

## Product Review – JC Video System

### **John Pinkman**

JC Video Systems, Inc. has produced a turnkey digital video analysis system that is absolutely magnificent. The video images are totally stored on a Dell 1.6 GHz laptop computer. It's lightweight, portable, and completely user friendly. We tested this system for 6 months in our facility and found that we couldn't do without it, so we bought it. Our students and parents are glad we did. The manufacturer supported us in every manner and responded quickly to any call.

This is not new technology just hitting the market. As usual, it's only new to baseball people. Over 2000 units have been sold to teaching professionals in golf. If you have ever seriously worked with video you definitely can appreciate these benefits:

- There is no video "tape" process. All images are stored directly on the hard drive and the system software easily manages each student's file. You can recall any stored image, whether a year old or the last swing (or throw) in less than one second. Images can be recorded at games for instance on mini digital tapes and later transferred to the hard drive as well.
- At twice the normal speed of video, the 60 frames per second capability produces seamless REAL slow motion with precise jog control
- Operates indoors in with a minimal added light at 1/1000 second shutter speed
- The ability to compare before and after or images side-by-side on screen
- Full telestration (overlay graphics) with lines, arrows or circles
- Ability to compute body part angles instantly
- Can flip images to compare lefty to righty from the same perspective
- Using the portable system, can produce CDs or VHS tape with narration on-field
- Can zoom in or out and center any previously recorded image
- Can overlay 90 individual pictures (1 ½ seconds of image) on screen, thus allowing you to see total path plane, arm action, and head movement in one "picture"
- Can photograph or clip any single video frame and copy to disk or print out for homework
- Laptop includes a sun shade similar to instant replay by NFL sideline officials
- A jog shuttle accessory includes buttons for triggering motion capture, repetitive slow motion in the same image
- The system will even trigger itself by sound
- The camera is directly connected to computer via 25' cable, eliminating several traditional video operations

The JC Video System is a total package – a real advantage. I know how difficult it can be to integrate component parts. This system includes the following:

- Video camera
- Tripod
- Laptop computer with CD burner
- VHS recorder
- Microphone
- Portable table and strong, rugged case

Plus – the cables are not only included, they are labeled for ease of set up.

For more information visit [www.jcvideo.com](http://www.jcvideo.com) The web site uses golf imagery but it is very understandable and easy to relate to baseball. There are two separate system programs, one for golf and a separate software program for baseball. JC sells this portable teaching system for \$5995.00. Desktop versions are also available. If you are serious about teaching, you must invest in a video system.

It is no secret why PGA Teaching Pros make a much better living than those in baseball. They have a national organization behind them, they have recognized professional teaching standards and ethics, they use the latest technology, and they teach and produce results.

Parents both local and visiting from across the country always ask, “Why don’t more baseball coaches use video?” My answer – “I have no idea.” I continue to be amazed by the excuses baseball coaches create to avoid video analysis.

However video is much like medicine, it’s one thing to take an X-Ray or MRI, and quite another to read and diagnose the problem and finally provide a solution or cure.

Video, any video, will make you a better coach. Your players will see – not hear – about their mistakes. They will improve faster and you will learn to win.

Then again, maybe it’s the bat, glove, or hat. Buy a new one... maybe that’ll help.