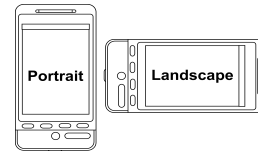


## Importing Players Video

1. Set phone's video settings to 60 fps (frames per second)

- For iPhone, go to:
  1. Settings
  2. Photos & Camera
  3. Record Video
  4. Select 1080p at 60 fps
- For all other phone's, follow similar steps. If unable to complete steps above, continue to 2.

2. Record swing or baseball motion with your phone's camera in **LANDSCAPE (holding phone horizontally)** view. Video's recorded in Portrait view will not work!



- Video should be 5 seconds or less.
- Before recording swing, zoom camera until you can see at least the top of the hitter's bat and also hitter's feet.



3. Open web browser and go to [my.rvpteammate.com](http://my.rvpteammate.com)

4. Login using member's email address. Leave the "High Quality for desktop/laptop" box unchecked for phones.

5. Click Import

6. Click "Choose File" and select video previously taken from phone

7. If possible, under "Enter Description" type full name and date (ex: JohnSmith7/30/17)  
- If unable to type in description, leave blank

8. Click Upload