

Many sports teams already incorporate sports performance specialists

They include personal trainers, nutritionists, and sports psychologists

Wyoming Valley West / FAST Aquatic Team is bringing

“TeamTermin Video Service”

WWV/FAST is bringing TeamTermin to our practice to help enhance the performance and improvement of our athletes. TeamTermin will work with the coaches and athletes simultaneously and simply enhance the coaching process. TeamTermin video software allows for play back and magnification at any speed, and allows the coaches to see where the necessary changes need to be made. And because the feedback is instantaneous, the athlete can go right back and do the activity again for comparison.

TeamTermin will bring all the equipment needed to capture, and analyze your athlete’s performance. Termin is a “Master Certified Trainers” of the industry standard in sports video Dartfish. His special sports software not only captures all the action, but is the only software package that allows for instant video replay. The feedback is immediate, and is essential to the learning process.

Afterward, TeamTermin will burn you a high quality DVD of everything we captured. We can separate the video onto

separate DVD’s for each person and a master copy for the coaches.

Saturday, November 14, 2009 is the dedicated date for this video service. WWV High School Swimming Pool will be the site for this service.

Cost is \$45.00 per individual. Make checks payable to **“FAST Aquatic Club.”**

We are requiring preregistration so that we can block each individual into an hour of time for efficient videotaping. You are welcome to be there and watch others being taped so that you can learn more about the technique. Also, later Coach Termin will show other examples of videoing with a velocity meter.

Realize that your strokes will be videotaped and synchronized by Dartfish with video simultaneously. You will see views from the right side, left side, turn, breakout, and front view. All video will be underwater. Your personal files can be viewed at different speeds.

Deadline for registration is Friday, October 23, 2009. You can contact me by email or voice at the following locations if you have any further questions:

Frank Tribendis fvt315@netzero.com or cell 570-510-5600.

We will begin videotaping at 11:00 am in the morning. We will assign 10 athletes per hour. We anticipate being done by 3:00 pm.

<http://www.teamtermin.com> – visit Coach Termin’s Web Site to see examples of what you will get.

TeamTermin REGISTRATION - Fall 2009

Registration Form :

Last Name:

• Athlete: _____

• Parent’s Name: _____

Street: _____

Town: _____ Pa., Zip: _____

EMAIL: _____

Phone:

Home: _____

Emergency: _____

Athletes:

First _____ MI ___ DOB ___/___/___

First _____ MI ___ DOB ___/___/___

First _____ MI ___ DOB ___/___/___

My children have no restrictions for aquatic training

and activities. If there is any questionable health issues,

I will discuss them with the coach. I understand that I may

be required to obtain my Doctor’s permission for my child

and /or children to participate in WWV/FAST Aquatic Activities.

I also agree to notify the coach of any changes in my children’s medical history.

Parent/Guardian:

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WVW / FAST
Aquatics

