Technology Implementation: GoPro Cameras

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**Introduction**

In sport programs today, many teams, male and female, are using video cameras to record practices and games. They use these recordings to show the student-athletes what they are doing good, bad, and what they could be doing better. In the sport of wrestling however, there is no use of these cameras. I am asking for a grant to buy these cameras for the sport of wrestling called GoPros. They are relatively newer and are not as expensive as some hardware out there. They will help the student-athletes learn better technique, which will lead to becoming more successful.

**Target Population**

The need for these GoPro Cameras is so the high school wrestlers can watch themselves on tape to see what they are doing right or wrong. Many of the other sport teams such as football and softball use video cameras to record practices and games and the wrestling team should be no different. They will be able to use these recordings to visually see themselves and possibly some of the mistakes and will be able to correct them during the next practice or meet.

**The Problem and its Causes**

The problem is that in today’s society, high school students at the age of 13-19 are very visual and not always just audio learners. Most students learn better seeing the mistakes they have made and then correcting them just as they would in a classroom seeing their wrong test answers. The student-athletes cannot always learn with only coaching, they must be able to see the mistakes they are making so they can correct them. By being able to see the mistakes on camera, they can see first hand how to correct them and what they could have done differently.

**Organizational Description**

The group that will benefit most from this proposal is the wrestling team. These cameras will be set up in the wrestling room so the cheerleading team will also be able to use these cameras.

**Solution**

The solution to this problem is to install ten GoPro Cameras in the wrestling room in designated spots to cover the field of view from different angles. These wide-angle cameras will allow a 360-degree view of each wrestler and groups of wrestlers when they are partnered. The ten cameras are important because they will get different angles of the groups. Just as the football team uses multiple cameras to record practices and games, the wrestling room will be fitted with these cameras similarly.

**Goals**

The goal in mind is to accelerate the learning process of the student-athletes on the wrestling team. I hope this will provide another form of feedback to the wrestlers (visual feedback) that will help them learn from their mistakes. The wrestlers will also be able to watch other wrestlers who are possibly more advanced and they will be able to learn from their technique as well.

**Budget**

The budget for these GoPro Cameras can vary depending on the amounted granted to the team. The latest model of the GoPro Camera (Hero4 Black Edition) costs $499.99. The mid-range version of this camera (Hero3+ Silver) costs about $249.99 and the lowest version (Hero3 White) is about $150-$199.99. Ten of the Hero4 Black Edition GoPro Cameras would cost $4999.90 before tax. Each camera comes with mounting hardware but heavier mounting options range from $20.00 - $100.00. These cameras can be purchased online or at a number of different stores including Best Buy, Target, and Wal-Mart. The total budget needed would cost $6000.00 - $6500.00.

**Evaluation**

Visual assessments will be applied by coaches to see if the wrestlers are benefiting from the GoPro Cameras. There will also be written assessments as well as individual surveys to see if the student-athletes feel they are making progress with the use of the cameras. The individual surveys will be done to see if they feel the cameras are helping them develop their technique.

**Objectives and Outcomes**

The specific objectives are that the student-athletes on the wrestling team will be able to progress at a higher rate by watching film of themselves in action. The objective is that they will see their right/wrong doings and learn from them and grow. The outcome will be a higher percentage of wins to losses and the ability to learn more advanced techniques of wrestling. With more advanced technique, they will have the ability to do better at some of the more prestigious tournaments.

**Plan**

These cameras will be used on a daily basis by the wrestlers and will be turned on at the beginning of the technique portion of practice. From there, the live scrimmage takes place and will also be on the recordings. The student-athletes will then be able to access these videos through a specific website where the videos will be uploaded every day. They will be able to access multiple angles or views of themselves with each camera being labeled on the website. Using the internet, the student-athletes are able to watch the videos at their convenience such as after homework, during breaks at school, before practice, or on the weekends.

**Activities and Timeline**

Once the proposal has been granted for purchase, the next step will be purchasing the GoPro Cameras from either online or a local store. There will be time needed in order to install the cameras and get familiar with the software so it can be translated into simple terms the students can navigate through. This whole period will take as little as one week but more likely closer to two weeks from start to finish.

**Outcomes**

The results of this upgrade to the wrestling room will be a higher success rate among the wrestlers. They will be learning concepts at a quicker rate than before and will be able to learn more advanced technique. This will lead to more wins and a more successful sport program. The more success the team has, the more participants will want to join because usually students like being apart of dominant and winning teams.

**Impact**

The implementation of this new technology will impact the current wrestlers as well as future wrestlers because they will want to be apart of the newest techniques of learning the sport. This could possibly lead to more students coming out for the sport (higher number of athletes) and also be a deciding factor for students to come to the high school (if they are deciding between two schools). Overall, the implementation of the GoPro Cameras will help build a more successful wrestling program.

**GoPro Manual (Steps for Use)**

**For Practices**

**Step 1:** At the beginning of the technique session, turn on the GoPro Cameras. An easy way to do this is to have ten wrestlers each choose one to turn on. (Should take under 30 seconds). A coach should look to see if each device is on indicated by a red light.

**Step 2:** In addition to power button, the Wi-Fi button should also be turned on.

**Step 3:** Go through technique session or scrimmage session of practice as a normal day.

**Step 4:** Once the practice is finished, upload the videos to the specific website from each camera for the wrestlers to view at their own choosing. (This should be done using a computer, laptop, Ipad, etc.)

**Step 5:** Turn off Wi-Fi button and turn off GoPro Camera for each of the ten cameras. This will be done by a coach to ensure the device is off at the end of each practice.

**For Tournaments**

**Step 1:** Remove the number of GoPro Cameras from the practice room for the number of coaches. Issue one camera per coach.

**Step 2**: Issue each coach a tripod stand to hold the cameras matside**.**

**Step 3:** Instruct the coaches to press record whenever they are coaching a wrestler.

**Step 4:** At the end of the day collect GoPro Cameras and upload the videos from the tournament to the specific website for the wrestlers to view at their own choosing.

Step 5: Turn off GoPro and return it to the practice room.

**For Individual Meets**

**Step 1:** Remove one GoPro Camera from the practice room and one tripod stand.

**Step 2:** Set up GoPro Camera matside and begin recording at prior to the first match start.

**Step 3:** At the conclusion of the meet, upload the videos to the specific website for the wrestlers to view at their own choosing.

**Step 4:** Turn off GoPro and return it to the practice room.