



# Quick Start

## table view

## getting started



1. Log In: Enter your account credentials to log into your account
2. Create Account: If you do not have an account, create one
3. Language: Select your preferred language from the list
4. Remember Me: Click "remember me" to stay logged in
5. Forgot Password: If you have an account, but cannot remember your password, click here to reset it
6. Log In: After you have entered your login credentials, click here to select your bowling center





# Quick Start

## table view

### create an account



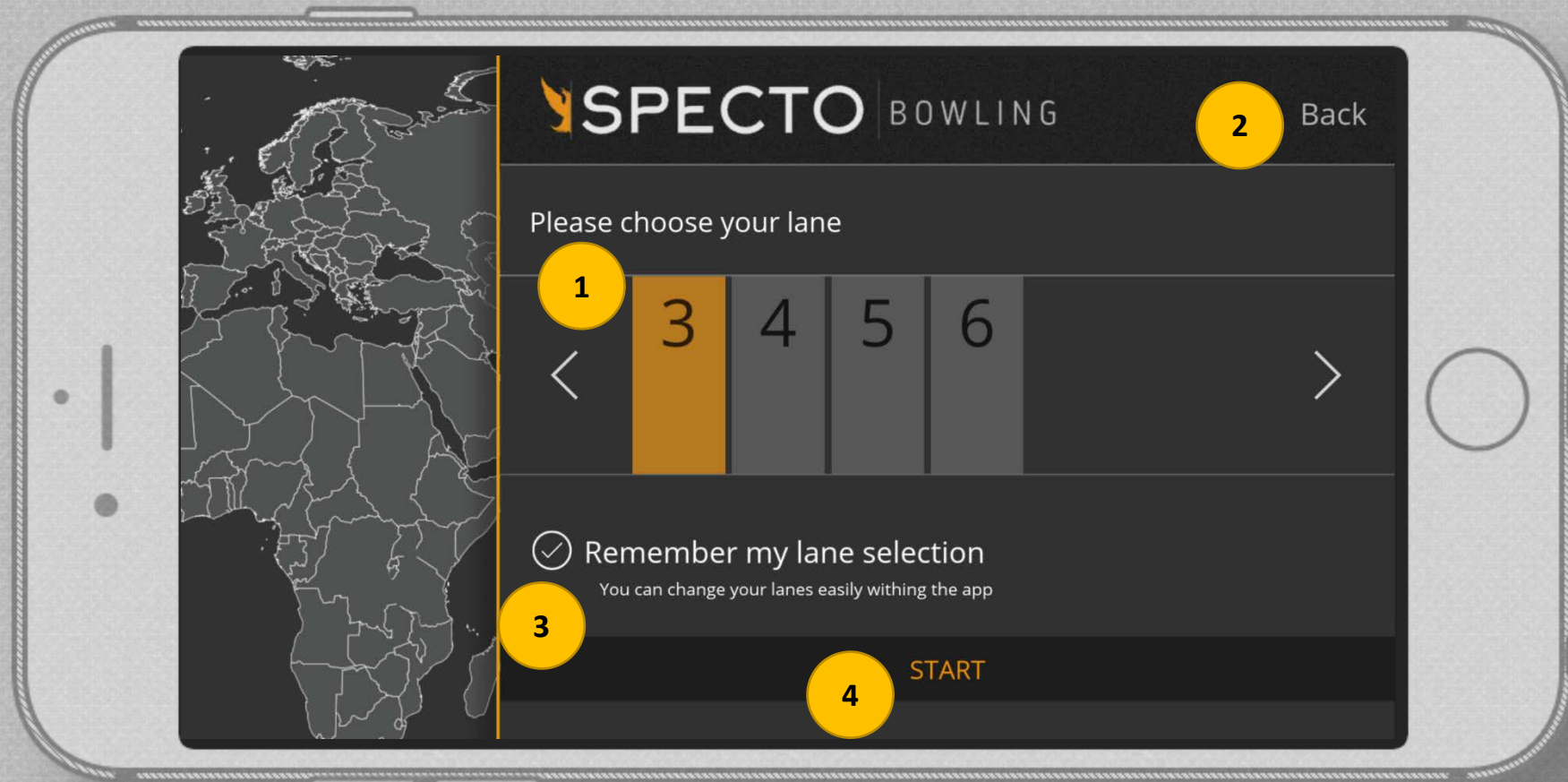
1. Enter your email address. Each email address may have only 1 account.
2. Enter your first and last name.
3. Enter a password.
4. Re-type your password.
5. Click here to stay logged in.
6. Click here to create an account and log in.





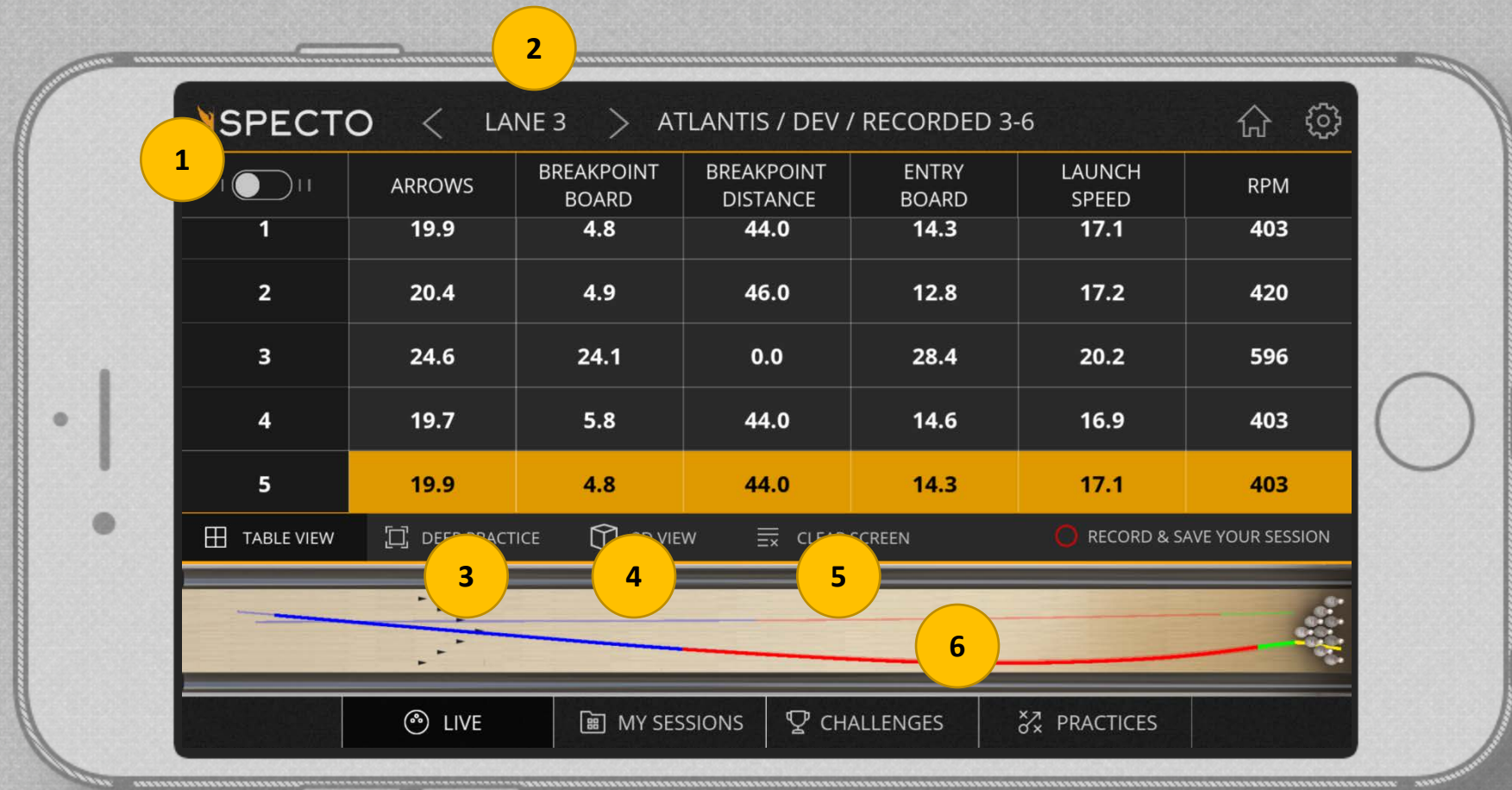
1. Scroll through the list to select your center.
2. Click the back button to return to the Log In screen.
3. Click "remember me" to stay logged into a specific center.
4. Click continue to continue to your lane selection.





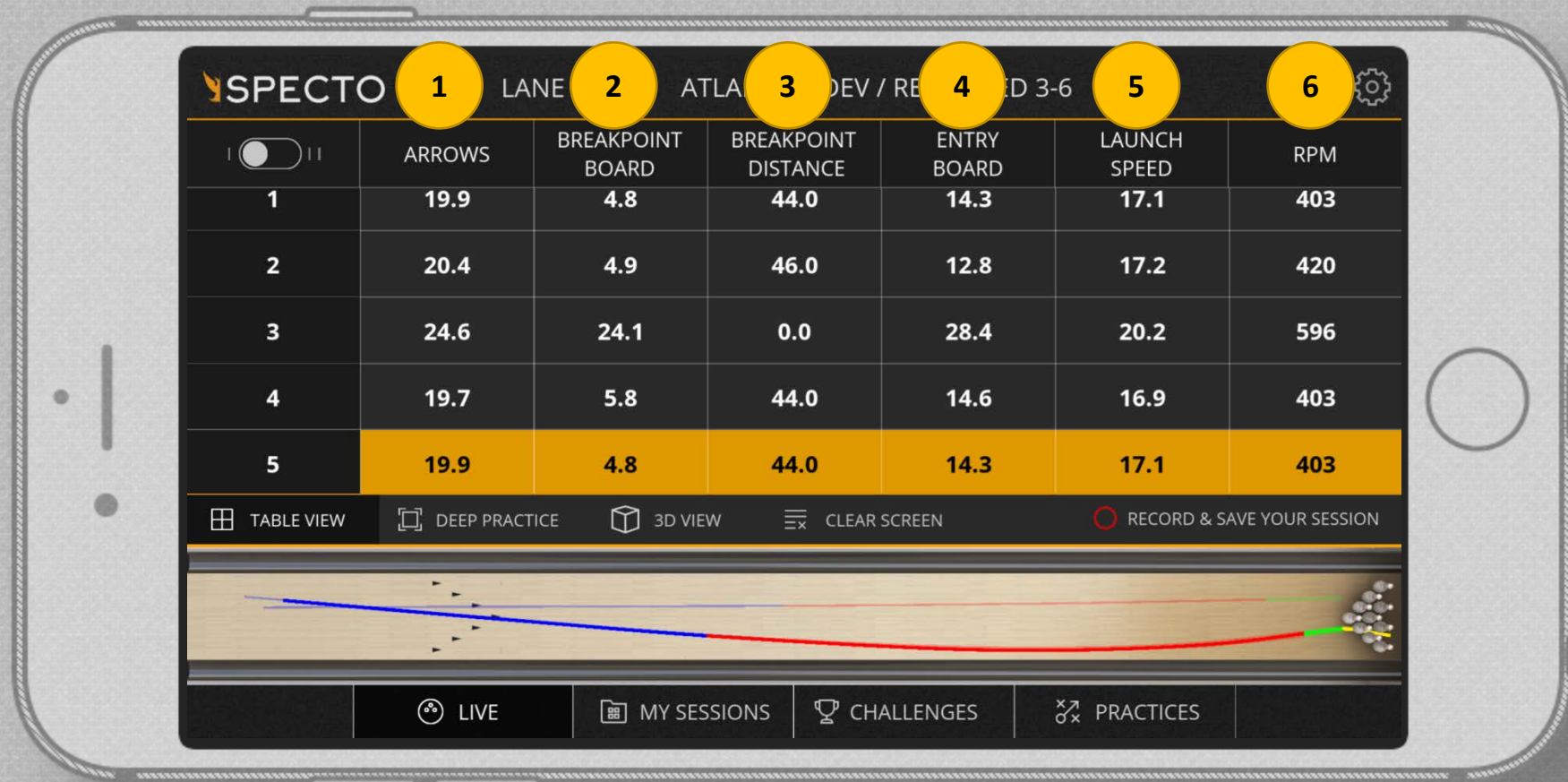
1. Click on the lane you want to view.
2. Click "back" to return to the Center Selection screen
3. Click "remember me" to stay logged into a specific lane (you can easily change it on the Data screen).
4. Click "start" to begin seeing data.





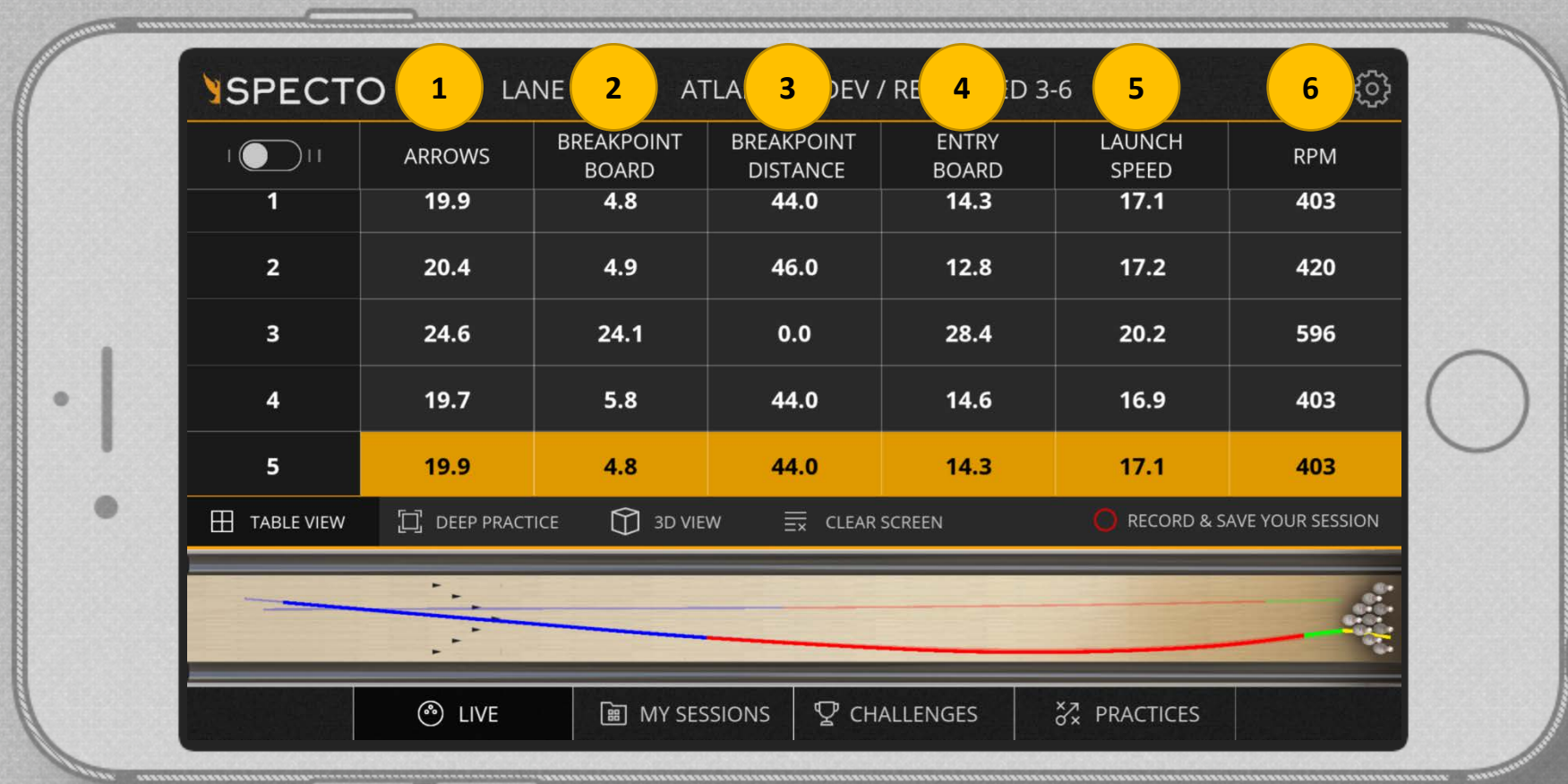
1. Toggle between 6 or 10 data views
2. Change your lane selection
3. Switch to Deep Pactice view
4. Switch to 3D view
5. Clear data from screen
6. Shot view: You can view your shots. Blue shows skid, red shows hook and green shows roll phase





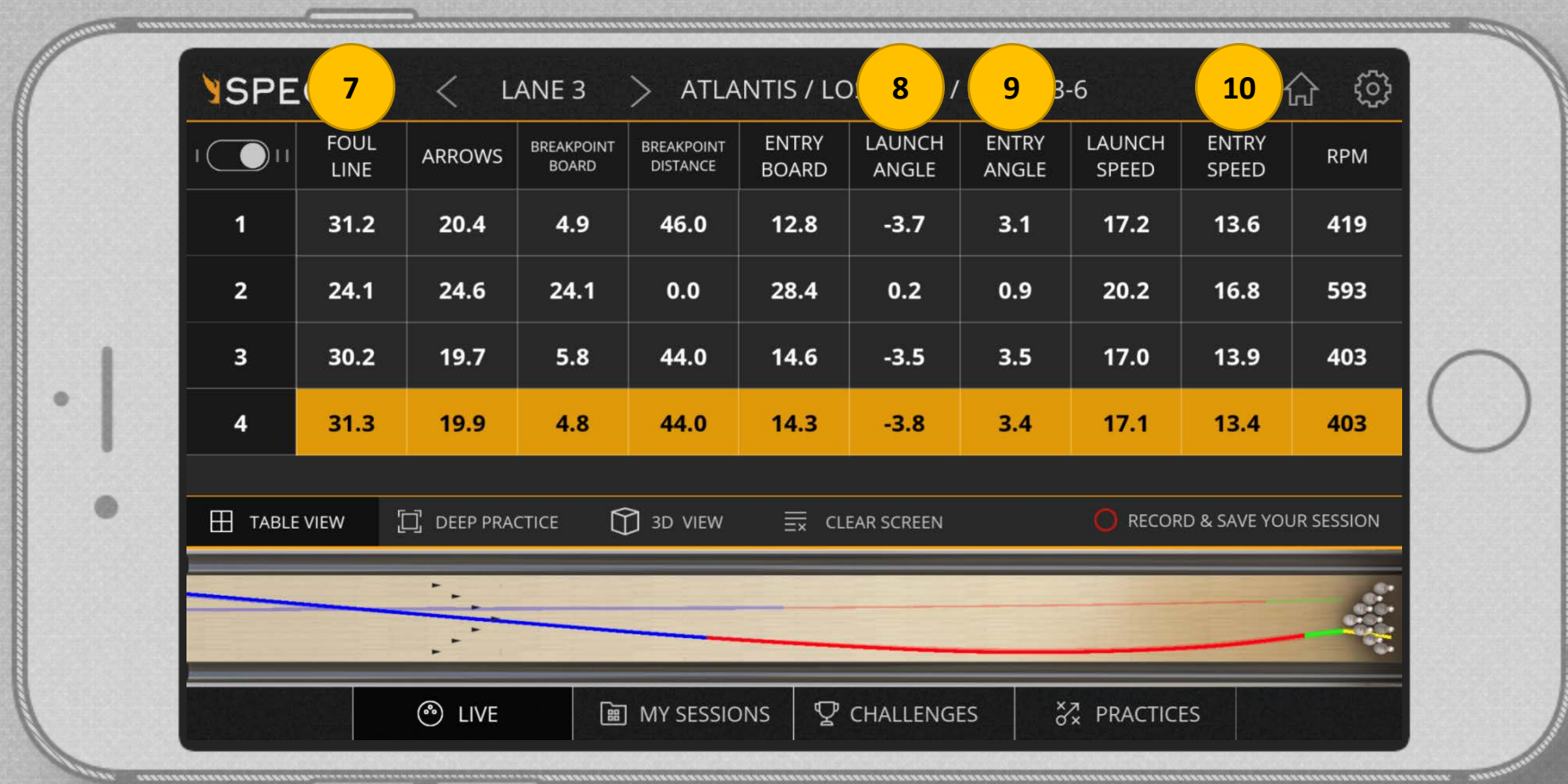
1. Arrows: Ball position at 15 feet. For most people this is where the person is targeting. It is good to be able to consistently hit different targets all the way from 1 to 25.
2. Breakpoint Board: Ball position at the furthest point away from the center of the lane. The desired position varies depending upon the lane condition, bowling ball and the bowler's dynamics (speed and revs).
3. Breakpoint Distance: The distance the ball was at the breakpoint. Much like the breakpoint board this will vary largely based on the variables of condition, ball and player.
4. Entry Board: The ball position at 59.5 feet. The strikes percentage is highest when hitting the pocket between 16.5 and 17.5 but varies depending on the speed and angle of the bowling ball.





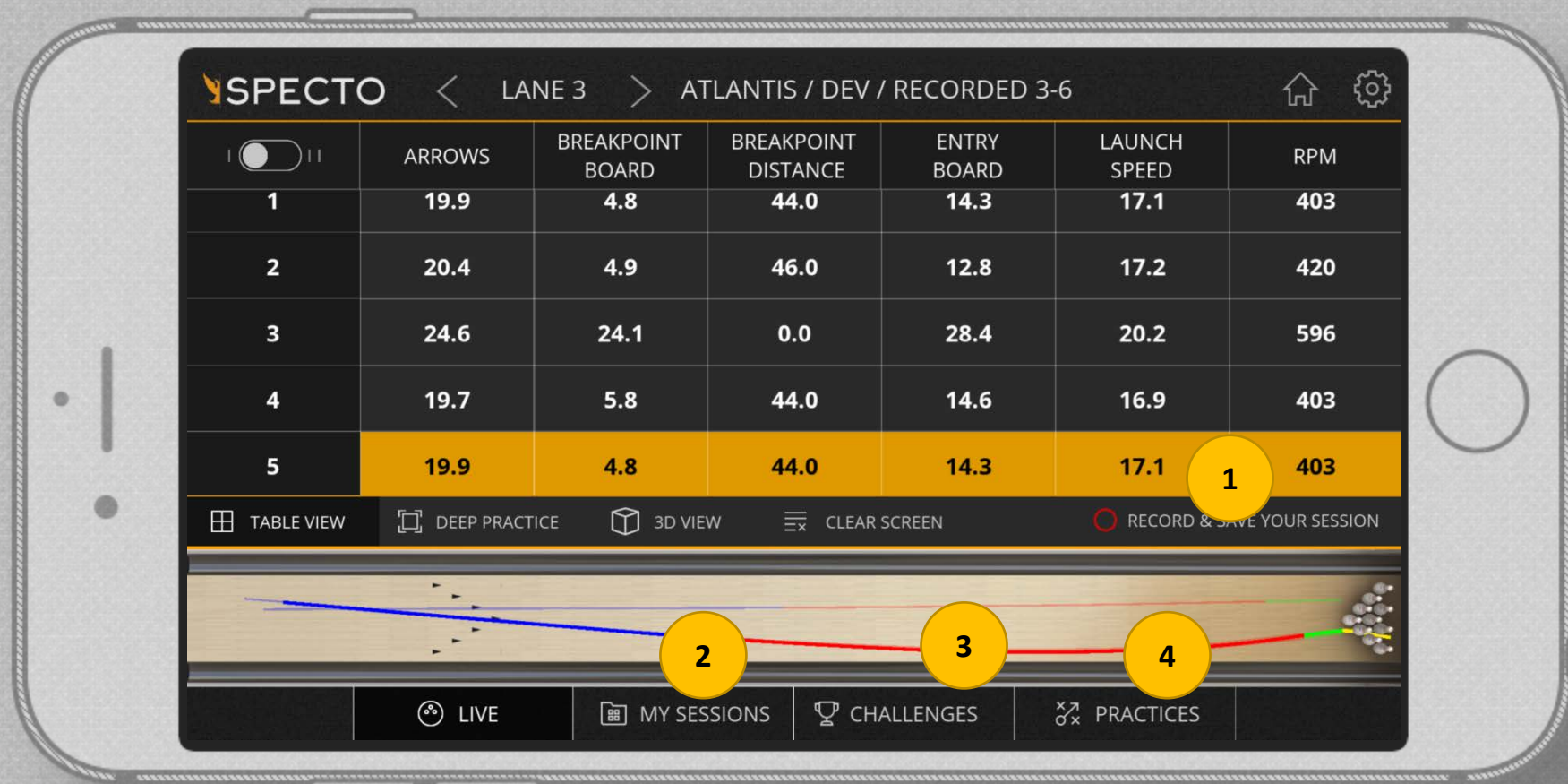
- Launch Speed: The speed the ball is in the front part of the lane. Most professionals range between 17.5 and 21 mph with a range of less than .5 mph. It is also important that you can vary this speed to help match up to different lane conditions.
- RPM: Rotations Per Minute: A calculated number that calculates the revs of the player based on a number of factors. Environmental factors can change the number dramatically so it should only be used as a reference point during normal conditions.





7. Foul Line: The ball position calculated back to where the ball crossed the foul line.
8. Launch Angle: The direction the ball is going in the front part of the lane. Zero would be the ball going straight down the lane, a negative number means it is going towards the gutter, a positive number towards the headpin. The number should be relative to how you play the lanes, the more you play outside the lower the number will be, the more inside you play the higher negative number you will see.
9. Entry Angle: The direction the ball is going between 52 & 55 feet.
10. Entry Speed: The speed the ball is going when it hits the pins. The ball will lose between 3 and 4 MPH when traveling down the lane.





If you wish to record your shots:

1. Click "Record & Save Your Session"

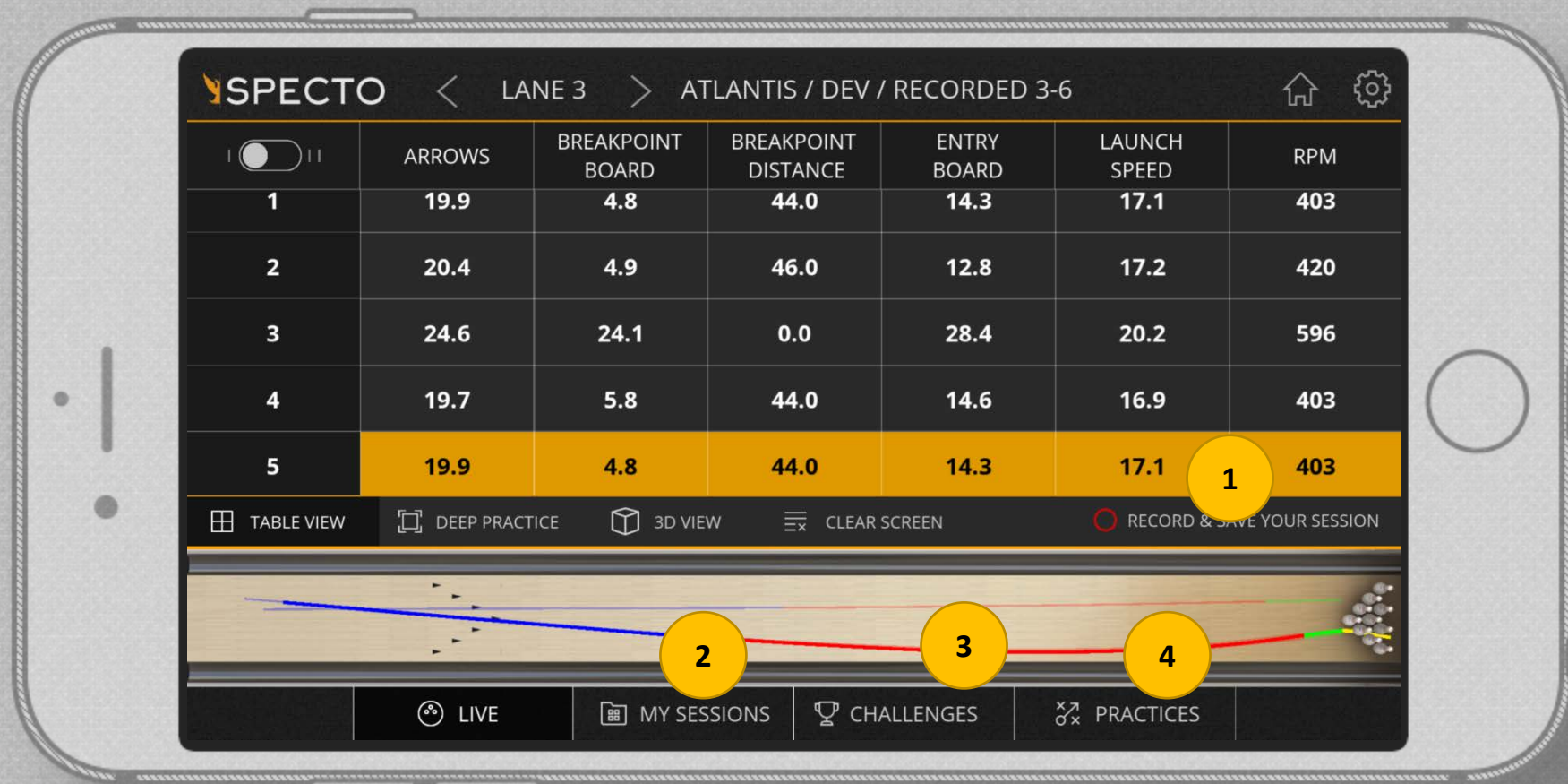
You can pause the recording by tapping pause – and start recording again.

You can save your shots by tapping the red button again.

You can rename your session before you save by tapping on the pen icon at the popup.

2. My Sessions – this is where you view your saved sessions



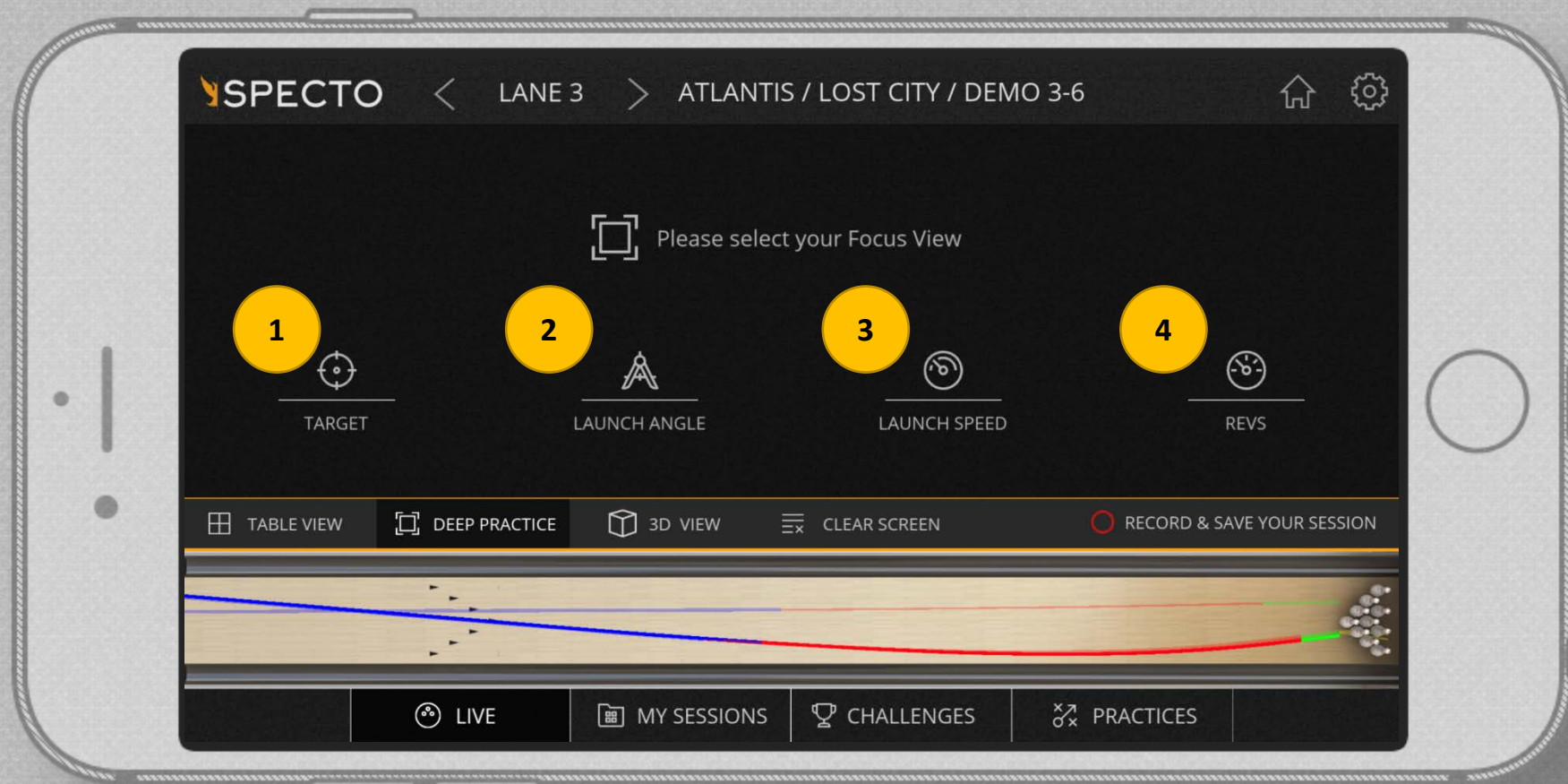


### 3. Create and save ranking sessions.

Ranking sessions are useful for understanding an individual's skill level. These can also be used to help you understand what parts of your game to work on.

### 4. Practice Sessions – a set of organized practices that can be used to work on different skill sets. Click and select the desired practice and follow the steps.





Deep Practice mode is used to isolate the number of factors you are looking at.

1. Target View – Ball location based data. Set the target, distance down lane, and the range.
2. Launch Angle – Ball direction data. Set your target angle and range.
3. Launch Speed – Speed data. Set your target speed and range.
4. Revs – Revs data. Set your target rev rate and range.

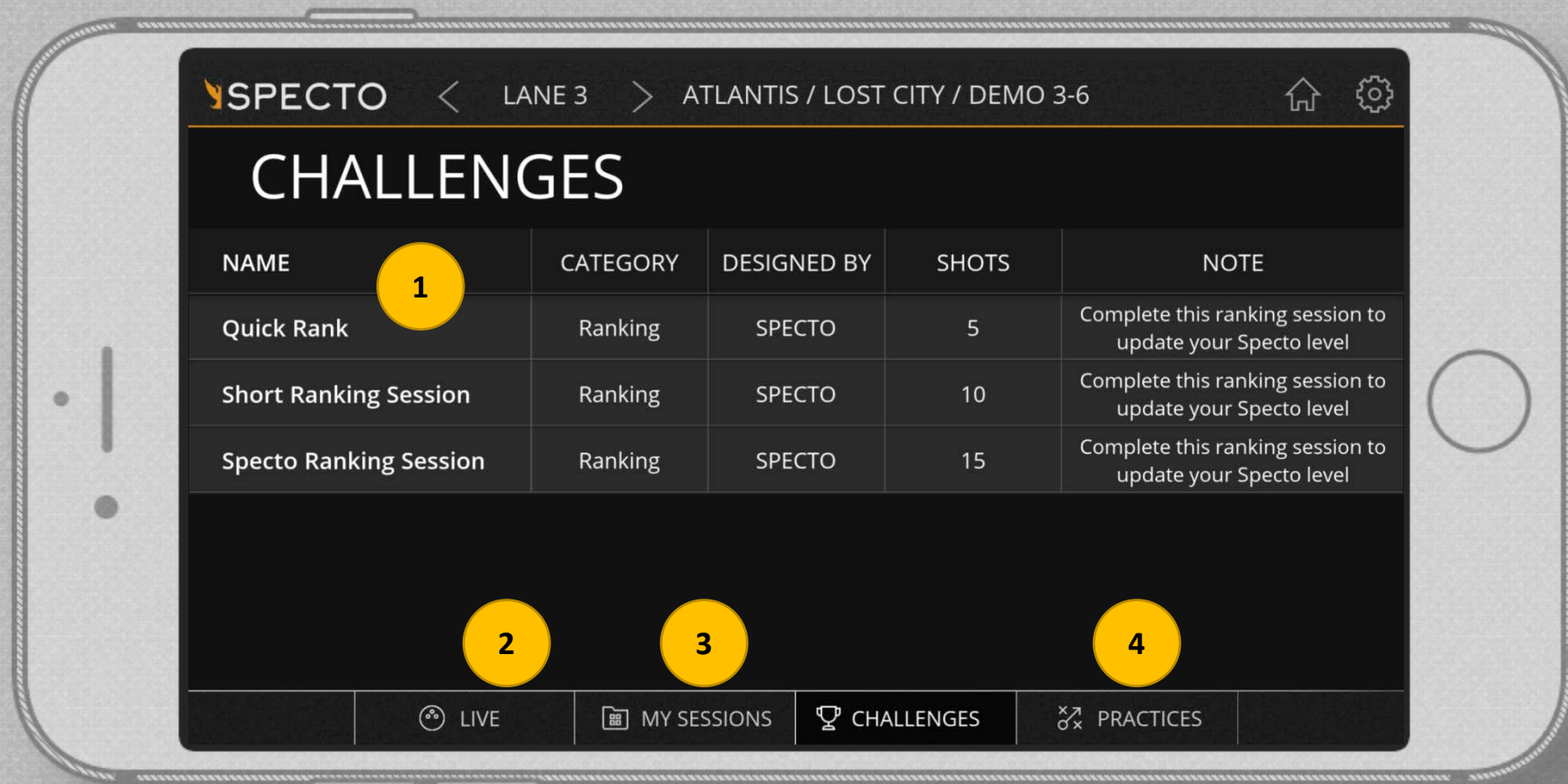




3D view is a more visually appealing view that shows you similar information as live view.

1. Launch Data – Ball speed, position, and revs in the front part of the lane.
2. Launch Speed – Ball speed data for the front part of the lane.
3. Hook Data – Information showing where the hook phase starts. Ball speed, position, and distance at the start of the hook phase (or end of skid phase).
4. Roll Data – Information showing where the roll phase starts. Ball speed, position, and distance at the start of the roll phase (or end of hook phase).
5. Entry Speed – Ball speed data at the pins.

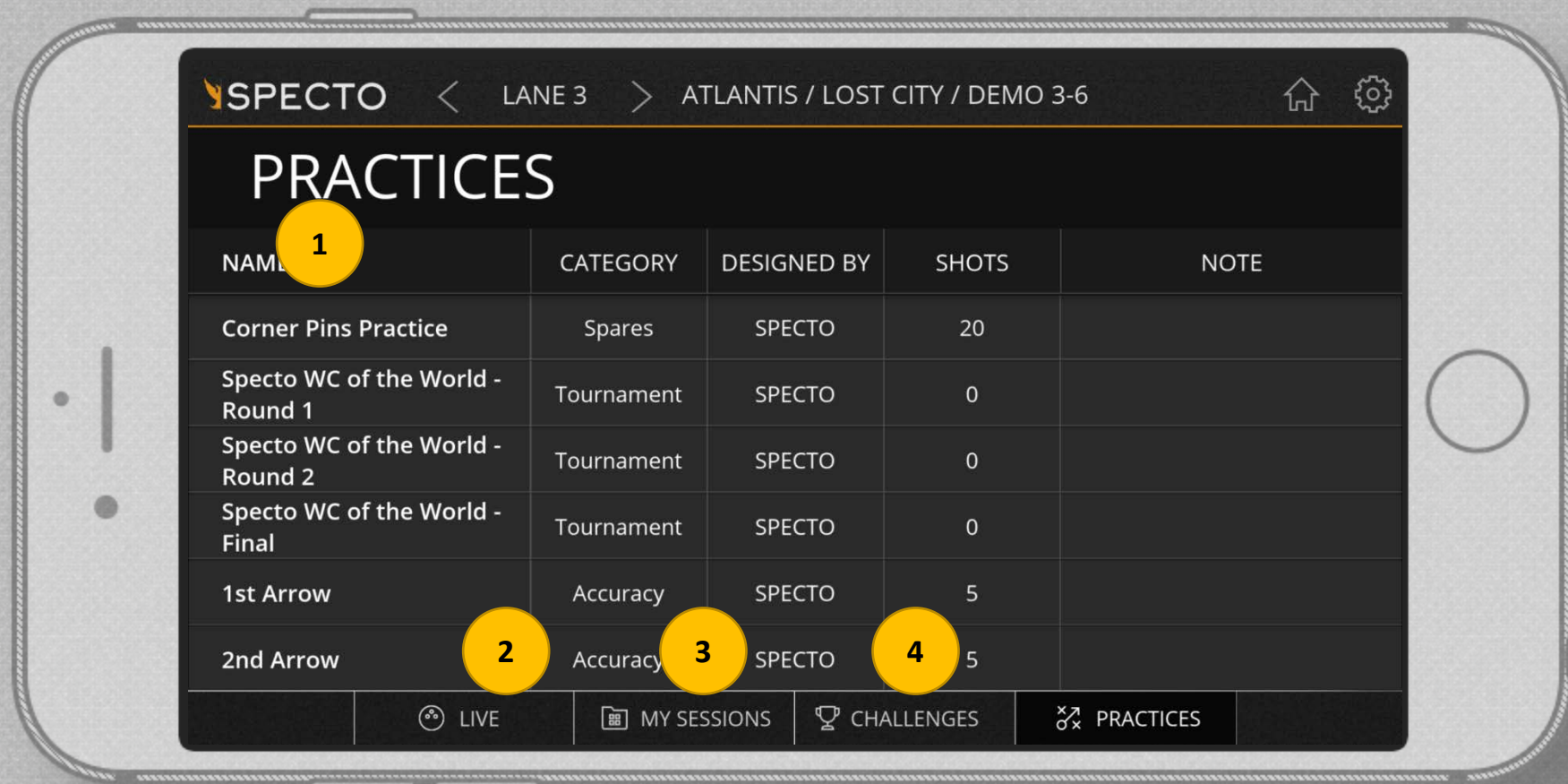




Ranking sessions will update your level ranking after 30 shots. Helps you understand your strengths and weaknesses and know what part of your game to focus on next.

1. Select a ranking type – each ranking is the same, the only variation is the total number of shots.
2. Live View – click here to return to live view.
3. My Sessions – Manage any of you previous sessions. You can view, delete, or add notes for any session.
4. Practices – click here to go to practice sessions.





Practices are a predetermined set of shots with a purpose in mind. Choose the category you want to focus on and select a practice session in that area.

1. Choose a practice: select a category to work on
2. Live View – click here to return to live view.
3. My Sessions – manage any of you previous sessions. You can view, delete, or add notes for any session.
4. Challenges – click here to go to a challenge ranking session.