

Get Started - Blast Softball

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Blast Motion

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1. App Overviews

Blast Connect —

- View ALL data and video capture on the players
- Analyze Video and send directly to players profile
- Add players to your Team
- Create workouts and practices for your team
- Assign workouts and practices for your team
- Manage your Team

Blast Softball —

- Tap into player sensors to get live metrics
- Tap into players sensors to collect video
- Tap into players sensors to see the 3D swing tracer
- View swings or video captured on that physical device (*note: Videos are stored locally on the device they were captured on. If videos were captured on another device, those videos will not be found on your device.*)

Blast Softball Team Admin App —

- Upload off-line swings for all sensors
- Prepare sensors to capture off-line swings
- Display sensor state (e.g. uploading swings, complete, updating firmware, ready)
- Manage Sensors
- Update firmware in bulk (Bulk FOTA)
- Check sensor battery life
- Identify errors (*if any*)
- Display player names

2. Coaches Office



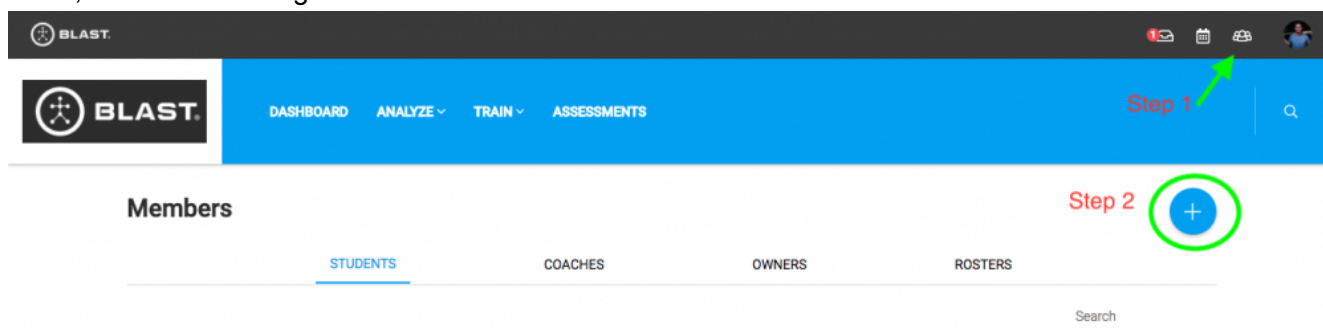
2.1. Adding Players to Your Academy

Summary

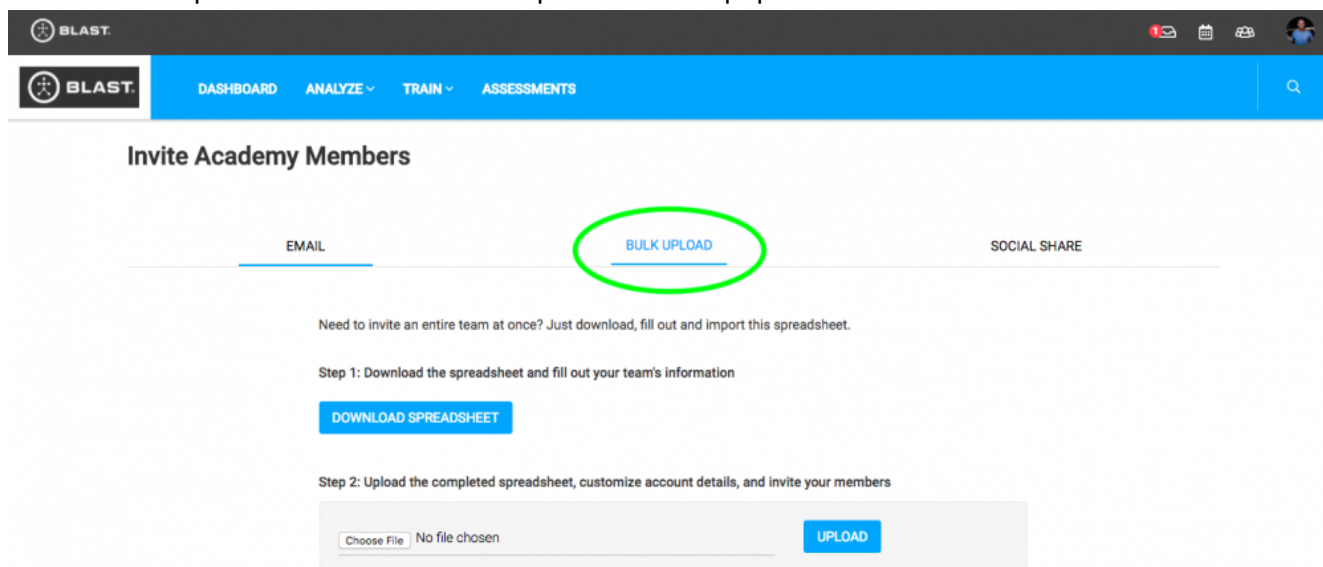
All accounts and invites are created or sent in Blast Connect. You can create accounts for your players and send them an invite to join using our bulk upload feature. The spreadsheet is always downloadable straight from Blast Connect, so you can always have a fresh copy.

Steps

1. In the top right hand corner, click on the icon of 3 people.
2. Then, click on the + sign and select “Invite Members”



3. Select “Bulk Upload” and download the spreadsheet to populate



4. Choose file and upload the spreadsheet with the Coach or Players information that you populated.
Coach and player required fields are below.

Invite Players with Bulk Upload

Required Fields:

1. Member type
2. First and Last Name
3. Email
4. Coach's email address so player can be assigned to coach (not required but highly recommended)

Optional Fields:

1. Password (can be changed later) (if left blank, a random password will be generated)
2. Sensor name
3. Sensor serial number,
4. Equipment name
5. bat length and weight (if you put in a bat size, **Equipment Name is required**)
6. Mobile Number,
7. Sensor location (Leave Blank/not needed)

Invite Coach with Bulk Upload

Required Fields:

1. Member type
2. First and Last Name
3. Email

Optional Fields:

1. Password (can be changed later) (if left blank, a random password will be generated)
2. Bat Name, Weight, Length (this allows the coach to capture metrics on their account)
3. All other fields are NOT needed for the coach account.

Almost There! Final Steps below.

8. Review the upload and double check.
 - a. Once you upload the spreadsheet, it will populate in a web version to review. This gives you a second chance to validate accuracy and make any updates.

9. Once you have had a second look at the spreadsheet upload, press “Add Members” at the bottom of the page.



If your bulk upload returns an **Error**, please ready the identified errors to resolve. Also, check the following formatting issues which can cause errors.

- Having partial rows/columns filled out
- Having borders on cells
- Having multiple sheets/tabs in the spreadsheet

If it still is an issue, download a fresh spreadsheet and copy over your upload into the new spreadsheet and try that upload.

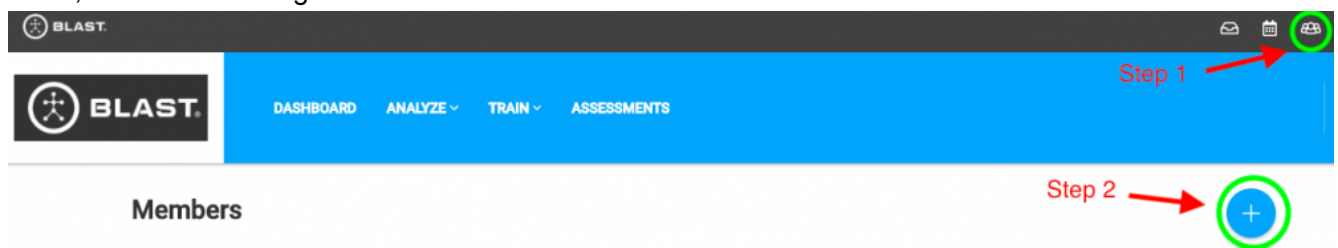
2.2. Adding a Single Player

Summary

How to invite a single player into your academy

Steps

1. In the top right hand corner, click on the icon of 3 people.
2. Then, click on the + sign and select “Invite Members”



3. You will invite *Members* by email. Populate the following fields
 - Member Type (Owner, Coach, or Student)
 - First Name, Last Name
 - Email (*valid email*)

New Member**Member Type ***

First Name *

Last Name *

Email *

Password

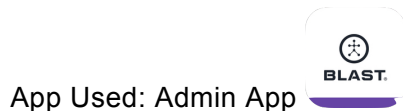
4. Press “Send Invitation” and the individual will receive an email invite to complete their account set up and change their password



If you do not populate a password, the player can use their own password OR the system will generate a random password for them. Passwords can always be updated later.

2.3. Using Blast In-Game or Practice

Summary – Off-Line Mode



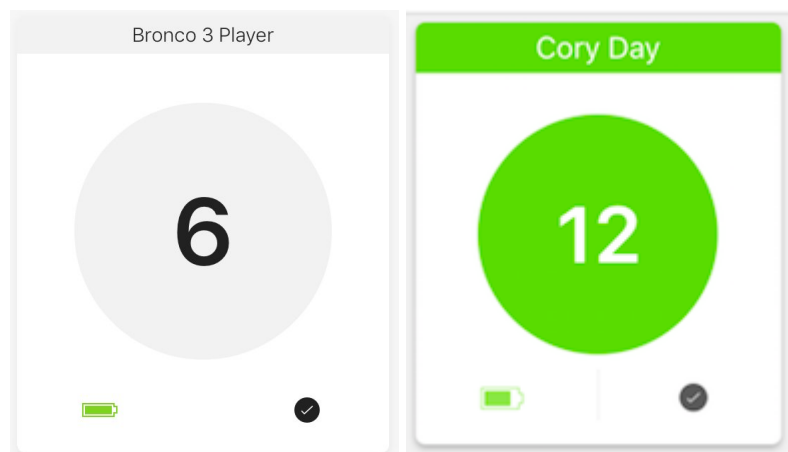
App Used: Admin App

Off-line mode allows you to collect swings on players without the mobile device around. Simply set up the sensors for use (steps below), pass out sensors to players, and attach to their bat to hit. At the end of the workout, or day, upload all the swings at one time very easily in the Admin App.

Steps Before Practice:

1. Sensors need to be adequately charged
2. Open the Blast Baseball Team Admin App and login
3. If Wi-Fi is unavailable on the field make sure to have logged into the Blast Baseball Team Admin where there is Wi-Fi or cellular availability.
4. After successful login, active sensor by gently flipping them over having the Blast logo face the sky and then the ground repeatedly so they active. Sensors will automatically upload any actions they may have stored, sync, and then will be ready for distribution. The sensor tiles will have a checkmark in the bottom right hand corner when they are ready to distribute. **GREEN** with a checkmark indicates that swings have been uploaded and the sensor is ready. **GREY** means the sensor did not have swings to upload, but is ready to be distributed.

✿ **IMPORTANT:** Checking sensors in through the Admin app is important at the beginning of the day because it syncs the sensors clock so that time stamps are accurate. It also verifies that sensor is advertising and ready to collect swings. If you do not run the sensors through the Admin App before collecting data, you run the risk of sending a sensor out to the field that will not collect data.



Steps During Practice:

1. Distribute sensors to players (you may have to help players put sensors on in the beginning)
2. Have players wear sensors on their bat for activity on field and throughout practice. *(Remember, the sensor is storing the swings to be uploaded later)*
3. Collect Sensors at the end of practice

Steps After Practice

1. Upload swings in the Admin App
2. Open Admin App and allow cloud sync *(note: this may take several minutes)*
3. Move sensor around to wake them up so they can process in the app.

Let's look at an example of the Admin App processing sensor.

Green – Sensor has fully processed swings and is ready to be passed out or stored for the next day.

Blue WITH the progress ring – Sensor is uploading swings to the device.

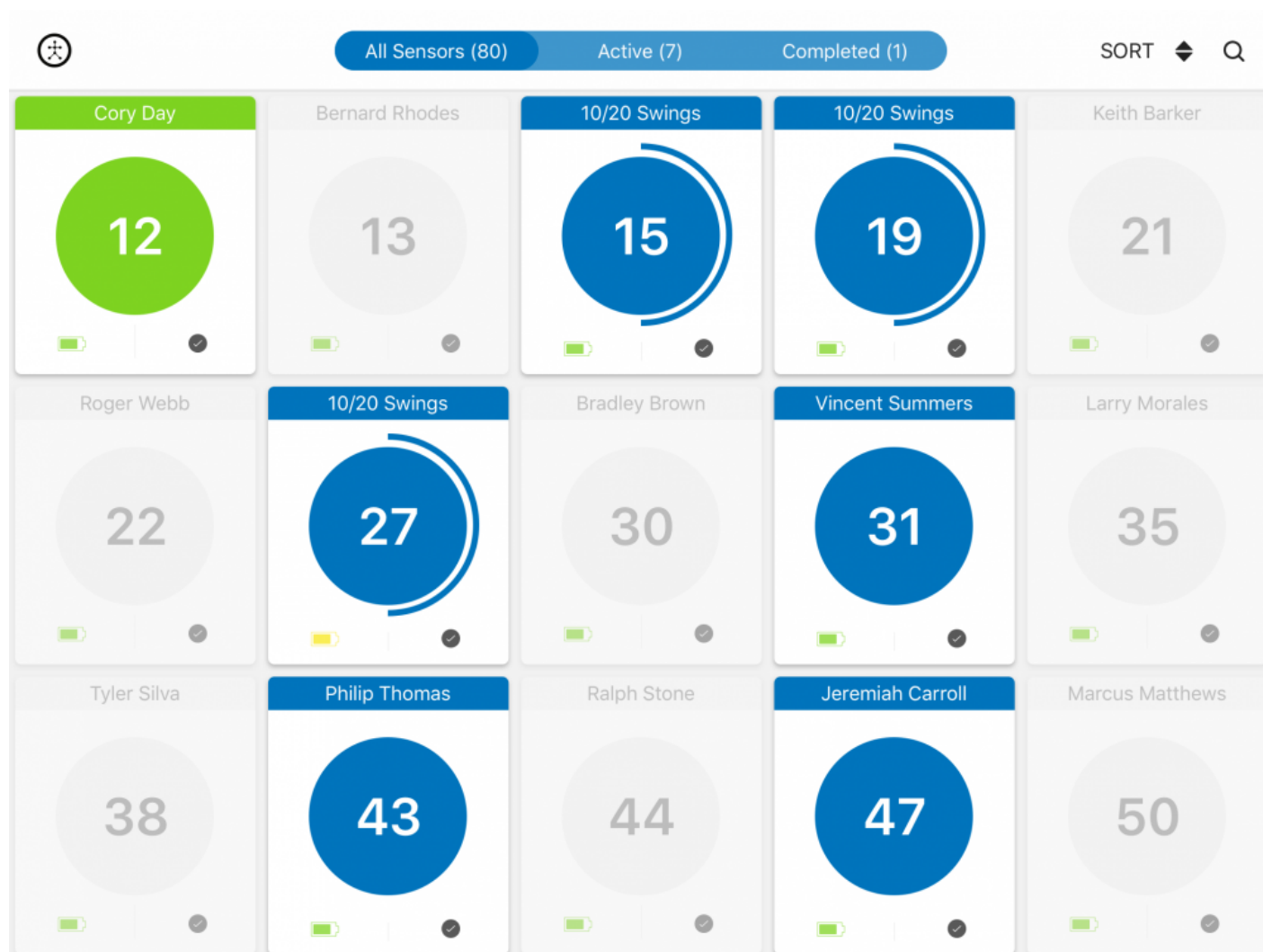
Blue PULSING – Swings are being uploaded from the device up to the cloud

Blue WITHOUT the progress ring – Sensor is in the queue and is ready and waiting to upload.

Gray – Sensor belongs to that affiliate/team but is not currently connected to the Admin App. The sensor will not connect if it is not charged, has been stationary for more than 1 minute, or out of bluetooth range.

Black – Sensor is highlighted and active with no color and has a checkmark. Sensor is ready to go. _(not displayed below, see 4.1)

Gray Progress Ring – Sensor firmware is updating



* The Admin app will only process 2 sensors at a time, the others are in-line to be uploaded. So, you will only see 2 sensor tiles with the progress ring at a time.

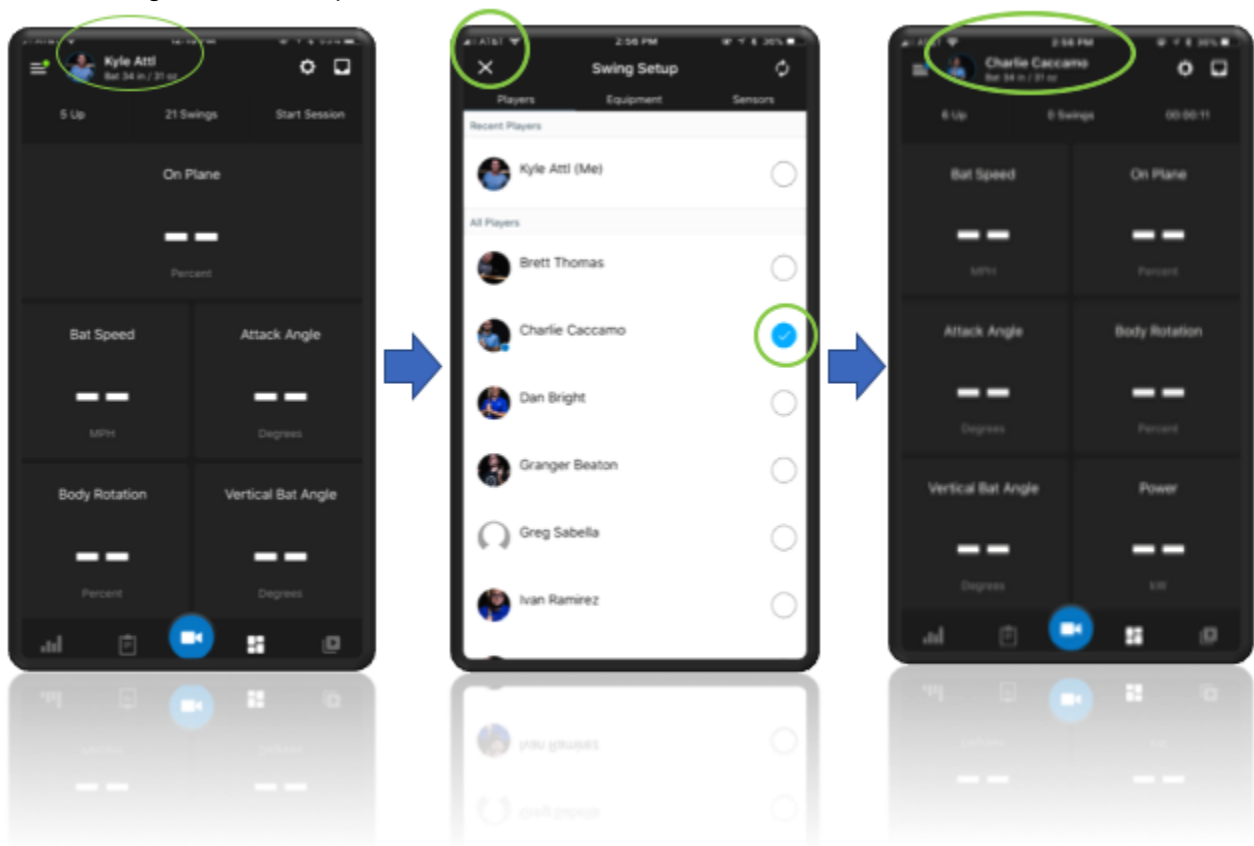
Recommendations and Tips

- Make sure players label their sensor so they can identify their specific sensor.
- Give yourself enough time to prepare sensor before practice or create a job responsibility for one of the players.

2.4. Using Blast Small Group/Live Feedback

Live Metrics: Switching Players, In-Cage or On-Field

1. From the dashboard tap the name at the top of the screen
2. Find players name on the roster and select
3. Close window
4. Player name will be then be at the top
5. Check to see green dot in top left-hand corner to indicate the sensor is connected

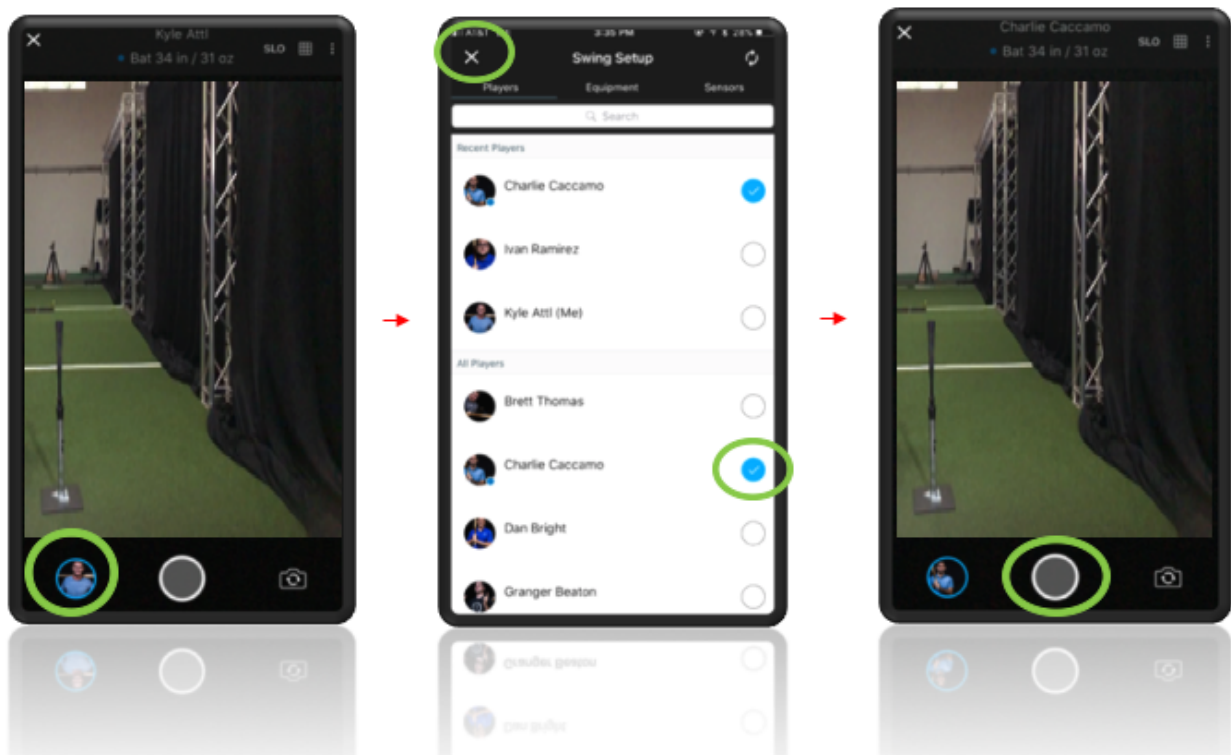


Recommendations and Tips

- When getting metrics of players hitting live, you will only need 1 device with the app.
- From the coach account, you can access all players and sensors associated with your team.

Recording Video: Switching Players, In-Cage or On-Field

1. Open the Blast Softball App
2. Tap the video record button
3. Tap on the silhouette in the bottom left-hand corner
4. Select the hitters name from the list and close (*You should see the current hitters name at the top*)
5. Tap "Record" before hitting and then stop recording when done hitting
6. YOU DO NOT NEED TO START AND STOP FOR EACH SWING, JUST FOR EACH HITTER. JUST TAKE 1 CONTINUOUS VIDEO OF THE HITTER. THE APP AUTO CLIPS SWING VIDEOS.




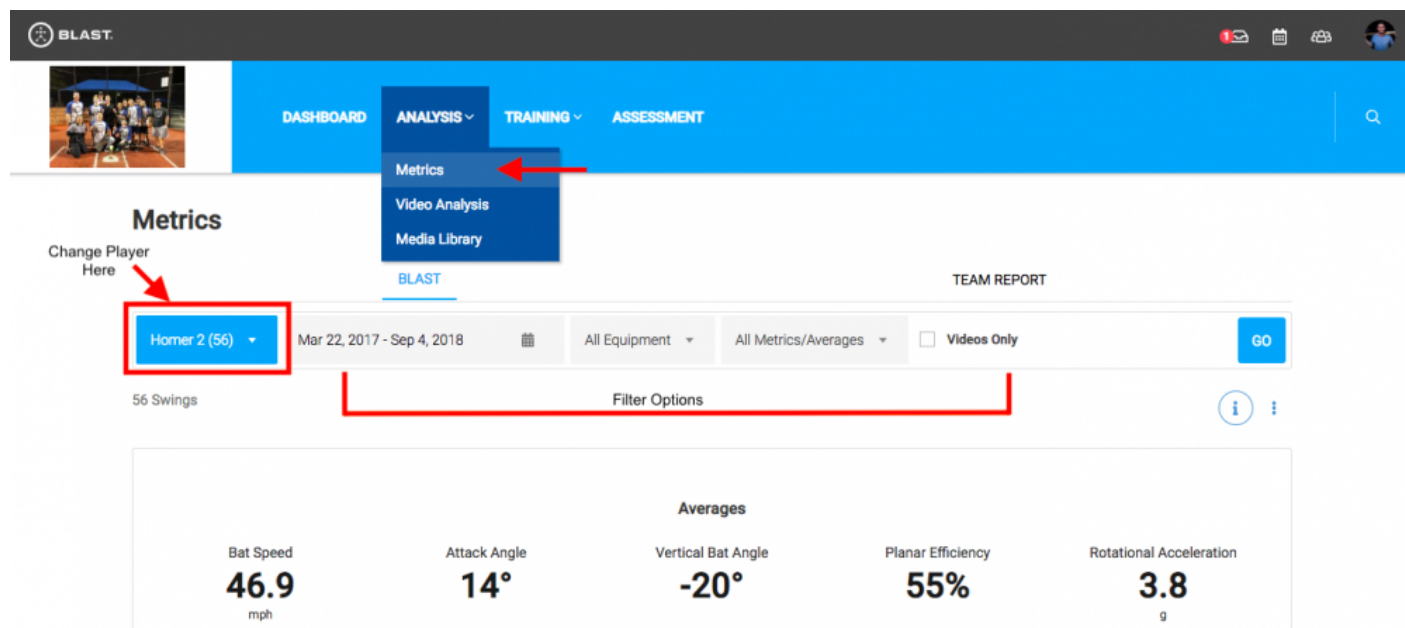
Recommendations and Tips

- When recording video of players hitting, you will only need 1 device that has the appropriate coach account logged in for that affiliate/team.
- From the coach account, you can access all players and their sensors.

2.5. Blast Connect – Viewing Swing Data

Steps

1. Log in to Blast Connect 
2. At the top, go to Analyze -> Metrics



Metrics

Change Player Here

Homer 2 (56)

Mar 22, 2017 - Sep 4, 2018

All Equipment All Metrics/Averages ☐ Videos Only **GO**

56 Swings


Filter Options

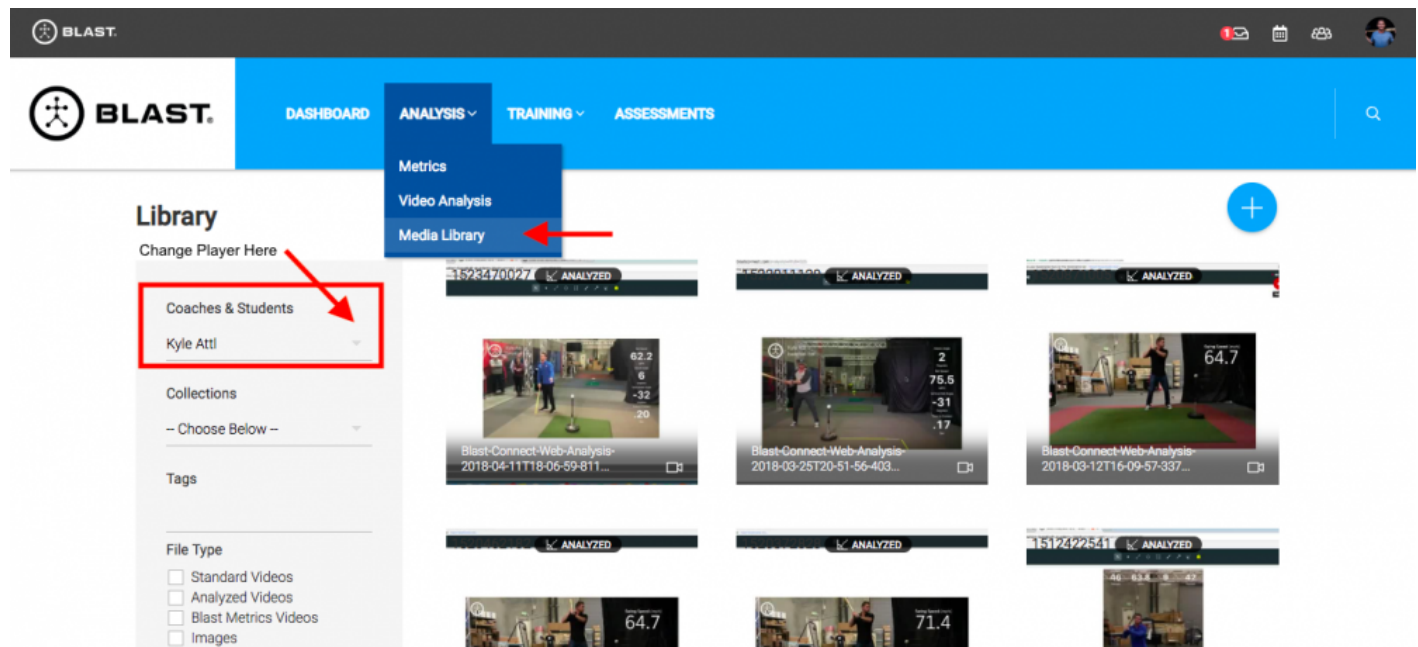
Averages

| | | | | |
|--------------------|--------------|--------------------|-------------------|-------------------------|
| Bat Speed | Attack Angle | Vertical Bat Angle | Planar Efficiency | Rotational Acceleration |
| 46.9 mph | 14° | -20° | 55% | 3.8 g |

2.6. Blast Connect – Viewing Player Video

Steps

1. Log in to Blast Connect 
2. At the top, go to Analyze -> Media Library



3. Player Clubhouse – Get Started

What should the Player Do? *Time to Get Started = 5 Minutes*

First . . . On the Computer

1. Find the email invite from Blast Motion to join Blast Connect
2. Click on the link to Blast Connect
3. Sign in with the credentials provided in the email
4. Take the tool tips tutorial to learn where everything is and how to navigate



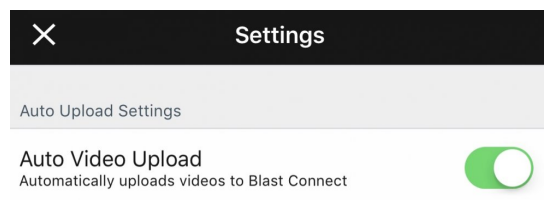
Next . . . In the App on their phone or iPad

1. Make sure the player sensor is charged to some degree
2. Download the Blast Motion Softball app from the app store or google play store.
3. Sign in with the credentials provided to you.
4. Tap the hamburger menu in the top left-hand corner
 - a. Tap Sensors
 - b. Tap the purple + sign in the bottom right hand corner
 - c. Follow the on-screen directions to pair the sensor.
5. Once the sensor has been pair, the sensor will pair automatically when in range of the mobile app
6. Next, it is time to add a bat
 - a. Tap the setting gear in the bottom right-hand corner
 - b. Go to the bat tab
 - c. Add New Bat (you can do any quick start and put the length and weight)



Setting for Auto Video Upload

You have the choice via settings to have videos you capture automatically upload to the Blast Connect portal. If you have auto-video upload turned ON then any video you capture will get uploaded to Blast Connect when the device is both open and connected to Wi-Fi.



3.1. Collect Data and Video

Collect Data and Video Live with your mobile device

Steps

1. Open up the Blast Baseball App
2. Your sensor should automatically connect if it is moving and is charged
3. Navigate to the appropriate screen to collect data or video

4. YOU MUST MAKE CONTACT TO COLLECT METRICS



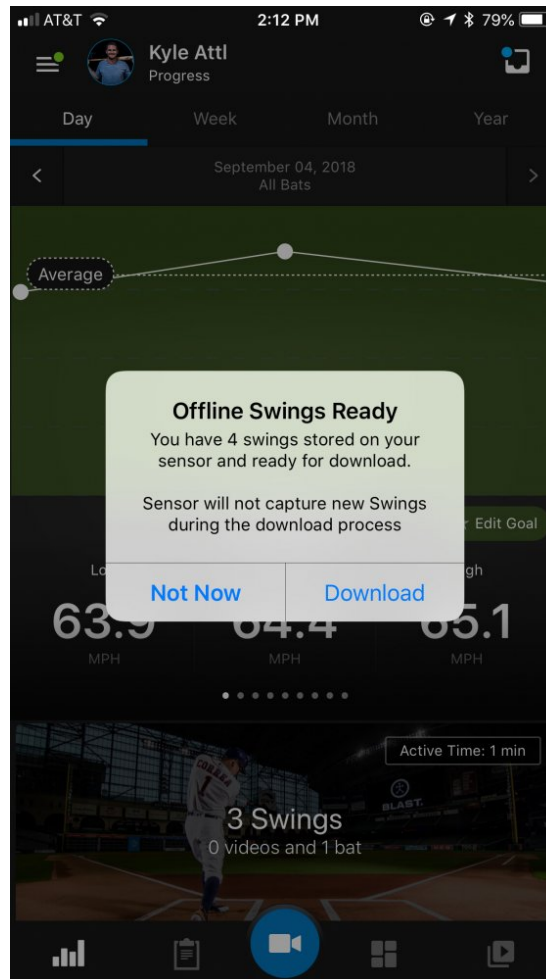
Off-Line Mode

You can capture swings without your mobile device around. The sensor can store up to 1,000 swings. Once your sensor is later connected to your app, those swings will be downloaded and can be viewed. This is great for IN-GAME!.

Steps


1. Make sure sensor is charged

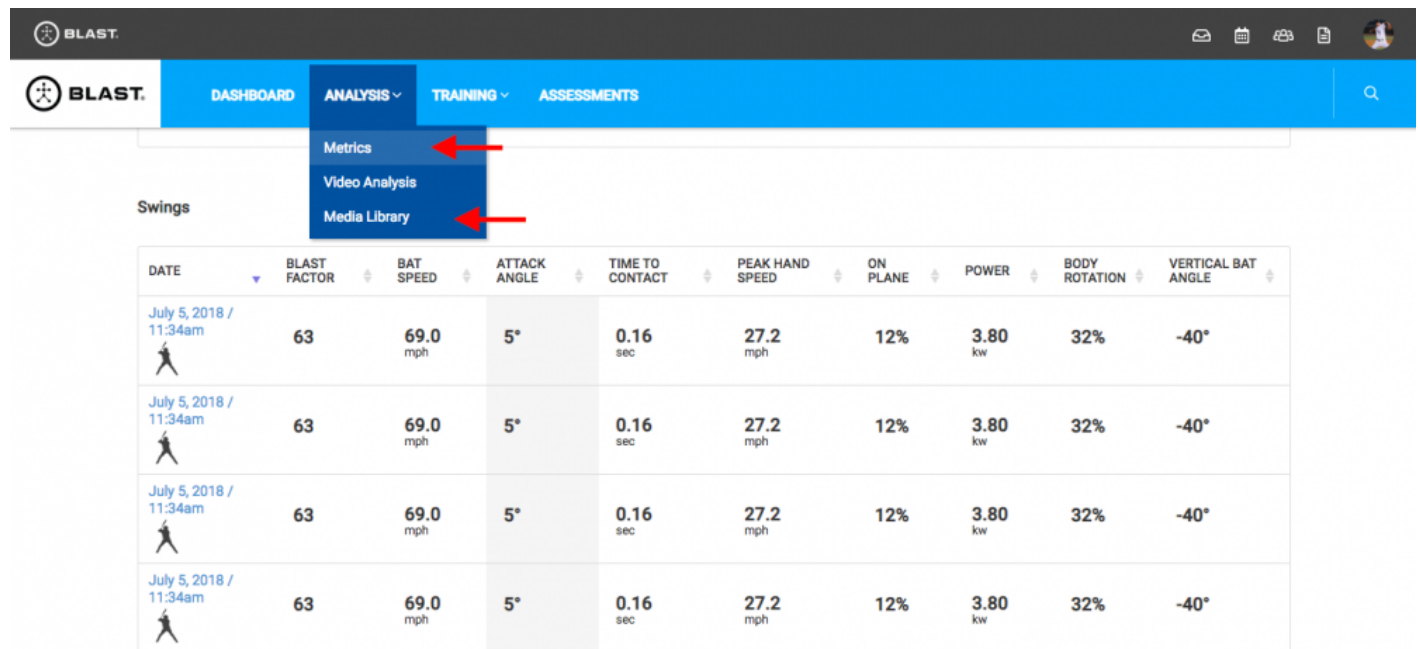
2. Put sensor on bat and go hit
3. After you are done and have your device, open the app and connect the sensor.
4. Tap Download off-line swings (*shown below*)



3.2. Blast Connect -View Your Data

Steps

1. Log in to Blast Connect 
2. At the top, go to Analyze -> Metrics or Media Library



The screenshot shows the Blast Connect web application interface. At the top, there is a navigation bar with the following tabs: DASHBOARD, ANALYSIS, TRAINING, and ASSESSMENTS. The ANALYSIS tab is selected, and a dropdown menu is open, showing three options: Metrics, Video Analysis, and Media Library. Red arrows point to the 'Metrics' and 'Media Library' options. Below the navigation bar, the word 'Swings' is displayed. A table of swing data is shown below the 'Swings' label. The table has 11 columns: DATE, BLAST FACTOR, BAT SPEED, ATTACK ANGLE, TIME TO CONTACT, PEAK HAND SPEED, ON PLANE, POWER, BODY ROTATION, and VERTICAL BAT ANGLE. The table contains four rows of data, all for the date 'July 5, 2018 / 11:34am'.

| DATE | BLAST FACTOR | BAT SPEED | ATTACK ANGLE | TIME TO CONTACT | PEAK HAND SPEED | ON PLANE | POWER | BODY ROTATION | VERTICAL BAT ANGLE |
|------------------------|--------------|-----------|--------------|-----------------|-----------------|----------|---------|---------------|--------------------|
| July 5, 2018 / 11:34am | 63 | 69.0 mph | 5° | 0.16 sec | 27.2 mph | 12% | 3.80 kw | 32% | -40° |
| July 5, 2018 / 11:34am | 63 | 69.0 mph | 5° | 0.16 sec | 27.2 mph | 12% | 3.80 kw | 32% | -40° |
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