

## Who Will I Work With?

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**Rachelle Matthys** — better known as Rock-O, has been certified in Dartfish Technology since 2011. She has the following accomplishments under her belt:

- ≈ Team USA U19 Women's Basketball Coach, United World Games, Klagenfurt, Austria
- ≈ Head Women's Basketball Coach: Medaille College (2 Years)
- ≈ Professional Basketball Player
  - ≈ 2013-2014: Wolfenbittel, Germany
  - ≈ 2012-2013: Durham, England
  - ≈ 2012: Albury, Australia
  - ≈ 2010-2011: Osnabruck, Germany
- ≈ Assistant Coach, Girls Baskets Regio 38 e.V. Wolfenbittel, Germany
- ≈ Intern for Director of Player Performance for New York Liberty, WNBA
- ≈ Community Coach, Durham University Schools Programme, Durham, England
- ≈ Australian Sports Commission Coach, Active After School Program, Albury, Australia
- ≈ Sweet Home JV Girls' Basketball Coach, Amherst, NY
- ≈ Coach, Osnabruck Sportsclub, U11 & U15 Girls, Osnabruck, Germany
- ≈ Represented USA through USAAI in Europe, 2009
- ≈ Buffalo Basketball Club AAU Coach
- ≈ Niagara PAL AAU Coach
- ≈ University at Buffalo, Varsity Athlete, 2005-2009
- ≈ High School, State Runner Up, St. Clair, Michigan
  
- ≈ **Education**
  - ≈ M.S. Science Education, '13— Durham University, Durham, England
  - ≈ B.S. Exercise Science, '09— University at Buffalo
  - ≈ Concentration in Coaching, '09— University at Buffalo

# DARTFISH

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Video Analysis Software





## What is DARTFISH?

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- ≈ World's leading video analysis software
- ≈ Captures movement in order to view, edit and analyze
- ≈ Provides tools for breakdown and analysis of recorded movement

## Who uses DARTFISH?

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- ≈ Olympic Athletes
- ≈ Professional Athletes
- ≈ Head College Coaches
- ≈ Strength and Conditioning Coaches
- ≈ Collegiate Athletes
- ≈ High School Athletes

## What can DARTFISH do?

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- ≈ CAPTURE movements “In the Action”
- ≈ COMPARE movements in split screen mode
- ≈ TRACK trajectory and displacement
- ≈ ANALYZE various mechanics (i.e. running, walking, lifting and throwing)
- ≈ UTILIZE tools to measure angles, release points and points of contact

## Value of DARTFISH

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- ≈ Frame by frame movement breakdown and analysis
- ≈ Improve Technique
- ≈ Maximize Power
- ≈ Gain an EDGE on competitors through technique analysis
- ≈ Optimize performance by increasing efficiency

## Cost

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- ≈ One-on-One:
  - ≈ \$75/hr. assessment
- ≈ Youth Team Group Rates:
  - ≈ \$35/player
  - ≈ Group Minimum—8

## Package Rates

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- ≈ (5) One-on-One Sessions: \$325
  - ≈ \$50 Savings
- ≈ (10) One-on-One Sessions: \$625
  - ≈ \$125 Savings

## What does Assessment Include?

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- ≈ One-on-One
  - ≈ Individual analysis with DARTFISH certified professional
  - ≈ Individual Corrective Exercise Prescription based on analysis
  - ≈ Immediate upload for clients access and viewing
  - ≈ Screenshot of key positions with descriptive text for client to reference at later dates
- ≈ Group Assessment
  - ≈ Immediate access to video
  - ≈ Screenshot with descriptive text for athlete reference
  - ≈ Split Screen Analysis

Contact:  
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