




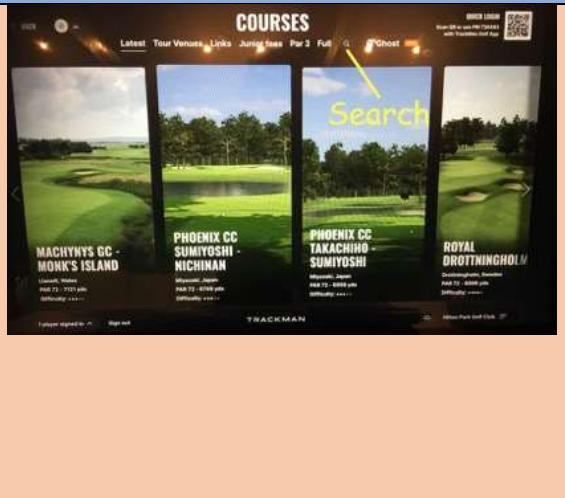
# Session Activity



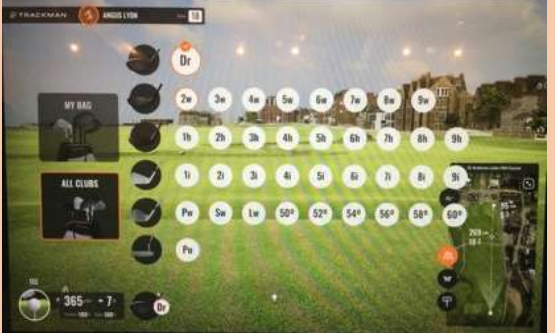
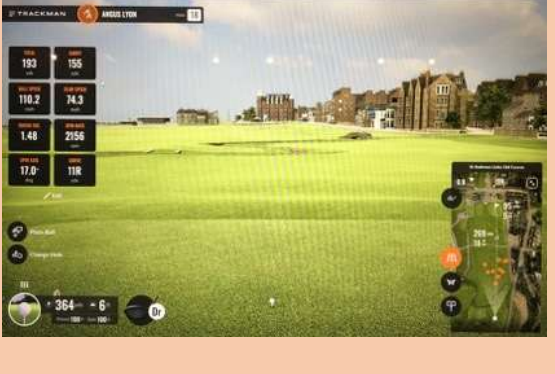
Step 1	Dim or switch off main room lights	
Step 2	Select the desired activity from the home screen, options are: <ul style="list-style-type: none"> <li>• Practice</li> <li>• Courses</li> <li>• Games</li> <li>• Tournaments</li> </ul>	

## Practice

Step 1	Select how you want to practice. It is recommended you stick to: <ul style="list-style-type: none"> <li>• <b>Range</b></li> <li>• <b>On Course</b></li> <li>• <b>Target</b></li> </ul> (The shot analysis and test center options are more for use by the Club Professional when coaching and club fitting)	
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## On Course Practice

Step 1	Pick one of the available courses (a list of all the available courses on the Trackman website). 200+ courses are available including a number from Scotland including: <ul style="list-style-type: none"> <li>• St. Andrews Links (4 courses)</li> <li>• Royal Troon</li> </ul> To speed up your selection you can use the search button. After you select a course it will load all the holes (this will take a few seconds, an orange progress bar will appear at the bottom of the screen).	
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<p>Step 2</p>	<p>Before you can practice you need to tell the system who is practicing. You can do this in two ways.</p> <ol style="list-style-type: none"> <li>1. Download to Trackman app and use the quick log-in by opening the app and pointing your phone at the QR code located at the top right of the screen.</li> <li>2. Click the first player slot and enter your name and WHS index when prompted.</li> </ol> <p>The image on the right is after a log-in using the QR code method. (The advantage of installing the app on your phone is that all the statistics collected while practicing will be available on your phone for review at any time) Press the green 'Start Game' button to start your session.</p>	
<p>Step 3</p>	<p>Select the hole you wish to practice on. Hole 18 on the St. Andrews Old Course has been selected in the image on the right. Click the orange 'select' button to continue.</p>	
<p>Step 4</p>	<p>Select the club you are going to practice with.</p>	
<p>Step 5</p>	<p>Go for it. Place your ball in the middle of the hitting mat. Hit as many shots as you want. The summary data for your last shot is displayed in the panels at the upper left of the screen. The finishing position of all your shots are shown as orange dots on the small graphic overview of the hole.</p>	

Step 6 Check the more detailed ball flight and club head data of your last shot on the monitors above the computer.

**Note**

The data for carry and total distance that appear on the big screen and the monitors above the computer may vary. **This is not an error.** The data on the big screen reflects the course conditions (wind, elevation change etc.) while the data on the monitors is the actual ball trajectory analyses, i.e. ideal conditions



**Range**

Step 1 The steps for setting up a range session are the same as for the on course practice, except you do not need to select a course and hole to play. First select the club you wish to practice with then click the continue button.



Step 2 Place your ball in the middle of the mat. Hit as many shots as you wish. The data will appear in the blocks at the top left of the screen and on the monitors above the computer. The final location of all your shots will appear as orange dots on the graphic at the right of the screen.



## Target Practice

**Step 1** As the name suggests this option provides a number of different distance targets to aim for. The steps to set up a Target session are the same as on course or range practice. First select the club you want to practice with.



**Step 2** Select the target you want and hit the 'done' button.  
Hit as many balls as you want.  
At any time you can select a different target or club.

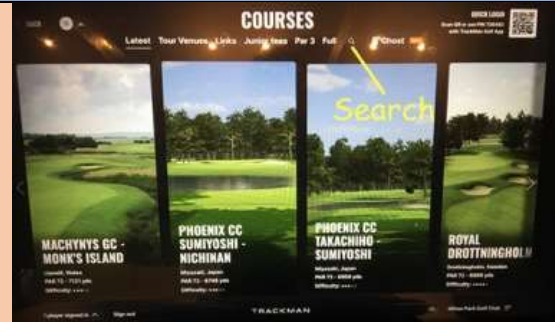


## Courses

**Step 1** This is the option to select if you want to play a round of golf or have a match with your colleagues. Select the course you want to play from those available.  
200+ courses are available including a number from Scotland including:

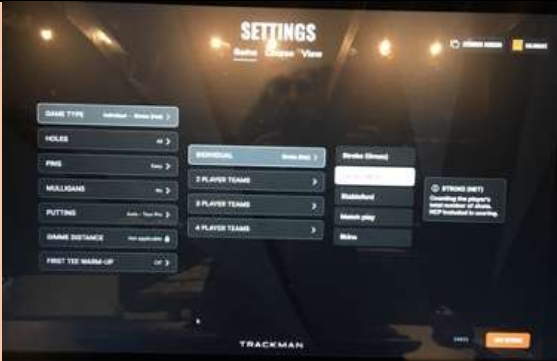
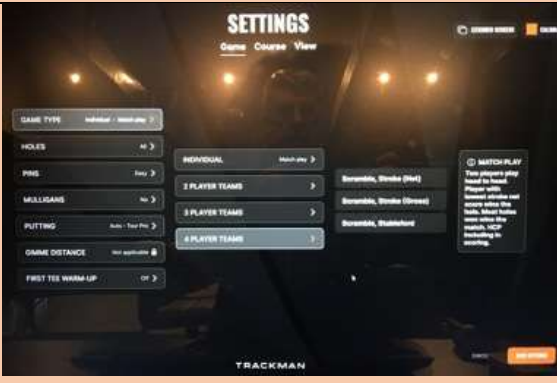

- St. Andrews Links (4 courses)
- Royal Troon

To speed up your selection you can use the search button. After you select a course it will load all the holes (this will take a few seconds, an orange progress bar will appear at the bottom of the screen).



**Step 2** Enter the names and WHS index for all those participating (up to 8 people can participate). You can log-in the participants using the QR code or just add the names. This is necessary to distinguish who is next up to hit and their course handicap for the scoring. The system default game type is 'stroke net'



<p>Step 3(a)</p>	<p>Select the game type you want to play.          If playing by yourself you can select:</p> <ul style="list-style-type: none"> <li>• Gross</li> <li>• Net</li> <li>• Stableford</li> </ul> <p>You can also set other game features.          To speed up the game it is recommended you leave the auto putting option.          First tee warmup can be selected to allow a few shots before the scoring starts.          Press the orange save settings button to continue.</p>	
<p>Step 3(b)</p>	<p>If there is more than one participant, as well as individual match play, you can also select 'Scramble' options after selecting the team size.          Select the orange 'save settings' button to get started on the first tee.          Press the orange save settings button to continue.</p>	
<p>Step 4</p>	<p>After you hit a shot the projected image will advance to the point where your ball finished.          After the auto-putt the projected image will move to the next tee.          If more than one person is participating the person to take the next shot is displayed at the top left of the screen.          Enjoy your game.</p>	

# Games

<p>Step 1</p>	<p>Select the game you want to play from the available games.</p>	
<p>Step 2</p>	<p>Different games have different setup options. The image on the right is the setup for the 'capture the flag' game. Press the orange 'continue' button to start the game.</p>	
<p>Step 3</p>	<p>Play game. Typical game screen on the right.</p>	
<p>Step 3</p>	<p>Play game. Typical game screen on the right.</p>	

# Tournaments

Step 1

This is the area where you can participate in Trackman managed national and international tournaments. All active tournaments are listed on the Tournaments home page.

At the time of drafting there was only one active Trackman tournament.

It is planned that Hilton Park tournaments will be created for both the summer and winter seasons for members to participate in.

