

How to Video Checklist

The video can be taken using either:

- A mobile phone
- A GoPro

Two videos are needed

- One from the front
- One from the side

1. The Front Video

- Video in landscape (phone sideways)
- Video directly in front
- Follow the swimmer to the wall
- Video the swimmer for 12-15 metres

Have the swimmer

- Swim at medium pace
- Breathing normally, every 2-3 strokes

2. The Side Video

- Video in landscape (phone sideways)
- Walk with the swimmer, level with the shoulder
- Keep the whole body in the vision
- Video the swimmer for 12-15 metres

Have the swimmer

- Swim in the lane closest to the wall
- Swim at medium pace
- Breathing normally, every 2 or 3 strokes

Upload your video

At the start of the process, I send you a Dropbox link

- Simply open that link
- **Attach** or **Drag** your videos to that link

You receive an email from **Dropbox** with this title:

Please upload files for "Graham Windeatt"

Clicking the link you will see this to add your videos



Any Questions

Please email me at:

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Thanks
Graham



**Swim
Technique
Improvement**

**With Graham Windeatt
Olympic Medalist**

