



www.hoopslab.com

HOOPS LAB

SHARE YOUR GAME™

At Hoops Lab it is our mission to provide basketball coaches and players the best basketball networking and video sharing site on the internet. Hoops Lab is a completely free video sharing site that allows full game uploads as well as valuable networking and educational tools to help players and coaches reach their next level.

Hoops Lab:

Provides coaches & players more tools to learn and improve their play

Gives coaches a greater ability to promote their players

Allows coaches Network with other coaches and scouts

Helps cut down on travel expenses and time it takes to scout opponents

HOOPS LAB QUICK GUIDE TO GETTING STARTED

*Follow directions below or Log-on to www.hoopslab.com and watch our video "How to Upload a Game to Hoops Lab"

First Step.. Register

- 1.) Log on to www.hoopslab.com
- 2.) Click on Register Today
- 3.) Complete the short Registration Form
- 4.) Check your email for your confirmation link.
(check your junk mail if you do not receive it right away)
- 5.) Sign in and Enjoy! * email team@hoopslab.com if you do not receive a conformation email within a few minutes.

Second Step...Convert your DVD or transfer your video to your computer to one of these formats: WMV, MPG, MPEG, AVI, MP4, FLV, MOV, MOOV

- 1.) Use your own DVD conversion software or download a Free DVD converting software.
- We suggest DVD VIDEO SOFT FREE STUDIOS <http://www.dvdvideosoftware.com/free-dvd-video-software.htm>
- 2.) If you are using DVD Video Soft Please follow these steps to convert your video. If you are using another conversion software, please follow instructions given to you with that software.
- 3.) Open DVD VIDEO SOFT FREE STUDIOS and click on the Green Icon.
- 4.) Click on Free DVD Video Converter
- 5.) Your Computer will locate DVD - Make sure you choose an "Output file Location" that you will be able to find later. We suggest creating a Hoops Lab file folder on your desktop to store your videos.
- 6.) Set Format to AVI and High Quality
- 7.) Click on Convert
- 8.) Process takes 5 - 10 minutes depending on speed of your computer

Third Step... Upload your video

- 1.) At this point you could upload your video file, but this may take a very long time to upload because the video has not been compressed.
*We suggest converting the file to an FLV to save time on uploading.
- 2.) If you are using DVD VIDEO SOFT FREE STUDIO, Click on the Green Icon
- 3.) Click on the Icon Free Video to Flash Converter
- 4.) Locate your Game Film AVI, or MOV file and Convert to FLV *
* Make sure you choose an "Output file Location" that you will be able to find later. We suggest making a file folder on your desktop called Hoops Lab.
- 5.) This Process takes 10- 20 minutes depending on speed of your computer
- 6.) Sign in to your account on www.hoopslab.com
- 7.) Click Upload Button - Upload New Video
- 8.) Fill out Game Description - Be detailed - Dates, Location, Uniforms, Final Score, Stats, Rosters, etc.. Select "Private" or "Public" and click Next.
- 9.) Locate your video file from your computer and click "Upload"
- 10.) Process takes 10 - 60 minutes depending on Internet Speed. *Videos may take several minutes to process once the upload completes.
- 11.) Check your profile after a few minutes for your uploaded video.
- 12.) Enjoy your video and start sharing your games with your network!