

Icecap I Pro User Guide

Icecap Sports Club



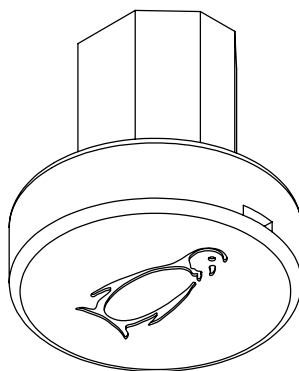


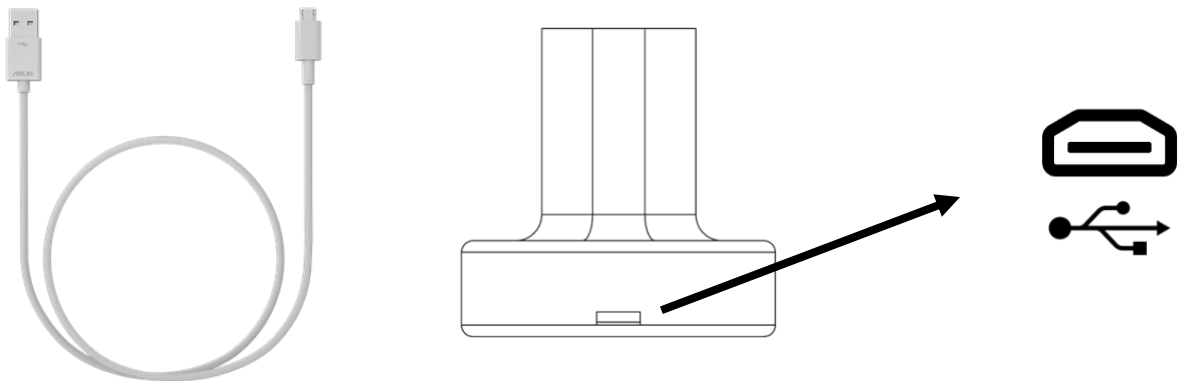
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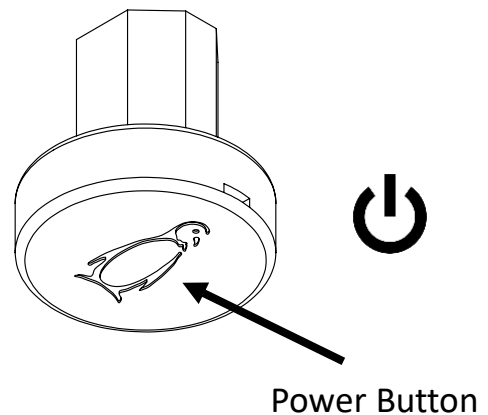


Quick Start Unboxing

Welcome to the Icecap Sports Club! The *Icecap I Pro* is an artificial intelligence (AI) lacrosse training device, and it will help you keep better track of your practice trends, learn from the Pros, and improve your skill. You will train your stick to recognize your shot motion, and it will listen to you practice. Begin by removing the charging cable and brick from the box, and plugging your Icecap into the wall. Your Icecap will take 60 minutes to fully charge.



The Icecap I Pro can be turned on by pushing the penguin on the bottom of the device. It will blink when it is ready to be connected, and turn off automatically after a few minutes of inactivity.

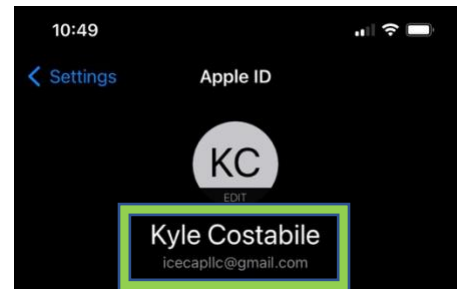


Quick Start TestFlight



On the Apple App store, download “TestFlight”. TestFlight is an Apple app that allows you to run mobile apps that are not yet available on the App Store, such as the Icecap Sports App.

Once you have downloaded TestFlight, send an email to icecapllc@gmail.com typing your AppleID, which is an email address you can find in *Settings* on your iPhone.



We will get back to you in short order with instructions for downloading the Icecap Sports App on TestFlight. Once this is complete, you should see the penguin logo on your phone like any other app.



IcecapSports

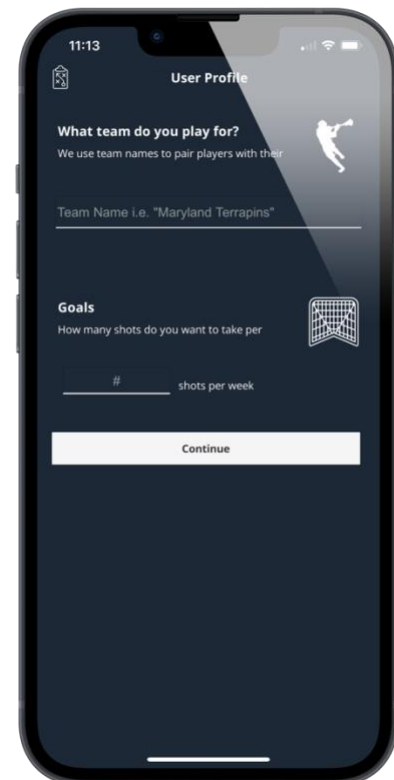


Quick Start Create Your Account

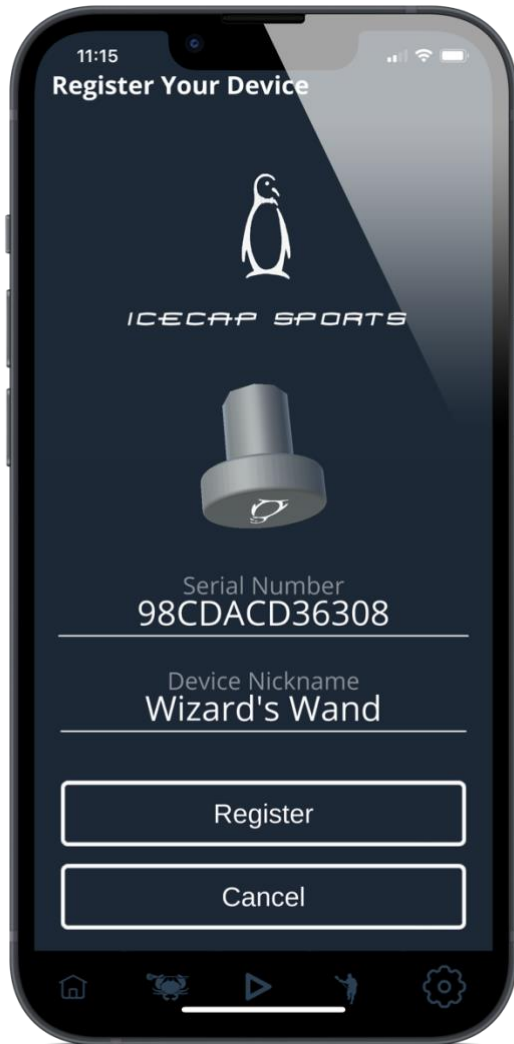


On first open of the app, create your account by clicking **Sign up** on the login page. Create your account and click on the sign up button. Once your account has been created, you can log in.

Follow the on screen instructions and answer the questions to create your account. Be sure to read through the disclaimers on the last page before you check the boxes.



Quick Start Register Device



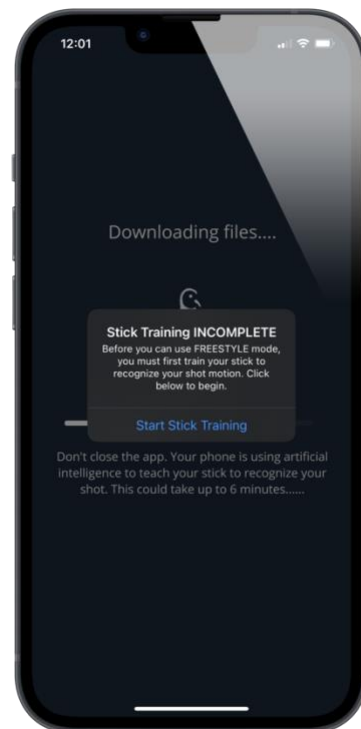
Take special care to properly input your device Serial Number, which can be found on the card included in the box. Also input your stick's nickname.

Quick Start Begin Training

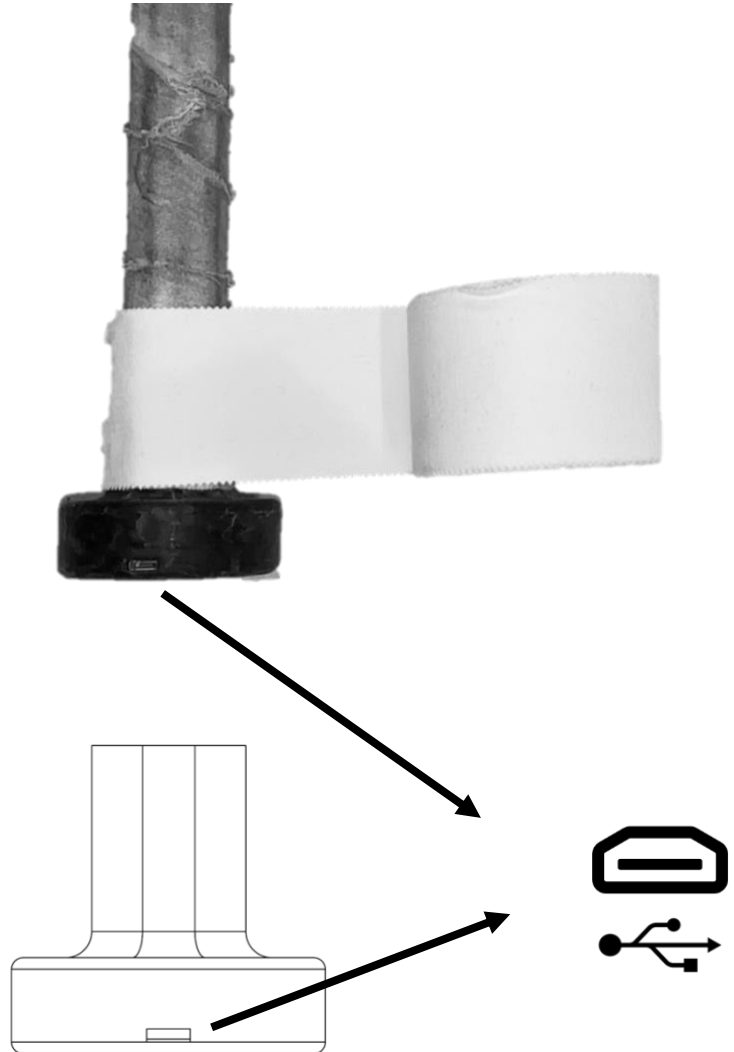


Once your device has been registered, you will be output to the home page. To begin, click the **PLAY** button in the middle of the button bar.

Choose your weapon, and when asked if you would like to *Start Stick Training*, proceed.



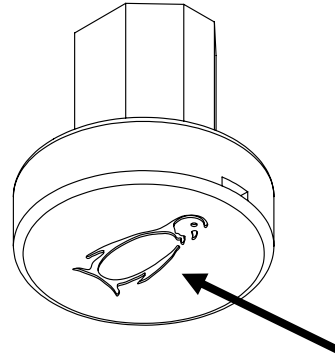
Quick Start Stick Setup



If you have not done so yet, attach your *Icecap I Pro* to the bottom of your stick. It is best to tape your Icecap in place, like you would with a regular buttcap. **It is best to place the charging port facing the back of your stick, as seen above.**

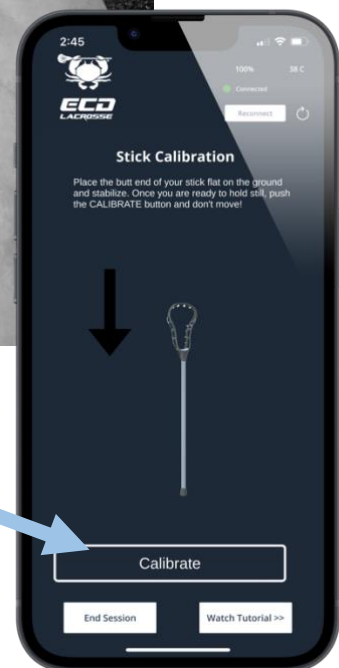
Quick Start Calibration

Click the bottom of your Icecap, and wait until the device connects.



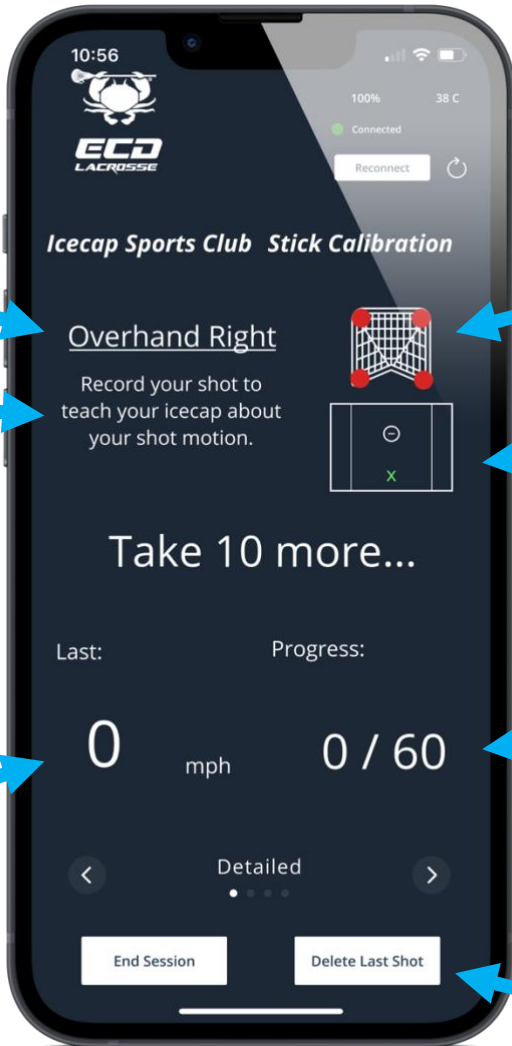
Power Button

Once connected, hold your stick out straight up and down, as pictured at right. Then, hold the stick still and push the Calibrate button. Hold still until calibration is complete!



Quick Start Record Data

Icecap devices operate using Artificial Intelligence (AI). In order to enable *Freestyle* mode, users must first teach their stick information about their shot motion. The minimum required to train your stick and unlock freestyle mode is 60 shots (30 each hand, 10 each shot type of Overhand, Sidearm, and Underhand). Follow the on-screen instructions to complete the initial data acquisition. Remember, it is very important that you take shots the exact same way that you will during practice! Your icecap will only be as accurate as the data that you feed it. **The more data you feed your stick, the more accurate it will become!**



Shot type

Pro Tip

Aim For

Field Location

Total Shots in Session

Last Shot Speed (mph)

Delete Last Shot

Icecap Sports Club Stick Calibration

Overhand Right

Record your shot to teach your icecap about your shot motion.

Take 10 more...

Last: 0 mph

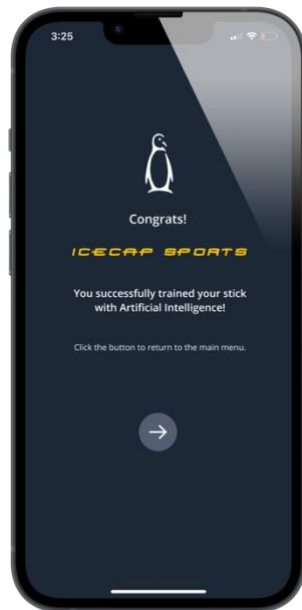
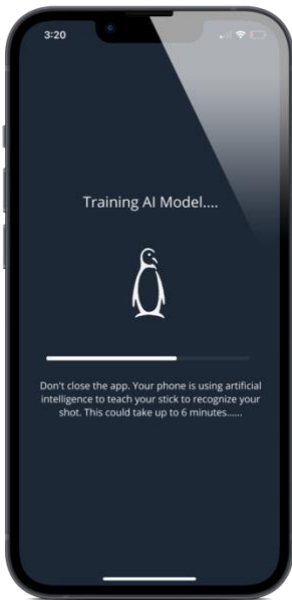
Progress: 0 / 60

End Session

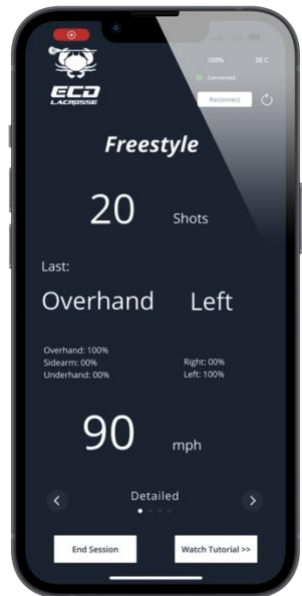
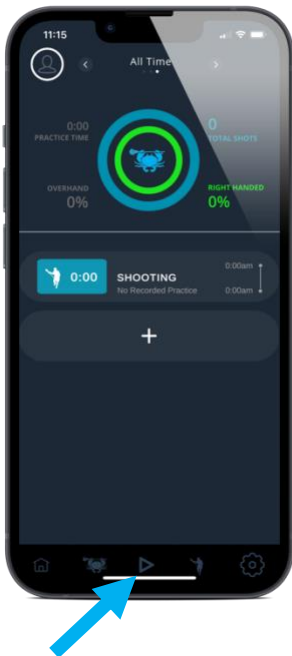
Delete Last Shot

Quick Start

Training Your AI Model



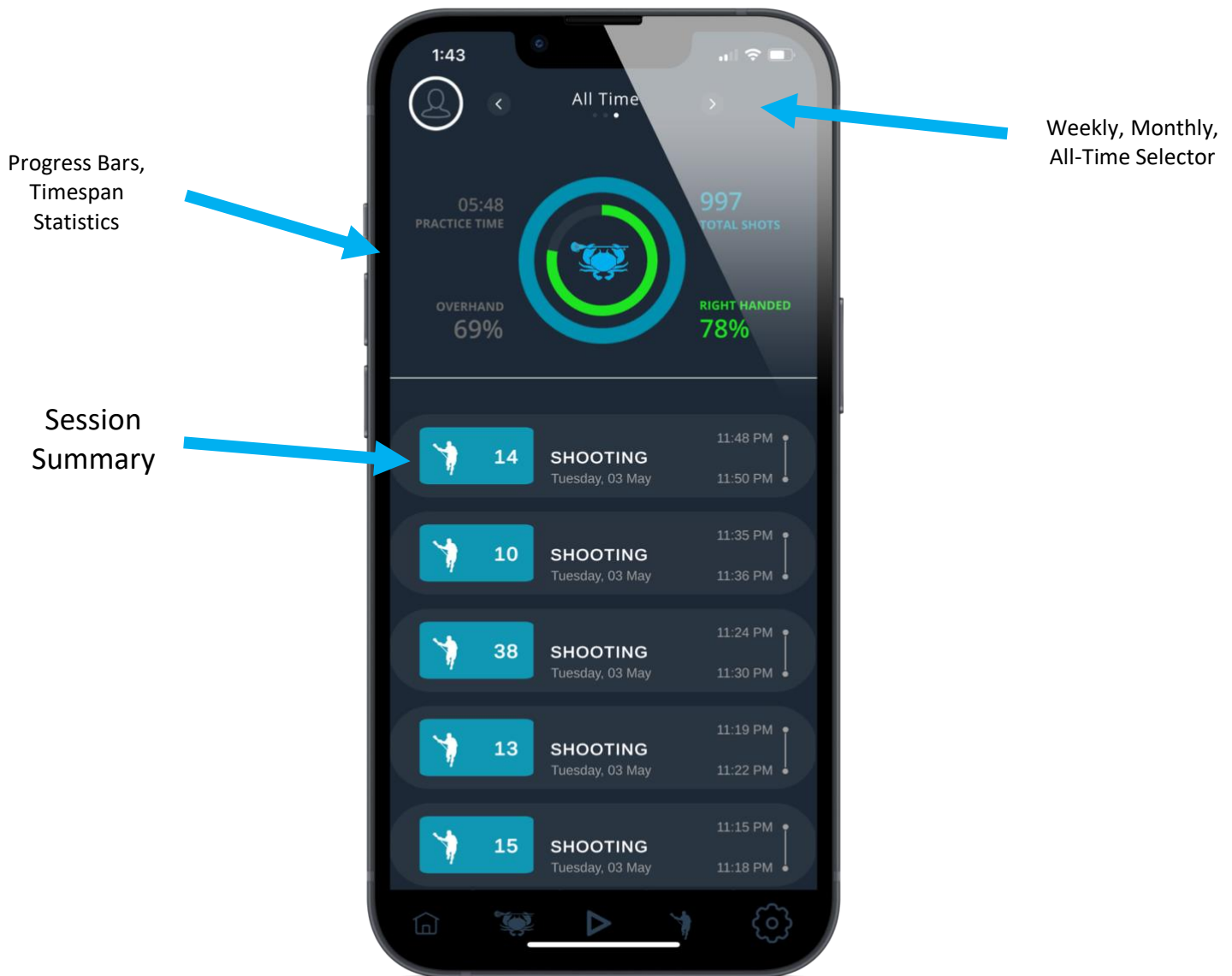
If you continue the initial training session to completion (all 60 shots), you will see this screen. After 5-6 minutes, your stick will have studied and learned your shot motion. Congrats! You may now use **FREESTYLE** mode by pushing the **PLAY** button on the home screen.



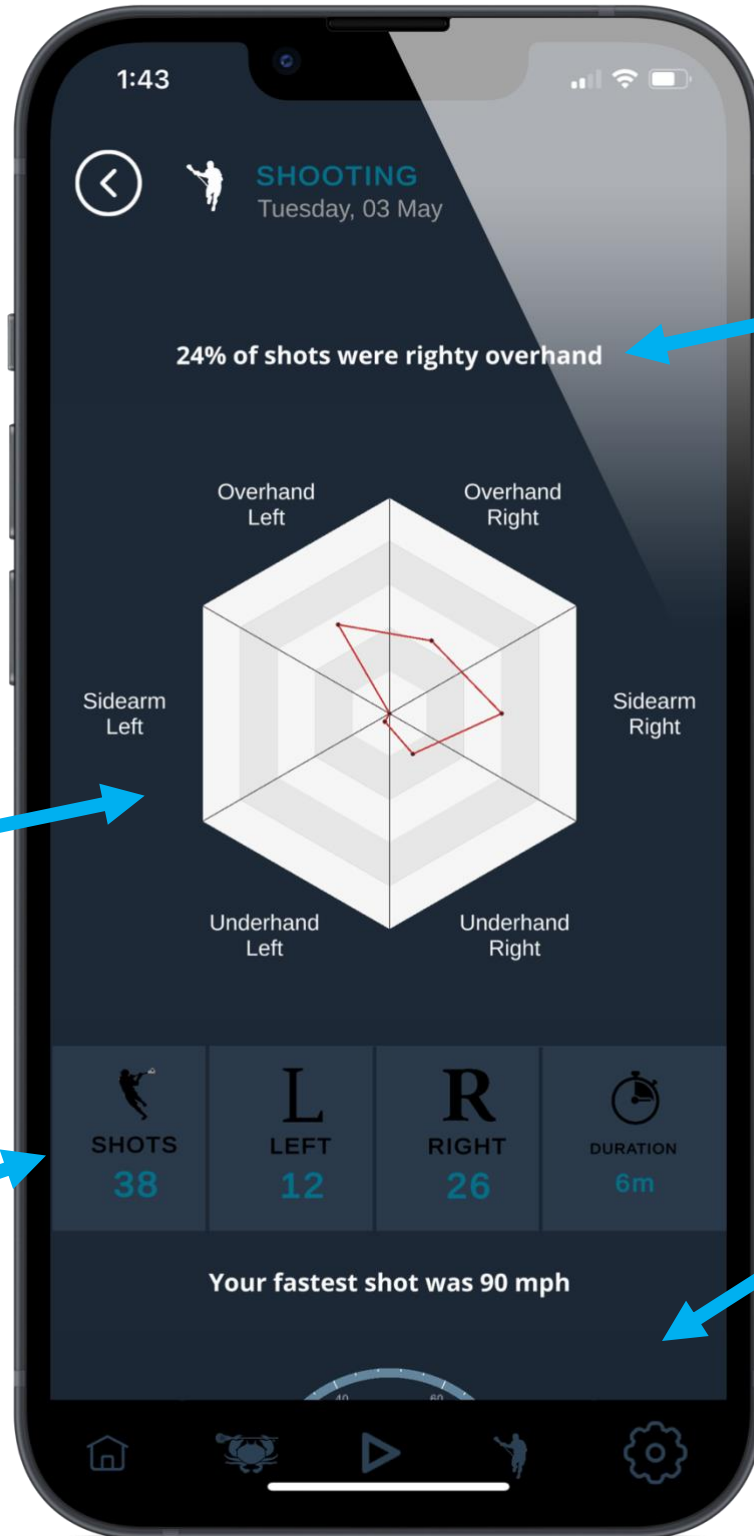
Click **PLAY**, calibrate your stick like before, and begin **FREESTYLE** mode. You will now be able to shoot for as long as you like, and your shot data will be recorded and stored for later viewing and analysis. If you find that your model is inaccurate, see *Troubleshooting*.

Quick Start Home Screen

The Home Screen is the main dashboard for your training data. Scroll through the graph views using the scroll buttons at the top of the page to parse for Weekly, Monthly, and All-Time data views. The blue progress bar represents your progress in achieving your weekly and monthly shooting goals, and the green progress bar displays the percentage of shots taken with your dominant hand during the period selected. Never before have you had this much insight into your practice trends! Clicking on a given session will open the session details.



Quick Start Session Summary



Session Highlight

24% of shots were righty overhand

Shot Type
Distribution

Session Stat
Summary

Session
Fastest Shot

Your fastest shot was 90 mph

Quick Start ECD Pros



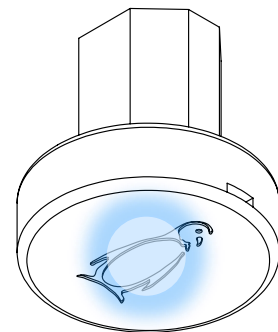
Clicking the lacrosse player on the button bar, you are brought to the ECD Pros screen. Explore a variety of content on these pages, including Guided practice sessions produced by real pros, such as ECD's Bryan Costabile!

Device Modes

The Icecap I Pro has 5 different device modes: Scanning, Connected, Sleep, Charging, and Fully Charged.

1. Scanning

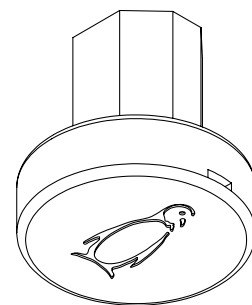
After awaking from sleep by pushing the power button, your device will enter *Scanning* mode. The LED will blink, and your device will wait connection from the mobile app. If your device is not connected and significant motion is not detected for 3 minutes, it will automatically enter *Sleep* mode in order to preserve battery.



Blinking

2. Connected

After connecting your device to the mobile app in the PRACTICE scene, your device LED will turn off. This means the Icecap is connected, and you may begin shooting. *Warning: This may also mean your device is off. Confirm in the app whether your device is connected.*



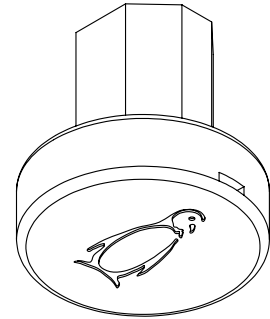
LED off



Device Modes

3. Sleep

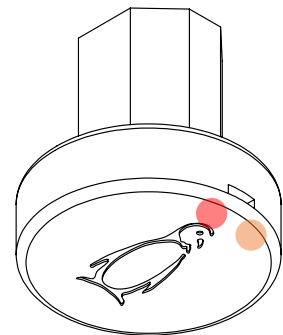
If your Icecap is in *Scanning* mode and not connected for 3 minutes, it will automatically enter *Sleep* mode in order to preserve battery. The LED will be off. Turn the Icecap back on by clicking the penguin's belly in.



LED Off

4. Charging

When *Charging*, the Icecap will show red and orange LEDs by the charging port. Red is to signal USB power, orange is to signal battery is charging.



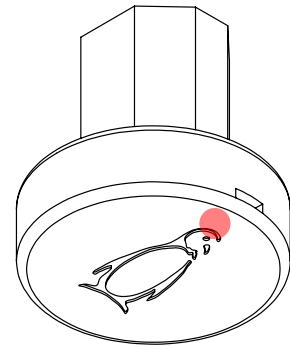
Red/Orange



Device Modes

5. Fully Charged

If your Icecap is *Fully Charged*, the charging indicator will either turn off or turn green. Anytime the Icecap is plugged in, the power indicator will be lit up red.



Red

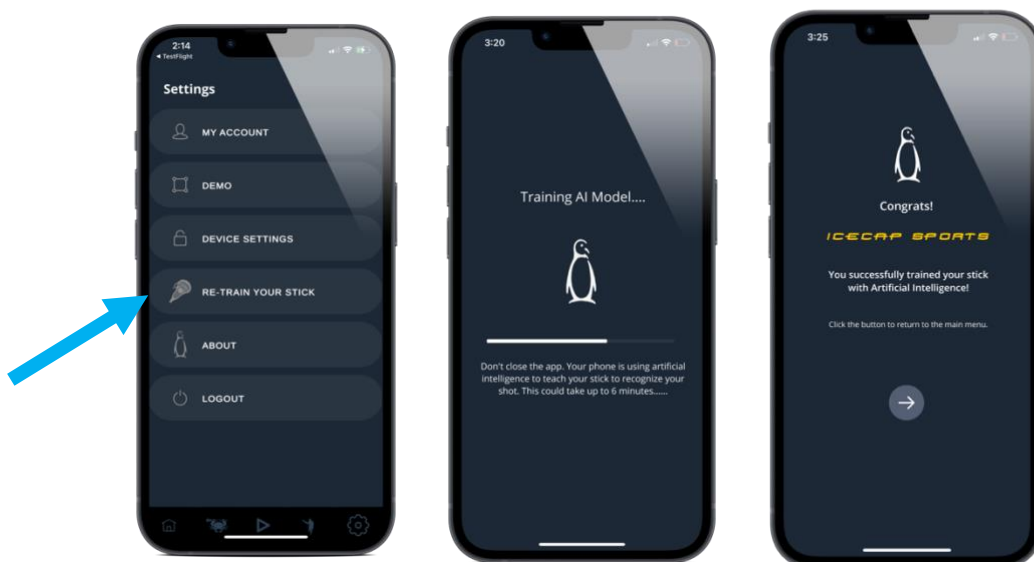
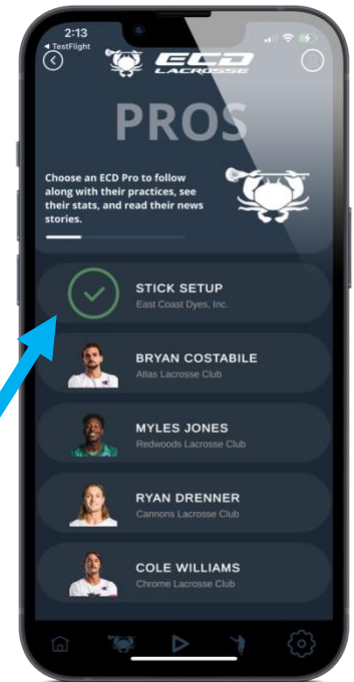
Troubleshooting

Q: In FREESTYLE mode, my Icecap is inaccurate. What can I do to fix it?

Icecap devices operate using Artificial Intelligence (AI). In order to enable *Freestyle* mode, users must first teach their stick information about their shot motion. **The Icecap will only be as accurate as the data that you feed it, and the more data you feed your stick, the more accurate it will become!**

If your Icecap is inaccurate in **FREESTYLE** mode, the first step is to add additional data and Retrain your model. First, click on and complete the **STICK SETUP** session, found on the **PROS** page. This should add 60 shots to your training data.

Once complete, go to **SETTINGS** and select **RE-TRAIN YOUR STICK**. Do not close out of your app until the process is complete. Now open **FREESTYLE** mode, and give it a go. It can take as much as three data recording sessions to produce a fully accurate model.



Contact

If you have any issues, our customer support desk can be reached at support@icecapsports.com

