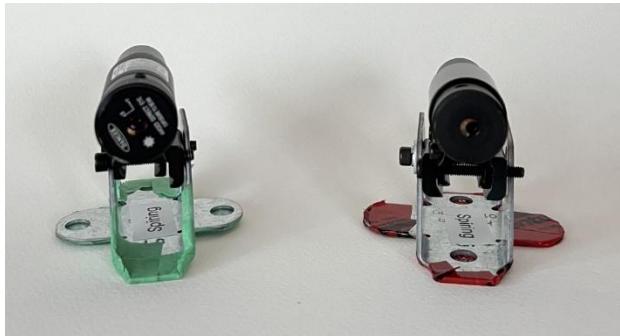




## Using a Laser to evaluate Delivery & Release

### Equipment:

Green laser,



Camera (iPhone, Samsung, Surface) and tripod



Hardline brush/cone

### Set-up:

Place lasers to focus on rock at opposite end, place camera(s) on tripod(s) between half and 2/3 of the distance down the sheet focused on the hack.

Start video recording



Set-up broom/cone as the target to throw at.



## Green Laser

## Camera

### Action:

Have thrower deliver rock toward the green laser as in the video below.



## What to watch for:

If the thrower stays on the delivery path, the green dot should remain on the rock through the delivery and release.

If the release is “clean” the green dot should remain on the same spot of the rock until the “break point”.

If the thrower sets/flares on release, the green dot will move from its original spot on the rock long before the “break point”.



If the thrower dumps on/release, the green dot will move from its original spot on the rock long before the “break point”.

Traditionally the “break point” is close to halfway down the sheet.

**Note:**

Cameras are all different, but should be focused on the thrower and include the rock. Start in video mode to capture the thrower and rock. Review video following the throw(s).