

SwingTracker

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Diamond Kinetics

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1. Getting Started

WELCOME TO SWINGTRACKER!

Select a section from the Table of Contents to find what you're looking for!



1.1. Safety Information

IMPORTANT PLEASE READ CAREFULLY BEFORE USING YOUR SWINGTRACKER™ SENSOR

This User Guide contains important safety, handling and warranty information, as well software license information for your SwingTracker sensor. Please read carefully before using your sensor.

Failure to follow these safety instructions could result in fire, electric shock or other personal injury and/or damage to your SwingTracker sensor or other property.

- When you perform a repetitive activity, such as swinging a bat, you may experience occasional discomfort or fatigue. Consult a physician if issues persist.
- Your SwingTracker sensor contains sensitive electronic components. Do not attempt to modify or repair your SwingTracker sensor yourself. Disassembling your sensor will void the manufacturer's warranty.
- The SwingTracker sensor contains small parts and is a choking hazard. It is not appropriate for children under the age of three.
- Your SwingTracker sensor is splash proof. However, do not use your sensor in rain or submerge under water.
- Do not overstretch the sensor strap. It is only intended for use with the SwingTracker sensor.
- Unplug the USB power cable and discontinue use if it has become damaged or has been exposed to rain, liquid or excessive moisture.

1.2. Package Contents

What Comes in the Box:

- Sensor
- Pod
- Sensor Strap
- Wireless Charging Pad
- USB Connection Cable
- Storage Pouch



1.3. Download the Mobile App

Download the SwingTracker app from the App Store on your iOS device.



SwingTracker

[SwingTracker Baseball](#)



SwingTracker

[SwingTracker Softball](#)



To see a list of our compatible Apple devices, [click here.](#)

1.4. Create an Account

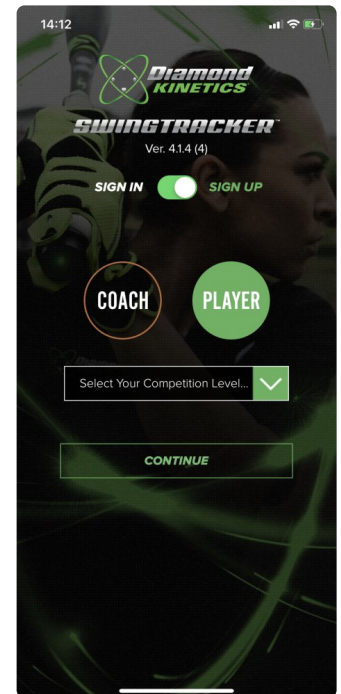
Accounts can be created using our DK Web App or in the SwingTracker App.

DK Web App

1. Go to our [DK Web App](#)
2. Fill out the sheet on the page

SwingTracker App

1. Download the SwingTracker app on to your iOS device
2. Open the app and select “Sign Up” on the log in page
3. Choose whether you are a Player or Coach (If you are not the one swinging, you should select Coach)
4. Complete the registration form



SwingTracker Softball App Sign Up Page



DK Tips:

- All accounts need unique email addresses.
- A Diamond Kinetics account can be used in *any* app. If you have an existing PitchTracker account don't create a new one.
- Youth Accounts will require a nickname to log in and a parent's email address.

2. Before You Swing

Before taking swings, learn how to turn your sensor on & off, pair it to your device and make sure it's charged!



2.1. Turning your Sensor ON/OFF

Turning Your Sensor On

To turn your sensor on when it is on your bat, tap the bat on the ground a couple times! This will wake up the sensor and it will start to blink rapidly. Once the sensor is paired to your device, the light will slow to a pulse.

You can turn the sensor on when its is off the bat by tapping the top of the sensor a couple times or placing it on the charger.

Turning Your Sensor Off

1. With your sensor paired to the device, navigate to the Pair Sensor Page from the main menu of the app.
2. Select the 'i' to the far right of your SwingTracker
3. This next page is your Sensor Information, you'll see an option that says **Turn Sensor Off**

The sensor will turn off automatically if the sensor does not move for 15 minutes.

2.2. Removing Your Sensor from the Pod

To remove sensor from pod, push down and turn the sensor counter-clockwise 1/8 turn to unlock.



The plastics of brand new sensors can sometimes be stiff! Some DK tips on helping that are:

1. Use the green strap to place on top of the sensor then push down and turn.
2. Place the sensor and pod on a flat surface. Use the palm of your hand to press down and turn.



If you have issues removing your sensor from the pod **do not** try to pry it out. Doing so can damage the sensor.

If you have issues removing the sensor from the pod, please reach out to our Support Team at support@diamondkinetics.com!

2.3. Pairing Your Sensor

Let's get your SwingTracker paired and you ready to swing!

If you purchased SwingTracker **on or after** December 1st, 2019, please [click here](#).

If you purchased SwingTracker **before** December 1st, 2019, please [click here](#).

2.3.1. Pairing Your Sensor through the App

Let's get your SwingTracker Paired!

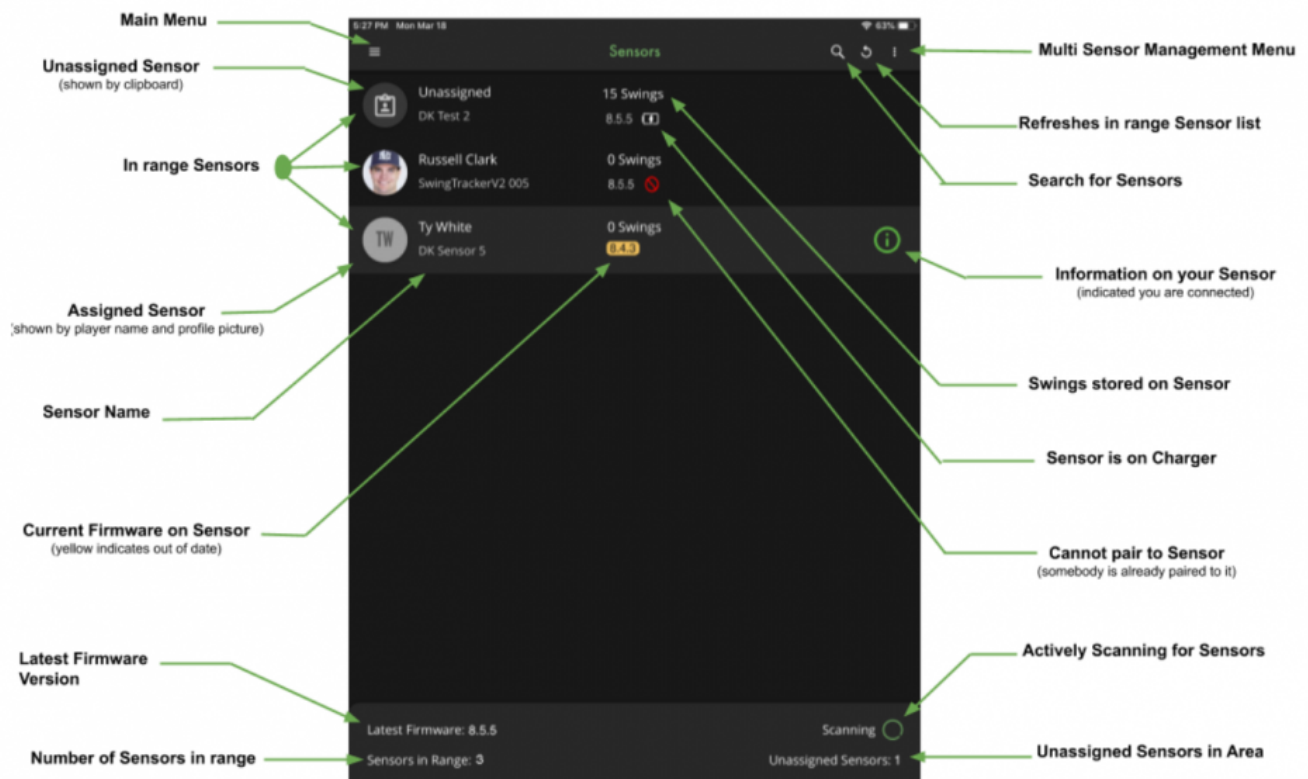
For users who purchased the SwingTracker on or after December 1st, 2020.

To pair to your sensor, make sure that it is on and in range! The light on the top of the sensor should be blinking a rapid green.

1. Open the app and open up the main menu (3 stacked lines in the upper left)
2. Select **PAIR SENSOR**
3. At the top of the next page you'll see *Sensors*. This page lists all of the Sensors that are turned on and in range. Click on your SwingTracker to pair to it.

When the sensor is paired, you'll see a green line underneath your SwingTracker with a green 'i' to the right of it. To disconnect from your SwingTracker, simply click the SwingTracker option again. The green line and 'i' will disappear.

Once your sensor is paired, you can go ahead and start a session!



"I don't see my SwingTracker listed here"

We can certainly help you out with this! Please reach out to our Support Team at support@diamondkinetics.com.

“The line underneath my SwingTracker is Blue/Purple”

The blue line means that the SwingTracker is currently connected through Apple Settings. Exit the app and go to your Bluetooth Settings on your device. Disconnect from the SwingTracker here. Then go back into the app to pair through this process!

“Why does it say “unassigned””

The **Assign** feature is primarily used for coaches that are using multiple sensors with multiple players. If you are using one sensor, you do not need to assign it.

“Change the Name on your Sensor”

You are able to change the name on your Sensor and how it appears in this list. To learn how to do so, [click here](#)

2.3.2. Pairing Your Sensor through Apple Settings

Let's get your SwingTracker Paired!

For users who purchased the SwingTracker before December 1st, 2020.

1. Double tap the sensor to turn it on (a rapid blinking green light will appear)
2. Go to Settings on your iOS device
3. Select Bluetooth
4. Enable Bluetooth in the Settings Menu, if it is not already on
5. Select the "SwingTracker" sensor
6. Look for "Connected" next to the SwingTracker

"I don't see my SwingTracker in my Bluetooth Devices"

- Confirm that the sensor is on (no light means it's not on)
- Confirm that the sensor is charged (red light means it is low on charge)
- Check that it is not connected to another nearby iOS device
- Confirm SwingTracker is close to the iOS device and try again

2.4. Firmware Version (Sensor)

Your SwingTracker sensor runs it's own Firmware Version. The Firmware Version will need updated periodically to make sure that you are getting the most accurate data for you swing! Click below to learn how to check your Firmware Version or how to update it!

[Check Firmware Version](#)

[Update My Firmware](#)

2.4.1. Checking your Firmware Version

To check if your firmware version is up to date, follow the steps below:

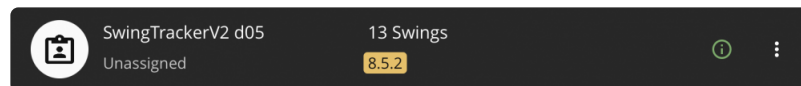
1. Pair your SwingTracker to your iOS device. ([Click here](#) to learn how.)
2. Navigate to the Pair Sensor Page from the main menu of the app.
3. Select the 'i' to the far right of your SwingTracker
4. This next page is your Sensor Information, you'll see an option that says **FIRMWARE VERSION**
5. Tap on this option to check if it's up to date.

If your Sensor's firmware is up to date, you will get a message saying there is no update available.

If your Sensor's firmware is not up to date, you will be asked if you'd like to start the firmware update. For helpful tips and images for performing the update, [click here](#).



If your Firmware Version is out of date, it will appear highlighted in yellow on the Pair Sensor page or written in red in your Sensor Information page.



Out of date Firmware- Pair Sensor Page



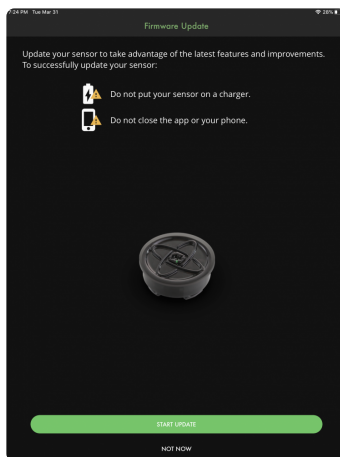
Out of date Firmware- Smart Ball Information Page

2.4.2. Updating your Firmware Version

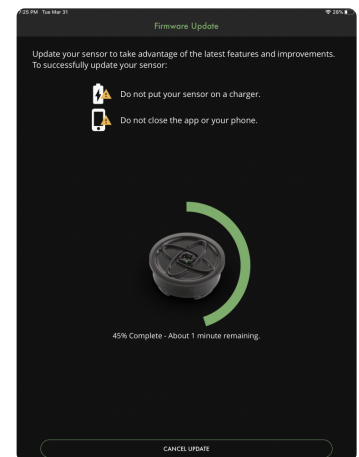
Let's get your Firmware up to date with the latest version and get you swinging!

1. Pair your SwingTracker to your iOS device. ([Click here](#) to learn how.)
2. Navigate to the Pair Sensor Page from the main menu of the app.
3. Select the 'i' to the far right of your SwingTracker
4. This next page is your Sensor Information, select the **FIRMWARE VERSION** option
5. A prompt will pop up asking for you to begin the update, select **Start Update**

The update will begin and you can track the progress. When the update is done, you'll be sent back to the Pair Sensor page.



Pre Firmware Update



Mid Firmware Update

✿ TIPS FOR UPDATING FIRMWARE:

The firmware update may take a couple of minutes. To ensure it goes smoothly check out these tips!

- Make sure that your Sensor is mostly charged
- Make sure that your Sensor is **off** the charging pad
- If the update fails, forget the sensor from Bluetooth, turn off Bluetooth, restart device
- Make sure the sensor is forgotten/disconnected from ALL nearby iOS devices

2.5. Charging

Remove the sensor from the sensor pod.

Plug the charging station into a powered USB port. The charging pad should have the 'DK' logo face up. Place the SwingTracker in the center of the charging station. The sensor light will change from a blinking red to a solid green light when fully charged.

When charging your sensor, you are not able to transfer swings to your device that you have taken while in Disconnected Mode. To transfer swings from a Disconnected Mode session, remove your sensor from the charger and use the SwingTracker app to begin to transfer swing data.



*** Make sure the sensor is removed from the pod when charging. For information on removing the sensor, [click here](#)**

! Never force a charge cable into the USB port of your SwingTracker charging station. If the charge contact does not easily fit, confirm that they are properly aligned before attempting to insert again. ONLY use the USB charging cable provided to charge your SwingTracker sensor. Diamond Kinetics is not responsible for the operation of third-party accessories.

2.5.1. Checking Battery Level

To determine the battery level of your sensor:

1. Pair your sensor to your iOS device. ([Click here](#) to learn how.)
2. Navigate to the Pair Sensor Page from the main menu of the app.
3. Select the 'i' to the far right of your SwingTracker
4. This next page is your Sensor Information, you'll see an option that says **Battery Level**

The sensor will go into **sleep mode** and the light will stop blinking if you stop using it for five minutes. It will automatically wake up and the green power light will turn on once the sensor is picked up.

The battery will last up to 7 hours with continuous use.

2.6. Naming your Sensor

You have the ability to change the name of your SwingTracker Sensor. This will change the name it appears under when it is being paired.

To change the name of your sensor:

1. Pair your sensor to your iOS device. ([Click here](#) to learn how.)
2. Navigate to the Pair Sensor Page from the main menu of the app.
3. Select the 'i' to the far right of your SwingTracker
4. This next page is your Sensor Information, you'll see an option that says **Sensor:**
5. Click into the box and a keyboard will pop up
6. Change the name of the sensor

2.7. Attaching to the Bat

With your SwingTracker, you should receive a green rubber strap. You can use this to attach the sensor and pod to your bat.

To attach the sensor to the bat:

1. Place it in the pod by pushing down and turning clockwise
2. Place the green strap on the bat by stretching the center whole over the knob of the bat
3. Place the pod and sensor in the center of the pod
4. Pull each of the arms on the strap up over the wings of the pod so that the wing goes through one of the holes on the arm

You're good to go!

2.8. Turn Audio On

Let's get your audio turned on!

1. Open up the SwingTracker app
2. Select the three stacked lines in the upper left corner
3. Select **Settings**
4. Make sure the switch is showing **green** next to **Announce Metrics**



Don't forget to un-mute your Apple Device and turn up the volume!

3. Sensor Care

Moisture

The SwingTracker sensor is splash-proof, however significant exposure to water may cause damage to your sensor.

Do not use your sensor in the rain.

Do not spill any food or liquid on your sensor.

If your sensor gets wet, dry it thoroughly before using or charging. Do not attempt to dry it with an external heat source, such as a microwave, oven or hair dryer.

SwingTracker sensors that are damaged as a result of exposure to liquids are not serviceable and are not covered by the [Manufacturer's Warranty](#).

Storage

Store your SwingTracker sensor in a cool, dry place at room temperature using the small storage bag provided with your order.

Temperature Sensitivity and Storage

Avoid exposing your SwingTracker sensor to extreme temperatures. Operate your sensor between 32° and 95° F (0° and 35° C).

Avoid dramatic changes in temperature or humidity when using your SwingTracker sensor, as condensation may form within the sensitive electronic components of your sensor.

Technical Specifications

SwingTracker Baseball and SwingTracker Softball are only compatible with iOS devices. For a full list please visit the Device Compatibility [click here](#).

Online data can be viewed on both PCs and Macs using the following supported browsers: Internet Explorer (10 and above), Google Chrome, Firefox, Safari.

Multi Sensor Management (COACH USE ONLY)

BLE provides coaches who use multiple sensors with their team, easy ways to manage all of these sensors. If you do not use multiple sensors for a team, this section does not apply to you.

The first step for managing multiple sensors is to Assign the sensors to players. You can learn how to do this here: [Assign Sensors to Players](#)

After assigning the sensors to players, you can do [Bulk Transfers](#) for disconnected swings.

You are also able to do [Bulk DFU Updates](#) on BLE. For this, your sensors *do not* need to be assigned.

✿ Not sure if you've been updated to BLE? You're sensor will need to have a Firmware Version of at least: 8.5.2
To learn how to check your Firmware Version: [click here](#)

✿ If you don't have BLE and want to learn more about it and how to update, [click here](#)

Assigning Sensors

Assigning a sensor to a player enables the app to know which player bulk transferred swings should go into. This process only has to happen once. After a sensor is assigned to a player the sensor will remember who it is assigned to and any other device you log into will keep that assignment. Follow the steps below to learn how to assign sensors:

1. Make sure the sensor you want to assign is on and ready to pair
2. Open the **SENSORS** page from the main menu in the app
3. Click the icon on the left of the sensor you want to assign to a Player (will appear as a clipboard)
4. On the next page you'll see **Assign** at the top of the page and a list of your groups below, select the group that contains the Player you want to assign the sensor to
5. Click on the Player's name
6. You will be prompted to select a bat, select (or create) a bat that matches what they commonly use
7. You will be taken back to the Sensor Management page and the sensor assignment will be saved (the Player's initials or profile picture will appear where the clipboard was)

✿ Although the sensor will remember who it is assigned to for transferring disconnect swings, it can be reassigned to a new account by repeating the process.

✿ Assigning a sensor does not prohibit you from using that sensor in another player's account. *The assignment only takes effect when doing a bulk transfer*

✿ If at any point you would like to update a player's bat, repeat the sensor assignment process and you will have an option to re-select a bat for that player.



Bulk Transfers

If you have many players on your team taking disconnected swings, the Bulk Transfer feature will allow you to select all of the sensors you would like to transfer swings from. All the sensors you select must be assigned to a player or else you will be unable to select the sensor. This will ensure all of the swings are put into the correct accounts.

1. Make sure the sensors you want to transfer swings from are on and ready to pair
2. Open the **SENSORS** page from the main menu in the app
3. Click on the *three dots* in the top right corner
4. Select **Bulk Transfer**
5. Select the sensors that you would like to transfer the swings from. (Each sensor will show the number of swings stored on it) As you select a sensor, a green check mark appear next to it
6. Once all desired sensors are selected, click **Transfer** in the lower right corner
7. The transfer process will begin. All of the sensors will be connected to one at a time.
8. Once the transfer is done you will get a transfer report showing that the process has been completed
9. Select **Finish**



Bulk DFU Updates

DFU (Device Firmware Update) is the process in which you update the Firmware on your sensor. With BLE you are able to set up a list of sensors you would like to update the firmware on (perform a DFU) and have it run through all of them. This is useful if you are a Coach trying to update the firmware on all of your player's sensors. This process does not need the sensor to be assigned to a player. *The only limitation is the sensors must already have a firmware version starting with an 8 or higher (must be BLE enabled). If the sensor is at a lower firmware version (7.6.0) then the sensor will need to be updated through a [classic connection](#) first (Device Settings) so that it is BLE enabled.*

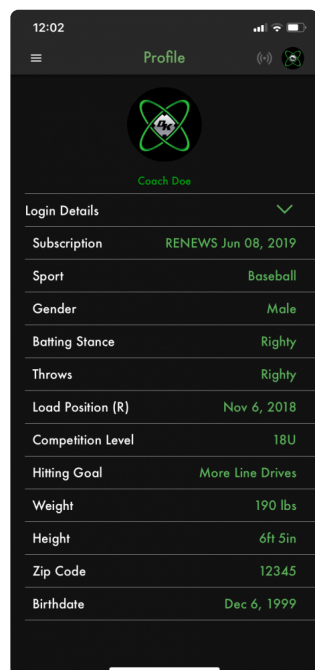
1. Make sure the sensors you want to transfer swings from are on and ready to pair
2. Open the **SENSORS** page from the main menu in the app
3. Click the *three dots* in the top right corner
4. Select **Bulk DFU**
5. Select the sensors you would like to perform the update on. (Sensors that need to be updated will have their firmware versions highlighted yellow) As you select a sensor, a green check mark appear next to it
6. After all the sensors are selected, click **DFU** in the lower right corner
7. The DFU process will begin and it will connect to each sensor one at a time
8. Once the process ends, you will receive a report indicating the process is complete
9. Select **Finish**



Make sure to transfer any disconnected swings from the sensor before performing the Bulk DFU. Disconnected swings that are not transferred off the sensor will be deleted when the Bulk DFU is ran

4. Finishing Your Profile

Now that you have the SwingTracker App downloaded, let's finish setting up your profile!



You can access your profile by selecting the three (3) stacked lines in the upper left hand corner of your home screen, followed by selecting your profile picture above your name. Or by selecting your profile picture in the upper right hand corner of the page. This is your profile page. Here you will be able to adjust any personal profile information.

At the top of the page you will see your name as well as your profile picture. To change your profile picture, click on it and then choose any photo from your photo library. You may need to give the app access to your photos to do so. Below your name and profile picture you'll see **Login Details**. By pressing the downward facing arrow to the right, you'll have the option to edit you email and password. Next on the list is your subscription status. This will tell you the state your subscription is in. If you're not subscribed but would like to be, [click here](#).

Further down the page you'll see more fields to make your profile more personal such as: *Sport, Gender, Batting Stance, Throws, Competition Level, Hitting Goal, Weight, Height, Zip Code and Birthdate*



If you are a Youth Account (13U or below) Diamond Kinetics does not ask for height and weight information. This will not affect your metrics.

You'll see an option for **Load Position**. Load position allows the sensor to capture a more accurate read of where it is oriented at the beginning of the swing. A default load position will be used if one is not set. To set your load position, connect your sensor and then click anywhere on that load position tab. Follow along to the steps that appear on the screen. If you'd like to watch a tutorial video, [click here](#).

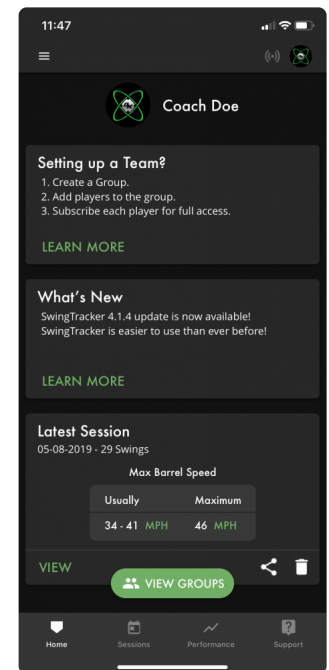
5. App Dashboard Information

The app dashboard is the home page of the app and let's you easily navigate throughout the entire app.

At the top of the dashboard, in the left hand corner, you'll see three (3) stacked lines. This is your main menu, where you can get to your Home, Groups, Pair Sensor, Settings, USA Baseball Drills and the logout option. To exit the main menu, click to the right of the screen. In the upper right hand corner, you'll see a dot with curved lines, this is your sensor icon. It will be lit up green when a sensor is connected. When a sensor's connected you can click on the icon and you will be taken to your sensor page. Next to your sensor icon will be your profile picture (this will be your initials if you haven't set a profile picture yet). Clicking on your profile picture will take you to your profile page. Below the top bar, you will see your profile picture again, along with your name.

Your dashboard will be populated with different cards that show helpful tips and trick as well as any DK News. You will also see a summary of your last session. If you want to read more about an item that appears on the dashboard, click the green **Learn More** at the bottom of that item's card. If you have data in your account, your a summary of your last session will appear towards the bottom of your dashboard. You'll see the date the session was taken, along with how many swings are in that session. You will also see the average range of your Max Barrel Speed and what your highest Max Barrel Speed was for that session. In the bottom right of your *Latest Session* card, you'll see three dots connected by a line as well as a trashcan. To share the session, click on the icon that is 3 dots connect by lines. It will pull up how you want to share this swing. *This will share a screenshot of the current screen you are on.* To delete the swing, click on the trashcan. To the bottom left of you *Latest Session* card, you'll see **VIEW**. By selecting this, you'll be taken into the session.

At the very bottom of the screen, you'll see a Navigational Menu. The home plate will be lit up white for **Home**. **Sessions** will take you to your calendar history. **Performance** will take you to your trend line history. **Support** will take you to the Support section of the app.



Coaches Dashboard



Coaches will have a green button on their dashboard that says *Groups*. **Players** will have a green button on their dashboard that says *Swing Now*.

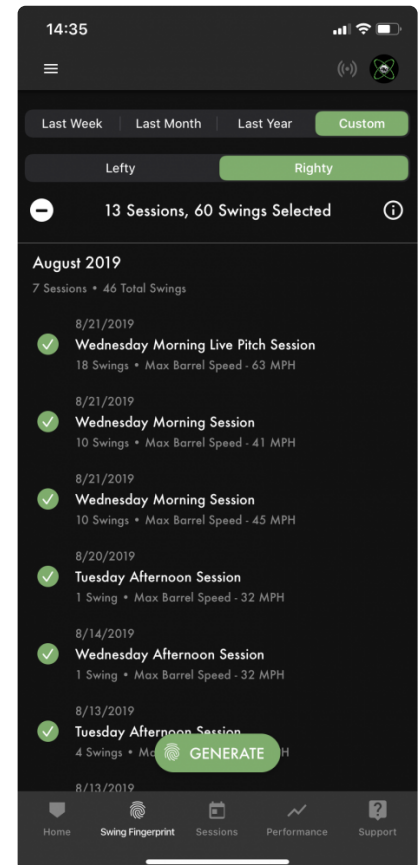
6. Swing Fingerprint

Swing Fingerprint combines a personalized swing analysis with a visual 3D heat map of a hitter's hot and cold zones.

To use Swing Fingerprint:

1. Select the **fingerprint icon** from the menu at the bottom of your Dashboard
2. Tap on the sessions you want to use for your Swing Fingerprint (selected sessions will show a green and white check mark)
3. Select **Generate**

You can automatically select all of the sessions from the **Last Week**, **Last Month** or the **Last Year** by using the options at the top of the page. You can also customize which sessions you want by selecting the **Customize** option.



* We suggest that you use 30-60 swings to generate a Swing Fingerprint that most accurately represent your overall swing.

Let's learn a little bit more about what your Swing Fingerprint shows, [click here!](#)

6.1. Swing Fingerprint Walk-through

Let's take a look at your Swing Fingerprint!



The first screen you'll be taken to is your 3D heat map made up of cells that represent different locations in the strike-zone. At the top of the screen you'll see your name and the date range in which your swings were selected. Underneath you'll see a 3D icon with two curved arrows and a brain icon. The majority of the page will be taken up by a 3D figure and your Swing Fingerprint.

What do the colors mean?

The smaller cells range in color from blue to red. The more blue a cell is, the lower the potential distance is for balls hit in that location of the strike-zone. The more red a cell is, the higher the potential distance is for balls hit in that location of the strike-zone. Red cells are the locations in which you hit the ball the best. Blue cells are the locations that need improvement.



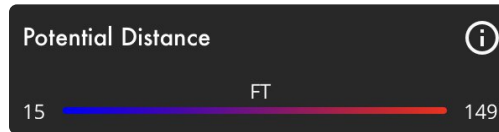
The potential distance for each colored cell is determined using a combination of the Max Barrel Speed and the Attack Angle from each swing where contact was in a cell

What are the arrows?

Each colored cell will have an arrow inside of it. This arrow represents your average Barrel Slot of swings to hit pitches in that location. Barrel Slot is the direction the sweet spot of the bat is going for 6 ball lengths prior to the impact point.

The Legend

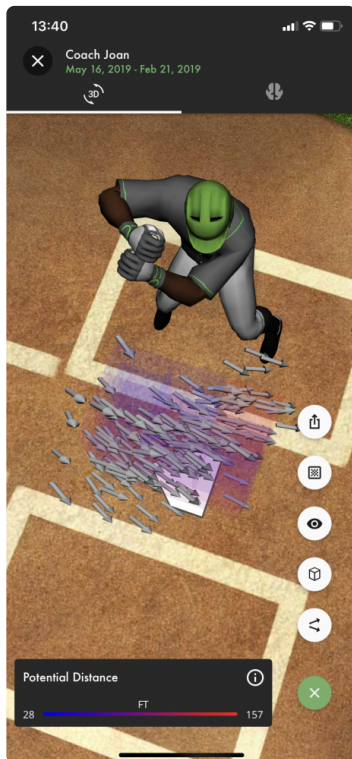
At the bottom of the page you'll find the legend for your color scale (*potential distance scale*). The legend shows a line that fades from blue to red, with your lowest and highest potential distance at each end. This is used to give you an idea of the potential distance for each cell in your Swing Fingerprint.



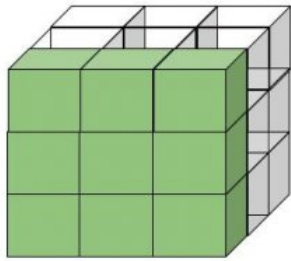
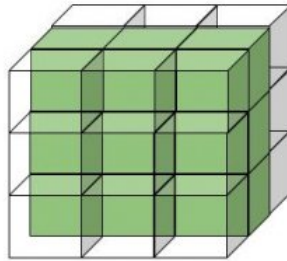
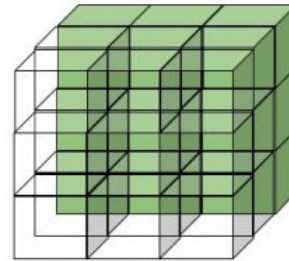
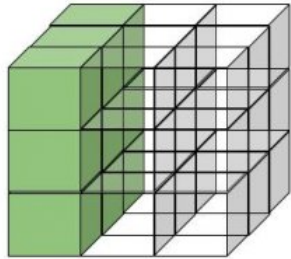
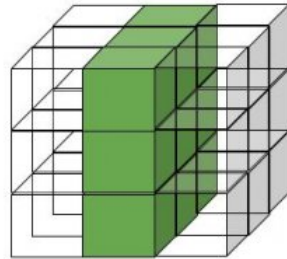
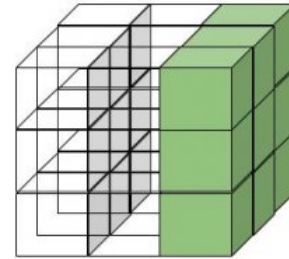
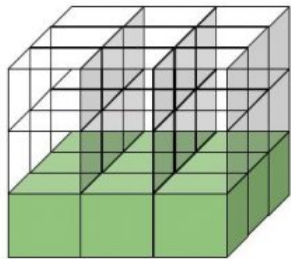
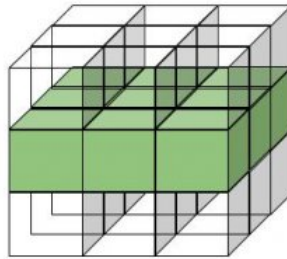
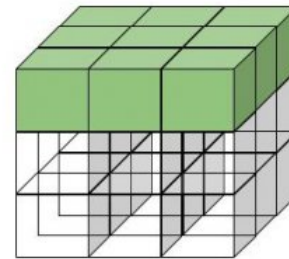
✿ **Why am I missing cells?** The Swing Fingerprint is a collective view of the strike-zone and all of its different locations. If you don't have enough swings in one location, your Swing Fingerprint will not show that respective cell.

Customize your View

On the Swing Fingerprint screen you'll have the ability to customize the way you see your Swing Fingerprint. Select the green and white gear icon in the lower right corner to open up your Swing Fingerprint Settings menu.



- **Arrow Icon:** This is your Barrel Slot icon and it has three different views.
 1. The first is your **Average Barrel Slot** view represented by a single arrow in each cell of your Swing Fingerprint. This is the **Average Barrel Slot** for all swings that make contact in that location of the strike zone. This is the default view that is turned on when you enter a Swing Fingerprint. It's icon on the Swing Fingerprint settings menu is a single black arrow.
 2. The second is your **Individual Barrel Slot** view which shows a collection of arrows. Each arrow is the Barrel Slot for each individual swing that makes up your Swing Fingerprint. Collectively, you can see the path of your swing, try moving around the 3D image. The **Individual Barrel Slot** icon on the Swing Fingerprint settings menu is two black arrows.
 3. The third view shows **no Barrel Slots**. This view has Barrel Slots turned off and only shows the strike-zone heat map. It's icon on the Swing Fingerprint settings menu is a single black arrow with a line through it.
- **Cube Icon:** This is your Slice Selection Menu, it allows you to select which slices of the strike-zone appear on your Swing Fingerprint. There are 9 different slices of the strike-zone; 3 depth slices, 3 width slices and 3 height slices. When the box beside the slice name is filled in green with a black check mark, that slice is selected and will appear in the Swing Fingerprint. When the box beside the slice name is empty, that slice has not been selected and it will not appear in the Swing Fingerprint. The best way to learn the slices and where they appear is to turn them all off by selecting **Clear**. Then turn each slice on one by one to see where they appear on the Swing Fingerprint.

**Forward (Depth)****Middle (Depth)****Deep (Depth)****Outside (Width)****Middle (Width)****Inside (Width)****Low (Height)****Middle (Height)****High (Height)**

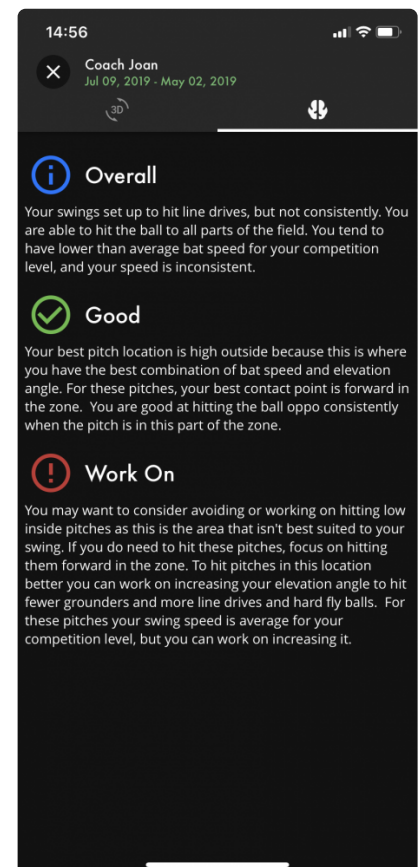
- **Eye Icon:** This icon allows you to quickly change the view in which you are viewing the Swing Fingerprint. You also have the ability to move around the 3D screen as you wish by dragging your finger.
- **Square Icon:** This is your transparency icon and allows you to control the transparency of the Swing Fingerprint. The transparency is turned on as default when you first enter the Swing Fingerprint screen. To turn it off, select this icon. You'll see the cells become solid and will be able to see their colors better. To make the Swing Fingerprint transparent, select this icon again.
- **Upload Icon:** This allows you to share your swing. By selecting this icon it will pull up your different options of how you can share your screen. *This will share a screenshot of the current screen you are on.*

6.2. Insights

Now that you've generated your Swing Fingerprint and have learned how to customize the view, let's take a look at what it means for your overall swing!

At the top of your Swing Fingerprint screen you'll see your name and the date range in which your swings were selected. Underneath you'll see a 3D icon with two curved arrows and a brain icon. Select the brain icon. This takes you to your **Insights Page**!

This is a report generated by your Swing Fingerprint. Here you'll learn an overview of your overall swing, what is good about your swing within a given area of the strike zone, and what needs to be worked on within a given area of the strike zone! These Insights are based off of your Swing Fingerprint. As your Swing Fingerprint changes, your Insights will change as well.



6.3. Swing Fingerprint FAQ

What is Swing Fingerprint?

Swing Fingerprint combines a personalized swing analysis with a visual 3D heat map of a hitter's hot and cold zones.

How do I generate a Swing Fingerprint?

Select the **fingerprint icon** from the menu at the bottom of your Dashboard

1. Tap on the sessions you want to use for your Swing Fingerprint (selected sessions will show a green and white check mark)
2. Select **Generate**

How many total swings should I use to create a Swing Fingerprint?

We suggest that you use 50-100 swings to generate a Swing Fingerprint that most accurately represent your overall swing.

Why are there cells missing on my Swing Fingerprint?

The Swing Fingerprint is a collective view of the strike-zone and all of it's different locations. If you don't have enough swings in one location, your Swing Fingerprint will not show that respective cell.

What do the different colors represent?

The smaller cells range in color from blue to red. The more blue a cell is, the lower the potential distance is for balls hit in that location of the strike-zone. The more red a cell is, the higher the potential distance is for balls hit in that location of the strike-zone. Red cells are the locations in which you hit the ball the best. Blue cells are the locations that need improvement.

How is the potential distance for each color determined?

The potential distance for each colored cell is determined using a combination of the Max Barrel Speed and the Approach Angle from each swing where contact was in a cell

What do the arrows represent?

Each colored cell will have an arrow inside of it. This arrow represents your average Barrel Slot of swings to hit pitches in that location.

What is Barrel Slot?

Barrel Slot is the direction the sweet spot of the bat is going for 6 ball lengths prior to the impact point.

How many swings do I need to send a Fingerprint?

You will need to select at least 10 swings to generate a Swing Fingerprint. However, the more swings you select the more detailed it will be. The ideal range is between 50-100 swings.

How many Fingerprints can I generate?

If you have a Premium Hitter Subscription, you can generate as many Swing Fingerprints as you'd like!

What is the difference between average and detail barrel slot views?

Your Average Barrel slot view shows only one arrow in each cell of the strike-zone. This arrow is the average barrel slot for that location (cell) of the strike-zone. The detailed barrel slot view show the barrel slot of every single swing used in your Swing Fingerprint.

What is the brain icon?

The brain icon takes you to your **Insights** page. **Insights** is a report generated by your Swing Fingerprint.

Here you'll learn an overview of your overall swing, what is good about your swing within a given area of the strike zone, and what needs to be worked on within a given area of the strike zone!

How are the Insights determined?

These Insights are based off of your Swing Fingerprint. As your Swing Fingerprint changes, your Insights will change as well.

Can I save my Fingerprint?

Currently, Swing Fingerprints cannot be saved. However, if you'd like you can export a screenshot of your Swing Fingerprint and share it. To share your Swing Fingerprint, select the Swing Fingerprint Settings menu (green and white gear icon on the Swing Fingerprint screen). Then select the upload icon at the top of the list that slides out! This will pull up your different options of how you can share your screen.

7. Activity

The Activity option is your history and is made up of Sessions, Performance and Leaderboards. Click below to learn more about each!

- [Sessions](#)
- [Performance](#)
- [Leaderboards](#)

7.1. Sessions

Welcome to Sessions! Here you'll have a quick and easy view of past sessions and history.

Calendar

The top half of the page will show a calendar month. You can scroll through different months by using the arrows at the top or by using your finger to swipe right or left. Dates that have sessions recorded on them will have a green circle around them.

Session Rows

Below the month view you'll see several rows with information on them. Each row is an individual session. To the far left of a row, you'll see the date the session was taken. If several sessions were taken on that date, you'll see several rows with the same date. In the middle of the row, if you tagged the session type (tee, front toss etc) this will appear here. To the right of the row, you'll see the total swing count for that session as well as a star outline, a video outline and an arrow.

The **star outline** represents if there are any favorite swings in that session. If it is lit up white, there are favorite swings.

The **video outline** represents if there are any videos in that session. If it is lit up white, there are videos.

The **arrow** takes you into the session itself. Click anywhere on that row to go into the session.



You may also see a small cloud with an upward facing arrow. This means there is data in that session that has not yet made it up to the Diamond Kinetics' server. To upload this data, connect to the internet.

7.2. Performance

Welcome to Performance View! Here you'll get to see the trends for all of your different pitches

The Performance page is made up by different graphs. Each graph is for a separate hitting metric. The name of the metric will be displayed at the top of the graph as well as the units that metric is measured in. If you'd like to rearrange the order in which you see the graphs, you can change the metric by selecting the green downward arrow next to the metrics name. Scroll to the metric you want and select "Done".

Graphs

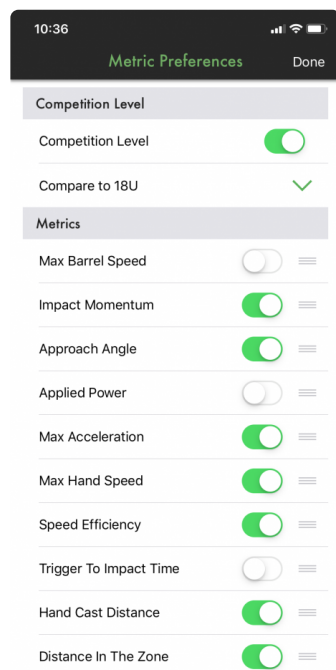
You can zoom in and out of graphs as well as scrolling through them. Each white dot on a graph represents an **individual session**, *not an individual swing*. With your finger single tap a session (white dot) on the graph. A number in a white box will appear next to the shape. This is the *average* for that metric for that session. In the upper left hand corner you'll see the date of the session, as well as the swing count of that session.

If you double tap on a dot on the graph, you will be taken into that historical session.

7.2.1. Edit Performance

“Now that I’ve seen my Performance View, how can I edit it?”

From the Performance View page, select green circle with the white pencil in the lower right hand corner of the page. You’ll be taken to a page that says **Metric Preferences**.



“How do I change the Competition Level I’m comparing to?”

In SwingTracker Performance View, you have the ability to compare your metrics against the top 15% of different Competition Levels. It’s a helpful way to see where you stack up in your own Competition Level or where your metrics need to be to reach the next level! On the Metric Preferences page you’ll see **Competition Level** with a switch beside it. To see the top 15% for your Competition Level make sure the switch shows green. If it shows white, tap on the switch and it will flip to green.

Once it’s flipped green you’ll see “**Compare to...**” and a downward facing green arrow. To change the Competition Level, select the downward facing arrow and scroll till you find the Competition Level you want. Once on your desired Competition Level select the now upward facing green arrow.

When you go back to your Performance View, you will now see a bronze line across each graph. There will be a number with (Top 15%) beside it. The number represents the average for that metric for that select Competition Level.

Metrics

Below Competition Levels you’ll see **Metrics**. Beside each metric you’ll see a switch. *Green* means on. *White* means off. You will want the switch to show green next to each metric you want to see a graph for.

To the far right of each metric you’ll see 3 stacked lines. Press and hold on these lines and you can rearrange where that metric sits on the list. This will change the order of the graphs that appear on the Performance View page.

Once you are done editing your charts select **Done** in the upper right hand corner. You’ll be taken back to your Performance View

7.3. Leaderboards

Welcome to Leaderboards! Here you will have quick and easy access to all the leaderboards you are apart of!

On this page in your Activity section, the leaderboards that you are a part of will be listed. You will see your rank next to the name of the leaderboard and the group that leaderboard is owned by.

To take a closer look at the leaderboard, click on it. On the next page, you'll see the whole leaderboard. The rank of each player included as well as their metric. To go back to you leaderboards list, select the "Back" option in the upper left corner.

8. Programs

The Programs option provides you with different programs made up of drills to help you improve different aspects of your game!

[Learn How to Start a Program](#)

8.1. Start a Program

Let's start a Program! Click on the Programs option on the bottom menu of the Home Page. All of your Program options will be listed on this next page. Click on one to open it.

Once in a Program, you can watch a video that describes what you will accomplish. Below the video you'll see the different levels of the program. Each level will consist of different drills. **You must complete the drills in order. You cannot start a drill under the previous drill is completed. You cannot start a level until all previous levels are completed.**

Starting a Drill

To start a drill, select the icon the drill is represented by, then select **Go**. You'll be taken to an instructional page about the drill.

9. Games

Let the Games begin! Games provide a fun, competitive way to get your reps in with SwingTracker!

The **Games** section of the app (*located on the main menu of the Dashboard*) consists of four different games:

1. [Classic Home Run Derby](#)
2. [Timed Home Run Derby](#)
3. [Take 10 Swings](#)
4. [Going the Distance](#)



DK Tip: When using games, make sure the audio for your app is turned on! To learn how to ensure your audio is on, [click here](#).



DK Tip: Games are based off of Competition Level. You can double check what Competition Level you are in at the top of the Games Page. If you'd like to edit the Competition Level, select the green pencil.

9.1. Classic Home Run Derby

In the *Classic Home Run Derby* you are given 10 outs to hit as many home runs as you can.

Game Notes:

- There is no time limit to this game.
- Every time you hit a multiple of 10 home runs (10,20,30 etc.), you will get an additional 3 outs.
- Fence distances vary by Sport and Competition Level. For information on fence distance used, select an option: [Baseball](#) or [Fast-Pitch Softball](#)

9.2. Timed Home Run Derby

In the *Timed Home Run Derby* you are given 3 minutes to rack up as many home runs as you can.

Game Notes:

- The clock will not start until you take your first swing.
- If you hit a home run that is **25% greater** than your Competition Level's home run distance, you will get **30 seconds added** to your clock.
- Fence distances vary by Sport and Competition Level. For information on fence distance used, select an option: [Baseball](#) or [Fast-Pitch Softball](#)

9.3. Take 10 Swings

In *Take 10 Swings* you have 10 swings to do as much damage as possible.

Game Notes:

- No Game notes. Best of luck and happy hitting!