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- 1) Original objectives and strategies for my video technologies study was to get accurate video of rowing teams in action for the purpose of education and coaching athletes and coaches. The use of small cameras mounted in different positions in a rowing shell (on outriggers, bow and stern decks) gave illuminating insight into the athletic and technical aspects of rowing.
- 2) Activities carried out included experimenting with various camera angles (several cameras recording at the same time) to get an almost 3D effect. To be able to view an athlete from both the right and left side (port and starboard) also above and from the traditional view (shot from a coach boat) gave prospective that the athlete and coaches had not seen or been able to study before. All four images could be linked together digitally at the same time on the same computer screen.
- 3) The assessment of the value of the work was the eagerness of athletes and coaches to study the technical rigging of the boats and the technical aspects of the body mechanics necessary to make a better athlete and better team. It heightened the concept of the horizontal aspect of application of power and the negative impact of energy moving counter to the movement of the boat. The use of the Dartfish program allowed us to video record crews and scullers from atop bridges and accurately measure catch and finish angles to better coordinate the team. Also to over lay images of one athlete over another to make comparison.
- 4) There were no real issues raised by the study. It was all very positive for athletes and coaches. The question that was raised was the concept of racing with these onboard cameras to heighten the boring present day coverage of our racing. Be more like NASCAR! With the use of GPS we could also have race speed presented on the screen for spectators.
- 5) Disposition of funds. We were granted a check and all the funds were used as quoted in grant proposal.
- 6) This was like going to the candy store and having the luxury to experiment with equipment that we never could have afforded to have purchased ourselves. After 14 years of coaching at UMass Amherst it was also fun to try new things. I have used various presentations that I compiled with this new equipment at the Boxboro exhibit. I was also asked to present at coaching education workshops for many high school and college coaches. It has opened up a new world of excitement to me. Teaching coaches to be better coaching!