

Video Technique Coaching

From Ad Hoc Idea Group - twincitiesracewalkers.org/ideas

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The Problem: Most racewalkers do not have a sufficiently skilled racewalk technique coach available. Even going to a clinic and getting instruction is not enough, as follow-up technique coaching is necessary. Similarly, skilled racewalk judges are often not available.

The Solution: Technique coaching can be done by video analysis, even if the technique coach and the athlete are not in the same geographic location. Video can be used by a judge to determine if a walker's technique is legal, and if not, what is wrong. The "*what is wrong*" information is not available from judges in a normal race environment. Walker can request coach/judge. Coach/judge can accept or not.

The Easily Known Target Audience:

1. elite and near-elite walkers
2. walkers that attend USATF sponsored racewalk clinics

Initial Effort to Advertise Program:

1. to the Easily Known Target Audience
2. to NAIA coaches
3. on the USATF website (under racewalking somewhere)

Work to Setup Program:

1. Find coaches: Susan Armenta, Dave McGovern, Joleen Moore, Michael Rohl, Tim Seaman on board, asking 1 more
2. Find judges: [master or iaaf] have 4, asking 3 more
3. Build web pages that contain the resumes of the coaches/judges
4. Build directions of what/how to video for coaching and what/how to video for judging.
5. Build web pages for walkers that announce the program, signup for the program, request a coach/judge, download the video directions, pay for service, upload a video, request review, see coach/judge comments
6. Build web pages for coach/judge to receive assignments, download video, record comments, and obtain contact information for the walker under review.
7. Use EagleEye software for walker and coach/judge interaction (includes upload/download feature)
8. Contact initial list of walkers and make them aware of the program

Program Cost to Athlete: this should be a fee-for-service, as we are using the skills and time of scarce resources – racewalk coaches and judges. Fees could be paid completely by the athlete, or sponsored (all or in part) by USATF for some/all athletes.

- \$10 signup fee to defer cost of software
- Per-use fee for coaching (\$70 for first use, \$40 for subsequent) and judging (\$40)

Program Cost to USATF

- \$0 – no cost
 - EagleEye software - initial \$499 investment by Walk On! Minnesota covers 50 users
 - Web space for uploads – included in EagleEye software – USATF may have server
 - Web pages – use USATF website, or walkonmn.org will donate pages
 - Web page construction – by Walk On! Minnesota volunteer
 - Process management – by Walk On! Minnesota volunteer
 - Program is self sustaining, recovering \$499 investment in software as people participate
- Optional – \$2700 - USATF Racewalking could subsidize up to 50% of cost for selected walkers. Figuring 6 reviews per walker, 20 walkers would cost $20 * (\$70 + 5 * \$40) / 2 = 20 * \$270 / 2 = \$5400 / 2 = \$2700$