

G R A V E S G O L F A C A D E M Y
Internet Golf Academy User's Manual

THE GGA INTERNET GOLF ACADEMY

Now you can learn the Moe Norman
Single Plane Golf Swing
anytime....anywhere...

Introducing the Graves Golf
Academy Internet Golf Academy.



FOR FURTHER ASSISTANCE CONTACT:

SCOTT RENFROW

scottr@moenormangolf.com

(866)377-2316 - Toll-Free inside the U.S.

(405)250-6960 - outside the U.S.

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Getting Started

The Graves Golf Academy Internet Golf Academy (GGAIGA) is an excellent way to accomplish your goals with your golf swing. As an online instruction/ coaching program, the GGAIGA allows you to receive valuable feedback about your golf swing, putting stroke, chipping stroke, and pitching stroke to allow you to always be assured of practicing correctly, and most importantly, always improving.

To get started using the GGAIGA, simply follow the instructions that follow.

Equipment Checklist:

- ☐ Digital Camera with video capability. We recommend the **Casio Exilim** line of digital still cameras with high speed video capability. Models include: EX-FS10, EX-FC100
- ☐ USB Cable. Most cameras have a USB output, and come with a USB cable to connect to your computer.
- ☐ A desktop or laptop computer with a USB input port (Standard on nearly all computers).

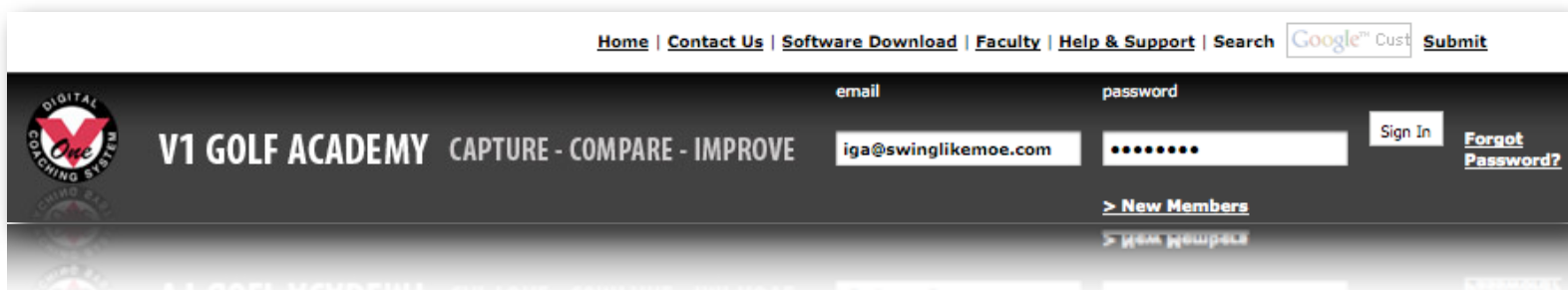


Set Up your V1 Golf Academy Account

The first step in using the GGAIGA is to set up your V1 Golf Academy account. The V1 Golf Academy is our partner in the GGAIGA, and it is through their software and online services that we are able to offer you this program.

IMPORTANT NOTE: Add this email address to your list of “safe” senders - support@ifrontiers.com . This will allow you to receive emails from V1 for registration purposes.

To Set Up your V1 Golf Academy account, visit www.v1golfacademy.com.



Set Up your V1 Golf Academy Account (cont.)

When that page loads, you will see the image above at the top of the screen. Click on “**New Members**” to begin setting up your account. You will be taken to the ‘**New Member Registration Form**’ page of the website. You will see this in the right side of the screen;

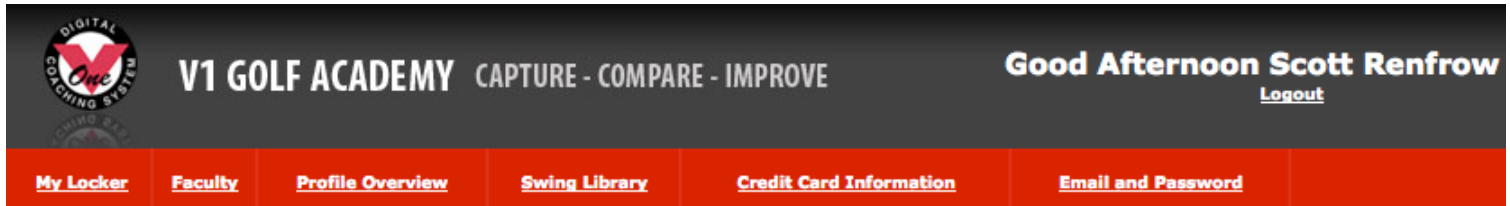
The screenshot shows a web form titled "NEW MEMBER REGISTRATION FORM". Below the title is a note: "Fields with stars (*) are required." The form contains several input fields and checkboxes. The first section includes fields for "First name", "Last name", "Email:", "Confirm Email:", "Password:", and "Confirm Password:". To the right of the "Confirm Password" field is a checkbox labeled "Remember my Email and Password". Below these are two dropdown menus: "Connection Speed:" with the option "Choose a Speed" and "Operating System:" with the option "Choose an OS". Further down are two checkboxes: "Check if you would like to be informed when there is an update to the site or to the V1 Home software." and "I have read the Terms and Conditions of the V1 Golf Academy and agree to them. *". Below this is a section header: "THE FOLLOWING QUESTIONS WILL HELP US ASSIST YOU IN CHOOSING A PRO". This section includes a "4 Digit ProCode" field with the value "1111" and a checkbox "Always use my default pro?". A note below states: "(The Pro Code is located on the back of the V1 Home software or given to you by your instructor. If you have V1 Golf or you do not have a ProCode, use ProCode '1111')". At the bottom are two dropdown menus: "Price Per Lesson" with the option "Doesn't matter" and "Location of Faculty Member (within US)" with the option "Doesn't matter". At the very bottom are two buttons: "Create Account" and "Reset".

On this page, fill in the following information:

- First Name
- Last Name
- Email address and confirmation
- Password and confirmation
- Connection Speed
- Operation System
- “Check” I have read the Terms and Conditions of the V1 Golf ACademy and agree to them.
- **In the “4 digit ProCode” box, enter 4680, then check the “Always use my default pro” box** (NOTE: This is a VERY important step, please do not skip, or you personally will be billed by V1 for submitting your swings, instead of GGA being billed as it should be.)
- Click “Create Account”

Set Up your V1 Golf Academy Account (cont.)

Once you have created your account, you will be logged in to your new account. The page that displays will be the “My Locker” page. From here, click on “Profile Overview” from the **RED** menu bar.



When the “**Profile Overview**” page opens, look for the “**Selected Pro**” line. In that line, click on “**Faculty**” link. You will be taken to a page to select GGA as your Pro.

PROFILE OVERVIEW

Name:	Scott Renfrow
Email:	scotttrgga@aol.com
Selected Pro:	Graves Golf Academy (click Faculty to select a pro)
Associated ProCode: (optional)	4680 - Graves Golf Academy
Credit Card Info:	Card not on file

SELECT A PRO

Whether you are looking for an instructor that is one of the best locally, or for one that you know by name, this is the page to do so. Here is where you can select a pro to analyze your swing by name, specialty, location, and/or price.

Below is a list which consists of our entire faculty, including the IGA founders. Click on a pro to highlight, then click the “click here” button to view that pro’s profile. Or, you can click on “select this professional” to select that pro.

Not a pro yet? [Click here](#) to sign up today.

Abegglen, KentR. (Draper, UT)
Abegglen, KentR. (Draper, UT)
aber, john (Pittsburgh, PA)
Absalom, Tim (Wilmington, United Kingdom)
Academies, Golf (East Sussex, England)
Academy, Graves Golf (OKC,)
Ackerman, Jeffery (Dove Canyon, CA)
Adelgren, Brian (Wichita, KS)
Agerboe, Peter (Harlev, Denmark)
Aitken, Paul (Barcelona, Spain)
Alderink, Kiel (Coldwater, MI)
Alexander, Carl (Purchase , NY)
Allard, Ken (Detroit, MI)
Alvarez, Judy (Belgrade, ME)
Alvarez, Judy (Palm City, FL)
Amundsen, Bill (Galena, IL)
Ancuta, George (Closter, NJ)
anderson, j. (crystal lake , IL)

[Click](#) to view the selected professional's profile

On the Faculty page, click on “**Academy, Graves Golf (OKC)**”.

Then click on the “**Click**” to view selected professional’s profile” at the bottom of that window. Our (GGA’s) profile will open in the right part of the page.

Click on “**Select this Professional**”.

These steps will set up your V1 Golf Academy account to always bill any lesson fees that V1 charges to GGA, as well as ensure that any videos that you upload are automatically sent to GGA for review and coaching.

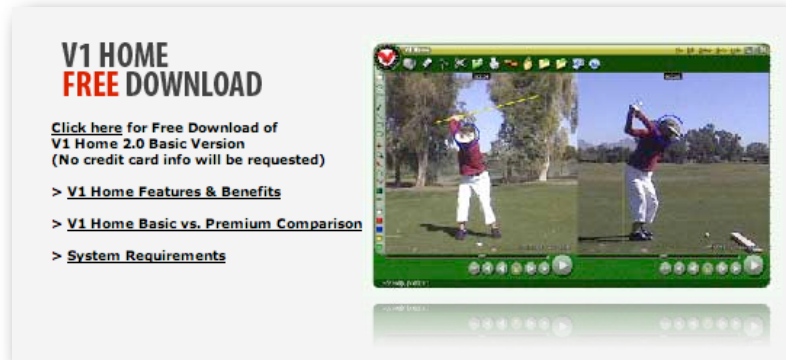
You will only have to complete the process the **ONE TIME**. Once your account is set up, you will have to take no further actions to get your videos to GGA.

Download V1 Home Software

Download the FREE V1 Home Software to your computer

Now that your account is setup, the next step is to download and install the FREE V1 Home Software.

To download, visit www.v1golfacademy.com. In the lower left hand corner of the page, you will see an area to download and install the software.



Download and Install the Software

Click the link that says “Click here for Free Download of V1 Home Basic Version”. When prompted, click on “Run” and “Install” to complete the installation.

After the installation is complete, Open the V1 Home software. The first time you start the software, you will be taken through a short registration process. You will be offered a “Premium” version of the software throughout this process, you DO NOT NEED IT, it is your option.

Complete the registration process, and the software will start.

IMPORTANT NOTE: Add this email address to your list of “safe” senders - support@ifrontiers.com. This will allow you to receive emails from V1 for registration purposes.

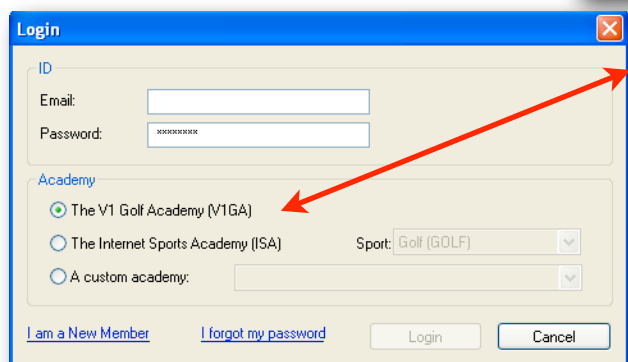
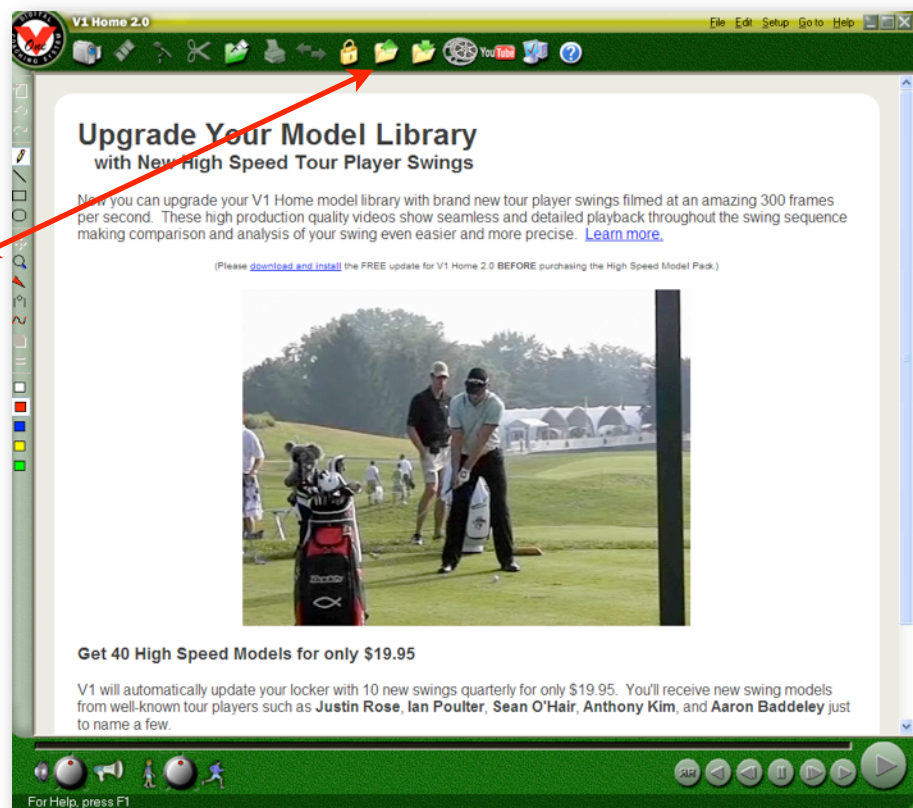
Setting up your V1 Home software to send your swings

Open the V1 Home software your computer.

You will see the menu bar across the top of the window. On that bar, click on the Yellow folder with the green arrow coming UP out of it. This is the SEND button you will use to send your swings to GGA.

When you click that button, a window will pop up, asking you to log into your V1 Golf Academy account.

Enter your email address and password you used to create you V1 Golf Academy account in the last step.



Make SURE the radio button beside “The V1 Golf Academy (V1GA)” is checked.

Click on “Login”. You are now logged into your V1 Golf Academy account through the V1 Home software. You will use this when uploading your swings to GGA for review.

Capturing Swing Footage

Using a digital video camera

We recommend using a digital camera with a video capability for the Internet Golf Academy. A great camera is the **Casio Exilim EX-FS10**. This camera is inexpensive while it provides excellent quality video footage. In addition, this camera will shoot High Speed video, which is especially helpful for capturing golf swing footage.



How to capture swing footage

When you are capturing swing footage, the best quality will be in the “High Speed, 210FPS” mode.

To capture your swing footage for the GGA IGA, you will need to get video from 2 angles; Down the Line and Face On. From each angle, your camera should be 12-15 feet from you, and on a tripod for stability.

To capture the Down the Line angle, you will place the camera 12-15 feet behind you, pointing down your target line. You can see an example in the picture to the right.



To capture the Face On angle, you will place the camera 12-15 feet in front of you, pointing at your chest. You can see an example in the picture on the left.

Capturing Swing Footage (cont.)

How to capture swing footage (cont.)

In addition to the Down the Line and Face On angles, you will also need to capture a close-up of your grip. This is easiest to accomplish from the Face On angle.

While recording the Face On angle, take your setup like you are going to hit the shot, and then **WITHOUT CHANGING** your grip, walk towards the camera.



How many swings do I capture?

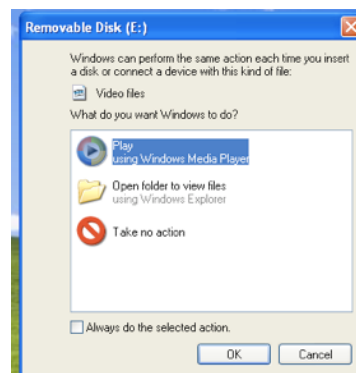
When capturing your swing footage, you only need to capture 1-2 swings from each angle with either a Driver or 6 iron. There is no need for you to video an entire practice session to upload to the GGA IGA. One or two swings with a Driver or 6 iron from the Face On and Down the Line angles, along with a close up your grip will be sufficient for a thorough review from GGA.

Uploading Swing Footage to your Computer

Downloading Video from your Camera to your computer

You now have swing videos on your camera, and you need to pull them onto the computer. To do this, you will connect your camera to your computer using a USB cable.

- Plug your camera into the computer using the USB Cable.
- Power your camera ON. When you do, your computer should open a window like the one to the right, indicating that your computer has recognized the camera.
- Click on “Open folder to view files”.
- When the window opens, Click on “DCIM, then 100Casio. Your swing footage is contained in the 100Casio folder.



- Copy the files from the 100Casio folder to a folder on your computer, like your ‘My Videos’ folder, or another you create to catalog your swing footage.
- You can create your own folder for cataloging your swing footage by click in an open area of the desktop and clicking “New”, then selecting “Folder”. It is a good idea to keep your swing files all together.

- Once swings are copied to a folder on your computer, OPEN the V1 Home Software.
- Click on the GREEN folder (Open button), and navigate to the file where you’ve saved your swings. Select a swing, and click “Open”.



- Use the TRIM function to trim your video clip down to under 10 seconds in length. To start the Trim function, click the scissors in the menu bar and follow the on screen directions.

Uploading your Swings to GGA

- With the V1 Home Software still open, open one of your swing files you’ve just trimmed.
- Click the Upload Icon (yellow folder with Green arrow coming UP out of it)
- A window will open prompting you to log into your V1 Golf Academy account. Do so at this time. Make SURE the “V1 Golf Academy” radio button is checked.
- The next window that appears will allow you to type a description of the swing you are uploading. Type a short description of the club you are using and the angle of the shot (Face on or Down the Line).



- The “Assign to your pro Graves Golf Academy” should be checked.
- Click “Send”.
- Repeat process for all of your swing clips.

Viewing your completed lesson / coaching session

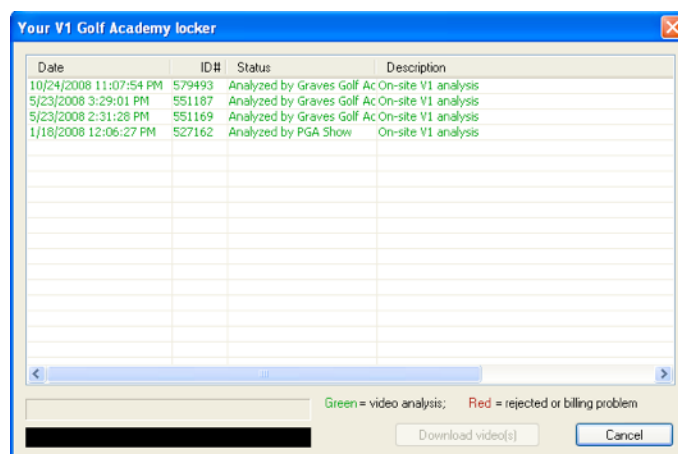
Option 1 - Downloading to your computer

When we have completed your review / coaching session, you will receive email notification. To view your lesson, open the V1 Home Software. Once opened, click on the “Download” icon (yellow folder with Green arrow going DOWN into it).



You will be prompted to log into your V1 Golf Academy account, do so.

A window will appear that is your “Locker” on the V1 Golf Academy. Simply click the lesson to select it and then click “Download Video(s)”. The lesson will be downloaded to your computer. You can then view your lesson in the V1 Home Software.



Option 2 - Viewing Online

You can also view your reviews using your web browser (Internet Explorer, Firefox, etc.). To view your reviews “online”, open your browser and navigate to www.v1golfacademy.com. Log in to your V1 Golf Academy account, and you will be directed to “My Locker”. Simply click “View(classic)” to view your reviews.

MY LOCKER				
<div> New Assigned Accepted Analyzed Declined Models </div>				
Date	Serial #	Description	Status	Actions
7/11/2009 1:39:51 PM	628833	extension after impact	Analyzed by Graves Golf Academy	Delete View (new - beta) View (classic) Send to phone
7/11/2009 9:55:36 AM	628803	Pvc Drill working on backswing	Analyzed by Graves Golf Academy	Delete View (new - beta) View (classic) Send to phone
7/11/2009 9:46:31 AM	628801	Hip Rotation in backswing	Analyzed by Graves Golf Academy	Delete View (new - beta) View (classic) Send to phone
6/30/2009 9:58:30 AM	626058	Weight distribution / Knee Flex	Analyzed by Graves Golf Academy	Delete View (new - beta) View (classic) Send to phone

Uploading Swing Footage using a Mac computer

Uploading Video from your Camcorder to your Mac

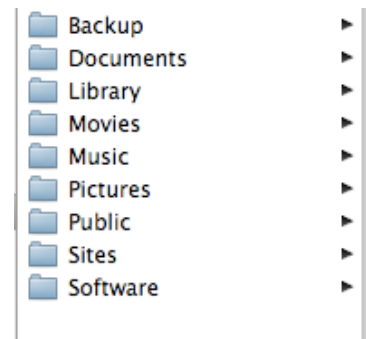
You now have swing videos on your camera, and we need to pull them onto the computer. To do this, you will connect your camera to your computer using a USB cable.

- Plug your camera into the computer using the USB Cable.
- Your Mac will load the camera memory as a hard drive on your desktop. You will see an icon like this appear
- Double click on that icon to open the Camera memory. Your swings will be in the DCIM>100Casio folder. Copy the files from that folder a folder on your Mac that you have designated for your golf swing footage.



Uploading your Swings to GGA

- Click on an open area of your desktop until you see “Finder” in the upper left hand corner of the screen. Finder will appear beside the Apple in the upper left hand screen.
- In the ‘Finder’ menu, you will see “Go” to the right. Click on ‘Go’, then click ‘iDisk’, then ‘Other User’s iDisk’.
- A log in window will appear on your screen. Enter the following information:
 - Username: gravesgolf
 - Password: moenorman
 - Click ‘Connect’
- This will connect you to the GGA’s online Mac storage disk. A window will open once you’re connected, and you’ll see the following folders, etc.
- Simply drag your swing files into the “Movies” folder. If you are adept at using your Mac, you can create a folder in the “Movies” folder with your name on it, and drag your swings into that folder.
- Once all swing clips are copies to the GGA iDisk, send an email to Scott Renfrow @ scottr@moenormangolf.com with the following information:
 - The numbers of the swings you uploaded.(ie: 0001.avi, 0002.avi, etc.)



- **Your V1 Golf Academy log in information (email address and password)**
- Once you have uploaded your swings and notified Scott Renfrow via email, he will upload your videos to the GGA IGA for you.

Viewing your completed lesson / coaching session

When we have completed your review / coaching session, you will receive email notification. To view your lesson, open Safari or another web browser and navigate to www.v1golfacademy.com . Log into your account using the email and password you chose.

MY LOCKER

New

Assigned

Accepted

Analyzed

Declined

Models

Date	Serial #	Description	Status	Actions
7/11/2009 1:39:51 PM	628833	extension after impact	Analyzed by Graves Golf Academy	Delete View (new - beta) View (classic) Send to Phone
7/11/2009 9:55:36 AM	628803	Pvc Drill working on backswing	Analyzed by Graves Golf Academy	Delete View (new - beta) View (classic) Send to Phone
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6/30/2009 9:58:30 AM	626058	Weight distribution / Knee Flex	Analyzed by Graves Golf Academy	Delete View (new - beta) View (classic) Send to Phone

Once you are logged in, you will be directed to “My Locker” (see picture below)

You will see your reviews sorted by date. To view, simply click on “View (classic)”. A new window will open, and your review will play in your browser.

If you are using the Firefox browser, once you have viewed your review as described above, you can click the player in the lower right hand corner and click “Save as QuickTime movie”. This will allow you to save your reviews to your computer.