

**Online Conversations – Available by prior Arrangement.  
Presence and Billing through the PV site.**

This program is a specific consultation with athletes and/or coaches, individually or small groups. We can review your video assessment, help you improve your understanding of the program or discuss coaching and training issues. You will be able to see video instruction and various examples. It would be helpful to familiarize yourself with the language and basic principles of the program prior to initiating a Webinar Conversation.

Please contact Précis Velo for Plans, Availability and Scheduling.

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**Video Analysis Services - Available by prior arrangement.**

Improving skills certainly involves many hours of riding. Make the best of your time by modeling your performance to the Experts. It is important that you see yourself performing the Movement Patterns and take cues from the video assessment to improve your performance and narrow the gap to the Expert level.

Précis Velo may be able to assist with video analysis by uploading your video. Please contact Précis Velo for details and rates. Your video will be analyzed frame by frame with the Dartfish capabilities and written or voice analysis.

Your video assessment will be posted on your DartfishTV account.

Show your family and friends what you've been up to. Use the video analysis to guide your preparation for the season. Keep the video for future reference as your skills develop and work with your coach to assist in movement pattern improvement.

General steps required for a video assessment.

- Step 1. Contact Précis Velo to arrange for an Analysis.  
Précis Velo will verify the quality of your video beforehand.
- Step 2. Upload Your Video.  
Submit file with details of your video(s).
- Step 3. Précis Velo Analysis.  
You will be billed for the useable segments of video.
- Step 4. Analysis is Posted on your DartfishTV account.  
View and Download Your Analysis  
Take advantage of the free DartfishTV viewer to organize your cycling videos.

Recommendations for videotaping can be downloaded from the Public Collection of the Précis Velo DartfishTV channel.