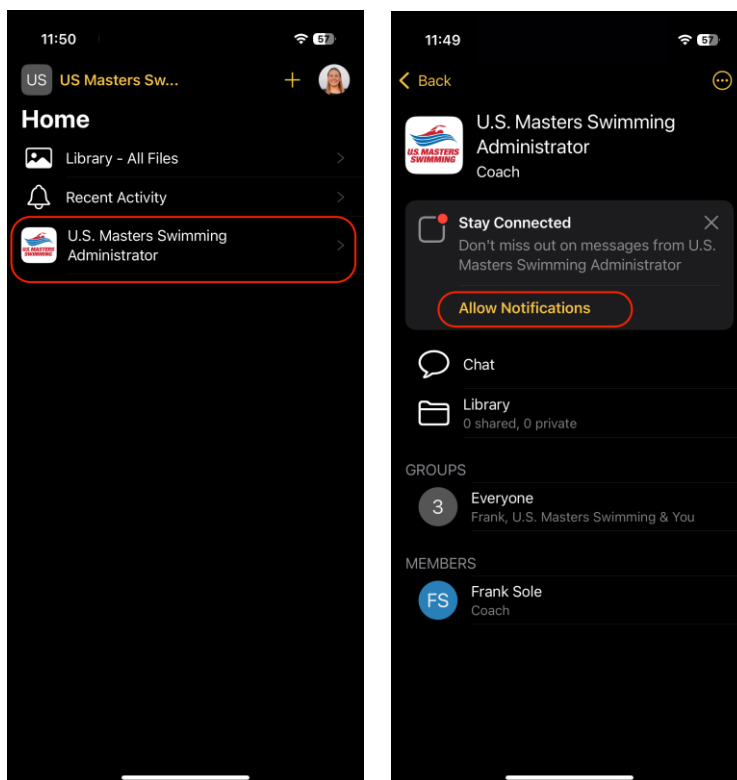
2. Communication Within Onform

Once you have created an account and logged into Onform, you will automatically be connected to your assigned coach.

Notifications

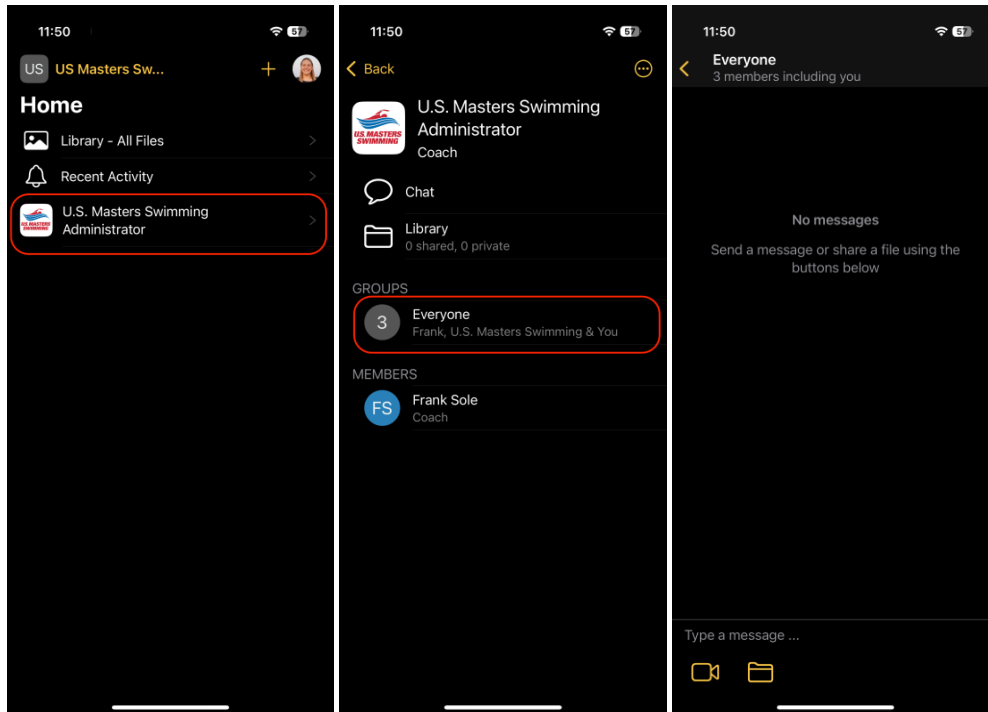
On your Onform Home screen, click U.S. Masters Swimming Administrator icon.

When the “Stay Connected” pop up appears, click “Allow Notifications”. **Important:** It is critical to turn on notifications as this is the only way Onform will inform you if you have new messages and a new analysis.



Group Chat

On your Home screen, click U.S. Masters Swimming Administrator icon, click “Everyone” under “GROUPS” section, The “Everyone” chat has you, your coach, and the USMS administrator on the same thread.



Important Note: Communication should be done in the “Everyone” chat, as the USMS administrator will be able to provide assistance or clarity when needed.

Communication with Coach

Over the course of your analysis process, you’ll be able to use the Onform chat feature with your coach to coordinate your analysis, ask questions, etc. Communication between you and your coach should be kept to topics directly related to your stroke analysis such as the feedback you received, or drills suggested. Communication not directly relevant to the stroke analysis may not receive a response.

Communication with Administrator

If you have any questions or need assistance with Onform or your analysis, your USMS administrator may be reached through the Onform chat, or please reach out your admin via email at strokeanalysis@usmastersswimming.org.

3. Stroke Analysis Offboarding

Coach Disconnection

When both rounds of analysis are finished, your coach will disconnect from your workspace in Onform. You will still be able to view your library and chats with the coach, but future communication with the coach will no longer be possible. You will still be connected to the Video Stroke Analysis administrator in Onform should you have any lingering questions.

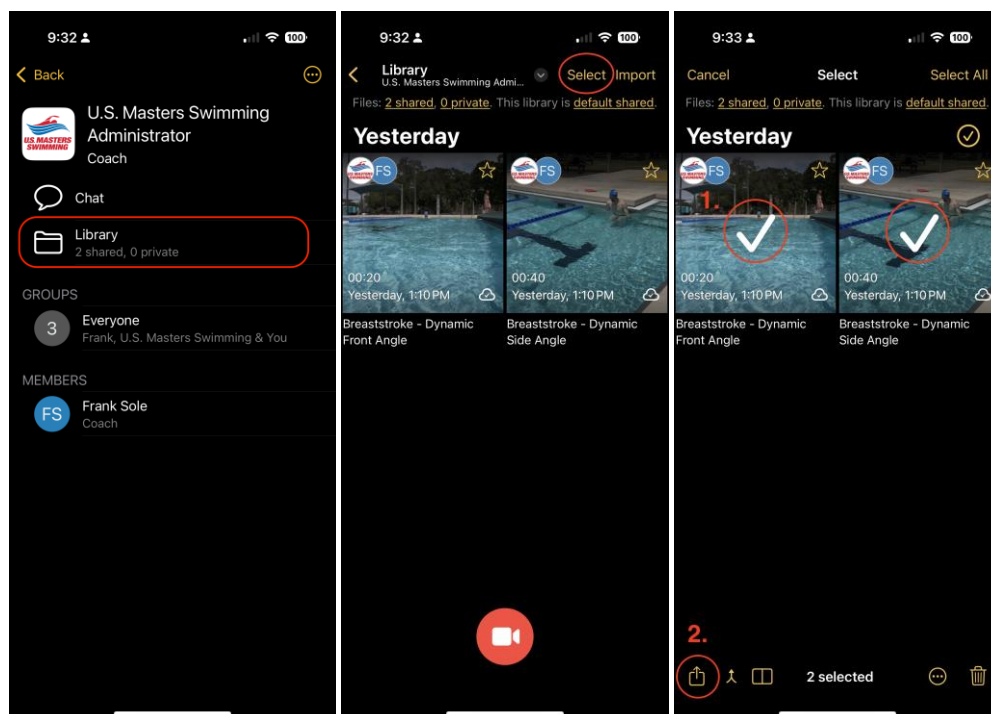
Saving Videos & Feedback Documents

If you want to keep your videos and feedback document, make sure to download them to your personal device (see below for a tutorial).

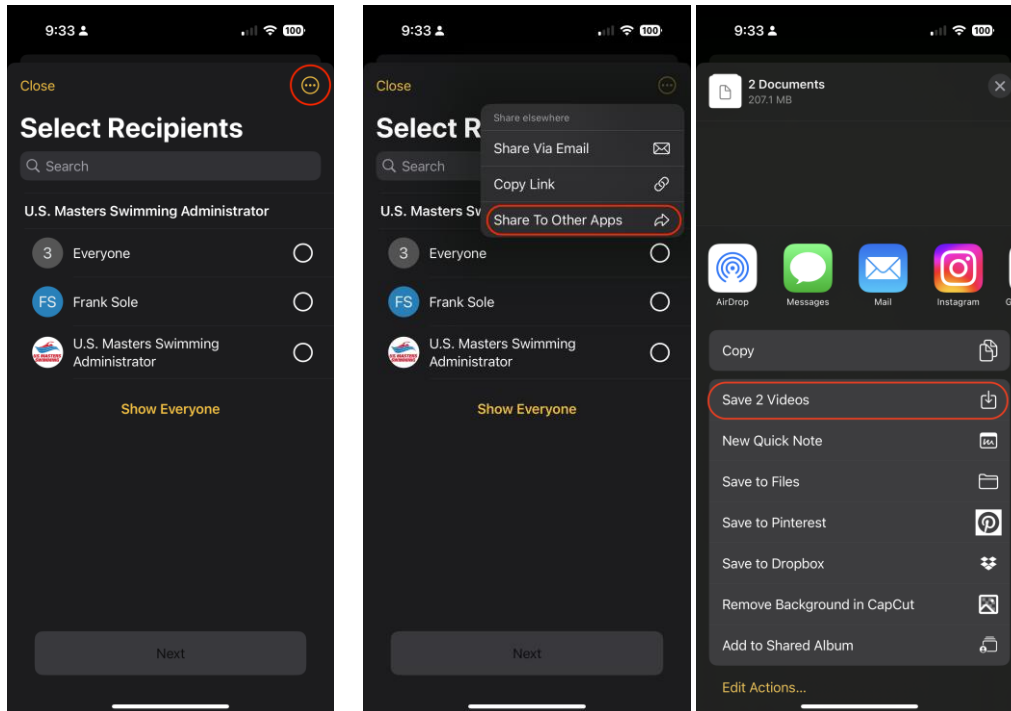
Important: If you delete the coach from your Onform application before you download your files, you will not be able to access these files again.

How to Download Files

- Navigate to the Library
- Tap the select button
- Export
 - 1. Tap the video(s) you want to save.
 - 2. Tap the export icon in the bottom right of the screen.



- Tap the three dots in the top right corner of the screen
- Select the “Share to Other Apps” from the dropdown menu.
- This brings up a list options for sharing. Select the “Save Video” option from the list. This will save your videos to your smartphone’s photos app.



4. Purchasing Your Next Stroke Analysis

Once you conclude your Video Stroke Analysis for one stroke, you may purchase a package for an additional stroke of your choice. *Note: Only one stroke analysis per member at a time.*

- **USMS+ members** will receive one free analysis with their USMS+ membership and then pay \$110 per stroke after that.
 - **Standard USMS members** can purchase the analysis for \$110 on their [Add-Ons](#) page in their [My Account](#).
 - **LaneMate Yearly subscribers** can purchase the analysis for \$120 per stroke
 - **LaneMate Monthly subscribers** can purchase the analysis for \$140 per stroke
 - If you aren't yet a member, you can purchase this while you are [buying your membership](#).
- NOTE: Only one analysis per member at a time.

Thank you for reviewing this guide and selecting USMS for your video stroke analysis.

We look forward to analyzing your stroke.

If you have any questions or need assistance with your USMS Video Stroke Analysis, please reach out to strokeanalysis@usmastersswimming.org.