

# TUTORIAL 5A

**Quintic**<sup>®</sup>

*# 1 for Sports Analysis*



## Tutorial 5a – Video Capture Set-up

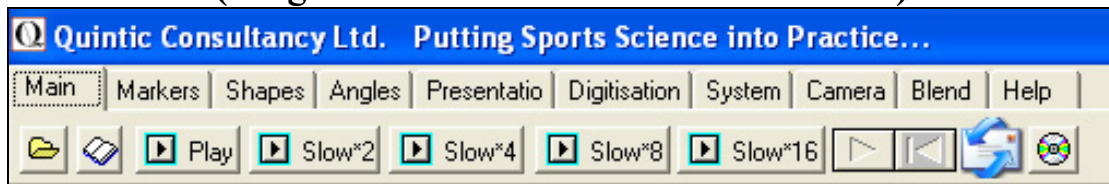
Before starting Tutorial 5 please take 5 minutes to set up the Quintic Capture. If this has already been done please skip this section and go to tutorial 5.

### Capture Set-up

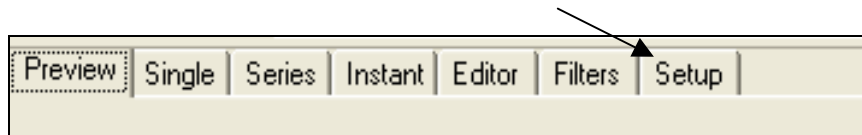
The capture of AVI (Audio, Video Interleave) video files requires significant computer resources. It is recommended that a set of pre-allocated files are created once during an initial set up process. All video capture (AVI) are then written to these files. This approach will significantly reduce the risk of dropped frames during the video capture process.

Click on the ‘Camera’ tab in the **Main** window and then ‘Open Camera System’.

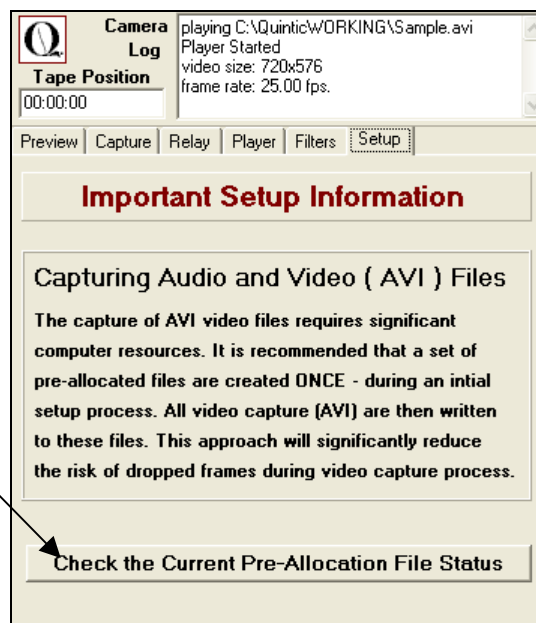
(Image below is a Biomechanics screenshot)



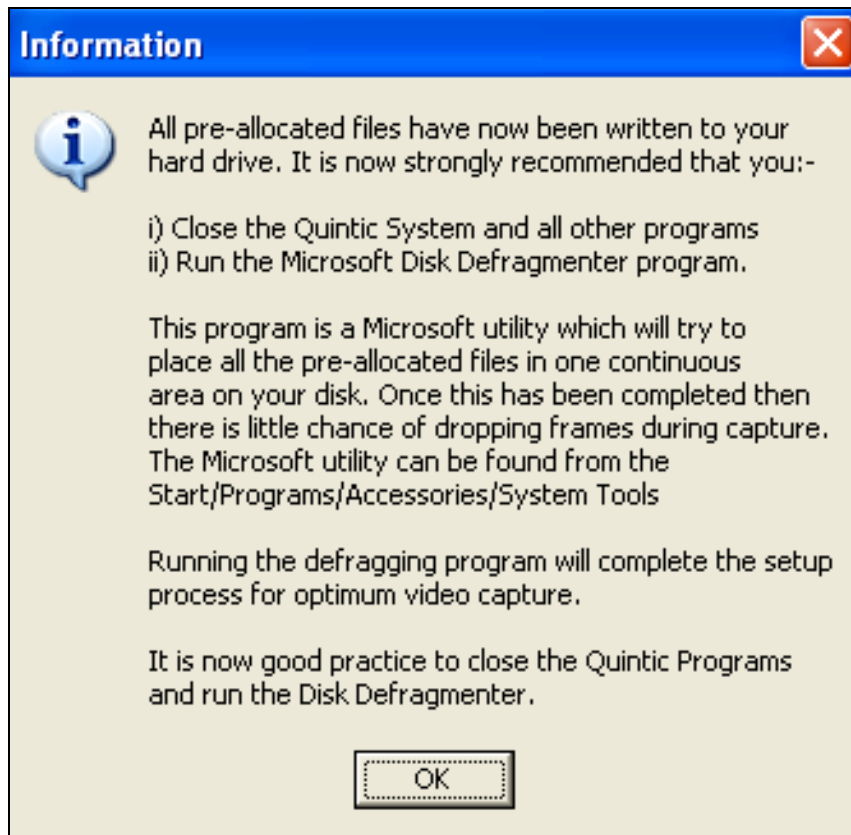
Click on the ‘Setup’ tab to open the ‘Setup’ window



Read the information and then start the set-up process by clicking on the button at the bottom of the window.



When the set-up process is completed a confirmation window will load recommending that the Microsoft Defragmenter program should be ran.



**N.B: See Appendix B for further information on how to run the Microsoft Defragmenter program.**