

QuickStickz



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.

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

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

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

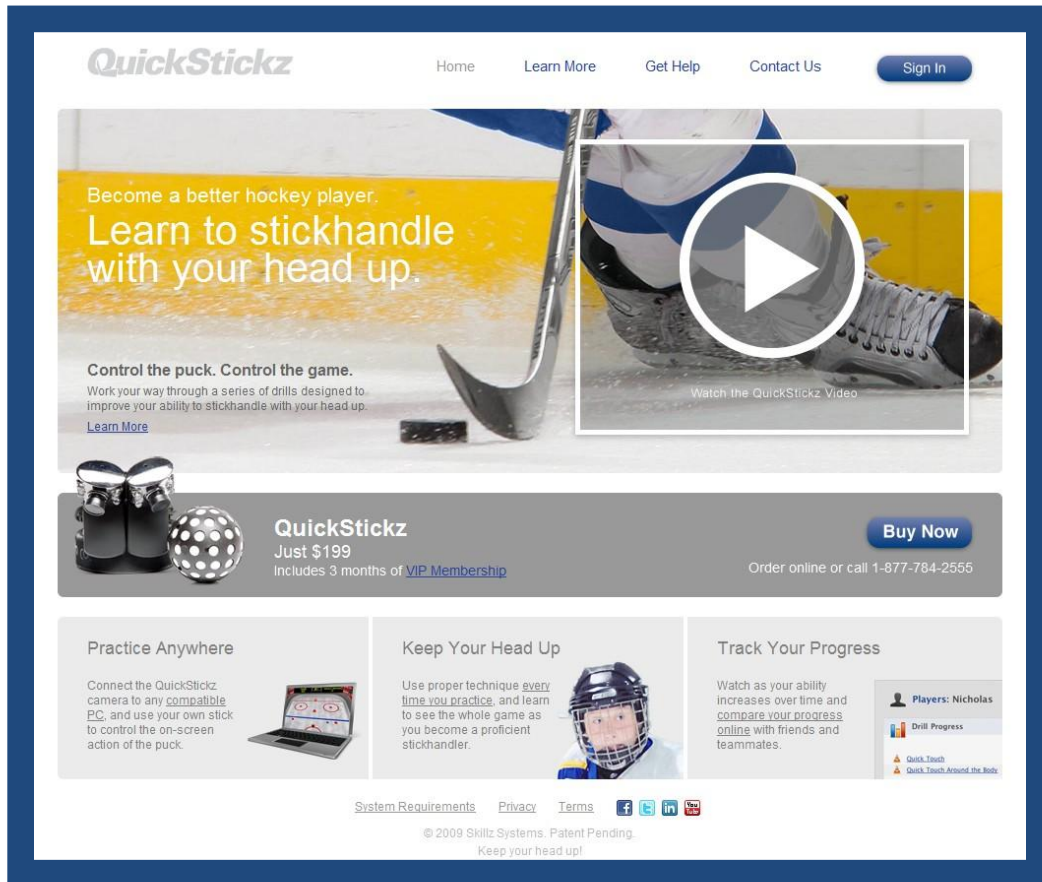
Teams and Players p. 25

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.

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Signing In – The QuickStickz Web Portal



Go to our website (<http://quickstickz.com>) 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.



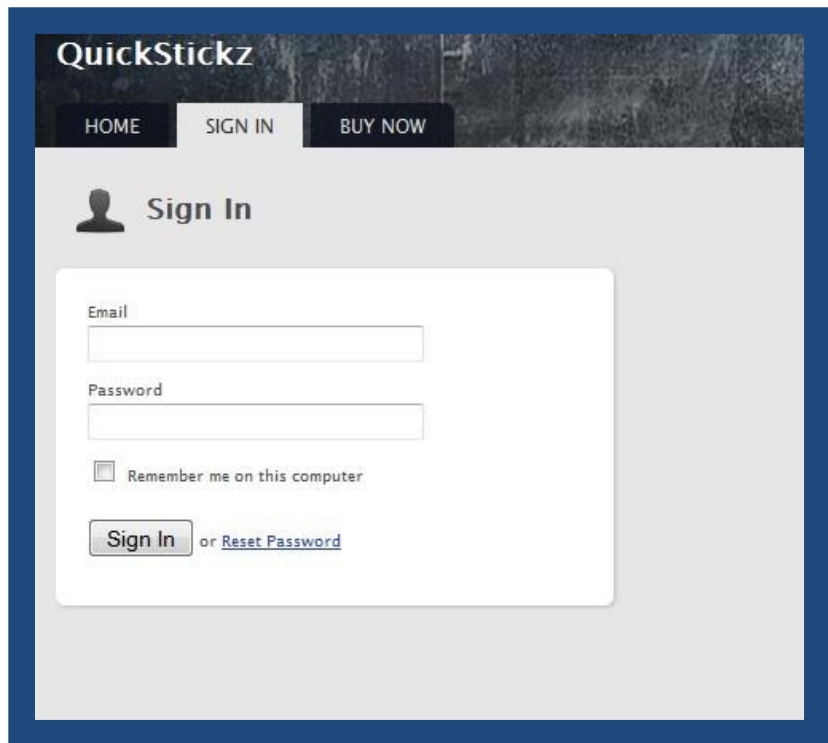
Click the **Sign In** button to continue.

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."**

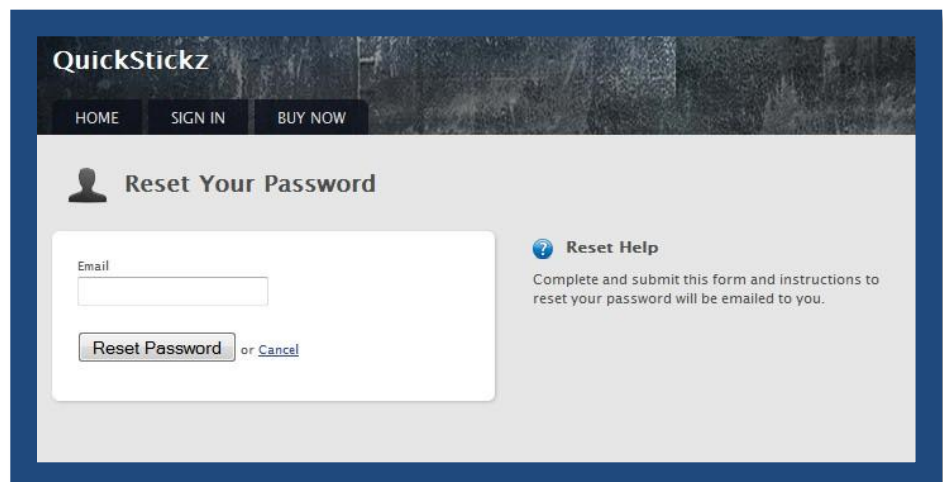
Click the grey **Sign In** button to enter the QuickStickz web portal.

A screenshot of the QuickStickz website's sign-in page. The page has a dark blue header with the QuickStickz logo and navigation links: HOME, SIGN IN, and BUY NOW. Below the header, there's a light grey section titled 'Sign In' with a user icon. The main content area is white and contains two input fields labeled 'Email' and 'Password'. Below these fields is a checkbox labeled 'Remember me on this computer'. At the bottom of the form are two buttons: a grey 'Sign In' button and a blue 'Reset Password' link.

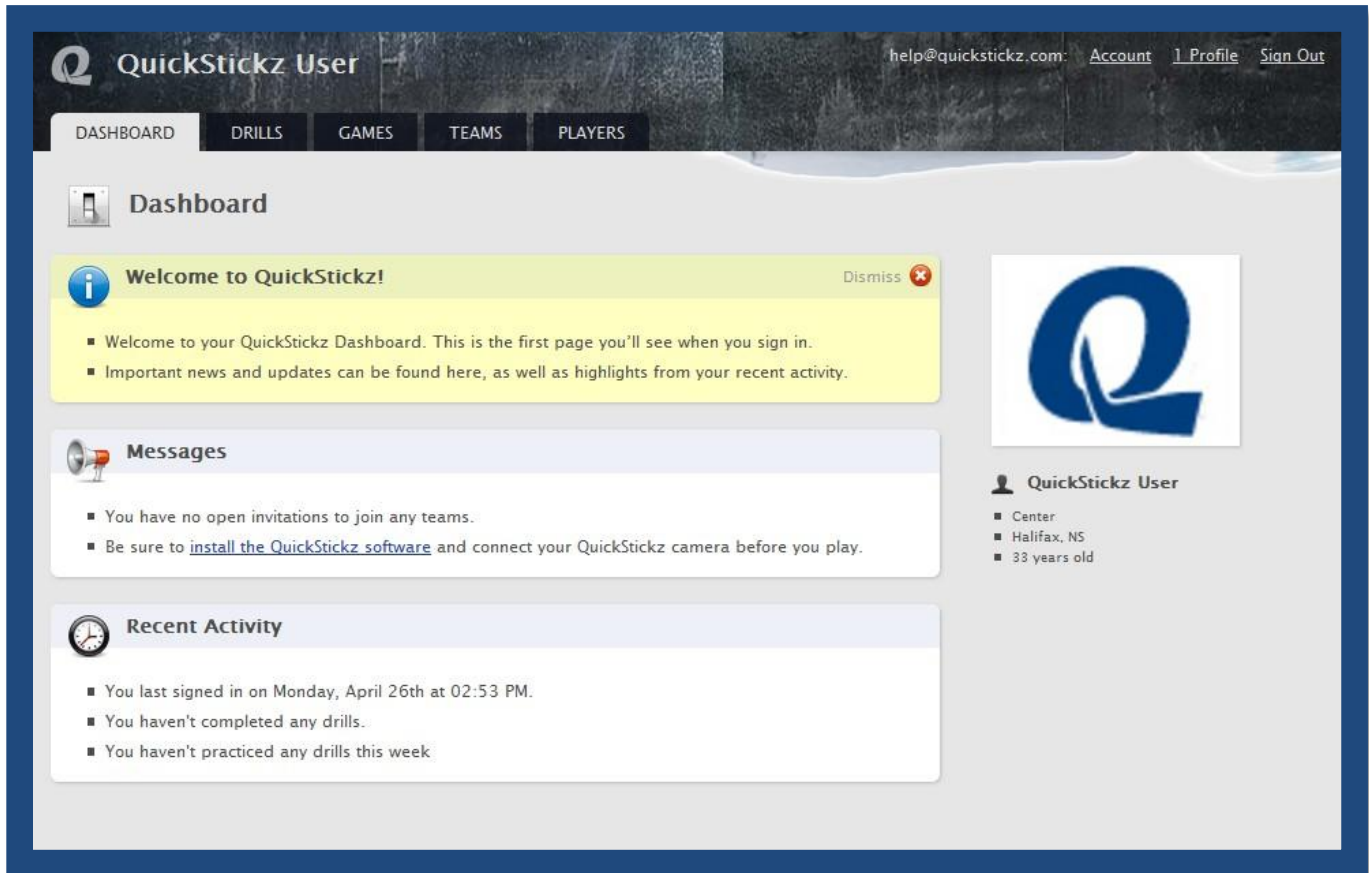
Note: Your **QuickStickz account email** is the email you provided upon purchase of the product. If you don't know your account email, please contact Technical Support for assistance.

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.

A screenshot of the QuickStickz website's 'Reset Your Password' page. The page has a dark blue header with the QuickStickz logo and navigation links: HOME, SIGN IN, and BUY NOW. Below the header, there's a light grey section titled 'Reset Your Password' with a user icon. The main content area is white and contains a single input field labeled 'Email'. Below this field are two buttons: a grey 'Reset Password' button and a blue 'Cancel' link. To the right of the form, there's a 'Reset Help' section with a question mark icon and text: 'Complete and submit this form and instructions to reset your password will be emailed to you.'

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. , “Teams”).

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).



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.

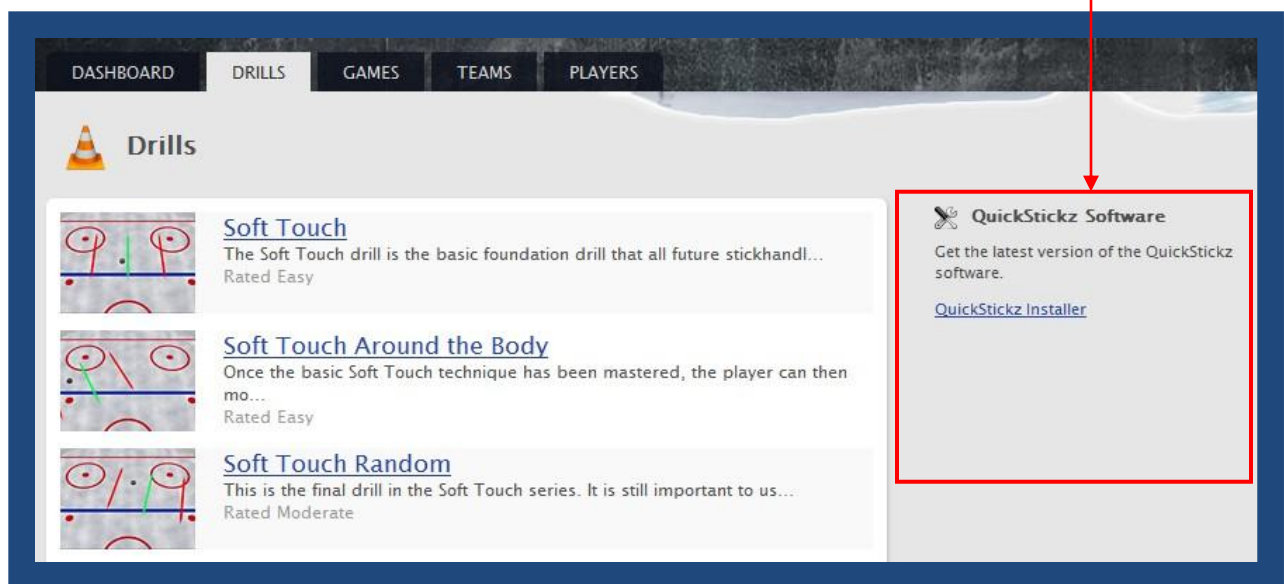
Installing QuickStickz

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.

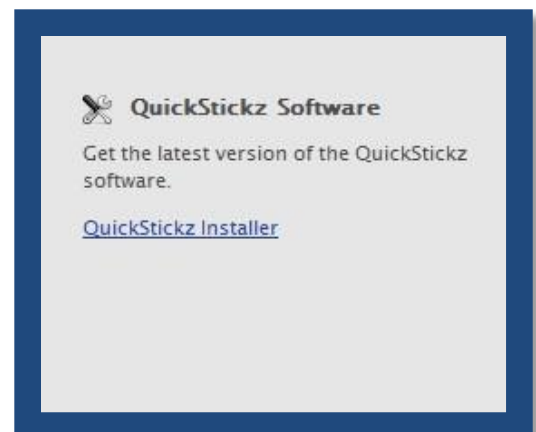
Note: *Before beginning the installation, make sure the QuickStickz camera is NOT plugged in.*

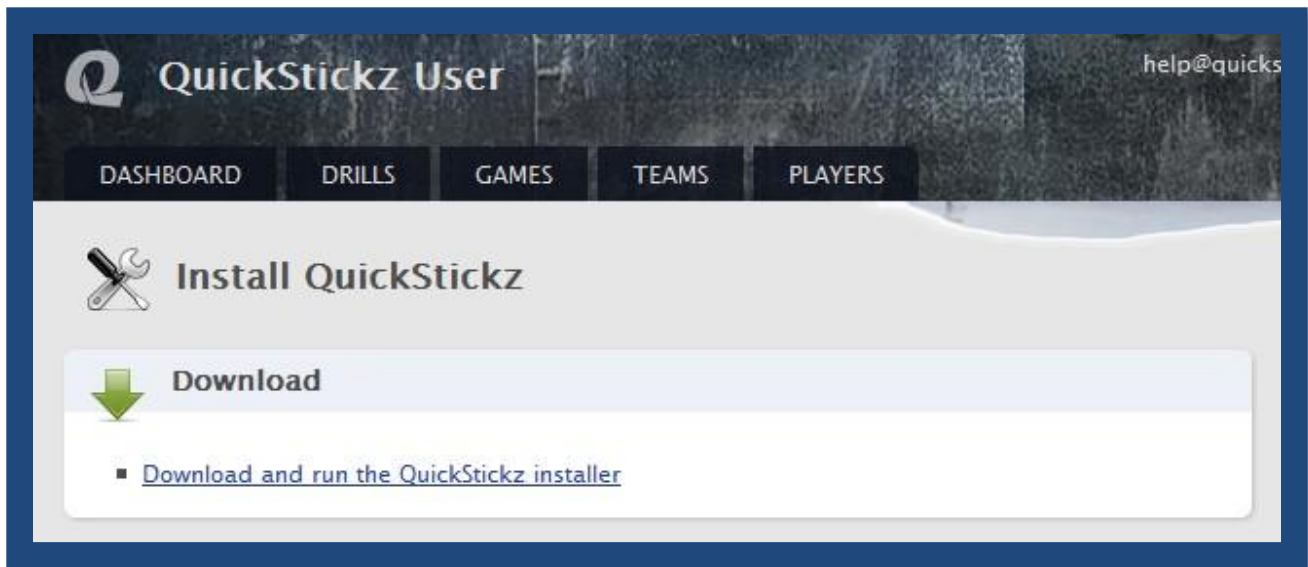
First, you'll need to go to the **Install page** on the web portal.

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.



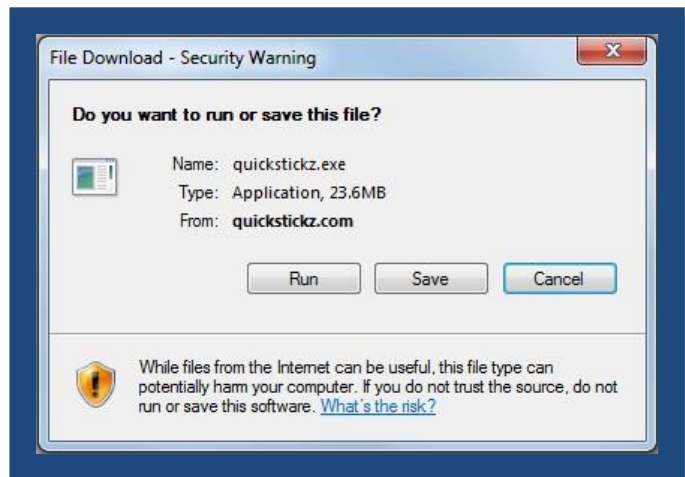


Click on the [Download and run the QuickStickz installer](#) link.

Internet Explorer users:

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

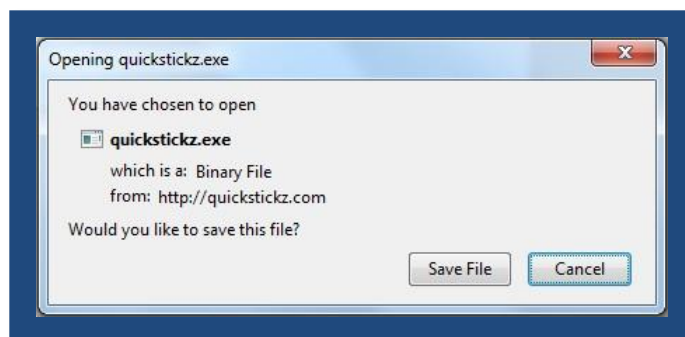
If you click the **Save** button, you'll download the installer to a folder of your choice (the default folder is your **Downloads folder**).



Firefox users:

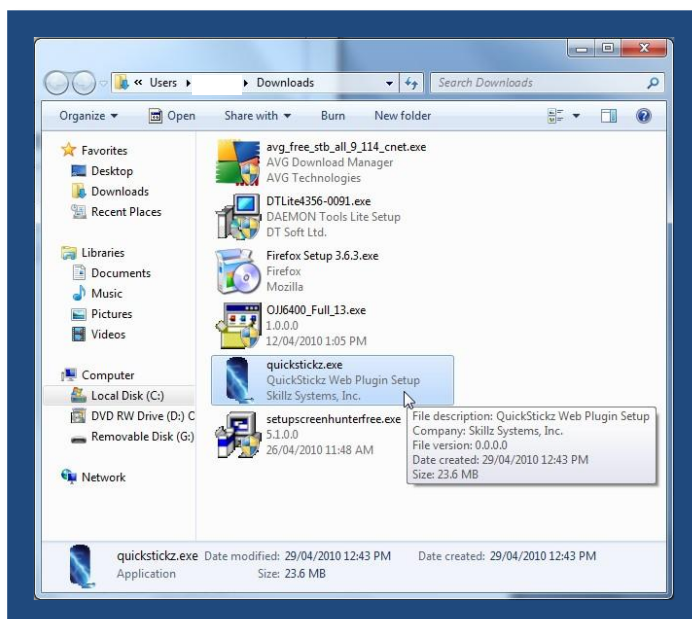
Clicking the **Save** button will download the installer to your **Downloads folder** by default.

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



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.

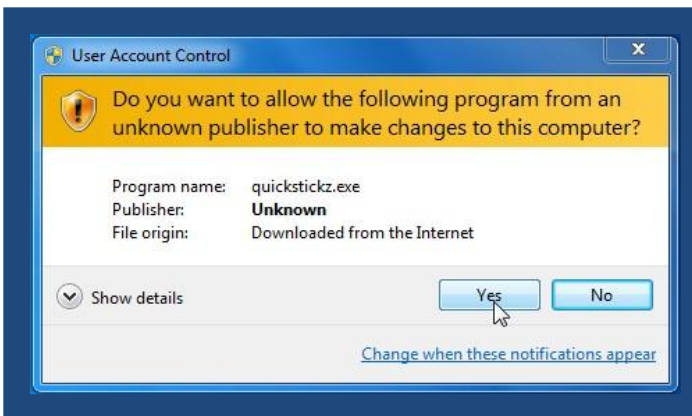


If you see a security warning like the one in the picture to the right, click **Run** to continue the installation.

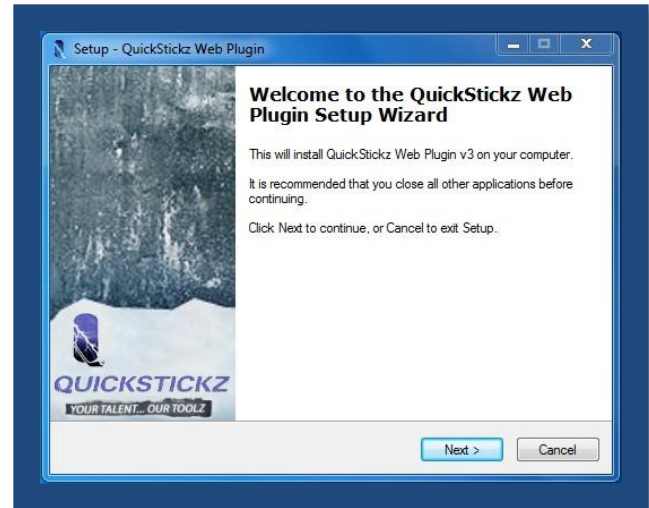


Vista and Windows 7 users may also see a **User Account Control** window pop up with a warning message.

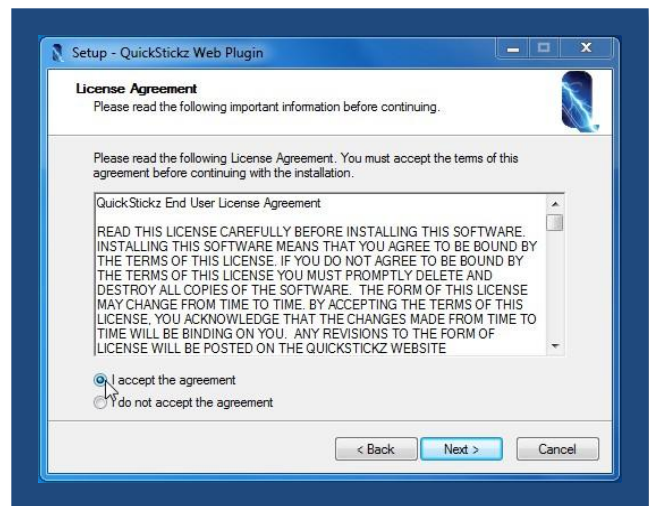
Click **Allow** (Vista) or **Yes** (Windows 7) to continue.



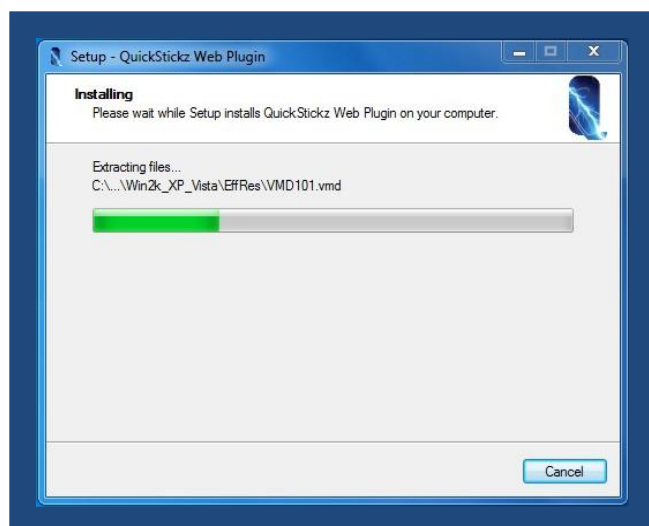
A Setup window will open. Click **Next** to continue.



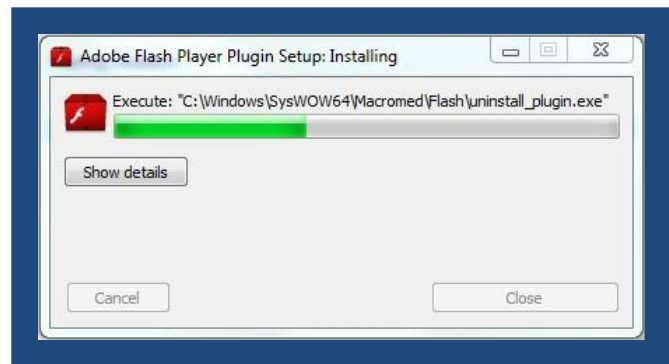
Click the radio button that says **"I accept the agreement,"** then click **Next** to continue.



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



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.

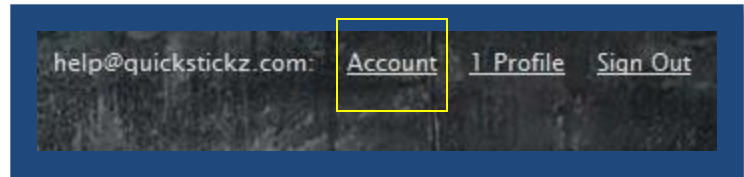
The QuickStickz software installation is now complete.



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 your account's email address and password by clicking on the [Account](#) link.

A screenshot of the 'Edit Account' page in the QuickStickz User portal. The page has a dark blue header with the 'QuickStickz User' logo and the email 'help@quickstickz.com' with an 'Account' link. Below the header is a navigation bar with links for 'DASHBOARD', 'DRILLS', 'GAMES', 'TEAMS', and 'PLAYERS'. The main content area is titled 'Edit Account' and contains a form with three input fields: 'Email' (containing 'help@quickstickz.com'), 'Password', and 'Password confirmation'. Below the form are two buttons: 'Save Account' and 'or Cancel'. To the right of the form is a section titled 'Account Help' with a question mark icon. The text in the 'Account Help' section reads: 'Your email will not be shown, but a QuickStickz subscriber can find you if they already know your email address. Leave the password fields blank if you don't wish to change it.'

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.

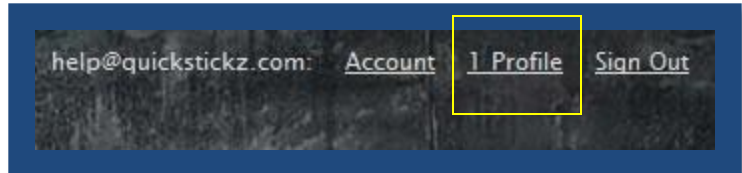
If you want to change the password, you'll need to enter the new password in both the [Password](#) and [Password confirmation](#) fields.

When you are finished making your changes, click the [Save Account](#) button to save your changes.

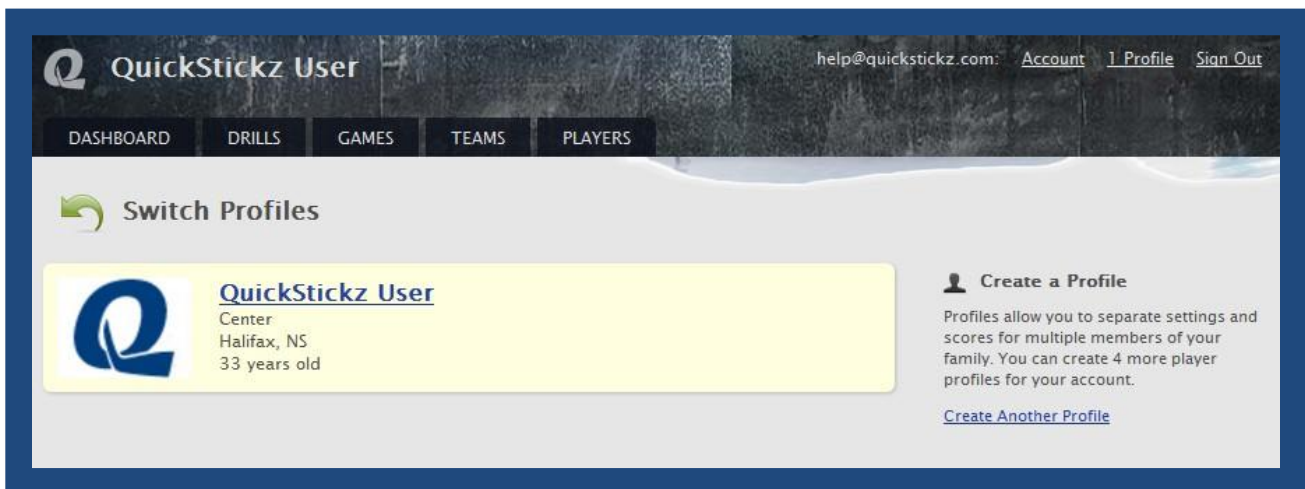
Profile Management

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:

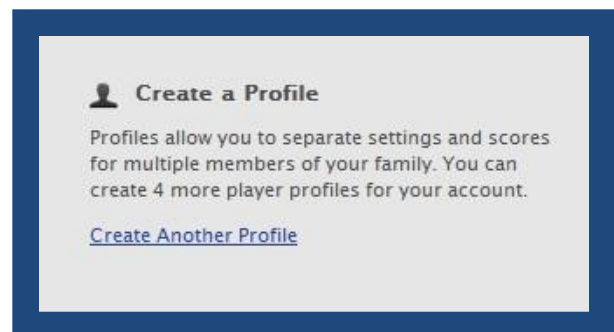


Users can **create**, **edit** and **delete** Player Profiles from this page.



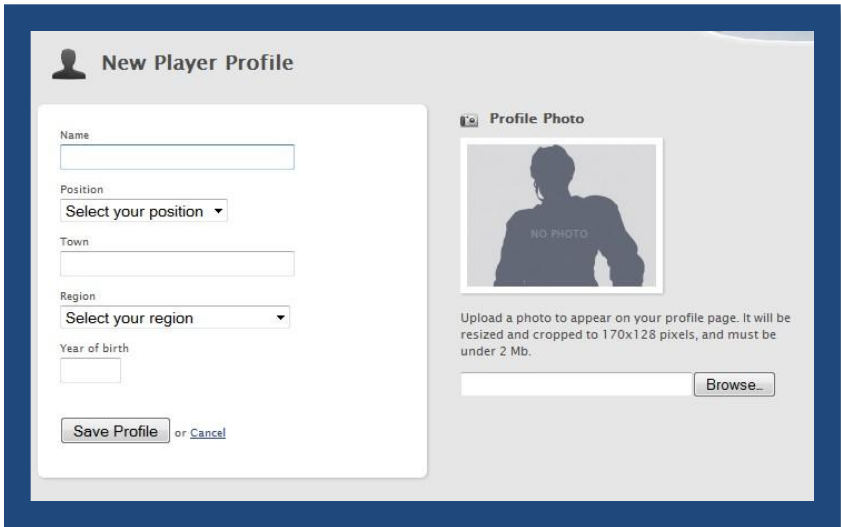
Creating Profiles

To create a Player Profile, click on the [Create Another Profile](#) link on the right-hand side of the Profile page.



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.



New Player Profile

Name

Position


Town

Region

Year of birth

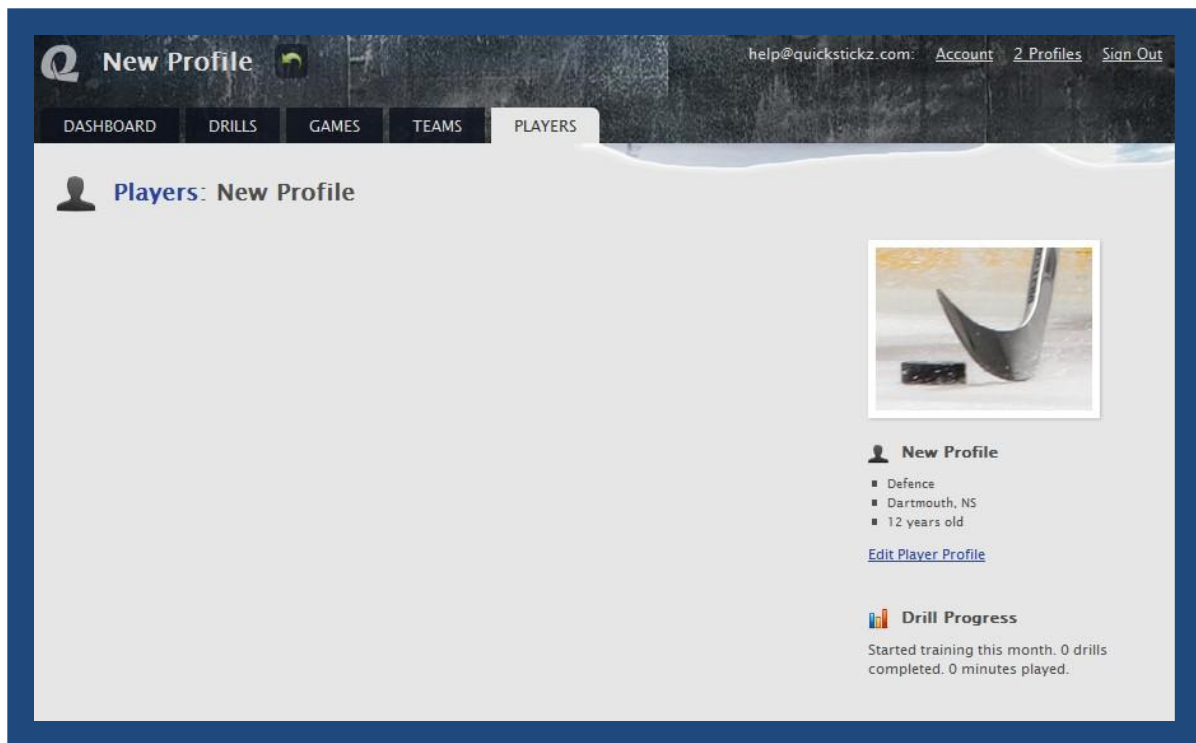
or [Cancel](#)

Profile Photo



Upload a photo to appear on your profile page. It will be resized and cropped to 170x128 pixels, and must be under 2 Mb.

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.




New Profile

help@quickstickz.com: [Account](#) [2 Profiles](#) [Sign Out](#)

DASHBOARD DRILLS GAMES TEAMS **PLAYERS**

Players: New Profile



New Profile

- Defence
- Dartmouth, NS
- 12 years old

[Edit Player Profile](#)

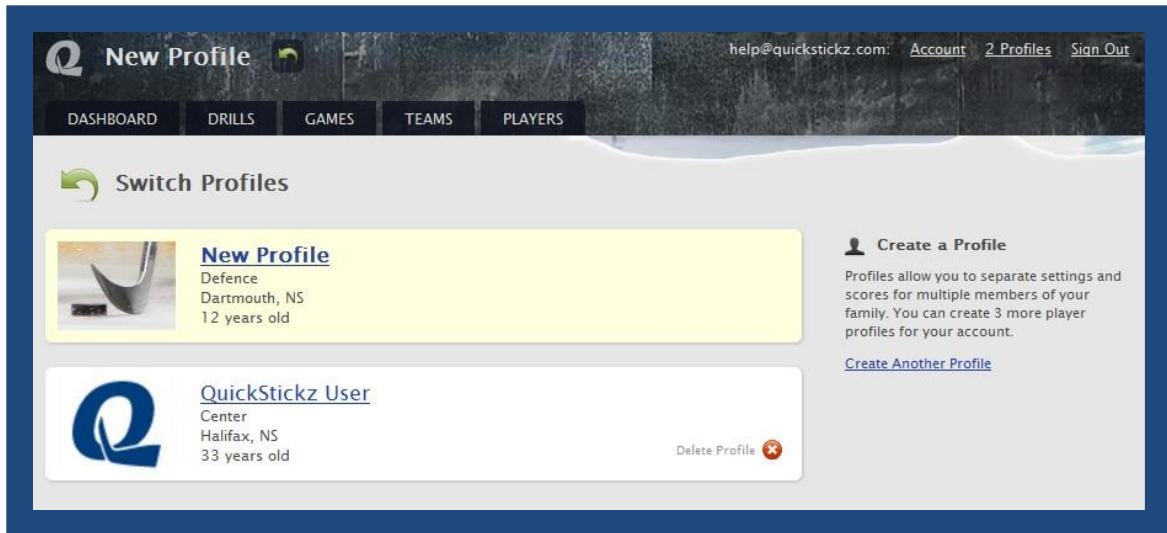
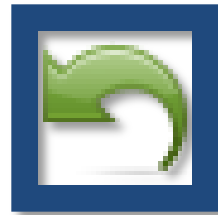
Drill Progress

Started training this month. 0 drills completed. 0 minutes played.

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.

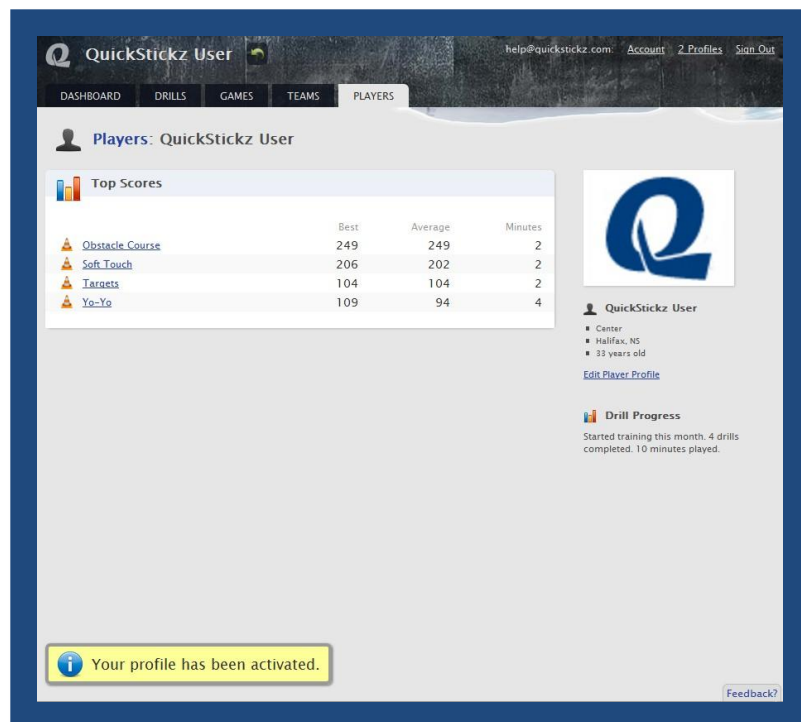
Clicking this arrow will take you to the **Profile page**. You'll see all of the Player Profiles in a list.



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 [Edit Player Profile](#) 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 [Delete](#) link, or you can click the **Browse** button to upload a new Profile Photo.

A screenshot of the "Edit Player Profile" form. The form is titled "Edit Player Profile" with a person icon. It contains several input fields: "Name" (with "QuickStickz Player Profile" entered), "Position" (a dropdown menu with "Left Wing" selected), "Town" (with "Halifax" entered), "Region" (a dropdown menu with "Nova Scotia" selected), and "Year of birth" (with "1987" entered). At the bottom left, there are "Save Profile" and "Cancel" buttons. On the right side, there is a "Profile Photo" section with a large blue "Q" logo as the profile picture. Next to the photo is a "Delete?" link with a trash icon. Below the photo, there is a text box and a "Browse..." button. At the bottom right, there is a "Profile Help" section with a question mark icon and two paragraphs of text explaining profile visibility and requirements.

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.

	Best	Average	Minutes
Obstacle Course	249	249	2
Soft Touch	206	202	2
Targets	104	104	2
Yo-Yo	109	94	4

QuickStickz Player Profile

- Left Wing
- Halifax, NS
- 23 years old

[Edit Player Profile](#)

Drill Progress

Started training this month. 4 drills completed. 10 minutes played.

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.

Switch Profiles

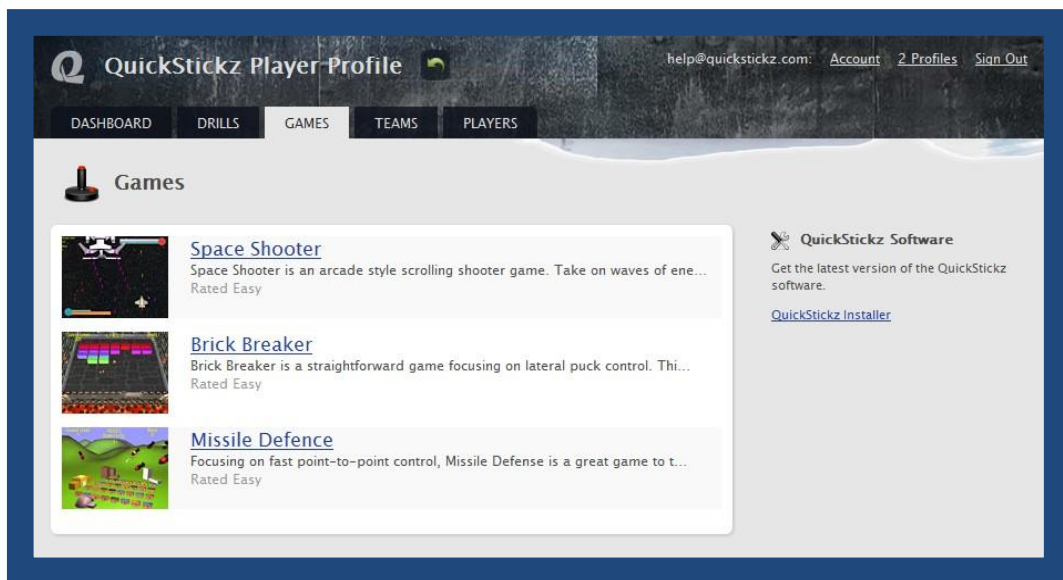
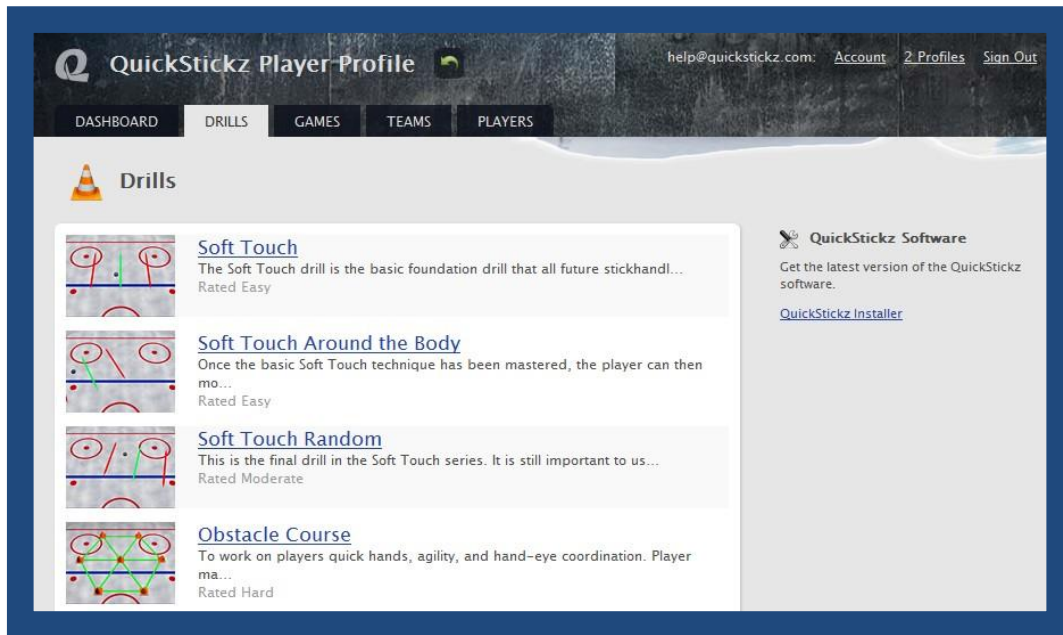
New Profile
Defence
Dartmouth, NS
12 years old
[Delete Profile](#)

QuickStickz Player Profile
Left Wing
Halifax, NS
23 years old

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.



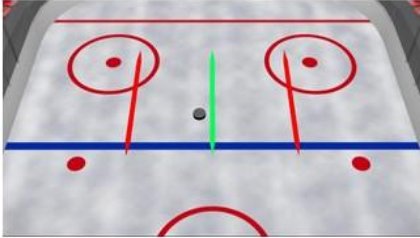
Soft Touch
The Soft Touch drill is the basic foundation drill that all future stickhandl...
Rated Easy

This will open the page for that drill.

[DASHBOARD](#) [DRILLS](#) [GAMES](#) [TEAMS](#) [PLAYERS](#)

Drills: Soft Touch

The Soft Touch drill is the basic foundation drill that all future stickhandling drills are built on. A player should perfect this skill before moving on to more complex drills. The key to this drill is soft hands and quick touches. Player should focus on using just hands and wrists with very little arm movement. Player should also cup the blade over the ball on both the forehand and backhand side when practicing this move.



Player is awarded a point every time the ball is moved across the green line between the two red lines. Player uses quick hands and soft touches to move ball back and forth across the green line. Should the ball cross either one of the red lines a point is deducted. Player tries to accumulate points by crossing the green line as many times as possible while avoiding the red lines.

Rated Easy

[Start this Drill](#)

High Scores

QuickStickz Player Profile	206	May 4th, 2010
QuickStickz Player Profile	199	May 4th, 2010

Your Progress

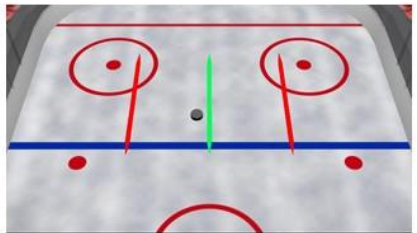
206	Personal Best May 4th, 2010
206	Last Score May 4th, 2010
202	Average Score 2 attempts

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.

The Soft Touch drill is the basic foundation drill that all future stickhandling drills are built on. A player should perfect this skill before moving on to more complex drills. The key to this drill is soft hands and quick touches. Player should focus on using just hands and wrists with very little arm movement. Player should also cup the blade over the ball on both the forehand and backhand side when practicing this move.



Player is awarded a point every time the ball is moved across the green line between the two red lines. Player uses quick hands and soft touches to move ball back and forth across the green line. Should the ball cross either one of the red lines a point is deducted. Player tries to accumulate points by crossing the green line as many times as possible while avoiding the red lines.

Rated Easy

[Start this Drill](#)

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

Your Progress

206 **Personal Best**
May 4th, 2010

206 **Last Score**
May 4th, 2010

202 **Average Score**
2 attempts

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

High Scores

 QuickStickz Player Profile	206	May 4th, 2010
 QuickStickz Player Profile	199	May 4th, 2010

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:



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:

1. **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.

A screenshot of the 'Space Shooter' game page. The page has a navigation bar at the top with tabs: DASHBOARD, DRILLS, GAMES (selected), TEAMS, and PLAYERS. Below the navigation bar, the title 'Games: Space Shooter' is shown with a small game icon. The main content area is divided into three sections. The left section contains a detailed description of the game: 'Space Shooter is an arcade style scrolling shooter game. Take on waves of enemy ships and face off against the larger battleships. The space ship shoots automatically; stickhandle to line up the shots. Enemies will shoot back, so be ready to dodge their shots. Each hit you take drains your shields. When your shields are empty, your ship will take damage. If your ship is damaged enough, the game ends. Collect power-ups to enhance your weapons and shields temporarily.' Below this description is a 'Rated Easy' label and a 'Start this Game' button. The middle section features a large image of the game's interface, showing a spaceship and enemy ships. The right section is titled 'Your Progress' and displays three scores: '360 Personal Best' (February 5th, 2010), '360 Last Score' (February 5th, 2010), and '360 Average Score' (1 attempt). At the bottom of the page is a 'High Scores' section with a list of players and their scores.

Player	Score	Date
Ben K	3120	March 4th, 2010
Rhys MacKenzie	2630	March 4th, 2010
Brian Nasto	2580	February 16th, 2010
Michael Cotton	2480	May 3rd, 2010
Jacob Roberts	2430	March 25th, 2010

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**!
-

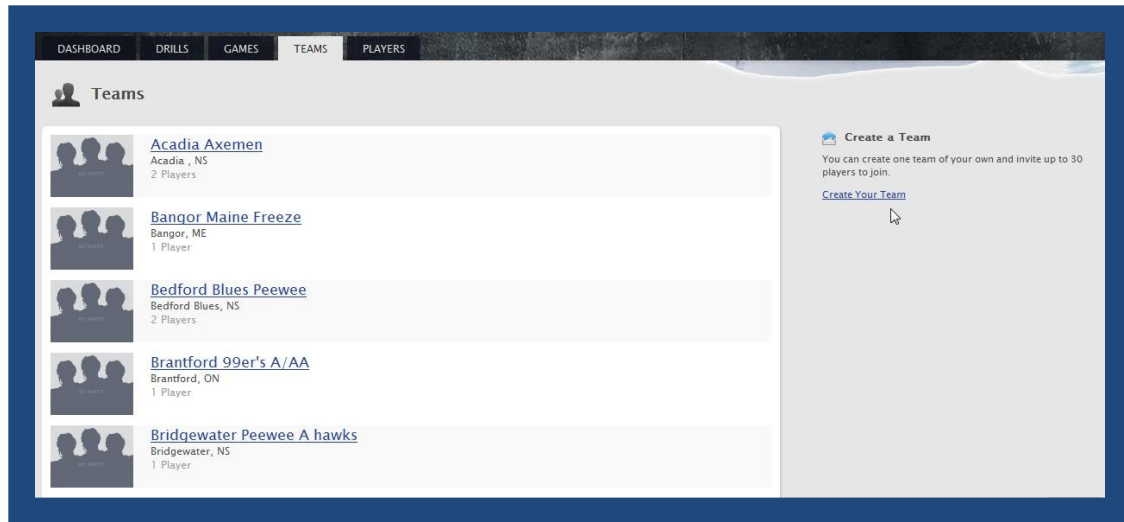
Each game has a menu screen similar to the drills' menu screens. Using the menu screens for games is identical to those for drills:

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.

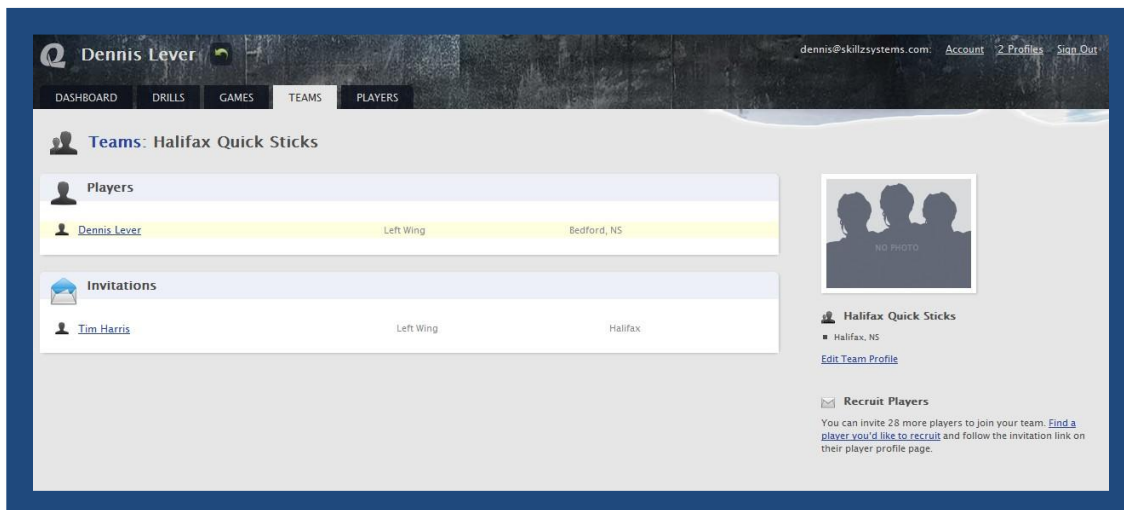
Teams and Players

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.



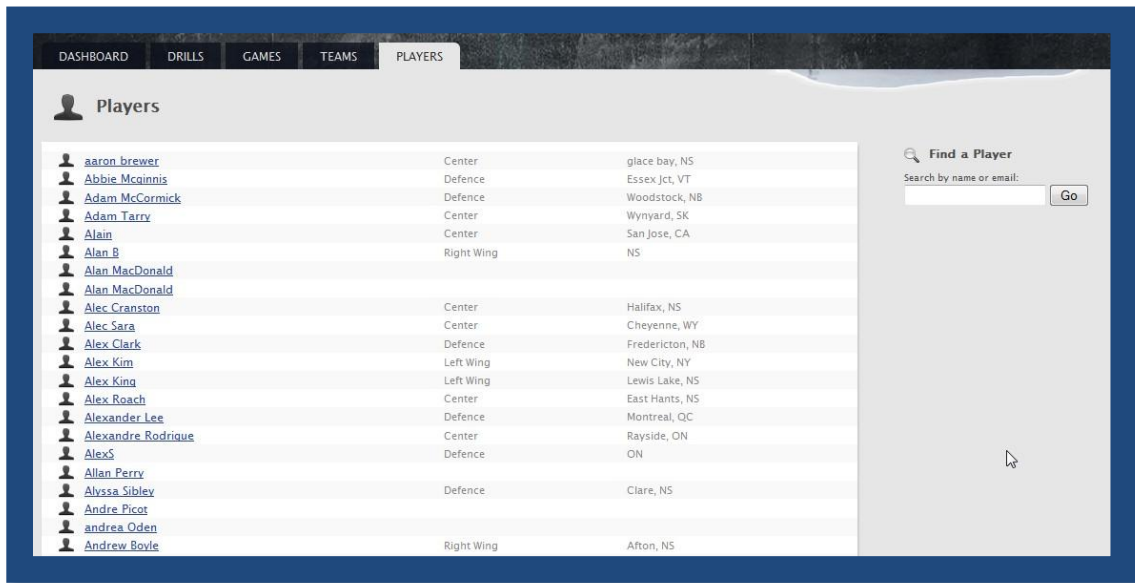
Clicking on a team name will take you to the **Team profile page**, where you can view all of the Players that have joined or been invited to the team.



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 **Create Your Team** 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.

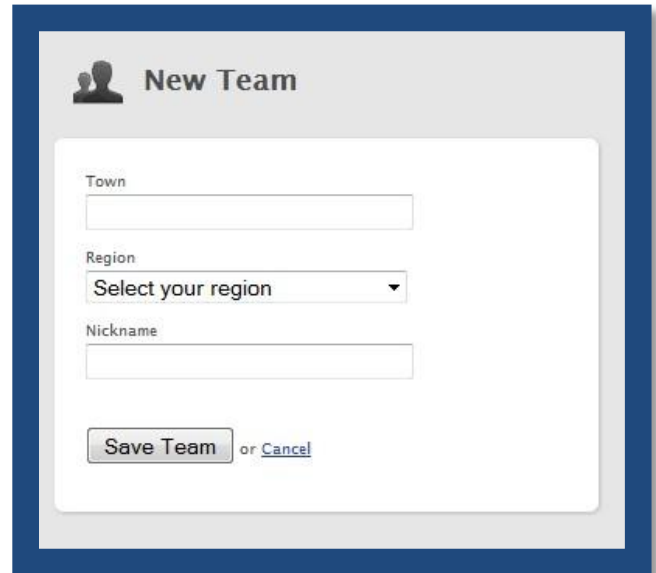
Clicking the Create this team link will bring you to the **New Team page**. Enter the appropriate information into the 3 fields provided:

Town: Enter the name of your hometown.

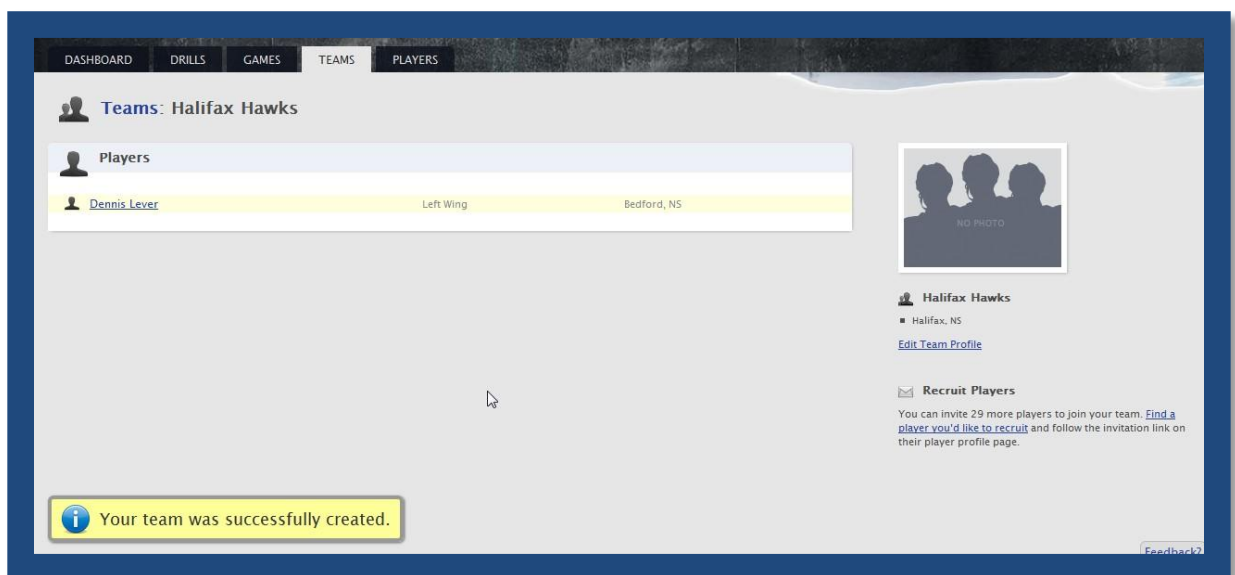
Region: Select a province or state from the drop-down list.

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 "Inviting Players to Your Team," p. 30.)



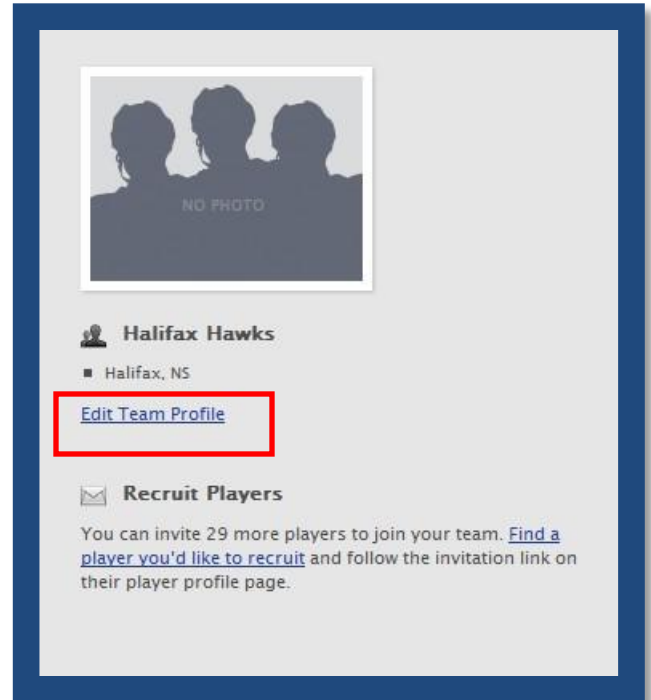
Adding a Team Picture & Editing Team Profile

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.

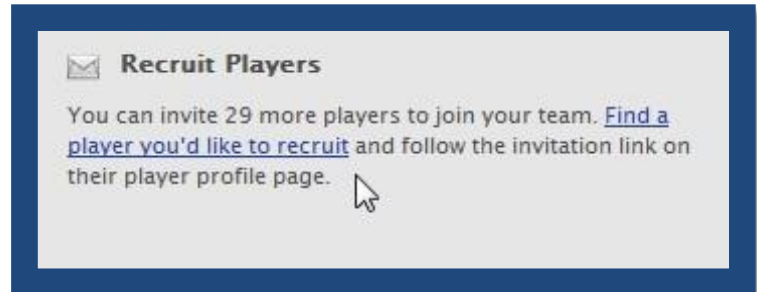
Click the **Browse** button and then find the picture on your computer that you wish to use for your team.

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

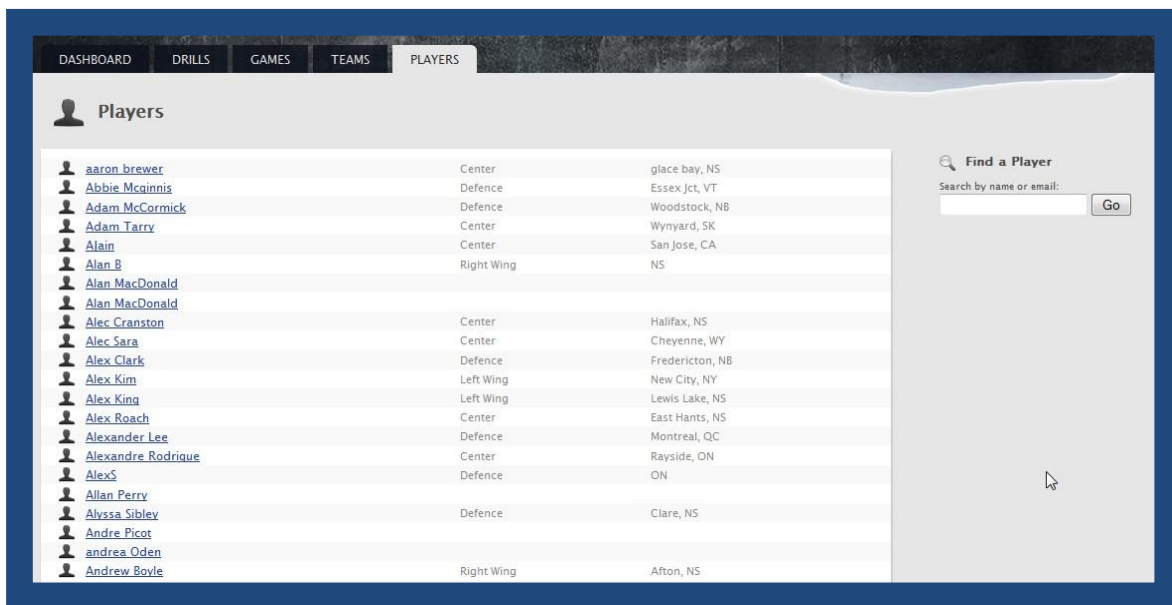
A screenshot of the 'Edit Team Profile' form. It has a title bar with a user icon and the text 'Edit Team Profile'. The form contains three input fields: 'Town' with 'Halifax' entered, 'Region' with a dropdown menu showing 'Nova Scotia', and 'Nickname' with 'Hawks' entered. Below these fields are two buttons: 'Save Team' and 'Cancel'. To the right of the form is a section titled 'Profile Photo' with a placeholder image labeled 'NO PHOTO'. Below the placeholder is a text box and a 'Browse...' button. A note at the bottom of the photo section states: 'Upload a photo to appear on your team profile page. It will be resized and cropped to 170x128 pixels, and must be under 2 Mb.'

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.



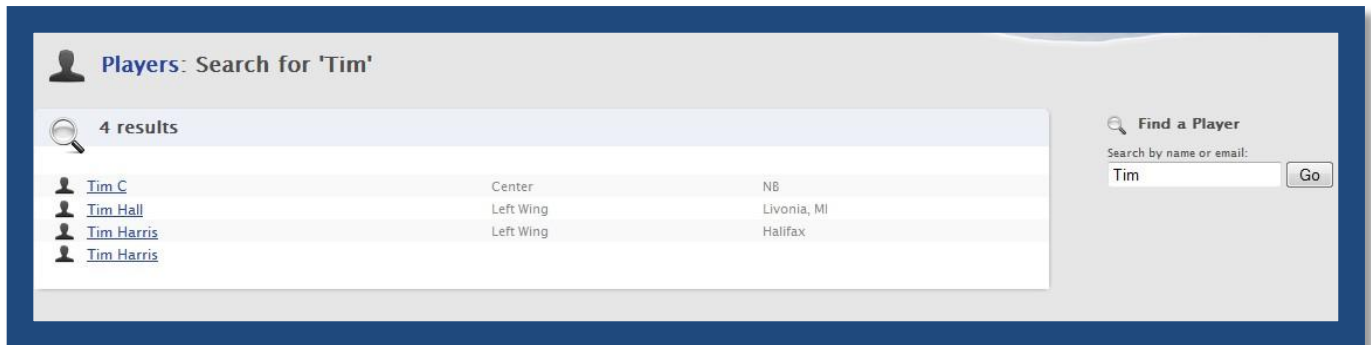
The **Players page** lists all Players alphabetically.



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



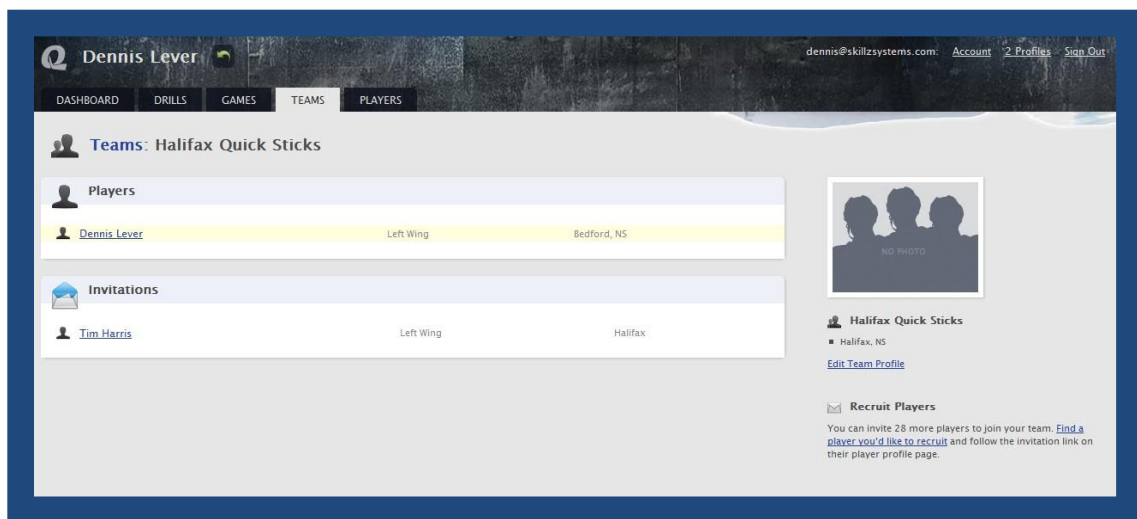
Click the **Go** button to retrieve a list of all Players with the name you've entered in your search. Click on the Player name that you want to invite to your Team.



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.



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: (902)-407-3880 9am - 5pm, Mon. – Fri., Atlantic Standard Time

Email: help@quickstickz.com

Keep your head up!

- QuickStickz Support Staff