Combine Tips/Suggestions

Putting on a combine or large testing event can be a challenge. We at Dashr have experienced this challenge and have built our product to make it a simple and stress-free as possible when it comes to using technology at your event.

No matter what the sport or drills are, always set-up the system before hand and make sure you understand how it all works and test it out. Read short user manual included with your kit, it is a quick read and full of important information. You can also download this user manual from our <u>website</u> when on a computer (does not support mobile downloads).

Dashr|Blue Laser Registration

Proper device registration is incredibly important. On each of your Dashr|Blue Lasers has a spot for you to write in a number with a marker. This number can be changed at any time, but we suggest that you stick with it unless necessary to change.

The laser(s) must be registered to the device (phone/tablet) that is going to use it. You only need to register it once, and the device/app will remember it. Note that if you have multiple lasers on at a time, they will all show up and it will be hard to determine which laser you are registering. **Therefore, do this one laser at a time.**

Dashr | Blue Drill Set-up

Dashr's Blue lasers have a range of up to 100+ yards, depending on the phone/tablet used to operate them. Please check out our Dashr|Blue drills page for detailed walkthroughs/videos of each drill – but here are some quick suggestions/reminders for gate set-up and our most common drills.

When testing outside we want to limit the sun's interference as much as possible. To do this we strongly suggest a few things.

- 1. Orient the laser towards the sun, so that you hit the shaded side of the athlete.
- 2. Place the laser/reflector about 6 ft or your wingspan apart.
- 3. Position the reflector lower than the laser (about 1 foot) so that the laser sees ground is behind the reflector and not other potentially reflective objects. Orient the reflector up towards the laser, and aim the laser down at the reflector.



- 4. On bright days, limit white/bright/reflective clothing. Shinny white receiver gloves and some bright/white shirts/jerseys can act as a reflector. If this is unavoidable, get a penny or two for the station so an athlete can quickly throw it on and no longer be reflective.
- 5. We offer Heat Shields that shade the lasers. We suggest these when operating in hot sunny conditions.

Pro-Agility (5-105)

For football 3-point stances we suggest using the 2-gate set-up for the best accuracy – as it goes off hand movement – though the single laser set-up is most common. Non-football sports typically do not use the 3-point stance.

Set-up

Attach the start/split/stop laser and reflector to regular tripods and place them in the appropriate location. Attach a battery to the tripod with the laser. If using two gates, set the up another on mini tripods just under the split/stop laser.

If you have not registered the laser with the tablet, power on the laser and assign it a number/ID. Make sure no other lasers are on in the area when doing this, unless they are already connected within a drill on another device.

Aim the laser at the reflector so that you see the red laser on the reflector. After ~3 sec, check that the laser is tripping by crossing your hand through the laser and watching the light on the back of the laser go red. If it does not go red, turn the laser off and back on to recalibrate.

Open the Pro-Agility drill in the Dashr App and connect the taller laser to the "start/spilt/stop" portion of the page. If using a 2nd laser on the ground – connect that to the Optional Start. It may take multiple attempts. If you are finding that a laser will not connect, exit all the way out of the app and try again. If it still will not connect, power the laser off/on, then try again.

Upon connection the laser should flash blue, if does not, make sure that you are connecting to the correct laser – you could have connected to a different laser on the field if the laser got registered improperly (it is registered as laser 1, but you think it should be laser 2 for example).

Once connected, press the "Start Testing" button.

Running the drill

With QuickRun off (toggle in settings) there will be "Set" and "Reset" buttons on the page.

If there is a time on the page, you can clear it by hitting the "Reset" button.

Check-in the athlete by pressing the keyboard icon at the top right of the page and typing in their band number. With QuickScan on (toggle in settings) the app will prompt you to enter another band number after each result – so that you do not have to hit the keyboard icon every time. See our website for details on the other identification methods – assigning/typing in a number is what we suggest for large crowds.

If the wrong athlete's name shows up on the screen, refresh your roster by going to the settings tab (bottom right) and hitting the "Refresh Roster" button at the top right. Then go back to the testing page (bottom left) and try checking in the athlete again. If the athlete's name still does not appear, that means the athlete is not on the roster. Have someone with another phone/tablet/computer get the athlete on the roster.

Instruct the athlete to perform the test.

With the athlete in the starting gate (light on the back of the laser is red), press the "Set" button and you will get a "Go!" message. The athlete can now go. Once the athlete leaves the start gate, the numbers on the app will turn blue. As they cross back through for the split/finish results will show up on the app and will save automatically if on network, locally if not on network.

Check-in the next athlete and reset the timing page for the next athlete.

Troubleshooting

Not getting a time.

- Check that the laser is tripping (LED going red when crosses use your hand). If it is not tripping, make sure the laser is hitting the reflector and reposition if necessary. If it does not go red, unplug the laser and plug it back in. If it still does not go red, try to reorient the laser/reflector or move the reflector closer to the laser. If it still persists, get a different laser.
- Potential connection issue, close out of the app fully (hit the 3 bars at the bottom, swipe out of the app, reopen it from the tablet's home page), reopen it and connect the lasers.
- If still not working, power off the laser and close out of the app. Power the laser back on and reconnect.

Most any issue can be solved by closing out of the app and restarting the drill. In more extreme cases, close the app turn the lasers off/on, reopen the app and restart the drill.

Additional suggestions

It should take no more than 20 sec to reconnect this drill, so if there is a substantial break between groups – power off the lasers and put the tablet to sleep. Power them on and connect the lasers to the app shortly before testing.

Include a couple black pennies in your system in case the athletes are wearing reflective clothing. Have them slip on the penny for this test if the laser is not detecting them.



L-Drill (3-Cone Drill)

We suggest the 2-gate set-up for this drill as it is simpler to operate – but the single gate set-up is still most common. When using a single gate, have the athlete's head or shoulders in the beam with the laser oriented downward at a more extreme angle (reflector as low as it can go, oriented up to face the laser).

Set-up

Attach the start/split/stop laser and reflector to regular tripods and place them in the appropriate location. Attach a battery to the tripod with the laser. If using two gates, set the up another on mini tripods just under the split/stop laser.

If you have not registered the laser with the tablet, power on the laser and assign it a number/ID. Make sure no other lasers are on in the area when doing this, unless they are already connected within a drill.

Aim the laser at the reflector so that you see the red laser on the reflector. After ~3 sec, check that the laser is tripping by crossing your hand through the laser and watching the LED on the back of the laser go red. If it does not go red, power the laser off/on.

Open the L-Drill in the Dashr App and connect the laser to the "start/spilt/stop" portion of the page. If using a 2^{nd} laser on the ground – connect that to the Optional Start. It may take multiple attempts. If you are finding that a laser will not connect, exit all the way out of the app and try again. If it still will not connect, power the laser off/on, and then try again.

Upon connection the laser should flash blue, if does not, make sure that you are connecting to the correct laser – you could have connected to a different laser on the field if the laser got registered improperly (it is registered as laser 1, but you think it should be laser 2 for example).

Once connected, press the "Start Testing" button.

Running the drill

With QuickRun off (toggle in settings) there will be "Set" and "Reset" buttons on the page.

If there is a time on the page, you can clear it by hitting the "Reset" button.

Check-in the athlete by pressing the keyboard icon at the top right of the page and typing in their band number. With QuickScan on (toggle in settings) the app will prompt you to enter another band number after each result – so that you do not have to hit the keyboard icon every time. See our website for details on the other identification methods – assigning/typing in a number is what we suggest for large crowds.

If the wrong athlete's name shows up on the screen, refresh your roster by going to the settings tab (bottom right) and hitting the "Refresh Roster" button at the top right. Then go back to the testing page (bottom left) and try checking in the athlete again. If the athlete's name still does not appear, that means the athlete is not on the roster. Have someone with another phone/tablet/computer get the athlete on the roster.

Instruct the athlete to perform the test.

With the athlete in the starting gate (light on the back of the laser is red), press the "Set" button and you will get a "Go!" message. The athlete can now go. Once the athlete leaves the start gate, the numbers on the app will turn blue. As they cross back through for the finish results will show up on the tablet and will save automatically if on network, locally if not on network.

Check-in the next athlete and reset the timing page for the next athlete.

Troubleshooting

Not getting a time.

- Check that the laser is tripping (LED going red when crosses use your hand). If it is not tripping, make sure the laser is hitting the reflector and reposition if necessary. If it does not go red, unplug the laser and plug it back in. If it still does not go red, try to reorient the laser/reflector or move the reflector closer to the laser. If it still persists, get a different laser.
- Potential connection issue, close out of the app fully (hit the 3 bars at the bottom, swipe out of the app, reopen it from the tablet's home page), reopen it and connect the lasers.
- If still not working, power off the laser and close out of the app. Power the laser back on and reconnect.

Most any issue can be solved by closing out of the app and restarting the drill. In more extreme cases, close the app turn the lasers off/on, reopen the app and restart the drill.

Additional suggestions

It should take no more than 20 sec to reconnect this drill, so if there is a substantial break between groups – power off the lasers and put the tablet to sleep. Power them on and connect the lasers to the app shortly before testing.

Include a couple black pennies in your system in case the athletes are wearing reflective clothing. Have them slip on the penny for this test if the laser is not detecting them.



Dash

We most commonly see the 10, 20, 40, and 60 yard dash ran with our system – many use splits depending on what they are looking for (most common – 40 with 10 split).

Set-up

For the starting gate, attach a laser to a mini tripod with a ball joint (for aiming) and a reflector to a mini tripod (no ball joint required). Set them up at the starting line, aim the laser at the reflector and check to make sure the light on the back of the laser is green when hitting the reflector, red when blocked by your hand. If this is not the case, turn the laser off then back on to force a new calibration now that it is set. Set-up the appropriate optional splits and finish gates – according to the Drill Set-up instructions previously discussed.

If you have not registered the laser with the tablet, power on the laser and assign it a number/ID. Make sure no other lasers are on in the area when doing this, unless they are already connected within a drill.

Aim the laser at the reflector so that you see the red laser on the reflector. After ~3 sec, check that the laser is tripping by crossing your hand through the laser and watching the LED on the back of the laser go red. If it does not go red, power the laser off/on.

Open the Dash drill in the Dashr App and connect each laser one at a time. It may take multiple attempts. If you are finding that a laser will not connect, exit all the way out of the app and try again. If it still will not connect, unplug the laser and plug it back in, then try again.

Upon connection the laser should flash blue, if does not, make sure that you are connecting to the correct laser – you could have connected to a different laser on the field if the laser got registered improperly (it is registered as laser 1, but you think it should be laser 2 for example).

Once all lasers are connected, press the "Start Testing" button. The lasers should flash blue in the order in which the athlete would pass through them (example, the start, the 10, then the 40). If they do not all flash blue, close out of the app and reconnect the lasers.

Running the drill

With QuickRun off (toggle in settings) there will be "Set" and "Reset" buttons on the page.

If there is a time on the page, you can clear it by hitting the "Reset" button.

Check-in the athlete by pressing the keyboard icon at the top right of the page and typing in their band number. With QuickScan on (toggle in settings) the app will prompt you to enter another band number after each result – so that you do not have to hit the keyboard icon every time. See our website for details on the other identification methods – assigning/typing in a number is what we suggest for large crowds.

If the wrong athlete's name shows up on the screen, refresh your roster by going to the settings tab (bottom right) and hitting the "Refresh Roster" button at the top right. Then go back to the testing page (bottom left) and try checking in the athlete again. If the athlete's name still does not appear, that means the athlete is not on the roster. Have someone with another phone/tablet/computer get the athlete on the roster. With athletes new to testing, we suggest using a form of the following instructions when directing the athlete to start the drill:

Drill operator – "Place your hand on this line and make sure you see the laser on your hand. Keep your hand there and get set to run. I'll let you know when you can go."

Once the athlete is ready, press the "Set" button on the app. You will get a "Go!" message on the screen. Tell the athlete "It's on you", indicating that they can go whenever they want now.

Once the athlete leaves the start gate, the numbers on the app will turn blue. Each gate they cross through the finish will return a time on the tablet and will save automatically if on network, locally if not on network.

Check-in the next athlete and reset the timing page for the next athlete.

Troubleshooting

Not getting a time.

- Check that the laser is tripping (LED going red when crosses use your hand). If it is not tripping, make sure the laser is hitting the reflector and reposition if necessary. If it does not go red, unplug the laser and plug it back in. If it still does not go red, try to reorient the laser/reflector or move the reflector closer to the laser. If it still persists, get a different laser.
- Potential connection issue, close out of the app fully (hit the 3 bars at the bottom, swipe out of the app, reopen it from the tablet's home page), reopen it and connect the lasers.
- If still not working, power off all the lasers and close out of the app. Power them back on and reconnect.

Additional suggestions

Do not lay the phone/tablet on the ground – it can disconnect from a laser and require a reconnection.

It should take no more than 90 sec to reconnect a drill, so if there is a substantial break between groups – power off the lasers and put the phone/tablet to sleep. Power them on and connect the lasers to the app shortly before testing.

You should have no problem operating the system at these distances – but we cannot control for a lot of things that can impact the range of your system, such as the Bluetooth capabilities of your phone/tablet, the case (if any) that is on it, any apps that may slow it down or impact Bluetooth capabilities, and environmental factors such as wireless noise in the area. This being said, we have about 10 different devices (old Android/iOS to new Android/iOS) that we test within as extreme conditions as we can find – and confirm that the oldest, worst device we have still works at 60 yards. Placing that device at the 50 yard line would allow it to still cover a 100 yard dash from 0-100.

If you suspect any range issues this is what we suggest:

- 1. NEVER place your phone/tablet on the ground when testing it will block the Bluetooth antenna and massively reduce your range.
- 2. Remove the cover from your phone/tablet (it could be blocking the Bluetooth antenna).
- 3. Do not position yourself or anyone else between the phone/tablet and lasers for an extended amount of time (athlete running by is perfectly fine).

- 4. Position the operator and phone/tablet closer to the middle of the sprint (cuts the distance in half).
- 5. Place the phone/tablet on a tripod with phone/tablet holder.

Most devices will not have any issue, you can stand at the start with a case on it, etc. But if you do find that your device is struggling at distance – follow the suggestions above. If you are looking to purchase a device specifically for this application, we suggest the Galaxy Tab A 8 (2019 or newer, not the LTE version) as that is what we use primarily for our testing.

