

March 5, 2007

FAQ's about Diamond Directors Video Analysis

**What video software do you use for the video analysis?** I use the Dartfish System HYPERLINK "http://www.dartfish.com" [www.dartfish.com](http://www.dartfish.com). Dartfish is the official video analysis system of Major League Baseball.

**How will the video analysis help my son?** The video analysis will allow me to: Video tape his swing and analysis is using specific tools (lines, bat tracking device, etc that will allow him to see things that he is doing right and/or wrong. I have the capability to compare his swing to the swings professional hitters with side by side comparisons.

The swing will be broken down frame by frame.

As a professional player, I had a hitting coach that told me that my head tilted towards the plate when I swung the bat. As a result, it caused me to make poor contact with the ball and lose lots of power. I didn't believe him because I didn't feel it and I obviously couldn't see it. After looking at myself on the video, I was immediately able to make changes to my swing. Seeing is believing!

**Besides baseball development, how else will video analysis help my son?** I am also able to compile an extensive library of swings for each player that I can use for their college recruiting process. I can show the college coach/recruiter the changes of his swing over a short or long period of time. College and professional coaches are very high on aptitude and coach ability. We will have evidence of this with the Dartfish System. I am able to email video updates of your son's lessons and games.

**What services do you offer with the video analysis?** We offer:

Complimentary video analysis with the S.K.I.L.L.S.™ Hitting Academy.

Standard Video Analysis for a fee of \$50.00. A player will schedule an appointment at Diamond Directors Indoor or Outdoor Training Facility and we will video several swings (50-100) from a variety of angles that will be analyzed by CJ Stewart. The client will receive a DVD and or email video analysis that will consist of a text and/or video analysis.

"GAME TIME" Video Analysis for a fee of \$100.00. A Diamond Directors staff member will travel to your game to video tape your swings to be analyzed by CJ Stewart. The client will receive a DVD and or email video analysis that will consist of a text and/or video analysis. There is an additional fee for games played beyond 30 miles of the Diamond Directors Indoor Training facility.

**Can the video analysis substitute instruction giving by a professional instructor?** In some cases, the video analysis may be better than one on one or group instruction for players. I have clients that receive private instruction from other instructors but see me once a week for video analysis. In some cases, I simply video tape all their game swings and trim the video frame by

frame without analysis so that they can make their own analysis.