

Quick Start for Speedlight – 24/03/2016

Speedlight for iPad SpeedMat Quick Users Guide

In your kit will most likely have:

- 1 x SpeedMat wireless vertical jump measuring device
- 1 x SpeedLink
- 1 x Range-Extender (D-Link)
- 1 x Battery Charger for SpeedMat
- 1 x Battery Charger for SpeedLink
- 1 x Battery Charger for Range-Extender (D-Link)

Let's setup a Basic Jump Test:

Basically, it goes like this (more detail later)

1. Turn on your Range-Extender **and wait for both lights to turn green.**
2. Connect your iPad to the Range-Extender wireless network.
3. Turn on your SpeedLink.
4. Connect the SpeedLight app on your iPad to your SpeedLink.
5. Select a 'Preset' jump test or create a new one in the Test designer (Don't forget to save it!).
6. Go to the '*Setup & connection*' menu.
7. Hold the 'ON' button down on the SpeedMat until the red LED lights up. Release the button. It will appear in the right hand margin of the app.
8. Drag and drop the SpeedMat icon, onto the greyed representation in your test.
9. Select an athlete or squad, as required.
10. Go to Run Test page, and press '*Arm System*'.
11. The mat can be turned off only by closing the system down from the iPad App.

Detailed Description.

Charging your batteries.

The supplied charger is 5V 1 Amp wall plug type with a mini-USB cable.

The same type of charger is used to charge the SpeedLink.

When you connect the charger to the SpeedMat, a red LED will turn on if the SpeedMat is in 'Fast Charge' mode, and charging will be completed in less than 6hrs normally if it is completely flat.

Make sure your SpeedMat is always charged before you take it into the field.

You should get at least 6 hrs of use minimum with a healthy, fully charged battery. You cannot overcharge the batteries.

Make sure you have charged the iPad, SpeedLink and Range-Extender before venturing onto the field.

Setting Up Your System

1. Connecting to Range-Extender

- Switch the Range-Extender to 'On' and wait for both LEDs on the device to turn green. It may take up to one minute for this to occur.
If the LED labelled with a  is not green you should charge your device.
- On your iPad, go to Settings/Wi-Fi and connect to the network *SpeedLAN_RED* created by your Range-Extender (Fig 1). **The default password is: *speedlight***
Depending on your Range-Extender configuration, your network SSID could be alternatively named *SpeedLAN_BLUE*, or *SpeedLAN_GRAY*.

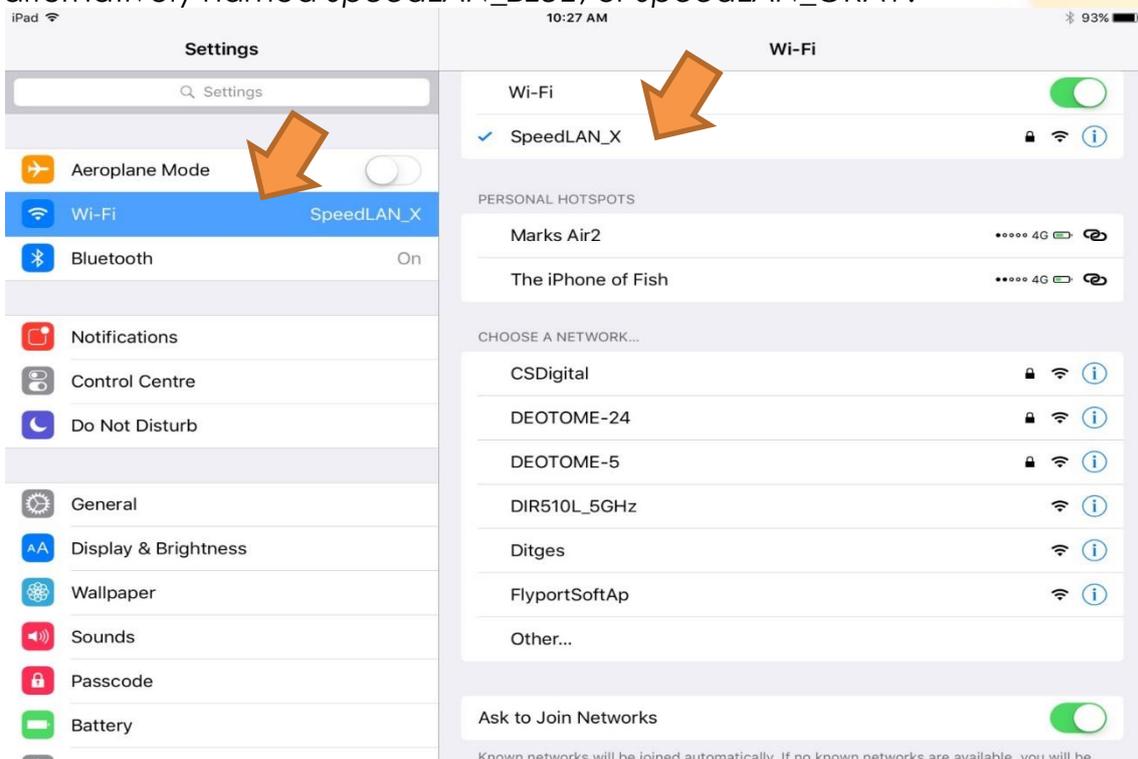


Fig 1

2. Connecting to SpeedLink

- a. Turn on the SpeedLink by holding down the RED 'on-off' button until the red status LED comes on solid. Release button. The green Wi-Fi LED will flash rapidly. Wait for approximately 40 seconds and the SpeedLink will automatically connect to the Range-Extender. The green Wi-Fi LED will now be flashing at a much slower rate.
- b. Open the SpeedLight Application. Select your account, or add yourself.

3. OPTION: Connecting to SpeedLink WITHOUT Range-Extender

When starting your SpeedLink, the device will automatically connect to the Wi-Fi network generated by your Range-Extender. If for some reason the SpeedLink cannot find your Range-Extender, it will provide its own Wi-Fi network with the network name 'SpeedLink_nnnnn' (the nnnnn within the network name is equal to the last five digits of your SpeedLink serial number).

This feature is useful if there is an issue with your Range-Extender, however, we **strongly** recommend you use both the Range-Extender and SpeedLink devices while testing if possible. The combination of both devices ensures a more secure connection between your SpeedLight devices and iPad, while also reducing the possibility of interference from peripheral electronic devices in the testing environment.

- a. Turn on the SpeedLink by holding down the RED 'on-off' button until the red status LED comes on solid. Release button. Wait for approximately 20 seconds for the SpeedLink network to initialise. Ensure you do not have a Range-Extender turned on.
- b. On your iPad, go to Settings/Wi-Fi and connect to the network *SpeedLink_nnnnn* generated by your SpeedLink. **The default password is the last five digits of the SpeedLink serial number 'nnnnn'.**
- c. Open the SpeedLight Application. Select your account, or add yourself.

4. Creating a test in 'Test designer' mode

- d. You will need at least one athlete in your database to be able to run a test. Tap on Athletes and then '+' to add one. It's a good idea to enter their weight and date of birth.
- e. This of course is optional, as you could just use one of our included pre-set tests. However, to design your own test:
 - i. Tap on 'Test designer'.
 - ii. Drag SpeedMat icon onto page.
 - iii. Tap on the SpeedMat icon to bring up test variables.
 - Type: Vertical jump, Drop-jump, and Cadence
 - Number of jumps
 - iv. Name and save your test.

5. Connecting your SpeedMat

- a. Go to 'Setup & connection' page.
- b. You will see a 'ghosted' image of your test. If you want to use a different test, just tap 'change' in Zone 1 next to Zone Preset.
- c. Select the test you need.

- d. Turn on your SpeedMat by holding down the 'ON/OFF' button firmly until the red LED lights up and release.
- e. Drag the connected SpeedMat onto the appropriate position on the test.
- f. Tap on 'Run Test' icon.
- g. Select your athlete by tapping on them.
- h. Tap on 'Arm system'.
- i. Your athlete starts when ready, and Speedlight App will collect the results.
- j. Repeat steps g. and h. as required.

6. Exporting data

- a. Once you have finalised testing you will want to export your data.
- b. Go to the 'Athletes' or 'Squads' page.
 - i. If on 'Athletes' you can tap the athlete, then the , select your date range and export.
 - ii. To export data from several athletes, tap  and select multiple athletes, then the , select your date range and export.
 - iii. This will result in a CSV file being generated and attached to an email. Just enter your email address, and send.

7. Using the SpeedReader with SpeedTags

- a. Create a test but this time drag a SpeedReader onto the test designer page.
- b. It doesn't matter where you place it!
- c. Follow steps (5 a-j) like above. The only difference is your athletes touch their tag on the SpeedReader to assign the test to themselves.

8. Assigning SpeedTags to athletes

- a. Sit yourself down!
- b. Create a test with nothing more than a SpeedReader. Save it as "Tag Assign".
- c. Make sure you are connected to the Range-Extender and SpeedLink network *SpeedLAN_X*.
- d. Go to 'Setup & connection' page.
- e. Select the test "Tag Assign".
- f. Turn your SpeedReader on.
- g. Tap on 'Athletes'.
- h. Now tap any athlete you want assign a SpeedTag to.
- i. Touch the SpeedTag to the SpeedReader.
- j. Tag is assigned.
- k. Repeat steps (h-j) as required

Troubleshooting

If you experience any issues with your system or have any general enquiries, please refer to our online support portal which can be found at support.swiftperformance.com. Updated user manuals are available through this portal for your device as well as many other FAQ which may assist you in your queries. You will find other useful info on our YouTube channel @ <https://goo.gl/ciPXMu>

Have fun !!!
The Swift Team