

User Manual



#### **User Manual**

Thank you for purchasing QuickStickz. This User Manual has been designed to help you get the most out of your QuickStickz training experience.

#### Setting Up QuickStickz

p. 3

How to set up your QuickStickz system to get the best performance.

#### Signing In – The QuickStickz Web Portal

p. 7

How to sign into the QuickStickz web portal, as well as instructions on how to retrieve your account information.

#### The Dashboard: Overview

p. 9

A quick tour of the QuickStickz web portal, identifying the main sections you'll be using during your practice sessions.

#### Installing QuickStickz

p. 11

A step-by-step guide to installing QuickStickz on your PC.

#### Account Management

p. 16

How to change the email address and password assigned to your QuickStickz account.

#### Profile Management

p. 17

How to create, edit, and delete Player Profiles on your QuickStickz account, and how to switch between them.

#### Playing Drills and Games

p. 22

How to play the drills and games in the QuickStickz web portal.

#### Teams and Players

p. 29

How to create and edit a Team for your Player Profile, as well as how to search for other Players and invite them to your Team.

#### Contact Us

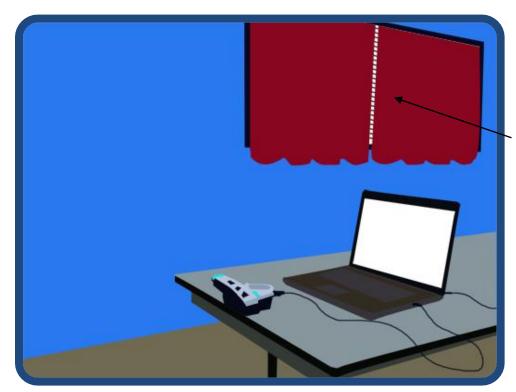
p. 35

Questions? Comments? Need help? Find out how to contact the QuickStickz Support Team.

### Setting up QuickStickz

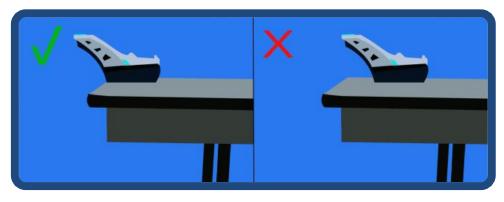
In order to get the best possible performance from your QuickStickz system, please follow the recommended guidelines for setup:

The QuickStickz camera should be placed at the edge of a table or desk in front of your computer. Make sure that the USB cable is securely plugged in to the camera and the computer.



NOTE: If there are any windows in the room where you will be using QuickStickz, make sure that the curtains are drawn and/or the blinds are shut.

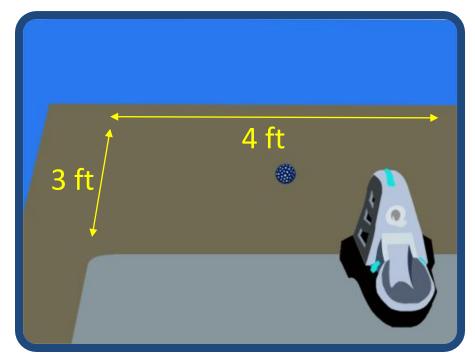
This will prevent sunlight from entering the room and interfering with the camera's function.



Make sure that the QuickStickz camera is set directly on the edge of the table or desk where it will be used.

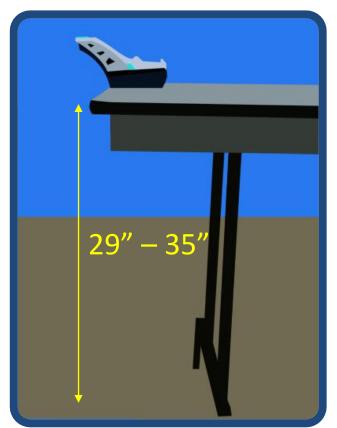
Otherwise, the camera will be able to see the table top, which will also interfere with its function.

User Manual



When placed properly on the table or desk, the QuickStickz camera will have a clear, unobstructed view of the floor.

Make sure you have a large enough floor space in front of the camera. We recommend having at least a 4' x 3' playing area reserved in front of the camera.



The camera is designed to operate from the height of the average table or desk – the recommended height from the floor is between 29" and 35".

If the camera is too high off the ground, it may have difficulty in tracking the stickhandling ball while you're practicing.

If the camera is too low to the ground, it will decrease the amount of floor space that the camera can see, which will also decrease the size of the playing area in front of the camera.

### Lighting



Lighting plays an important role in the proper function of the QuickStickz camera. Although QuickStickz is designed to work in a wide variety of settings, it is important to make sure that external light sources aren't interfering with the camera's ability to track the stickhandling ball.

If, when attempting to play a drill, you notice that the onscreen puck is moving erratically, there is most likely an external light source that is interfering with the camera. Some of the common causes of this interference are:

#### Sunlight



Because natural sunlight has a high amount of infrared rays, it greatly interferes with the QuickStickz camera's ability to see the ball. *This is the number one cause of camera interference.* 

Areas in the house that typically receive a high amount of sunlight should be avoided.

Draw any curtains and close any blinds in front of windows that are close to the camera.

### Incandescent & Halogen Lighting



Incandescent and halogen lights also emit a large amount of infrared light and can interfere with the QuickStickz camera.

If you are in a practice area with no direct sunlight and are still experiencing erratic puck behaviour when attempting to play a drill, try turning the lights down in the room where you are practicing.



Compact fluorescent light bulbs (or CFL bulbs) are ideal for use with QuickStickz. Consider using these kinds of bulbs in the area you have designated for QuickStickz practice.

User Manual

#### Reflective Surfaces



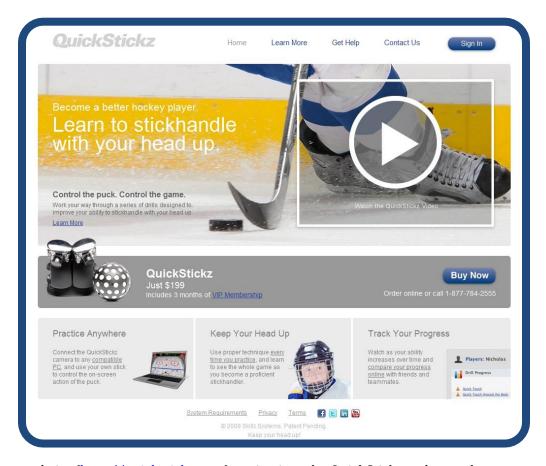
QuickStickz is designed to work with any type of floor surface, but floors with highly reflective surfaces can amplify the interference caused by infrared light sources.

Place on mat on the floor in front of the camera if you suspect that the floor surface is reflecting too much light.

NOTE: Certain types of running shoes and hockey sticks also have reflective details on them, which can also cause a certain amount of interference. You'll need to cover the reflective details to use them with QuickStickz, or you'll need to change them with alternatives that do not have reflective surfaces.



### Signing In – The QuickStickz Web Portal



Go to our website (<a href="http://quickstickz.com">http://quickstickz.com</a>) to sign into the QuickStickz web portal.



At the top of our website's home page, you'll see a blue **Sign In** button in the right-hand corner.



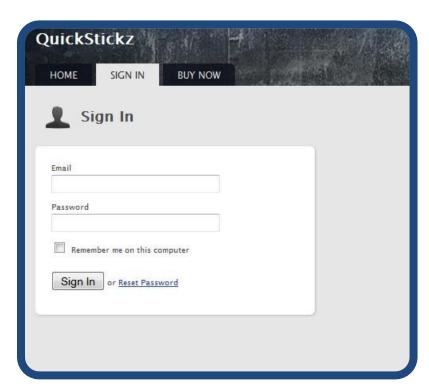
Click the **Sign In** button to continue.

On the sign-in page, you'll see two fields marked **Email** and **Password**.

Enter your QuickStickz account email and password in the appropriate fields.

If you would like for your account information to be remembered for future visits, check the box labelled "Remember me on this computer."

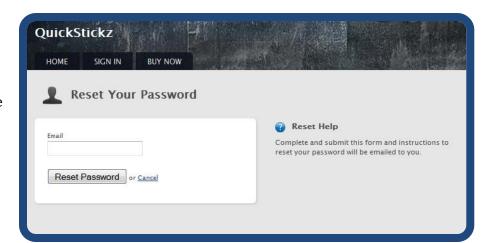
Click the grey **Sign In** button to enter the QuickStickz web portal.



**Note:** Your **QuickStickz account email** is the email you provided upon purchase of the product. If you don't know your account email, please contact Technical Support for assistance.

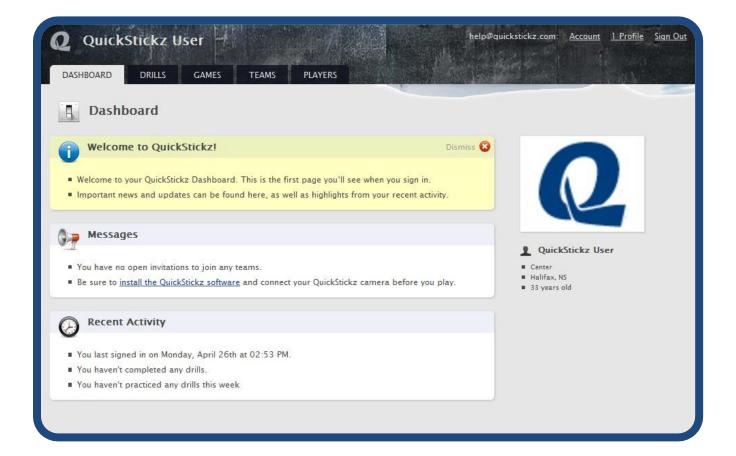
Can't remember your password? Click on the **Reset Password** link next to the grey **Sign In** button.

Enter your account email in the text field and click the **Reset Password** button. You should receive an email with instructions on how to reset your password.





#### The Dashboard: Overview



After signing in, you will be brought to the **Dashboard**, the homepage of the QuickStickz web portal. The Dashboard is used to display messages and important updates to the user.

The **Messages** box displays the most recent messages from the QuickStickz team, as well as any open invitations to Teams (see p. 29, "Teams and Players").

**Recent Activity** displays the date and time of your last sign-in, the last drill you completed and your score, and the total number of drills you've played in the current week.

The right-hand side of the Dashboard shows the currently selected **Player Profile** – the user's name, age, hometown, position, and profile picture. Each QuickStickz account can have up to 5 unique Player Profiles (see p. 13, "Profile Management," for information on creating, editing, and deleting Player Profiles).

#### User Manual



Finally, there are a number of navigation tools at the top of the page, here divided into 3 sections:

- 1. The current Player's name is listed here. This is also a link to the **Player Profile page**, where the user can see a summary of his total practice time and drill scores. The user can also edit his Player Profile information here (see p. 13, "Profile Management").
- 2. The 5 tabs below the current Player name are the main navigation tools you'll use. The **Dashboard tab** is the tab selected by default when signing in to the web portal. The other 4 tabs are:

**Drills tab:** brings you to the Drills page, where you can find our stickhandling training

drills. Each drill has a unique page that provides a brief description, a

summary of your personal records, and an overall leaderboard for that drill.

**Games tab:** brings you to the Games page, where you can find our arcade-style

videogames. The games use the same stickhandling techniques practiced in the drills and allow the player to practice his stickhandling skills while having some fun! Like the drills, each game has a unique page that provides a brief description, a summary of your personal records, and an overall

leaderboard for that game.

**Teams tab:** brings you to the Teams page, where you can browse through a list of all the

teams currently in the system. You can also create your own team and invite

up to 30 friends to join.

**Players tab:** brings you to the Players page, where you can search for other players and

view their statistics.

3. In the top right-hand corner, you can your account's email address. To the right of the account email, there are 3 links:

**Account link**: Click this link if you want to change your account's email address or

password.

**Profile link:** Click here to manage your account's Player Profiles. Up to 5 unique Profiles

can be managed per account.

**Sign Out link:** Click here to sign out of the QuickStickz web portal.



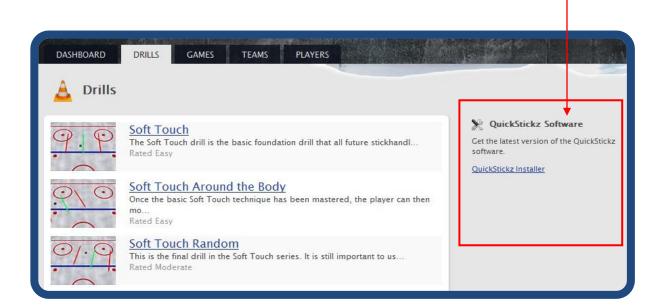
### Installing QuickStickz

Before you start practicing, you'll need to install some software that allows the QuickStickz camera to communicate with the drills and games. This section will guide you through the installation process.

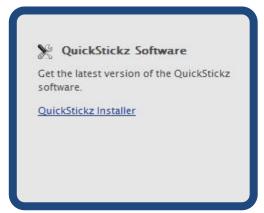
**Note:** Before beginning the installation, make sure the QuickStickz camera is NOT plugged in.

First, you'll need to go to the **Install page** on the web portal.

Click on either the **Drill tab** or the **Games tab** – on the right-hand side of both of these pages, you'll see a link that will take you to the Install page.



Click on the **QuickStickz Installer** link to go to the Install page.





Click on the **Download and run the QuickStickz installer** link.

#### **Internet Explorer users:**

If you click the **Run** button, the installer will begin the installation process automatically.

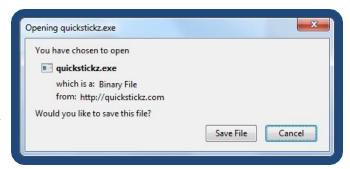
If you click the **Save** button, you'll download the installer to a folder of your choice (the default folder is your **Downloads folder**).



#### **Firefox users:**

Clicking the **Save** button will download the installer to your **Downloads folder** by default.

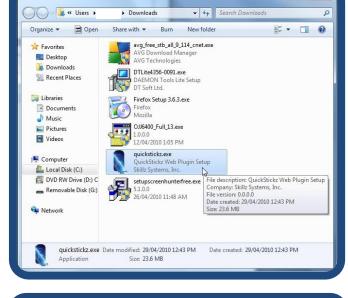
**Note:** If you wish, you can change the selected folder in Firefox's Options window (Tools > Options > General tab).



**User Manual** 

After you have downloaded the installer, go to the folder where the installer was saved.

Double-click the **quickstickz.exe** file to begin the installation.



- - X

If you see a security warning like the one is the picture to the right, click **Run** to continue the installation.



**Vista and Windows 7 users** may also see a **User Account Control** window pop up with a warning message.

Click **Allow** (Vista) or **Yes** (Windows 7) to continue.

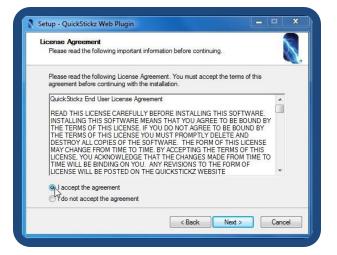


**User Manual** 

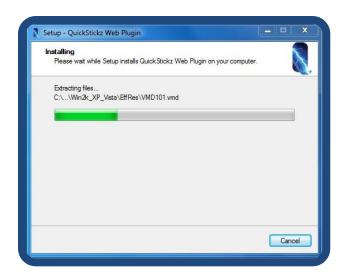
A Setup window will open. Click **Next** to continue.



Click the radio button that says "I accept the agreement," then click Next to continue.

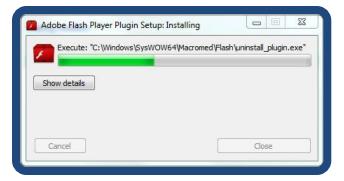


The next window will tell you that Setup is now ready to begin. Click **Install** to begin the process. Setup will begin extracting files.



**User Manual** 

Next, the **Adobe Flash Player** will be installed on your computer. Click **Close** when this is completed.



Next, the **Adobe Shockwave Player** will be installed on your computer. Click **Close** when this is completed.



Finally, the **QuickStickz plug-ins** will be installed on your computer. Click **Next**, then click **Install** to continue.

Click **Finish** when the plug-in installation is complete, then click **Finish** to close the Setup window.

The QuickStickz software installation is now complete.

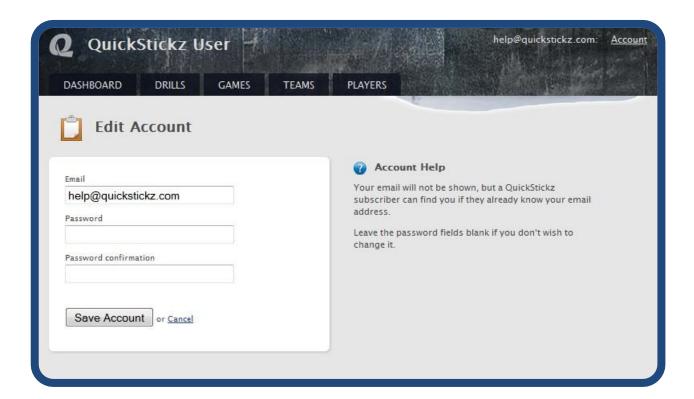


### **Account Management**

When you purchase QuickStickz, an email address and password is assigned to your account.

After signing in to the QuickStickz web portal, you can change you account's email address and password by clicking on the **Account** link.





This will take you to the **Edit Account** page, where you can enter in a new email address or password.

Change your email by entering a new address in the **Email** field.

If you want to change the password, you'll need to enter the new password in both the **Password** and **Password confirmation** fields.

When you are finished making your changes, click the **Save Account** button to save your changes.

### Profile Management

A **Player Profile** manages a user's personal information and keeps a unique record of scores achieved in the QuickStickz drills and games. Each QuickStickz account can save up to 5 unique Player Profiles.

By default, each QuickStickz account has one Player Profile set up. Player Profiles can be accessed on the **Profile** link:



Users can **create**, **edit** and **delete** Player Profiles from this page.



### **Creating Profiles**

To create a Player Profile, click on the <u>Create</u>

<u>Another Profile</u> link on the right-hand side of the Profile page.



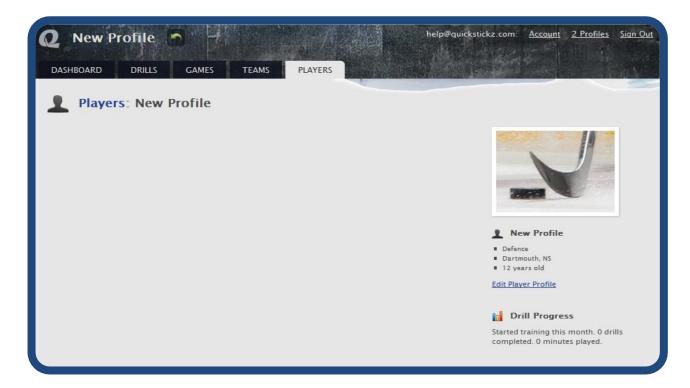
**User Manual** 

You will be taken to the New Player Profile page, where you can enter your name, your position on your hockey team, your hometown and region (Canadian province, US state), and year of birth.

You can also upload a photograph for your Player Profile – click the **Browse** button to find the photo on your computer.



When you are finished entering your personal information, click the **Save Profile** button. The newly created Player Profile will now be the currently selected Player Profile. The number of saved Player Profiles will also be updated in the Profile link – here, you can see that this account now has two profiles.

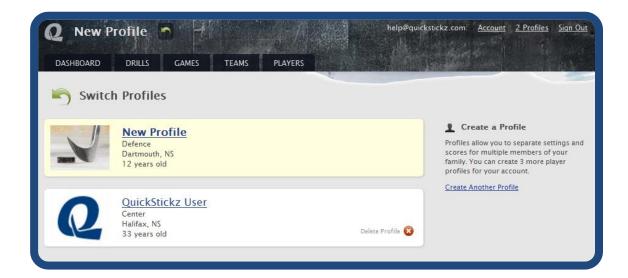


### **Switching Profiles**

When you have 2 or more Player Profiles saved to an account, you'll notice a **green arrow** next to the currently selected Player Profile name.

Clicking this arrow will take you to the **Profile page**. You'll see all of the Player Profiles in a list.

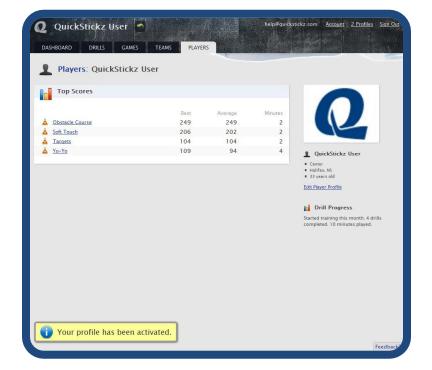




To switch to a new profile, click on the name of the Player Profile you want to activate.

You'll see a yellow information bar at the bottom left corner of the screen, saying "Your profile has been activated."

The Player Profile page shows personal information, a summary of scores achieved in the drills, and a link to edit the profile's personal information.



### **Editing Profiles**

You can edit the personal information of the currently selected Player Profile.

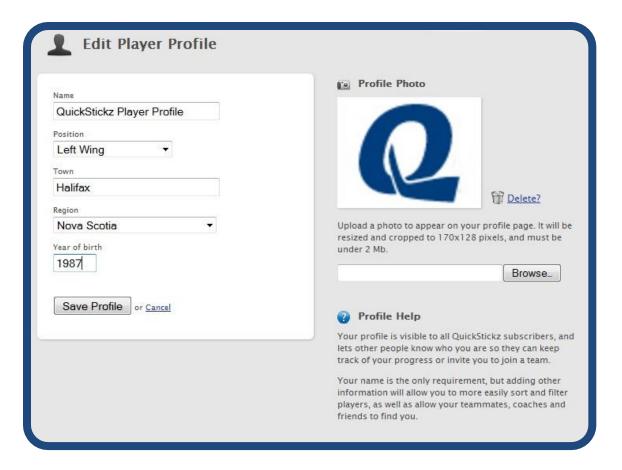
To edit a Player Profile, click the <u>Edit Player Profile</u> link on the right-hand side of the Player Profile page.

You'll be taken to an Edit Player Profile page, where you can change the personal information saved under that Player Profile.



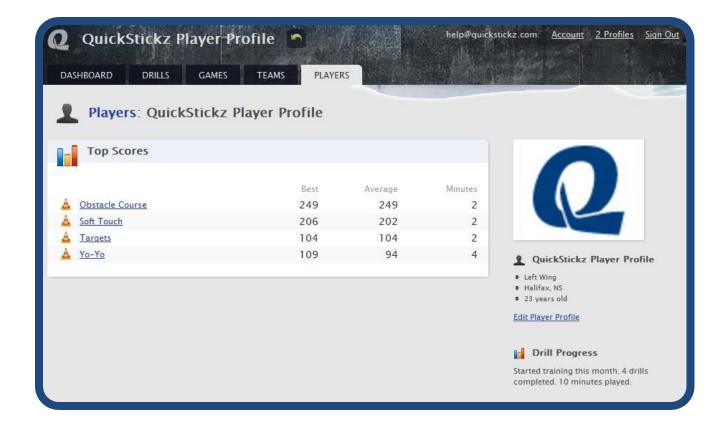
Editing a Player Profile is the same as creating a new one; enter the personal information you want to update in the appropriate fields (Name, Position, Town, Region, Year of Birth).

You can delete the current Profile Photo by clicking on the <u>Delete</u> link, or you can click the <u>Browse</u> button to upload a new Profile Photo.





After you have finished making changes to the Player Profile, click the **Save Profile** button. You will see the updated information on the Player Profile page.



#### **Deleting Profiles**

From the Profile page, you can permanently delete Player Profiles – all personal information and scores for that profile will be lost.

Click on the **Delete Profile** button – a window will open asking you to confirm the profile deletion. Click **OK** to delete the profile.

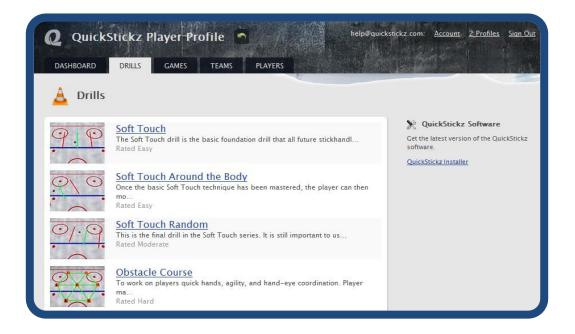


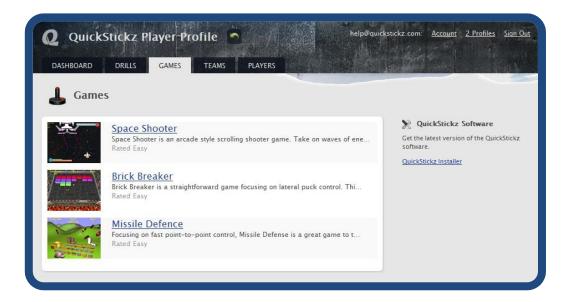


### Playing Drills and Games

After you have installed the QuickStickz software and created your Player Profiles, you're ready to start practicing!

QuickStickz drills and games are accessed from the **Drills tab** and **Games tab**, respectively.



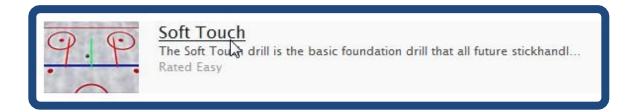




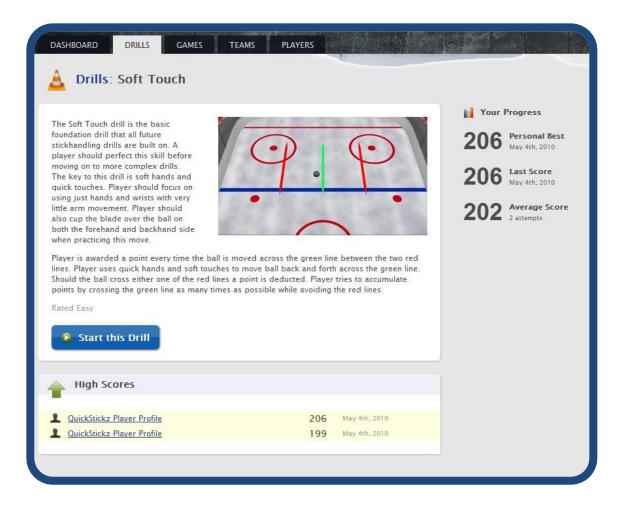
#### **Drills**

Clicking on the **Drills tab** will bring you to the **Drills page**, where you will find a list of all available drills for stickhandling practice.

Click on the name of the drill you wish to play.



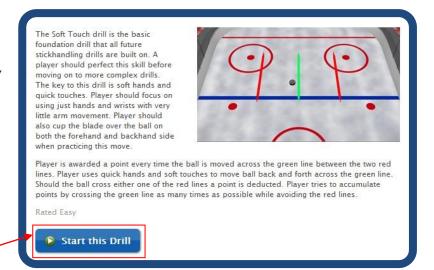
This will open the page for that drill.



#### Each drill page has 3 sections:

1. This section provides a brief description of the drill which explains how it is played, how points are scored, and what stickhandling skills are targeted by it.

There is also a **Start This Drill** button which launches the drill in a new window.



2. The section entitled "Your Progress" displays a summary of your scores for easy reference:

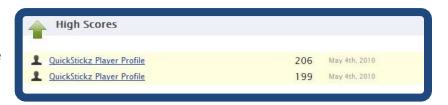
Personal Best: shows your highest score for the selected drill

**Last Score:** shows the last score you attained in the selected drill

**Average Score:** shows the average score attained and the total number of attempts for the selected drill



3. The "High Scores" section shows the top 5 overall scores for the selected drill, from all QuickStickz Players.





To start a drill, click the **Start This Drill** button under the drill description.



**NOTE:** Before playing any drills, make sure that

- 1) The **QuickStickz camera** is plugged into your computer!
- 2) You have selected the correct Player Profile!

A new window will open for the drill. After the drill is finished loading, you'll see the **menu screen** for the selected drill:



#### User Manual

The QuickStickz camera is now capable of tracking the stickhandling ball on the ground.

The ball's position is represented onscreen by **the puck**, which **moves according to the stickhandling ball's movements**.

Stickhandling the ball in any direction will move the puck in that same direction onscreen.



In the bottom right-hand corner of the menu screen, you see a **Start Drill** button. Click this button to start the drill.

#### There are 2 ways to click the Start Drill button:

- Mouse: Use the mouse to click the button with the arrow pointer. The arrow pointer will disappear when the drill starts, and the mouse will be disabled for the duration of the drill.
- 2. **Stickhandling:** Stickhandle the ball so the onscreen puck moves over the Start Drill button. The puck will start flashing. Hold the puck over the button for a few seconds to start the drill.



**NOTE:** Some drills have an additional button that controls whether the drill should be set up for **right-handed or left-handed stickhandlers**.

This button can be used the same way as the Start Drill button: either by mouse or by stickhandling.



**When a drill has been completed, you will return to the menu screen.** You can click the Start Drill button to play again.

When you are finished playing the drill, click on the red X button at the top right-hand corner of the drill's window. This will close the window, and you'll be back at the drill's page.



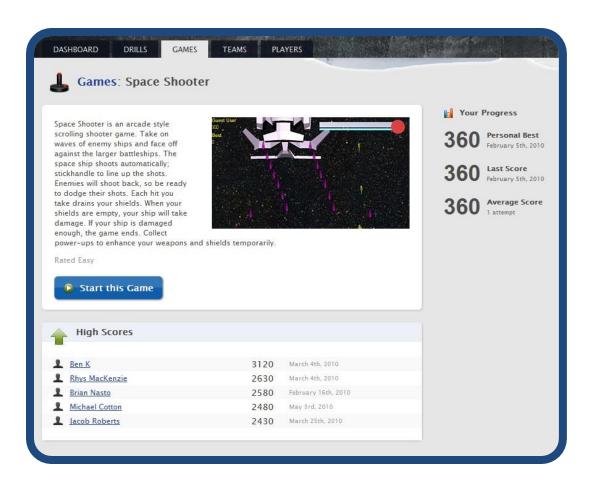
#### Games

Clicking on the **Games tab** will bring you to the **Games page**, where you will find a list of all available games. These games are a great way to have fun and continue your stickhandling practice at the same time!

Click on the name of the game you wish to play.



This will open the page for that game.





As you can see, the game pages are organized exactly the same way as the drill pages: there is a **description of the game**, a section entitled **"Your Progress"** and a **"High Scores"** section.

Click the **Start This Game** button to launch the game in a new window.



**NOTE:** Before playing any games, make sure that

- 1) The **QuickStickz camera** is plugged into your computer!
- 2) You have selected the correct **Player Profile!**

Each game has a menu screen similar to the drills' menu screens. Using the menu screens for games is identical to those for drills:

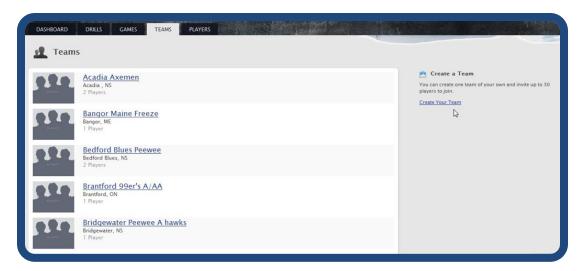
- 1. There will be a **Start** button on the menu screen that can be **accessed either by the mouse or by stickhandling**.
- 2. When the game ends, you will be brought back to the menu screen.
- 3. The game window can be closed by hitting the red X button at the top right-hand corner of the screen.



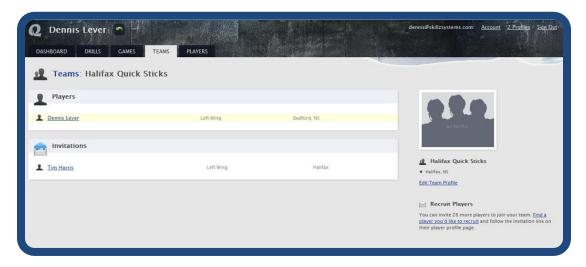
### Teams and Players

### Teams Page

Clicking on the **Teams tab** will take you to the **Teams page**. All QuickStickz Teams are listed in alphabetical order, along with any Team pictures that have been uploaded.



Clicking on a team name will take you to the **Team profile page**, where you can view all of the Players that have joined or been invited to the team.

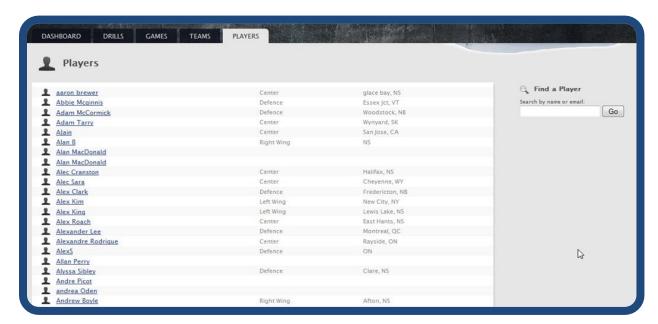


Every unique Player Profile has the ability to create one unique Team, and up to 30 different Players can be invited to a Team. Teams are a great way to organize your friends into a single group, making it easier to check their latest QuickStickz high scores.



#### Players Page

The **Players page** is similar to the Teams page – all Player Profiles on the QuickStickz web portal can be accessed from here. Use this page to search for your friends, compare scores, and invite Players to your Team!



#### Creating a Team

Go to the Teams page - in the right sidebar, you should see a **Create Your Team** link - click the link to continue.



Note: If you don't see the <u>Create Your Team</u> link in the right sidebar, it means that you have already created a Team for the currently active Player Profile. Switch to a Player Profile that has not yet created a Team, and then return to the Teams page.

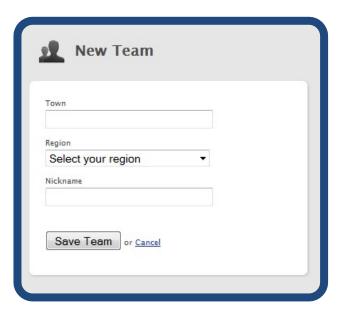
Clicking the Create this team link will bring you to the **New Team page**. Enter the appropriate information into the 3 fields provided:

**Town:** Enter the name of your hometown.

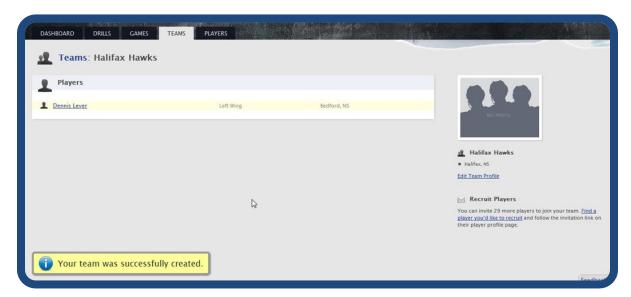
**Region:** Select a province or state from the drop-down list.

**Nickname:** Enter the name of your Team.

Click the **Save Team** button to continue.



When you click the Save Team button, you'll be taken to a new page that confirms the creation of the team. You'll see a yellow notification that says "Your team was successfully created." The creator of the team is listed as the first player on the team. The new team will also be listed on the creator's Player Profile page. To invite new players to the team, there is a link to the Players page on the right sidebar of the team page (see p. 33, "Inviting Players to Your Team").



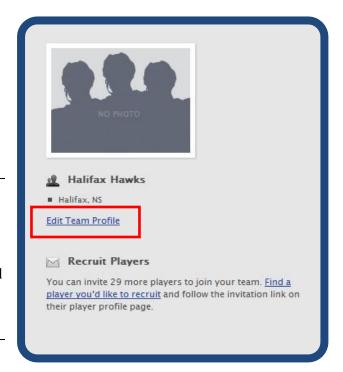
### Adding a Team Picture & Editing Team Profile

After you have successfully created your Team, you can upload a Team picture.

On the Team's profile page, you will see a link that says **Edit Team Profile** on the right sidebar. Click on this link to continue.

#### NOTE:

The quickest way to find your own Team is to visit your **Player Profile page**. The Team that you have created, as well as any other Teams you've joined, will be linked on this page.



You will be taken to an **Edit Team Profile** page that
resembles the page you used to
create your team.

On this page, you can change the **Town**, **Region**, and **Nickname** of your team.

You will also see a place where you can upload a picture for your Team. Click the **Browse** button and then find the picture

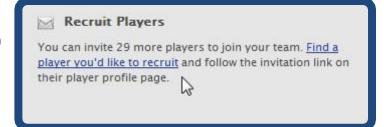


on your computer that you wish to use for your team.

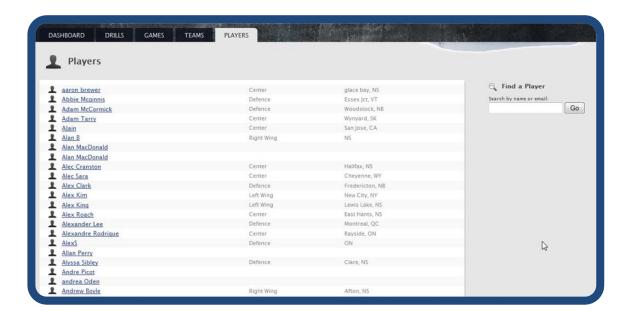
Click the **Save Team** button to save all changes you've made.

### Inviting Players to your Team

On the right sidebar of your Team page, you'll see a link to the **Players page**. You can click this link, or you can simply click on the **Players tab** to visit the Players page.



The **Players page** lists all Players alphabetically.



If you know the name of the Player you'd like to invite to your team, enter the Player name in the Search bar.





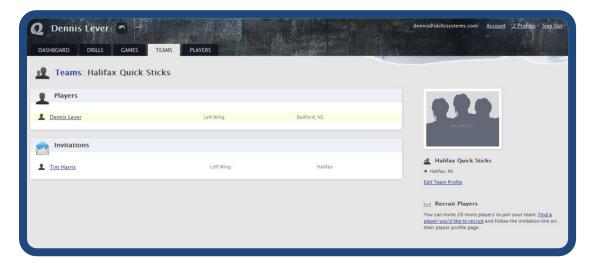
Click the **Go** button to retrieve a list of all Players with the name you've entered in your search. Click on the Player name that you want to invite to your Team.



You will be taken to the Player Profile page of the Player you've selected. On the right sidebar of that Player Profile page, you'll see a link that allows you to invite the Player to your Team. When you click on the link, a yellow message box will appear to indicate that your invitation was sent.



Now, when you visit your Team's profile page, you'll see the Player that you have invited. When this Player logs into QuickStickz for his next practice session, he or she will be notified of the invitation and will have an opportunity to join your Team.



## **QuickStickz**User Manual

### Contact Us

Thank you for your interest in QuickStickz!

If you have any questions or comments regarding the QuickStickz system, or if you need help getting QuickStickz to run on your PC, please contact Technical Support at the following:

Phone: 1-877-QUICK-55 (784-2555) 9am – 4pm, Mon. – Fri., Eastern Standard Time

Email: help@quickstickz.com

Keep your head up!

- QuickStickz Support Staff