



## critical . movement . analysis



### ***CMA Sports Analysis helps power Amanda Parker to new heights.***

In 2013 Amanda Parker and her synchronised partner Kat Driscoll became double gold medallists at the Trampoline World Games and World Championships. Amanda is a world class athlete and member of Edgbarrow Trampoline Club, overseen by Sue Lawton. Sue invested in the very first CMA Cougar sports video analysis console for the club from CMA Sports Analysis over 5 years ago, and with a lot of hard training and coaching with the aid of their CMA Cougar console they have seen remarkable success across the whole club.

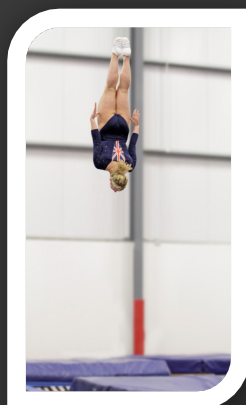
CMA Cougar is an 'all-in-one' sports video analysis console that makes it easy and accessible for all clubs and their athletes to access the advantages of sports video analysis. The console is simply wheeled out of the cupboard at the start of the training session, plugged in and turned on; the console automatically boots into the chosen sports analysis software, which in this case is, TimeWarp from Siliconcoach. The camera, computer and software are all integrated within the console. An 8ft extendible camera pole helps to get the required height so people using the console do not block the view of the video camera, and it gets the best angle for video analysis. The software allows video playback and analysis, whilst

always recording in the background, so nothing is missed.

Amanda Parker recalls how CMA Cougar has become an integral part of her training regime and helped her become one of the top trampolining athletes in the world.

"Sports video analysis has become an integral part of my training. It's amazing to have the ability at the club to immediately review aspects of my training, bounce after bounce."

Amanda explains further, "It's simple to use and allows me to continually train alongside my coach. I am always looking for ways to perfect my performance and to have an extra pair eyes sitting at the side of gym is a key factor. The fact that I can see it firsthand, means I can make those tiny adjustments and improve on specific areas that are important and that will help perfect my routine"



"My coach will often see the tiny mistakes that I cannot feel or visualise. Using the CMA Cougar console allows me to replay the action and if necessary slow down and freeze frame so that I can see for myself what the coach is explaining, I'll then get back on the trampoline and try and improve on what we just saw." Amanda says.

The key feature of the software is being able to set a pre-defined time delay, so when the move is finished, the athlete can walk over to the console and immediately review without having to interact with the software or rewind. Another key feature is the ability to continually record and review the footage at the same time. This means that nothing is lost during the training session and you can always go to previous points and playback without needing to save the clips first. The software is always recording in the background, so somebody else can now utilise the trampoline while the athlete reviews the footage with the coach on screen.

Amanda explains "I will often do 2 or 3 moves and review each one in detail immediately; we set a 40 second time delay that gives enough time to do the moves and get to the console while I catch my breath, my skills will be ready automatically for review without any interaction. When I'm happy with the skills I'll start integrating them into a routine. If I need to go back to recall any previous moves, I can quickly and easily, even if somebody else is also training with the console at the same time as me."

Amanda Says, "To be world synchronised champion in 2013 was an amazing feeling that words cannot describe. Bringing home gold for GB was the best highlight of my year. I'm in training for other events and for the 2016 Rio Olympics, hoping for further medals to add to my collection. I'm sure without the CMA Cougar sports video analysis console at Edgbarrow, my dedication, and the help of my coaches and team mates; I would not have got to where I am today."

### About CMA Sports Analysis:

CMA Sports Analysis was created to find and design simple sports video analysis solutions, which are easy to setup and use. Our background is in Video Production, IT Technologies, Video Sports Analysis and Sports Photography. We are a small company that pride ourselves on giving excellent customer service, support and knowledge. Our first product CMA Cougar was designed in conjunction with International coaches in Trampolining, who found video analysis, difficult, time consuming and hard to operate. We have continued to expand our product range, designing portable solutions with CMA Lynx and CMA Wild Cat, both laptop based systems. For clubs that require a bespoke solution designed around their sports venue, we have CMA Lion. We have supplied our solutions to Gymnastic Clubs, Trampolining Centres, DMT Clubs and Tennis Centres, based around the UK and Europe. [www.sportsanalysis.co.uk](http://www.sportsanalysis.co.uk)

### About Edgbarrow:

Edgbarrow Trampoline Club is one of the most established trampoline clubs in the UK and has been running since 1983. Since then they have produced and trained more than 70 junior and senior international competitors including 2 Olympians, 5 reserve Olympic positions, 3 World Cup Final winners, many senior and junior World and European medallists and numerous British Champions. Edgbarrow is the home of Amanda Parker, World Championship Synchro Gold Medallist, World Cup individual finalist, 4th in Europe Individually, European Championship Synchro Silver Medallist and World Class GB Squad member. [www.edgbarrow.co.uk](http://www.edgbarrow.co.uk)

