



PERFORMANCE POINT

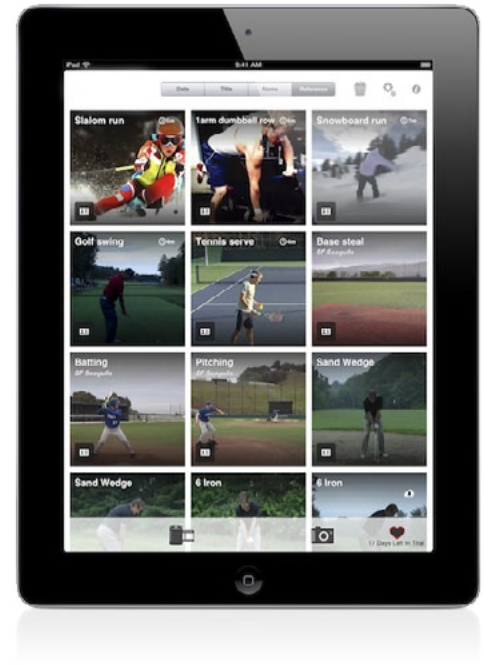
VIDEO SHARING APPS

BY MICHELLE WYNGAARDEN, CSC PACIFIC PERFORMANCE ANALYST

IPAD/IPOD VIDEO SHARING APPS

Using video for feedback is becoming a major component of any sport training or competition. Getting the right film angle with a conventional setup usually requires the camera and computer to be some distance away from the coaches and athletes, which is less convenient and disrupts practice for everyone to walk over to the computer to review their video. Fortunately, video technology is getting more advanced and accessible to many more coaches, athletes and programs. It is now common for coaches and athletes to have an iPad or similar device and with the millions of apps available there are several options that can conveniently bring the video from the distant computer directly to a tablet device.

Video feedback has become a major component of training and competition for any sport. With the advent of new technology, video capture and review tools are far more accessible, affordable and user friendly. While traditionally, a conventional setup required the camera and computer to be set up at a distance, making instant review quite disruptive to practice – it is now common to see athletes and coaches using wireless tablets like the iPad to review footage instantly with the help of live streaming and file sharing apps. Pairing tablet devices with a video camera, computer and a few apps offers several convenient options to get you started.



EQUIPMENT NEEDED

There are a few key components necessary to run video feedback through a remote device:

1. Computer/laptop where video is being saved
2. iPad or iPod (iOS device)
3. Wireless network to which both the computer and tablet device are connected

There are two different options for reviewing video – streaming video and file sharing. Each has its benefits and drawbacks and specific applications that enable easy use.

STREAMING VIDEO

Streaming video allows you to play videos on your iOS device that are stored on your computer or laptop.

Advantages

- Doesn't occupy storage space on your iPod/iPad
- Quick video review – no need to wait for the file to upload to the device



Disadvantages

- Videos are not saved to your iOS device, and therefore once the network is disconnected, you will not be able to access your files
- Streaming speed and buffering is dependent on the strength of your wireless connection.
- Many different wireless connections in the same venue may slow or stop streaming speed.

Video Streaming Applications (Apps)



StreamToMe
\$2.99

A local server (ServeToMe) must be downloaded to your laptop or computer. From this server you choose which folder and files you want to share with the iOS device. Your iOS device will recognize the server and be able to connect to your computers shared folders. Find the file you wish to play and select to open the video.



Air Video
\$2.99

Similar to Stream-to-me, Air Video Server is the local server that is installed on your laptop or computer. This app differs from the previous in that it contains a couple more features so it will not only play the streamed video file, but also convert the file to an M4V format which then is able to be synced to your iTunes library for future reference.



FILE SHARING

File Sharing allows you to download video to your iOS device so if your connection to the network is cut, or you leave the venue, you will still have access to these videos on your tablet. This way on the bus ride home, you and your athletes can review the day's training or competition.

Advantages

- Files are saved directly to your iOS device for later reference or analysis
- Videos are saved on both your laptop/computer and your tablet device
- Each athlete can download videos to their own device for review after practice/competition

Disadvantages

- Depending on file size, it will take more time to download to device than streaming the video online
- Video takes up a large amount of storage space on your device
- Download speed is dependent on the strength of your wireless connection
- Many different wireless connections in the same venue may slow or stop the download



File Sharing Applications (Apps)



File Browser
\$4.99

This app doesn't require a local server; however, file sharing needs to be enabled on the base computer or laptop. From this app you will be able to log on to that computer and access the shared folders. This app provides the option to either stream the video or save the file to your iOS device hard drive. You are also able to sync the files with your iTunes.



Air Sharing
\$7.99 - \$9.99

This app turns your tablet device into a wireless hard drive which allows you to copy and paste files to and from your iPad. This works through "Mapping a network drive" on your computer and opening the corresponding IP address for your tablet device. Any iOS devices connected to the network are recognized and can share files between them. This app allows you to both receive files from your computer and copy and paste files from other tablet devices to your iPad.

If you have any further questions please feel free to contact me at mwyngaarden@cscpacific.ca