



## **Sport Science Data Collection: Wellness Monitoring & GPS Season: Provincial 2019**

Target audience: U15/U18 Team BC (boys & girls)

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This program may not apply to all provincial teams during 2019

### **ATHLETE MONITORING SYSTEMS**

In 2019, we teamed up with a company called [Athlete Monitoring Systems](#), who have provided a platform and App to collect athlete daily wellness scores, track injuries, and upload training plans. Instructions will be provided by your provincial coach and/or FHBC Sport Scientist before your first BC practice.

### **WHAT IS MONITORING AND WHY DO WE DO IT?**

Tracking athlete wellness allows coaches to optimize training sessions, performance, and monitor:

- Athlete adaptation to training loads
- Athlete quality of sleep
- Athlete stress levels
- Athlete schedule management
- Athlete injury and recovery

**ATHLETES** - This is also a chance for you to a) communicate how you are feeling about the areas mentioned above and b) establish a routine of completing this daily online questionnaire. Learning how to complete this and make it part of your daily rhythm will help you recognize key performance areas as you progress through your athletic career.

### **WHAT IS GPS AND WHY DO WE USE IT?**

In 2019, we will be using GPS units from [Catapult Sports](#) to evaluate our understanding of how teams perform in matches, which will allow head coaches to tailor training to required activity levels. This system allows us to measure player movement, analyze fatigue, compare different playing levels, and position and connect physiological fitness testing with actual performance.

***Specifically, we will be looking at the player data of the following:***

- Total Distance covered [meters]
- Speed Velocity [km/hr or m/s]
- Average Velocity [km/hr or m/s]
- Fatigue

Participating athletes will sign a consent to this program within the Provincial Athlete Agreement.