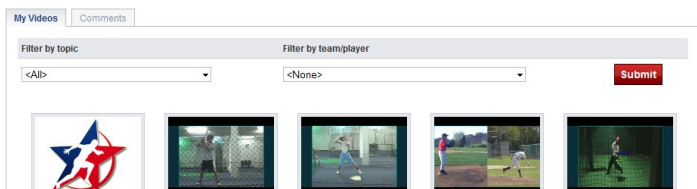
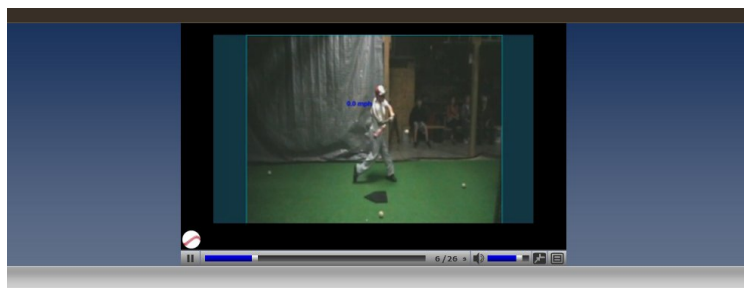


## Introduction to the Online Video Training Program:

Our online video training program allows for players to track their training progress, for instructors to provide comments and/or video feedback to players, coaches of the players' affiliated teams to stay connected with their players' progress and teachings, and organization heads to track their teams' and players' progress.

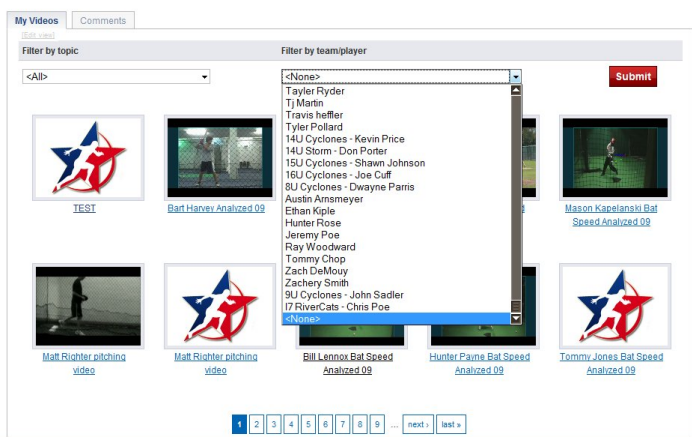


### Players – You can expect...

- ✓ Your own web-based account.
- ✓ The ability to upload your game or practice footage to our system so one of our instructors can provide either a written or an additional video critique of your video(s).
- ✓ Comment and ask questions among our instructors on your posted videos.
- ✓ Track your progress over time.
- ✓ Gain access to video drill work submitted by our staff.
- ✓ Stay connected with your instructors in season from anywhere in the world.
- ✓ Take part in sport specific forums and learn from professionals across

### Coaches – You can expect...

- ✓ Your own web-based account and add your player's accounts.
- ✓ The ability to upload your players' game or practice footage to our system so our instructors can provide either a written or an additional video critique of your video(s).
- ✓ Comment and ask questions among our instructors on your posted videos.
- ✓ Track your players' progress over time.
- ✓ Gain access to video drill work submitted by our staff and provide your players with a clear direction.
- ✓ Stay connected with your instructors in season from anywhere in the world.
- ✓ Take part in sport specific forums and learn from professionals across the country.



### Organization Officials – You can expect...

- ✓ Your own web-based account.
- ✓ The ability to upload video to players assigned to different teams within your organization so our instructors can provide either a written or an additional video critique of your video(s).
- ✓ Comment and ask questions among our instructors on your posted videos.
- ✓ Track your teams and players to ensure they are using the system effectively.
- ✓ Gain access to video drill work submitted by our staff and provide your coaches and players with a clear instructional direction.
- ✓ Take part in sport specific forums and learn from professionals across the country.

### Contact Information

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