

# Data Analysis Guide — TrackMan Simulator

## Shot Analysis → Shows what happened.

See your ball flight, spin, speed, and path to understand each shot's performance.

## AI Motion Analysis → Reveals how it happened.

Visual overlays track your body and club movement so you can see your swing mechanics in action.

## Tracy AI → Tells you what to fix next.

Your built-in AI coach reviews your data and gives focused feedback for smarter practice.



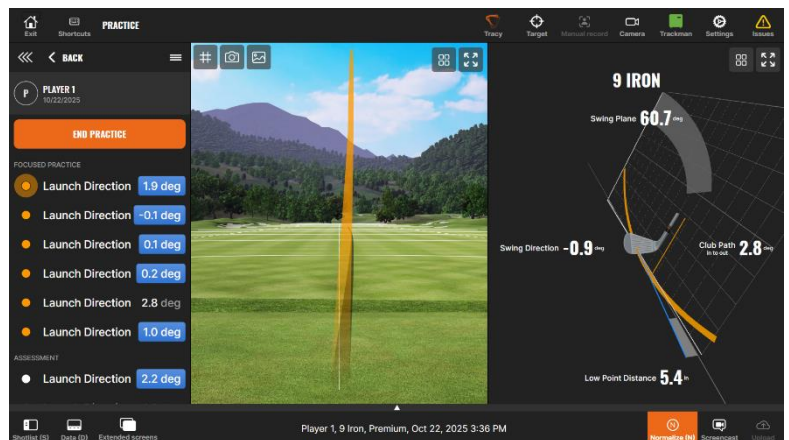
1 Optimizer Screen View

## Instruction Guide for Data Analysis:

### 1. Create Your TrackMan Account

1. Go to [www.mytrackman.com](http://www.mytrackman.com)
2. Click “Sign Up”
3. Enter your:
  - o Name
  - o Email address
  - o Password
4. Confirm your email (check your inbox for a verification message).
5. You now have a free TrackMan profile — this saves your data automatically.

Tip: You can also download the “TrackMan Golf” app (iOS/Android) and log in with the same account for on-the-go access.



### 2. Log In at the Simulator

1. On the simulator screen, select “Sign in”
2. Choose Log in with your **MyTrackMan account**
  - o You can use your email/password, or
  - o Scan the QR code on the screen with the TrackMan Golf app
3. Once logged in, your shots, videos, and data will automatically be stored to your account.

### 3. Record a Swing Video (Must have your own external camera)

1. Stand in your normal hitting position.
2. Make sure the camera icon is visible on the simulator screen.
  - o If not, enable it under Settings → Camera → On.
3. Hit your shot — TrackMan will automatically capture the video with data overlay.
4. After your swing, select the video thumbnail to review playback or analyze frame-by-frame.
5. You can trim or save your swing clip directly to your account.

Pro Tip: For best video:

- Ensure lighting is even (no shadows on the ball)
- Keep camera aligned down the target line or face-on depending on preference
- Record a few swings from both angles for comparison

#### 4. Review Your Shot & Swing Data

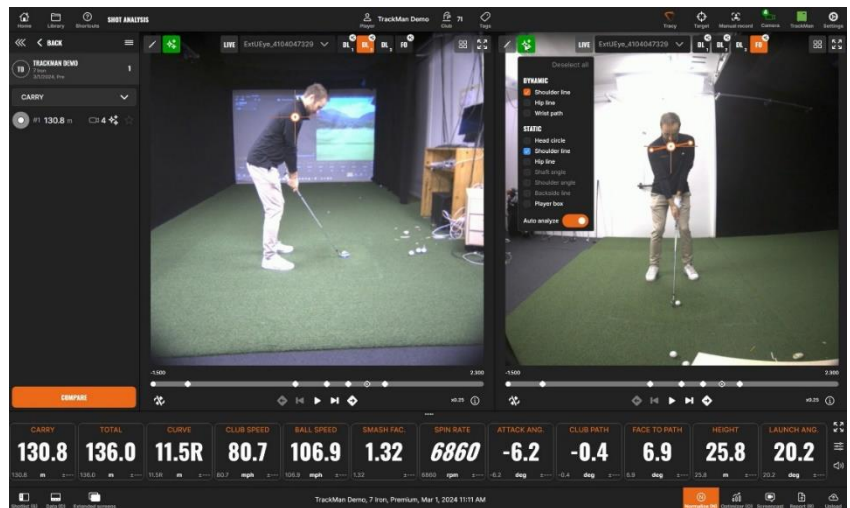
Each shot will show detailed ball-flight and club data, including:

- Carry Distance – how far the ball travels in the air
- Total Distance – carry + roll
- Club Speed
- Ball Speed
- Smash Factor (efficiency of strike)
- Launch Angle
- Spin Rate / Spin Axis
- Club Path & Face Angle
- Click Optimize or Normalize for different stats



#### 5. Analyze with AI Motion Analysis (Optional but Recommended)

1. On the simulator screen, open **Shot Analysis** → **AI Motion Analysis**.
2. The system uses your camera to create swing overlays (shoulders, hips, arms, club path).
3. Review your body and club motion — perfect for checking posture, rotation, and tempo.
4. Compare swings side-by-side (good vs. bad shots) to visually identify differences.

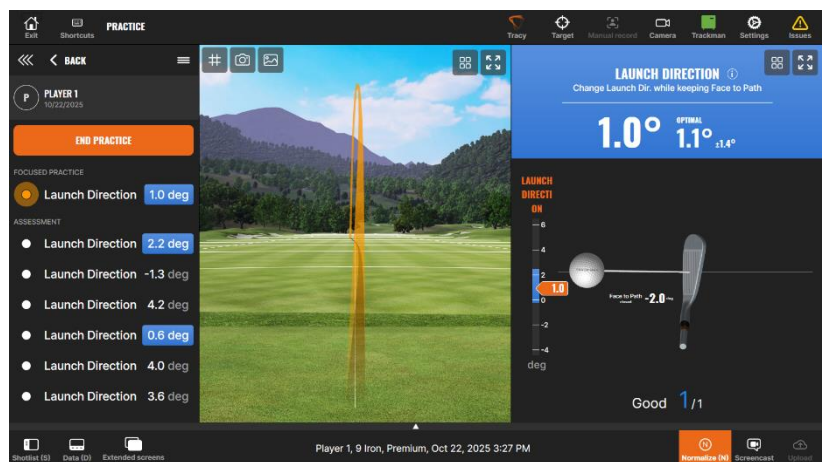


*Why Use It:*

AI Motion Analysis helps you see *how your swing moves*, not just what the numbers say. It connects your **mechanics** to your **results**.

#### 6. Get Personalized Feedback with Tracy (AI Coach)

1. In **Shot Analysis**, select the **Tracy** icon.
2. Tracy will review your recent data and highlight areas to focus on (e.g., “Your face tends to open through impact”).
3. Follow the on-screen suggestions for drills or practice goals.
4. Use these tips in your next range or simulator session for guided improvement.



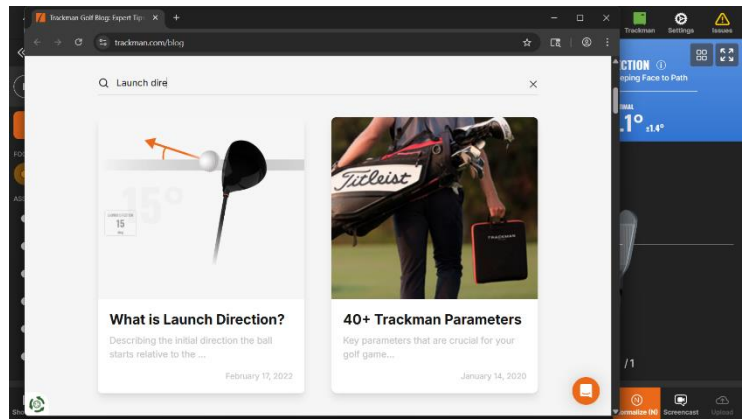
5. Click on the **i** icon for more instructional details including video links to help your swing.

#### Why Use It:

Tracy turns your numbers into **actionable feedback** — great when you don't have a coach nearby or want a quick practice focus.

### 7. Access Data & Videos Later

1. Visit [mytrackman.com](https://mytrackman.com) or open the TrackMan Golf app
2. Log in
3. Go to “My Activities”
  - You'll see each session saved with date, time, and location
4. Click a session to:
  - Replay swings
  - Compare clubs or sessions
  - Export data
  - Download or share videos



Tip: You can toggle between “Data Table,” “Shot Scatter,” and “Trajectory View” for different visuals.

### 8. Optional: Create a Training Library

- Use Favorites or Tags to group your best swings.
- Compare your current swing to past sessions or to a coach's uploaded video.
- Share data easily with a PGA instructor through MyTrackMan.

### 9. Log Out When Finished

Always log out after your session so your data remains private:

- Tap Menu → Log Out on the simulator screen.
- Your shots and videos will automatically sync to your account cloud.

### Bonus Tips

- Offline mode: If the internet is down, your shots will save locally and sync later when reconnected.
- Coach connection: Your coach can request access to your data via MyTrackMan's “Players” tab.