

Daily Questionnaire Athletes fill out a simple questionnaire every morning on their phones

Welcome to Metrifit

March 3

Mood state
3 - OK mood - not good or bad

Sleep quality
4 - Good night's sleep; Feeling refreshed

Energy levels
3 - Reasonable energy levels

Muscle Readiness
4 - Mild soreness

Yesterday's Nutrition
3 - Ate reasonably some sugar/processed food. 2 servings fruit/veg.

Stress
2 - Feeling stressed and overwhelmed

Stress - Type

- Academic Stress
- Family/Relationship Stress
- Financial worries
- Health worries
- Other

Stress Comments
Feeling overwhelmed with assignments

Health
3 - Just OK

Activity yesterday
3 - Moderate training/exercise/competition

How long did you exercise, train or compete in total
01:15

Rate your average intensity for these sessions
Very hard

Sleep duration
8

Resting HR **Weight**

Comments

← BACK ✓ DONE

Welcome to Metrifit

March 3

My Body & Mind

RTP score (%) 59

Mood state

Sleep quality

Energy levels

Health

Muscle Readiness

Yesterday's Nutrition

Stress

Academic Stress
Feeling overwhelmed with assignments

Activity yesterday
1 hours, 15 minutes - Very hard intensity.

Sleep duration

Weight(kg)

Resting HR

RTP - Week Overview

Compare RTP against: Mood state Energy levels

Legend: RTP (Yellow), Energy levels (Blue), Mood state (Green)

RTP - Weekly Traffic Light

	Today	2 Mar	1 Mar	29 Feb	28 Feb	27 Feb	26 Feb	25 Feb
Mood state	3	3	2	3	3	4	3	3
Sleep quality	4	4	3	4	2	4	4	4
Energy levels	3	3	4	4	3	4	3	4
Health	3	3	5	4	4	4	3	3
Muscle Readiness	4	3	4	2	2	4	2	2
Yesterday's Nutrition	3	3	4	2	3	4	3	3
Stress	2	2	4	3	3	4	2	2
Sleep duration	8	9	7	7	8	8	7	7

Activity / Intensity

Legend: Low (Green), Medium (Orange), High (Red)

HOW IT WORKS

- ✓ Athlete gets reminder to fill in daily survey
- ✓ Questions are simple sliders with detailed descriptors and additional pop ups when values are low
- ✓ Takes 30 – 60 seconds each morning
- ✓ Provides invaluable information to coaches

TESTIMONIAL

“Our coaches through Metrifit basically have an ‘X-ray’ vision into the habits and lifestyles and stressors their athletes have on a day-to-day basis, especially when they are not together”

Brian Clarke, Head S&C Coach, Noblesville High School, IN

Communication Built in messaging system and Coaches Corner Wikipedia style library

There is extensive research in the area of feedback in sport that is of tremendous practical value to coaches. From a very basic point of view, coaches can see their athletes in action and may see areas that need improving that are not apparent to the athletes. Feedback and communication in general are critical components to coaching. Feedback allows coaches to tell athletes how they are performing in relation to their expectations. Coaches can then instruct and teach their athletes how to reach these expectations and perform better

Messages

Coaches can write messages through this module. Messages can be sent to Individuals or groups and files/photos can be attached.

PHOTOS FILES ✓ SEND

John Smith, Micheal Taylor 1 sec ago

Just to let you all know that travel schedules for this semesters matches are loaded in Coaches Corner under Match Information

Reply

John Smith, Micheal Taylor, 1 more 3 h ago

Testing

Reply

Coaches Corner

new post

Categories: Competition Stats, Athlete welfare, Training programmes, Nutrition, Rehab & Prehab, Medical, Metrifit, Education

Tips on getting better sleep

Posted by **Coach Ryan** on: 3 March 2016 19:38, updated on: 3 March 2016 19:40, in: Athlete welfare, Test Group

For a few tips to tips on how to prioritize rest and help your athletic and academic performance we can look to A Good Night's Sleep for Students, which suggests the following:

1. Keep a consistent sleep schedule.
2. Wake up at the same time on the weekends as you do weekdays
3. Eat a large meal at night, about three hours before bedtime
4. Avoid caffeine and alcohol, as both can lead to less restful sleep
5. Develop healthy ways to manage stress
6. Exercise should take place earlier in the day, no later than four hours before bedtime
7. Nap if feeling drowsy, but for no longer than 30 minutes

Useful links for Nutrition Advice

Posted by **Coach Ryan** on: 3 March 2016 16:50, updated on: 3 March 2016 16:51, in: Nutrition, Test Group

Check out the following useful links relating to Nutritional Advice for Student Athletes

- Stay Fueled with These Seven Nutrition Tips For Student Athletes
- Nutrition and Performance from the NCAA
- Scholar Athlete Nutrition Manual
- Sports Nutrition for Student Athletes

Reports Coach Team Reports and ability to look at individual athletes

My Team

Name	Red Zones Today	Red Zones Avg (last 7 days)	RTP Today	RTP Avg (last 7 days)	Mood state	Sleep quality	Sleep duration	Energy levels	Health	Muscle Readiness	Yesterday's Nutrition	Stress
Micheal Taylor	5	3	27%	48%	3	3	6	2	2	2	4	2
John Smith	1	1	59%	58%	3	4	8	3	3	4	3	2
Conor Wilson	0	0	86%	85%	4	4	8	4	4	4	5	5

Health

Name	Health	Ailment Details	Comments
Micheal Taylor	2	Cold/Flu	Woke up with sniffles

Muscle Readiness

Name	Muscle Readiness	Body Locations	Comments
Micheal Taylor	2	Arm	Sore arm after training last night and still sore this morning

Stress

Name	Stress	Stress Details	Comments
No current stress recorded			

Activity Load

Name	Activity Yesterday	Intensity	Duration (minutes)	Load
John Smith	3 - Moderate training/exercise/competition	7	75	525
Micheal Taylor	3 - Moderate training/exercise/competition	5	60	300
Conor Wilson	4 - Hard training/exercise/competition	7	60	420

“We are very lucky we have a player-monitoring tool, whereby players can communicate with you every day via psychometric data; sleep quality, sleep duration, stress levels, muscle soreness. What that means is by 11am every day I have valuable pieces of information relating to every member of the squad”

Cian O'Neill, Manager Kildare Football

Analytics Alerts to deviations from normal behavior using statistical functions and comparison to group averages. Key alerts for coaches and athletes and weekly and monthly deviation reports

