

# CueTrack™

PERFECTING THE STROKE



*By*

**Billiard Dynamics**



PATENT  
US 7,611,416 B1

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## INTRODUCTION

Congratulations on your purchase of the **CueTrack™** stroke and alignment trainer! **CueTrack™** is a patented product made in the USA. It is a precision-engineered device designed to help pool players - from amateurs to professionals - develop and maintain a perfectly straight and consistent pool stroke. It will also teach you to identify the correct line of aim for your shots. Whether you play competitively or recreationally, **CueTrack™** can help you develop the winning pool stroke you have always wanted, shot after shot, game after game.

Aligning the cue and delivering the stroke are two of the most important fundamentals in any cueing sport. **CueTrack™** has been designed to help you build a straight, uniform and consistent stroke, which has no side-to-side or lateral movement. This means, as you address the line of aim and stroke over it, your cue will stay on that line in your forward, backward, and most importantly, your delivery stroke. The ability to identify and cue over the line of aim, and to stroke on that line, is instrumental to successful results during practice or competitive play. **CueTrack™** allows you to build muscle memory so that your stroke is consistent, repeatable and trustworthy.

# PARTS LIST

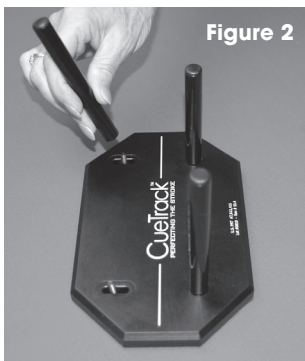
Your new *CueTrack™* stroke and alignment trainer is shipped with the following parts:

- One base
- Two 3.5" guideposts
- Two 4.5" guideposts
- One 22" adaptor sleeve
- One 3/32" Allen wrench
- One sheet of notebook hole reinforcement labels
- One paper shim
- User's manual



# ASSEMBLY

**1.** Screw one of the 3.5" and one of the 4.5" guidposts onto the bolts which protrude through the *non-slotted* holes of the base as shown in Figure 1. Tighten the bolts using the supplied allen wrench. These are the *stationary* guideposts.



**2.** Screw the remaining two posts onto the bolts which protrude through the *slotted* holes in the base as shown in Figure 2. These are the *adjustable* guideposts. (Both 3.5" guideposts should be at one end of the base and the two 4.5" guideposts should be at the other end.) Leave the adjustable guideposts loose enough to slide along the slotted holes. They will be tightened after adjusting the gap to fit the adapter sleeve.



Figure 3a

**3.** Lay the adapter sleeve onto the base, between the stationary guideposts and the adjustable guideposts. Refer to Figure 3a. Place the paper shim (provided in the User's Manual) between the adjustable guideposts and the adapter sleeve. Slide the adjustable guideposts toward the adapter sleeve until they touch the paper. Now rotate the base onto its side with the stationary posts closest to the table. Hold the unit as shown in Figure 3b. With your thumb barely pinching the adjustable guidepost against the shim and adapter sleeve, carefully tighten the bolts from underneath the base using the 3/32" Allen wrench provided. Be careful not to over tighten the bolts. Slide the shim out from between the guideposts and adapter sleeve. The adapter sleeve should now slide effortlessly between the guideposts. If you prefer to tighten or loosen the movement, repeat this step and apply more or less pressure to the posts when tightening.

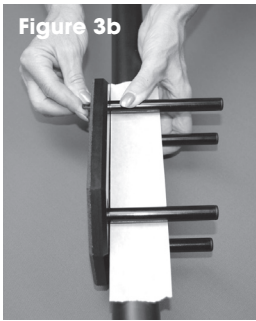


Figure 3b

**NOTE:** If the adapter sleeve feels loose near the base & tight near the top of the posts (or vice versa), try rotating one or both of the posts and repeating this step.

**4.** Hold your pool cue in one hand, with your thumb positioned approximately 1" below the top of your wrap (16" from the butt of the cue.) Next, insert your cue stick into the larger diameter (1-1/8") opening of the adapter sleeve, as shown in Figure 4a. Slide the adapter sleeve onto your cue until it touches your thumb on your wrap as shown in Figure 4b. When the adapter sleeve is properly aligned, the sleeve should not touch your grip or bridge hand during warm up strokes. If it does, readjust the sleeve by moving it forward or backward on the cue.

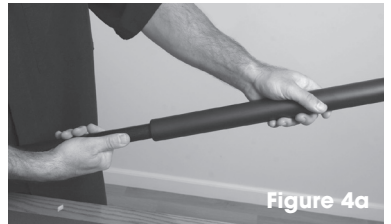


Figure 4a



Figure 4b

You are now ready to use *CueTrack™*.

## USING CUETRACK

You can use the *CueTrack™* stroke and alignment trainer with or without pool balls. To

train properly, we recommend that you first use *CueTrack™* without pool balls. Once you begin to develop your stroke, you can advance to using *CueTrack™* with pool balls. Even after you have acquired the ability to remember and reproduce a truly straight stroke, you may find that over time your stroke begins to deteriorate. You start to lose your purity at the table, especially in tense and stressful situations. Sideways movements (hitches) begin to reappear and you revert to a stroke that has flaws. That is why you want to keep using the *CueTrack™* stroke and alignment trainer, even after you have developed a flawless stroke. This will keep that stroke fresh in your mind, day after day, year after year. You will be able to reach down into your memory bank and reproduce that stroke, and sink that match winning shot!

## USING CUETRACK WITHOUT POOL BALLS

Using *CueTrack™* without addressing a cue ball or executing a shot is an excellent way to become accustomed to using your new stroke and alignment trainer. It allows you to focus solely on your pool stroke without the need to concentrate on aiming and hitting balls. You will also find that as your stroke improves, training with *CueTrack™* in this manner before an important match or tournament will get you in stroke very quickly. It is recommended that you use your *CueTrack™* stroke and alignment trainer every day



**Figure 5**

possible in order to develop your muscle memory effectively and avoid reverting back to a flawed stroke.

Begin by placing the *CueTrack™* base on your pool table or any flat surface. With the adaptor sleeve properly mounted on your

pool cue, assume your normal pool stance while placing your pool cue between the upright guideposts as shown in Figure 5. The adaptor sleeve is made to slide effortlessly between the guideposts. Positioning your chin, as well as the middle of the adaptor sleeve over the center of the base will allow maximum distance to stroke forward and backward while remaining between the guideposts.

After forming a solid bridge with your front hand, begin taking practice strokes. (Refer to the section of this manual on Proper Stroke Technique.) These practice strokes should be slow and deliberate. Focus all of your attention on your body. Feel your triceps pulling the cue stick straight back. Feel what straight is. Pause. Feel the transition from your triceps to your biceps as you begin your forward stroke. Feel the cue stick lying lightly in your grip hand. Notice exactly how your grip hand feels during the entire stroke. Take 10 to 20 practice strokes in this manner. Then rest and relax your grip hand. Repeat this procedure

several times per day. (4 to 8 times for beginners, 3 to 5 times for advanced players).

Once you are comfortable 'dry stroking' with **CueTrack™**, we recommend placing the cue ball in front of your cue. Don't use an object ball at this point. Address the cue ball as you normally would, placing your cue and sleeve into the **CueTrack™** base. Take your warm-up strokes, and then deliver your final stroke. This process will teach you to differentiate between warm-up strokes and your delivery stroke. Focus on perfecting a laser straight delivery stroke.

Remember, to focus all of your attention on your body. The purpose of this exercise is to feel, and to remember, what a straight stroke feels like. This is the feeling that you will reproduce at the table when you are playing without **CueTrack™**. When you can deliver this stroke at the table without the assistance of **CueTrack™**, you will own a pure, straight, and consistent pool stroke.

## USING CUETRACK WITH POOL BALLS

When using **CueTrack™** to execute a shot, place the base directly on the pool table. Position the base on the table so your cue tip is approximately 1/8" to 1/4" from the cue ball and the middle of the cue stick adaptor sleeve is centered over the middle of the base. You may have to slide the base forward or backward to get the base positioned correctly under your stick. Refer to Figure 6.



Once you have the distance between the cue ball and the base set correctly, assume your normal pool stance with your cue stick positioned in the base. If you need to adjust your aim slightly, lower your cue stick toward the base and then make tiny adjustments to your aim.

Lowering the stick in the base, allows the base to slide from side to side on your table.

After you have aligned the shot properly, raise your stick back to the height required to make your shot. Take your practice strokes exactly like you did while using **CueTrack™** without pool balls. Then execute the shot being sure to focus your attention on what you can control – your stroke.

***At this point, you may notice several things:***

**1.** Your stroke feels different or strange. If you are accustomed to shooting with lateral

movement in your stroke, you may feel a noticeable difference in the delivery of your stroke. This happens because the stroke and alignment trainer will not let you 'steer' and deliver the imperfect stroke that you are used to using. This makes your new stroke feel different. You are on the path to improvement.

**2.** You missed the shot. This is VERY common when people first use their *CueTrack™*. If you have played pool for any length of time, your body has learned to compensate for an imperfect stroke by aligning the shot to accommodate your flawed stroke. When *CueTrack™* forces your stroke to be straight, your initial alignment is now off. It will take a little time to learn to align your shot with your new stroke. We recommend setting up a shot with notebook paper hole reinforcement labels (included with your *CueTrack™*) under the balls. This way, the same shot can be repeated over and over. Once the base is positioned correctly and you make the shot, be careful not to move the base. Set the shot up again, position yourself in the base and shoot the shot again. You will notice that once you make the shot the first time, you never miss again. This is because the stroke and alignment trainer is now aimed perfectly and forcing you to stroke perfectly. Practice these shots over and over until the alignment looks proper to you. This will teach your body how to align each shot with your new stroke.

**3.** You find yourself making numerous tiny adjustments to the stroke and alignment trainer prior to shooting the shot. You adjust left, only to think that now you have to adjust to the right, and then slightly left again. Again, this is common when you first begin to use *CueTrack™*. Your mind is learning that it can no longer make an aiming adjustment in mid-stroke. Therefore, it is forcing you to get aligned perfectly before you start your stroke. After using *CueTrack™* for a while, you will KNOW that the shot is aligned perfectly and the ball is going to go in, before you ever shoot. What a great feeling!

**Caution:** *CueTrack™* can accommodate a variety of shots, but it is not designed for power shots. Shots calling for extreme follow or extreme draw typically require a much longer follow-through. If you follow through too far, the adaptor sleeve may hit your bridge hand. If you are stroking hard, injury to your bridge hand can result.

## SHOOTING SHOTS OFF THE RAIL

It has been said that shooting a shot where the cue ball is close to (or frozen to) the rail is 10 times harder to execute than when the cue ball is out in the middle of the table. Why is that? It is more difficult to make a solid bridge and more difficult to perform a fluid, straight stroke. *CueTrack™* is designed to help you practice these shots.

The *CueTrack™* design allows the base to be mounted to any standard camera tripod that has a 1/4" x 20 thread mounting bolt. Simply attach the *CueTrack™* base to a tripod

by inserting the tripod's mounting bolt into the threaded hole on the bottom of the base. See Figure 7.

Once you have the base attached to the tripod, adjust the height of the tripod to accommodate a nice level stroke from the rail. As before, adjust the distance between the base and the cue ball as you did in the previous section. Refer to Figure 8.

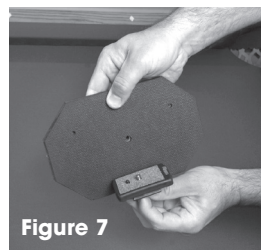


Figure 7



Figure 8

Set up your shot by marking your table with the hole reinforcement labels to allow you to shoot the exact same shot multiple times. This is extremely important, as the initial set up can be somewhat tedious. When aiming the shot, you cannot slide the base as you did when it was resting on the table. You have to physically move the tripod left or right. *(Sometimes it is actually easier to adjust the position of the shot instead of moving the base.)*

With your aim adjusted, take your practice strokes and deliver a smooth, perfectly straight stroke just as you did in previous sections. Again, be sure to notice the line of aim. *(It may look a little different to you because of a slightly different body position required when shooting off the rail.)* Make sure your bridge is solid and put your full attention on the practice and delivery strokes.

Remember, the value in shooting these shots with **CueTrack™** is to allow you to remember what a good stroke feels like. So, feel the stroke. Pay attention to every muscle. Feel your grip. Feel yourself pull the cue straight back, pause, and then feel yourself push the cue straight down the line of aim to sink that game winning shot!

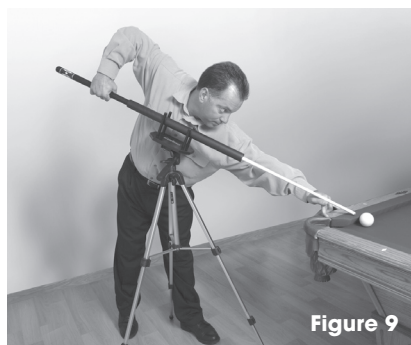
## WHEN YOU HAVE TO JACK UP

Another difficult shot occurs any time you have to elevate the back of your cue stick (jack up). This often occurs when you are trying to execute a draw shot when the cue ball is close to the rail. It can also occur when another ball is between your bridge hand and your cue ball.

Elevating the back of your cue makes a shot significantly more difficult for several reasons. When you are shooting down on the cue ball, if you strike the cue ball even slightly off center, you will cause the cue ball to swerve as it moves down the table. Your cue ball

will actually massé off the line of aim. Also, it is difficult to define the correct line of aim when you are jacked up. Your head position is different than a normal shot and you are looking along a pool stick that is at an angle to the line of aim. These factors require you to be able to recognize the correct line of aim and to stroke perfectly down that line.

Once again, **CueTrack™** is here to help. To practice these shots, attach your **CueTrack™** base to a tripod. Raise the tripod to the appropriate height to accommodate your elevated cue stick. Then tip the tripod platform forward, allowing the base to slant down at the same angle as your cue. See Figure 9.



**Figure 9**

As described in the preceding section Shoot-ing Shots off the Rail, set up your shot, mark the ball locations on your table, and adjust the tripod until your cue stick is aligned directly down the line of aim. Take your stance, and perform your practice strokes. Pay particular attention to your line of aim. Remember how it looks. (*You may feel like you are aimed incorrectly in one direction or the other.*) Learn what the correct line of aim looks like. As always, feel your stroke. Remember the feeling. Practicing these shots with **CueTrack™** will allow you to develop a perfect line of aim and a consistent, straight stroke allowing you to contact the cue ball directly in the middle of the ball.

## **PROPER STROKE TECHNIQUE**

A proper stance is critical in order to develop and deliver a flawless and straight stroke. A proper stance must be solid (distributing your weight evenly between three points, the bridge hand and the left and right feet), provide good balance, and allow proper alignment of the cue stick. Two very important aspects of producing a quality stroke without hitches or lateral movement come from the way we hold the cue stick within the bridge and grip hands. The bridge hand should be steady and tight around the shaft of the cue. It should provide a support for the cue to move back and forth while keeping the cue tip on target with the intended point of aim. On the contrary, the grip hand should be loose, and have minimal contact points, 2 or 3, with the butt of the cue. The grip hand should cradle the cue, but not hold it in a manner to impart any lateral movement. The grip hand should hang from the elbow, with the forearm perpendicular to the floor, and move to model a pendulum. If you feel lateral movement in your stroke, tighten your bridge around the shaft and loosen your grip hand on the butt of the cue. Pay close attention to the position and pressure of your grip hand. As you stroke, your wrist should move naturally forward and backward without adding ANY wrist curl.

There are different stroke methods that can be used while training with *CueTrack™*. **SPFF (Set, Pause, Finish, Freeze)** is one stroke method. This method was developed by BCA Master Instructor Randy Goettlicher, and is taught by numerous master instructors and cue colleges around the world. This stroke method builds a stroke that is consistent, accurate, repeatable and reliable.

### **Set**

Take several warm up strokes and gently, move the cue stick forward and backward with your *CueTrack™* stroke and alignment trainer in proper position. Once you are comfortable with your stroke and the alignment of the shot, and the tip of the cue is positioned to strike the cue ball where you intend, stop the tip of the cue just behind the cue ball (1/8" to 1/4"). This is the SET position. It is used to stop the movement of your biceps and triceps and, ultimately, the movement of the cue. This is the position in which you are ready and prepared to take the shot. Everything is right and you are totally committed and ready to go. If this is not the case, step back from the shot and start over.

### **Pause**

From the Set position move the cue back to the end of your backstroke and PAUSE. The Pause allows a transition to occur between the backward and forward movements, which are controlled by the triceps and the biceps respectively. Without pausing here, you might tend to wind up your swing increasing the velocity from backward to forward movement. This increases the chances of moving the cue from side to side or up and down. At first the Pause time may be exaggerated 1 to 2 seconds. As you become comfortable with this step you can reduce the time, as long as the transition from backward (triceps) to forward (biceps) motion is distinct. Now the goal is to hit your finish.

### **Finish**

Keeping your upper arm parallel to the table and your elbow in position, deliver or FINISH the final stroke. Remember, you do not want to impart any side to side or up and down movement of the cue. Keeping the grip hand light stops us from impeding the natural travel of the cue stick. With the elbow stationary, as the stroke finishes the cue tip should travel toward the cloth of the table bed and your grip hand should rise toward your chest in a pendulum motion. The stroke naturally stops when your grip hand meets your chest. Remember to stay down during the Finish stroke and keep your eye on the target.

### **Freeze**

FREEZE at the end of your stroke. This is where you analyze the results. Look where your cue stick landed. Did it stay on the line of aim? Did you move *CueTrack™*, to one side or the other? Did the shot complete as intended? Remember, staying down on the shot and freezing your finish is key to executing a great pool stroke.

## **Billiard Dynamics, LLC Limited Warranty**

### **A. Extent of Limited Warranty**

1. YOUR WARRANTY REGISTRATION CARD MUST BE COMPLETED AND RETURNED WITHIN 10 DAYS OF PURCHASE. Failure to provide the warranty card will prevent us from providing warranty service on the CueTrack™ stroke and alignment trainer.

2. Billiard Dynamics, LLC (“BD”) warrants to the original, end-user customer that for a period of one (1) year after, the date of sale to the original, end-user customer the CueTrack™ stroke and alignment trainer will be free from defects in materials and workmanship.

3. BD’s limited warranty covers only those defects that arise as a result of normal use of the product, and does not cover any other problems, including those that arise as a result of unauthorized modification or misuse.

4. If the Warranty Registration Card has been returned as provided above and, during the applicable warranty period, BD receives notice of a defect in the CueTrack™ stroke and alignment trainer and return delivery of the CueTrack™ stroke and alignment trainer as set forth below, BD shall either repair or replace the product, at BD’s option. If BD is unable to repair or replace, as applicable, a defective product which is covered by BD’s warranty, BD shall, within a reasonable time after being notified of the defect, refund the purchase price for the product.

All CueTrack™ stroke and alignment trainers must be returned, at the customer’s expense, to:

**Billiard Dynamics, LLC, 4431 Fallowfield Lane SW, Lilburn, GA 30047**

All questions concerning this Warranty Statement should also be directed to the above address.

5. Any replacement product may be either new or like new, provided that it has functionality at least equal to that of the product being replaced. CueTrack™ stroke and alignment trainers may contain remanufactured parts, components, or materials equivalent to new in performance.

### **B. Limitation of Warranty**

TO THE EXTENT PERMITTED BY LOCAL LAW, BD MAKES NO OTHER WARRANTY OR REPRESENTATION OF ANY KIND, WHETHER EXPRESS OR IMPLIED, INCLUDING, WITHOUT LIMITATION, ANY WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to the customer.

### **C. Limitations of Liability**

1. To the extent permitted by local law, the remedies provided in this Warranty Statement are the customer’s sole and exclusive remedies.

2. TO THE EXTENT PERMITTED BY LOCAL LAW, EXCEPT FOR THE OBLIGATIONS SPECIFICALLY SET FORTH IN THIS WARRANTY STATEMENT, IN NO EVENT SHALL BD BE LIABLE FOR DIRECT, INDIRECT, SPECIAL, INCIDENTAL, PUNITIVE, OR CONSEQUENTIAL DAMAGES, WHETHER BASED ON CONTRACT, TORT, OR ANY OTHER LEGAL THEORY AND WHETHER ADVISED OF THE POSSIBILITY OF SUCH DAMAGES.

3. Some states do not allow the exclusion or limitation of the incidental or consequential damages, so the above limitation or exclusion may not apply to the customer.

### **D. Local Law**

1. This warranty Statement gives the customer specific legal rights. The customer may also have other rights which vary from state to state in the United States, and from country to country elsewhere in the world.

2. To the extent that this Warranty Statement is inconsistent with local law, this Warranty Statement shall be deemed modified to be consistent with such local law.

3. THE TERMS OF THIS WARRANTY STATEMENT, EXCEPT TO THE EXTENT LAWFULLY PERMITTED, DO NOT EXCLUDE, RESTRICT, OR MODIFY, AND ARE IN ADDITION TO, THE MANDATORY STATUTORY RIGHTS APPLICABLE TO THE SALE OF THE CueTrack™ STROKE AND ALIGNMENT TRAINER TO SUCH CUSTOMERS.



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Billiard Dynamics  
 *Makers of CueTrack™*