

20 responses

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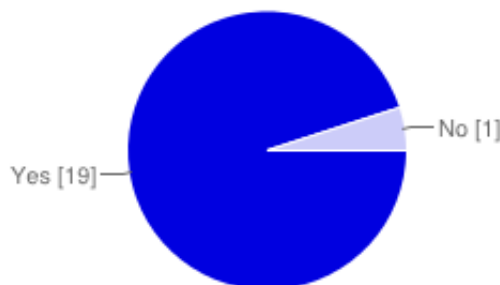
Summary

[Image]

Title/Position

High Performance Manager Fitness Coach Sport Scientist Director, Rehab
 Performance Coach Athlete Data Manager Senior Lecturer/Consultant Sport
 Performance Coach sports scientist Mike Robertson, IFAST sport scientist/S&C
 coach Integrated Support Team Coordinator Project Management Head of Strength
 and Conditioning Professor/PhD S&C/Sports Science Senior Sport Scientist Head
 of Athletic Development Coach Fitness coach Al Ahli Saudi Football Club Academy

Do you have experience using AMS products?

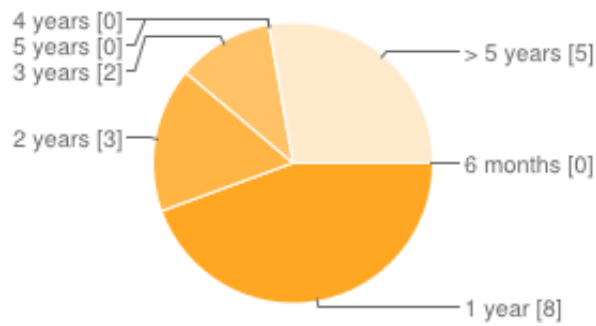


Yes **19** 95%
 No **1** 5%

What AMS products do you have experience with?

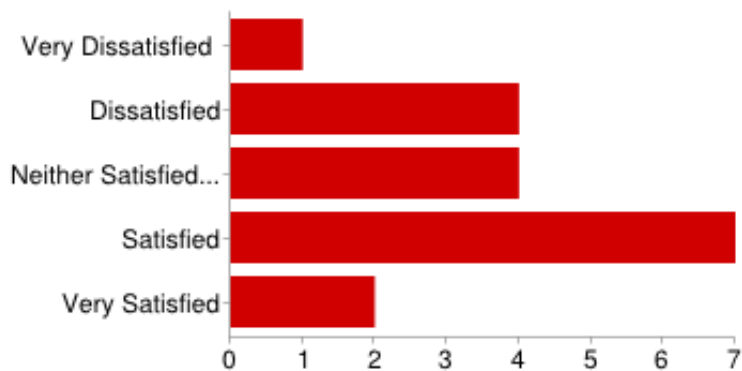
Prozone3, SmartaBase, Adidas MiCoach Elite, Canadian Athlete Monitoring Program
 Bespoke (self made) Athletic Logic & custom solutions Smartabase, apollo, visual
 coaching pro Everyone Kinetic Athlete Training Peaks AMP, Apollo, My own
 Dashboard Self built, Smartabase, Edge 10, Apollo Trialled various prodcuts
 Smartabase Apollo Polar/Topsportlab kinetic athlete; smartabase; visual coaching
 pro Edge 10/Smartabase/AthleteMonitoring/Kinect/Appollo BioForce HRV, Polar Beat
 Excel CAMP (Smartabase)

How long have you been using it?



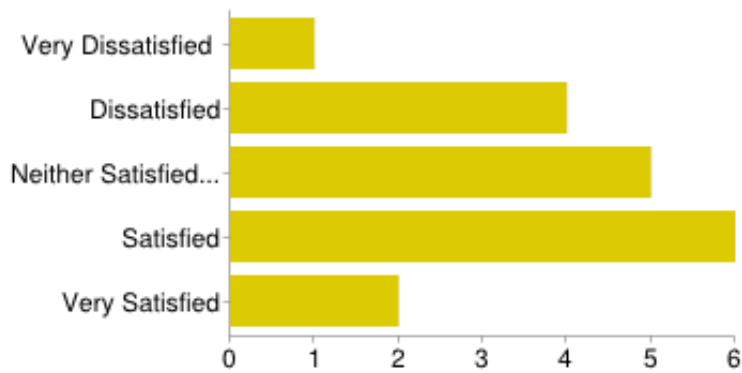
6 months	0	0%
1 year	8	44%
2 years	3	17%
3 years	2	11%
4 years	0	0%
5 years	0	0%
> 5 years	5	28%

User Interface [Please rate the following features of AMS software you have experience with]



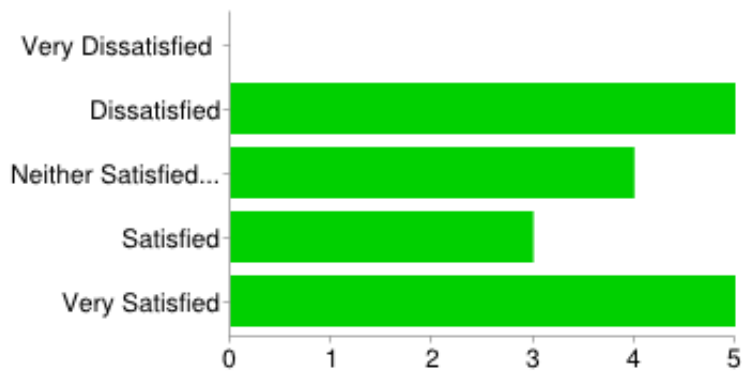
Very Dissatisfied	1	6%
Dissatisfied	4	22%
Neither Satisfied nor Dissatisfied	4	22%
Satisfied	7	39%
Very Satisfied	2	11%

Simplicity (Ease of Use) [Please rate the following features of AMS software you have experience with]



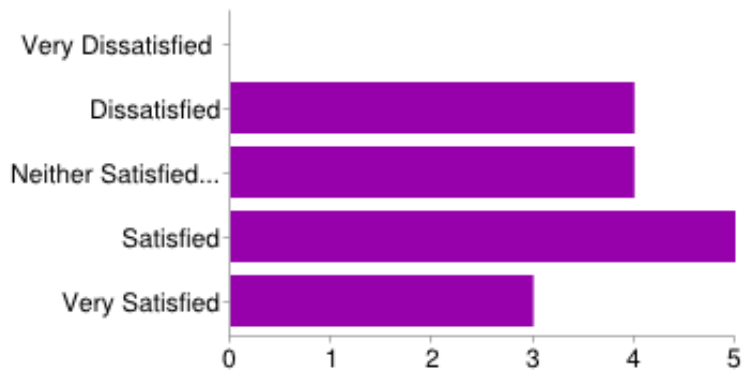
Very Dissatisfied	1	6%
Dissatisfied	4	22%
Neither Satisfied nor Dissatisfied	5	28%
Satisfied	6	33%
Very Satisfied	2	11%

Flexibility [Please rate the following features of AMS software you have experience with]



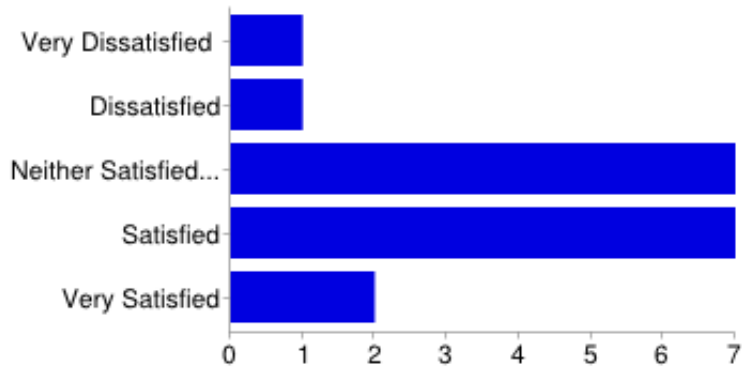
Very Dissatisfied	0	0%
Dissatisfied	5	29%
Neither Satisfied nor Dissatisfied	4	24%
Satisfied	3	18%
Very Satisfied	5	29%

User Support [Please rate the following features of AMS software you have experience with]



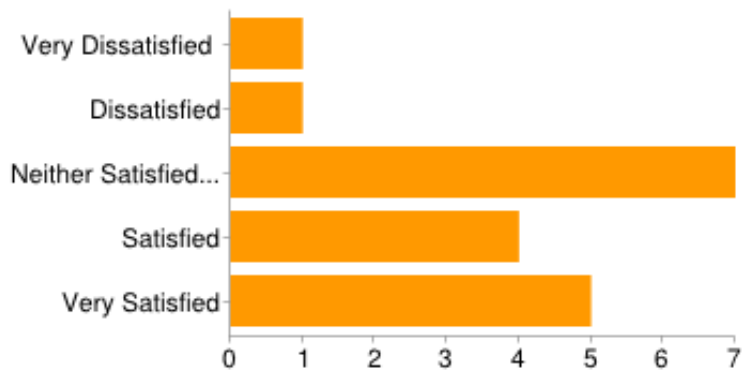
Very Dissatisfied	0	0%
Dissatisfied	4	25%
Neither Satisfied nor Dissatisfied	4	25%
Satisfied	5	31%
Very Satisfied	3	19%

Reporting tools/Analysis [Please rate the following features of AMS software you have experience with]



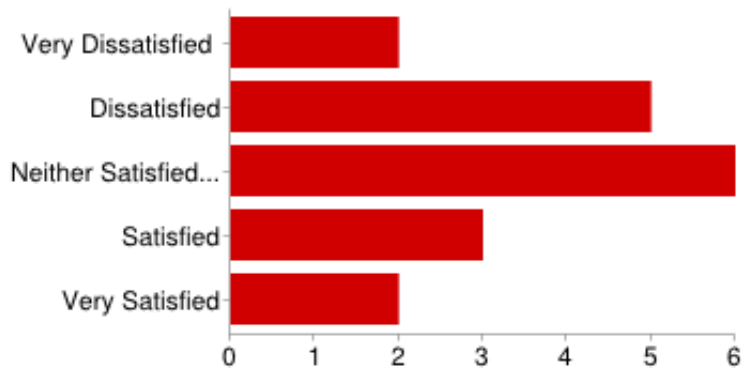
Very Dissatisfied	1	6%
Dissatisfied	1	6%
Neither Satisfied nor Dissatisfied	7	39%
Satisfied	7	39%
Very Satisfied	2	11%

Medical information storage [Please rate the following features of AMS software you have experience with]



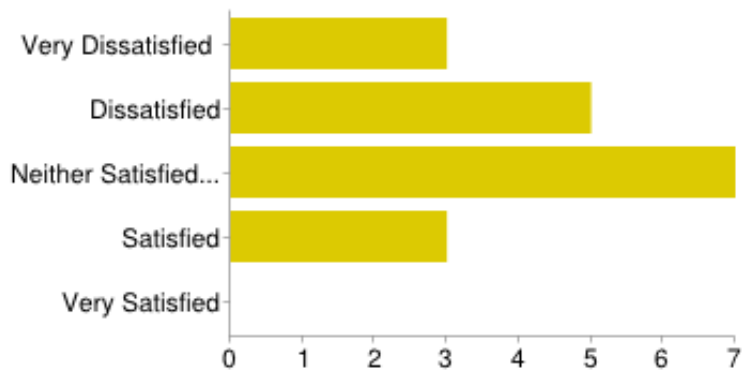
Very Dissatisfied	1	6%
Dissatisfied	1	6%
Neither Satisfied nor Dissatisfied	7	39%
Satisfied	4	22%
Very Satisfied	5	28%

Planning of the training process [Please rate the following features of AMS software you have experience with]



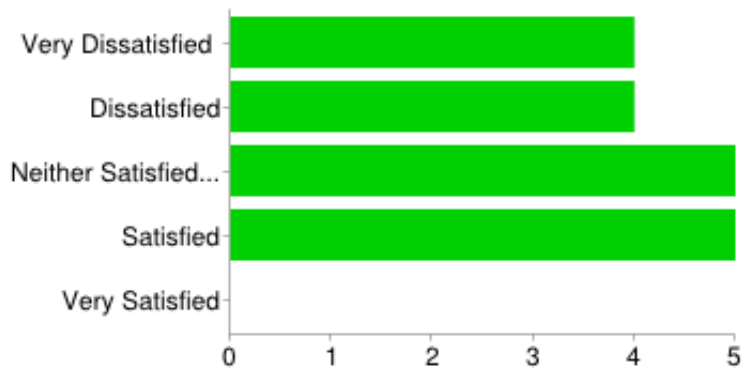
Very Dissatisfied	2	11%
Dissatisfied	5	28%
Neither Satisfied nor Dissatisfied	6	33%
Satisfied	3	17%
Very Satisfied	2	11%

Session planner (technical/tactical) [Please rate the following features of AMS software you have experience with]



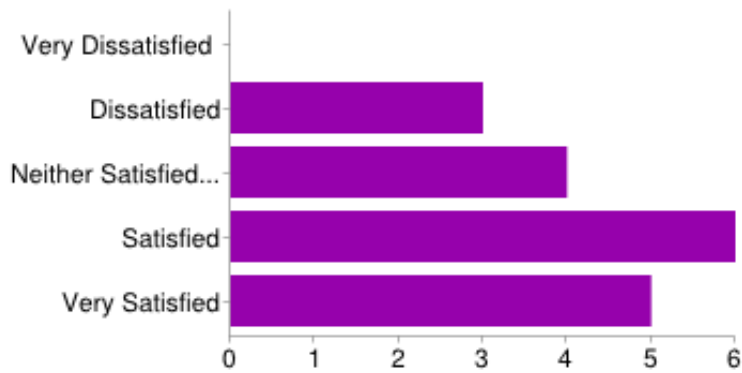
Very Dissatisfied	3	17%
Dissatisfied	5	28%
Neither Satisfied nor Dissatisfied	7	39%
Satisfied	3	17%
Very Satisfied	0	0%

Sessions planner (strength and conditioning) [Please rate the following features of AMS software you have experience with]



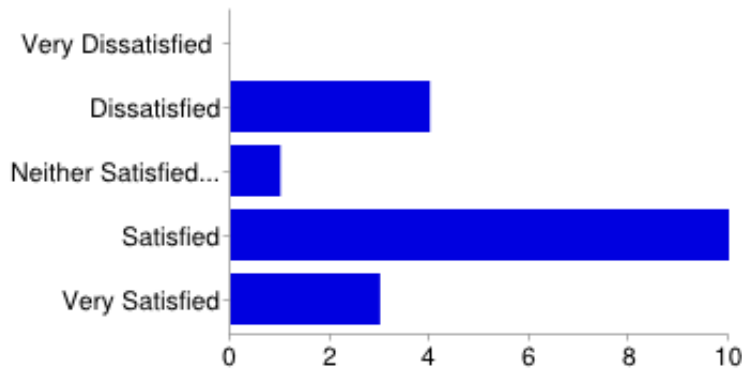
Very Dissatisfied	4	22%
Dissatisfied	4	22%
Neither Satisfied nor Dissatisfied	5	28%
Satisfied	5	28%
Very Satisfied	0	0%

Data Import [Please rate the following features of AMS software you have experience with]



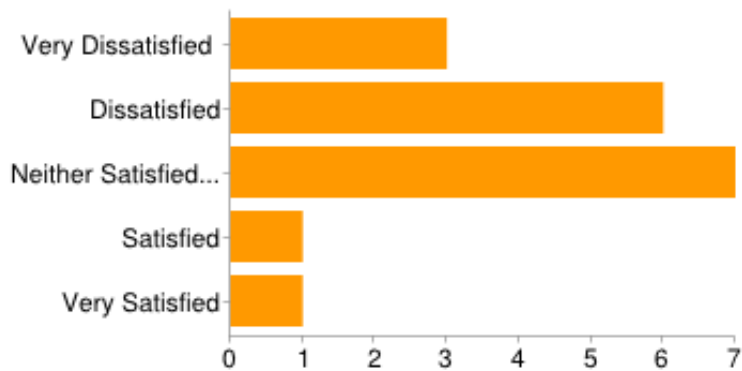
Very Dissatisfied	0	0%
Dissatisfied	3	17%
Neither Satisfied nor Dissatisfied	4	22%
Satisfied	6	33%
Very Satisfied	5	28%

Data Export [Please rate the following features of AMS software you have experience with]



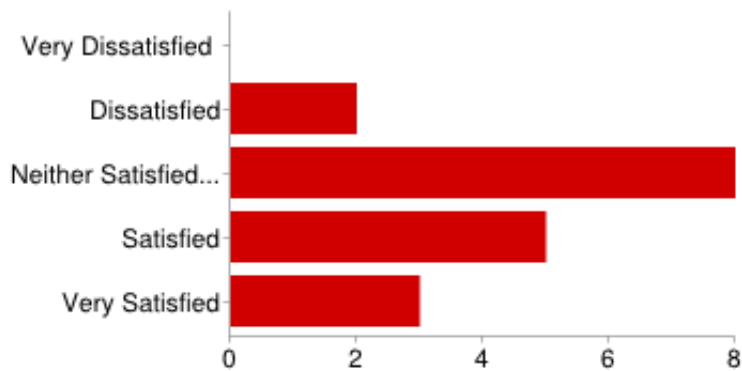
Very Dissatisfied	0	0%
Dissatisfied	4	22%
Neither Satisfied nor Dissatisfied	1	6%
Satisfied	10	56%
Very Satisfied	3	17%

Price [Please rate the following features of AMS software you have experience with]



Very Dissatisfied	3	17%
Dissatisfied	6	33%
Neither Satisfied nor Dissatisfied	7	39%
Satisfied	1	6%
Very Satisfied	1	6%

Usability [Please rate the following features of AMS software you have experience with]



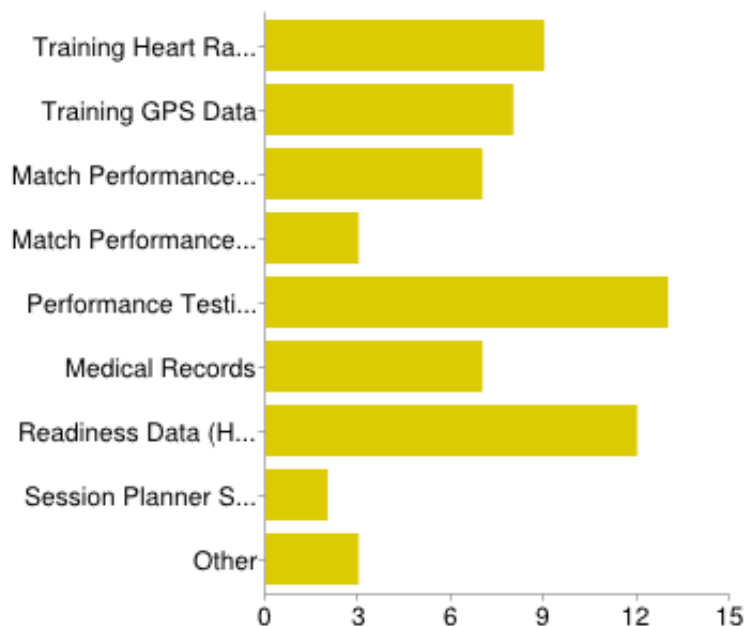
Very Dissatisfied	0	0%
Dissatisfied	2	11%
Neither Satisfied nor Dissatisfied	8	44%
Satisfied	5	28%
Very Satisfied	3	17%

How do you use it and how does it provide meaning to your organization?

We use it as a tool to monitor recovery with our athletes. I've used many systems and each have their own pros and cons. None fully satisfy my needs and much extra analysis is needed after export in order to provide meaningful data to coaches and athletes. Use it primarily to centralize and standardize our data. Still rely on the flexibility of excel/SPSS to analyze our data. Working on adding our GPS data to the database in the near future. I answered above in respect to Edge 10 which I find to be the best I have used. However, there are still significant issues. I use it to make decisions on players ability to perform and

I only work with organisations that are interested in the findings. In the past it has depended on the coach as to what was listened to etc I ended up creating our own using Microsoft tools as I could control the updating and didn't have to wait. We are constantly modifying it to grow with the program so cant wait on bigger groups and don't have that kind of cash. It keeps the data safe, encourages support team collaboration and promotes action and accountability I use pivot tables linked to a database for reporting and graphing of reports. The fusion between medical data and team coaches is the most important. The software is used to enable sport scientists and coaches who are advising athlete feedback on how the athlete is feeling and progressing. The AMS is essentially surveillance of training. Injury and illness monitoring are of interest as well as the athletes motivation and training load and functionality. Data on workloads (GPS), wellness data and medical / injury notes Only meaningful if coaches buy-in to the data Prozone 3 - Our staff used it on game days to assess work rate across the match. Adidas MiCoach Elite - used on every training day to assess work rate, HR, distance covered, high intensity distance, etc. SmartaBase/CAMP - used on every training, game, and rest day to import subjective player markers, Adidas MiCoach data, match data, etc. - mainly used as Medical/therapy database with storage of physiological performance assessment - decentralized national team model combined with low funding levels leads to low compliance from individual high performance training centre coaches for planning and use in the daily training environment (readiness tests, etc) - sport (wrestling) does not readily lend itself to GPS or heart rate data Polar: Measuring football players' training load, analyzing Heart Rate progress (exercise and recovery). TSL: Import of polar data, analysing training load, importing test data, medical data, trainingsheets,... Easy to use team platform, consulting other team's players, reporting to coaching staff Previously I have used VCP as AMS for all athlete information. This worked OK and was run out to entire performance team. Proved to be cumbersome especially when dealing with users who didn't utilise the system everyday. Apollo is in its infancy here with great promise for next year. At present I do not use the system for strength planning/programming. > Data centralization > Quick visualizations > We do not use it for more extensive analysis (only for simple things) Medical data mainly

What type of data do you import the most?



Training Heart Rate Data	9	14%
Training GPS Data	8	13%
Match Performance Data (Physical)	7	11%
Match Performance Data (Technical/Tactical)	3	5%
Performance Testing Data	13	20%
Medical Records	7	11%
Readiness Data (HRrest, HRV, OmegaWave, wellness, saliva, etc)	12	19%
Session Planner Software Data	2	3%
Other	3	5%

What do you really like about the AMS you use?

Customisable and integrated with all aspects of performance and coaching Adidas MiCoach - very easy to visualize data, somewhat instantaneous feedback through ipad on sideline. This made it very clear to see who was training hard/not hard enough. Used to asses whether a player needed remedial fitness work. I like that everything can be centralized in one place. I like the fact that the HRV data allows me to better prescribe training sessions on a given day. I can give an open ended idea of what I want done in a session, and then we can execute based on what HRV and my coaching experiences tells us is best Central system All info in one place and accessible by all staff. nothing The iPhone interface is really handy and contemporary. The alerts are very helpful. the concept of being able to assess the interaction of various stressors to the athlete in one easily managed system. User Interface The relationship I have with the company. I declare that I endorse Edge 10 but only because I think it is better than others and they are willing to listen to make changes I am the limiting factor. Customization Flexibility, analysis ability in excel, Power Pivot The ease of uploading testing data. The text messaging function to remind athletes of missing forms. Haven't found a perfect system yet. Trialled a few low-end versions as well as EDGE-10 lately (expensive). I haven't settled on a purchase yet. Currently still collecting data in Excel

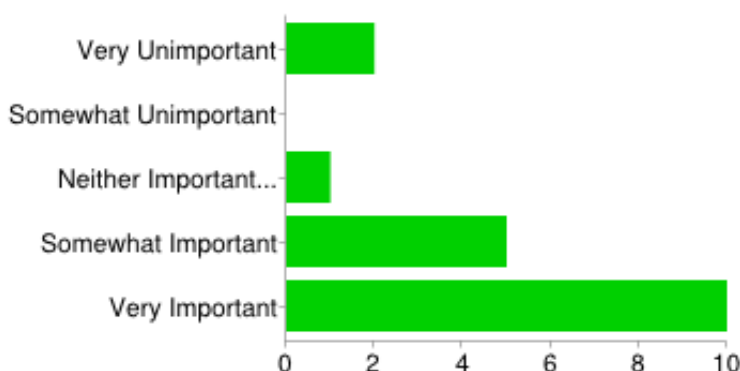
What do you really dislike about the AMS you use?

Lack of a user manual! Need to call australia everytime we need to figure out how to tweak things. Only having the ability to graph two axes Nothing really to complain about The cost and effort to maintain it is significant - customer support is slow and tedious - flexibility of the system is limited until you customize it (takes a while) - initial flexibility of the system I don't think we are able to do this yet. None Data analytics and ease of setting up new clients. Also ability to store data on site vs a companies server. Useability quite poor, interaction with GPS poor also Lack of raw data export and poor visualization lack of meaningful analysis within the software, poor user interfaces I am the limiting factor. That I cant at this stage create my own algorithms without support programming them The price for most of these systems is outrageous for them to just house your data. I can build a dashboard that does the same thing for cheaper - the only reason to use a system is the safety/protection of medical records, in my opinion.

What would you change to make it better?

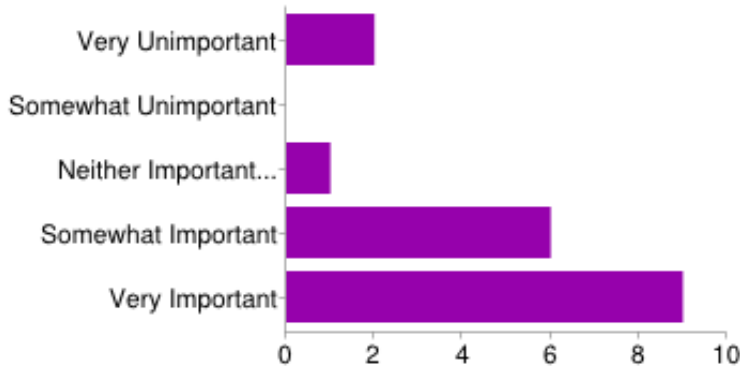
It is a tough market because users have iphone apps so the reference standard is very high. I suspect the software could be made even easier to use and set up and evaluate. Importing external data could be helpful. Ease of use None Have someone on my side that could constantly upgrade it as needed. Direct importing of Excel + GPS + HR upload .csv The difficulty seems to be that the sport scientists/data analysts are in the best place to design the system in that they best understand how to present relevant/meaningful data/analyses but of course these people (mostly) don't have the software design skills to create such packages. Easier, more logical data presentation. Client feedback to make it better The only thing that might be cool (and I've discussed with Joel) if it gave a better indication as to what the athlete is prepared for on that given day (ie high intensity exercise, more moderate session, etc.) I would like to hire a person to work with us and make customisations rather than pay contract rates to a developer If Excel could graph more than two things on one graph, and also have the ability to have better scaling abilities with some of the graph functions, I'd be happier. Be able to set text reminders to automatic when athletes miss filling out forms. Add the ability to have athletes answers prompt further questions. For example, if athlete clicks they are in pain above a certain threshold a diagram of the body appears to prompt location.

User Interface [Please rate the following features of AMS software you find the most important]



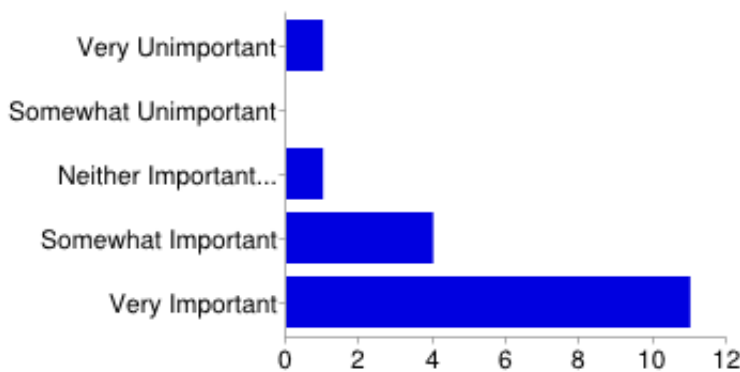
Very Unimportant	2	11%
Somewhat Unimportant	0	0%
Neither Important nor Unimportant	1	6%
Somewhat Important	5	28%
Very Important	10	56%

Simplicity (Ease of Use) [Please rate the following features of AMS software you find the most important]



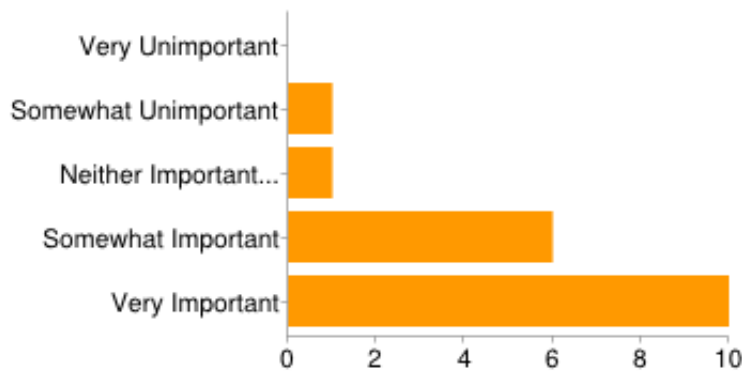
Very Unimportant	2	11%
Somewhat Unimportant	0	0%
Neither Important nor Unimportant	1	6%
Somewhat Important	6	33%
Very Important	9	50%

Flexibility [Please rate the following features of AMS software you find the most important]



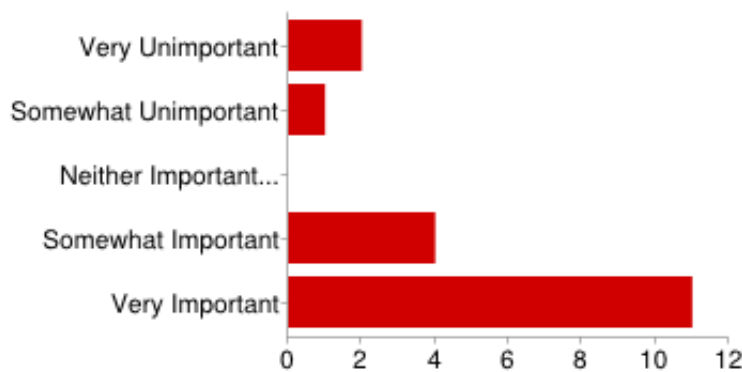
Very Unimportant	1	6%
Somewhat Unimportant	0	0%
Neither Important nor Unimportant	1	6%
Somewhat Important	4	24%
Very Important	11	65%

User Support [Please rate the following features of AMS software you find the most important]



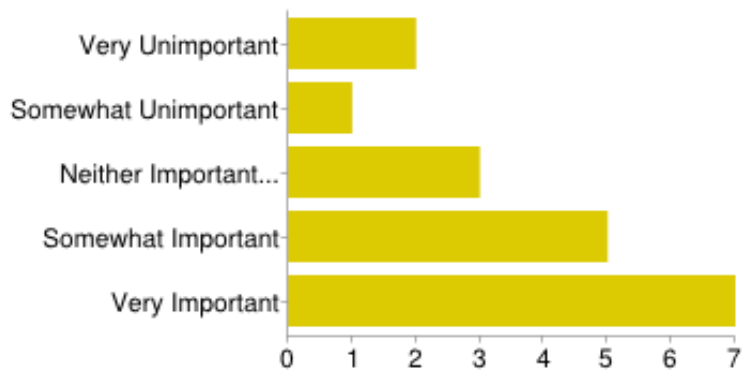
Very Unimportant	0	0%
Somewhat Unimportant	1	6%
Neither Important nor Unimportant	1	6%
Somewhat Important	6	33%
Very Important	10	56%

Reporting tools/Analysis [Please rate the following features of AMS software you find the most important]



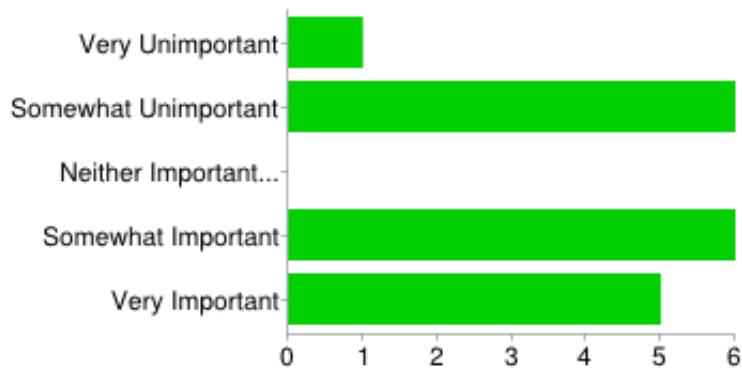
Very Unimportant	2	11%
Somewhat Unimportant	1	6%
Neither Important nor Unimportant	0	0%
Somewhat Important	4	22%
Very Important	11	61%

Medical information storage [Please rate the following features of AMS software you find the most important]



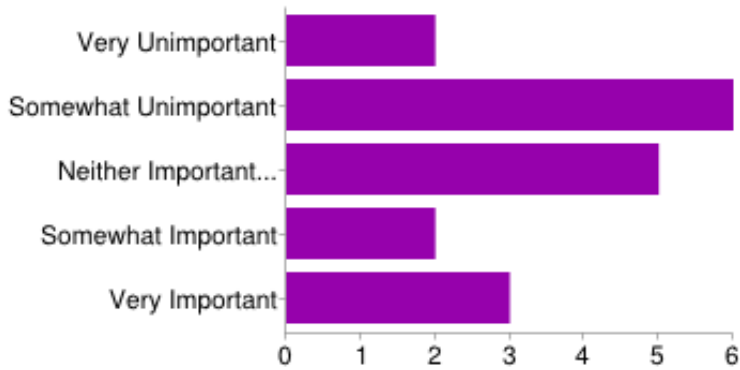
Very Unimportant	2	11%
Somewhat Unimportant	1	6%
Neither Important nor Unimportant	3	17%
Somewhat Important	5	28%
Very Important	7	39%

Planning of the training process [Please rate the following features of AMS software you find the most important]



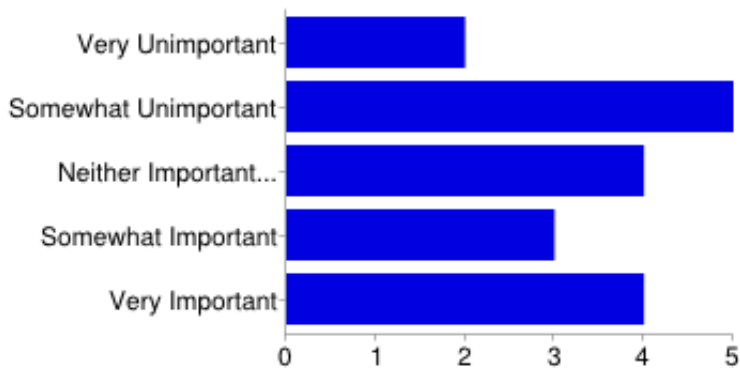
Very Unimportant	1	6%
Somewhat Unimportant	6	33%
Neither Important nor Unimportant	0	0%
Somewhat Important	6	33%
Very Important	5	28%

Session planner (technical/tactical) [Please rate the following features of AMS software you find the most important]



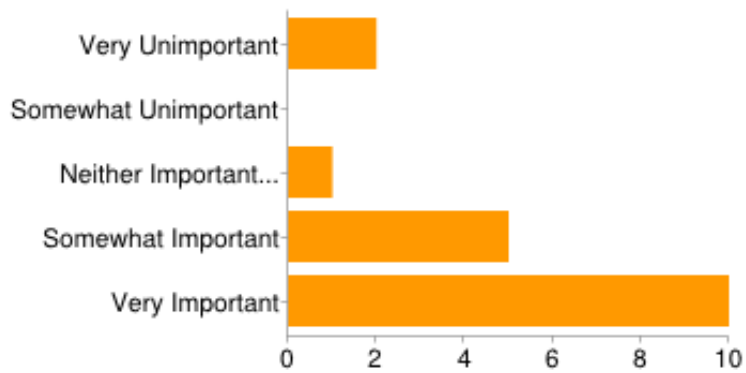
Very Unimportant	2	11%
Somewhat Unimportant	6	33%
Neither Important nor Unimportant	5	28%
Somewhat Important	2	11%
Very Important	3	17%

Sessions planner (strength and conditioning) [Please rate the following features of AMS software you find the most important]



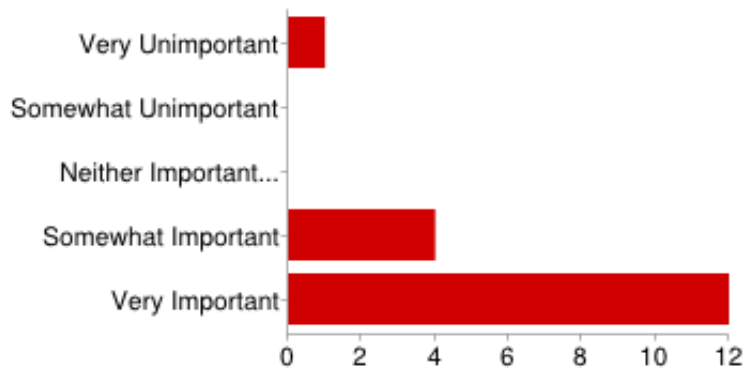
Very Unimportant	2	11%
Somewhat Unimportant	5	28%
Neither Important nor Unimportant	4	22%
Somewhat Important	3	17%
Very Important	4	22%

Data Import [Please rate the following features of AMS software you find the most important]



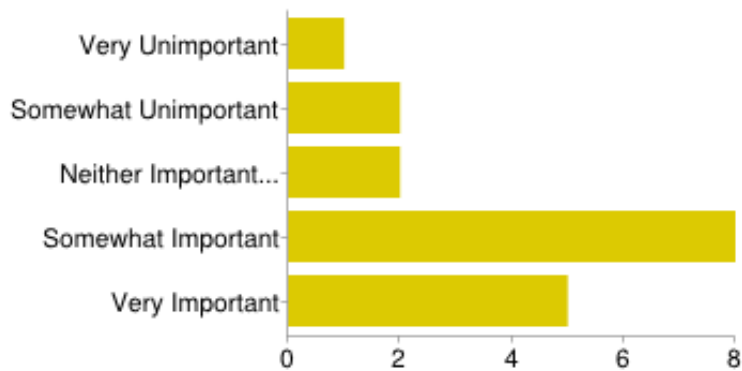
Very Unimportant	2	11%
Somewhat Unimportant	0	0%
Neither Important nor Unimportant	1	6%
Somewhat Important	5	28%
Very Important	10	56%

Data Export [Please rate the following features of AMS software you find the most important]



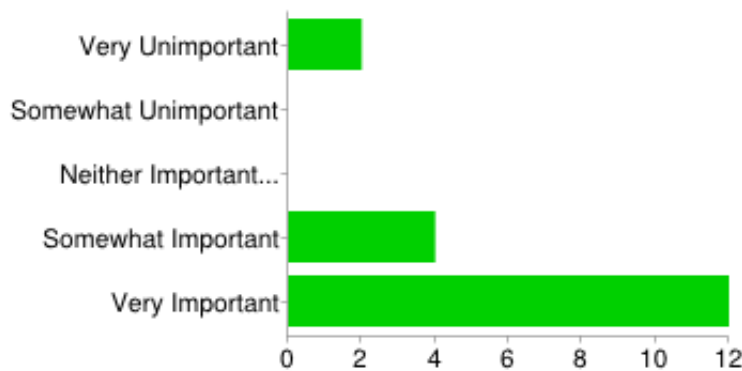
Very Unimportant	1	6%
Somewhat Unimportant	0	0%
Neither Important nor Unimportant	0	0%
Somewhat Important	4	24%
Very Important	12	71%

Price [Please rate the following features of AMS software you find the most important]



Very Unimportant	1	6%
Somewhat Unimportant	2	11%
Neither Important nor Unimportant	2	11%
Somewhat Important	8	44%
Very Important	5	28%

Usability [Please rate the following features of AMS software you find the most important]



Very Unimportant	2	11%
Somewhat Unimportant	0	0%
Neither Important nor Unimportant	0	0%
Somewhat Important	4	22%
Very Important	12	67%

If possible describe your ideal AMS product

Just did above. Has to have everything. Not possible Cloud based Players ability to enter data remotely Ability to import GPS / HR / Testing data 'Alerts' system for staff built-in based on standard deviations from individual + group Data converted to graphs / charts Input screens - Ipad or tablet Output screens - TV panels in coaches room An affordable system with a good user interface that has a very clean dashboard so the coach can quickly see information. I don't need a system that helps me plan sessions or adjust sessions because the features in systems that do that tend to focus on generic numbers or values to

identify athletes who are exhibiting certain symptoms. Unfortunately I haven't found the generic/stock numbers to be useful and would rather do my own analysis and understand the individuals myself. Great web interface Easy to set up online forms (similar to google docs). Backend needs to easily export to excel. Ability to output standard scores Good technical support. Easy to customize. Ability to quickly upload data. Text message function iPad touch interface with API directly to the cloud database and agnostic to all data feeds. How long is a piece of string - not an easy question. SOMething that is easy to use, DOES NOT require outstanding Xcel or programing knowledge and has good export An intelligent system that enables multiple users to input training information/data that can be used to plan, implement and analyse all aspects of athlete interaction. The system will ideally be able to be flexible enough to ensure the individual nuances of each club/organisation can be catered for. It would allow for easy athlete set up and it would allow for both internal and external load to be monitored. Importing data from accelerometers, strain guages or other digital sensors would make it all very exciting and powerful softward to enable coaches and athletes to examine the data. A system that manages all aspects of performance including life, physical, match performance, medical etc and allows for information to be managed and shared immediately Flexible and customize AMS

What do you think what might be the bottle neck in making the whole staff using AMS solution and being on the 'same page'? How would you solve it?

They want to know what "clubs" or "teams" are using it. 1. Education on use, utilization & benefits of the AMS from a coaching standpoint. 2. Funding for individual (other than coach) in centre to enter data 3. Athlete education on use, utilization & benefits of the AMS from a performance monitoring standpoint. 4. Funding/time for medical practitioners to enter data Peter Alamar emphasizes everyone having access to the data in one database. In the U.S., so many folks are in their own little bubble. An AM platform that could be administered to an entire organization would make everyone's life easier. It's got to be easy for the athlete to use, while simultaneously being easy to understand what the data is telling the coach. This is why a dashboard that's very "visual" in nature works so well see previous comment Different vision on training and follow up of players, simplicity Some sport coaches may not see the benefit in athlete monitoring. The visuals for coaches must be easy to understand, color coded, graphed, etc. Since data collection is sometimes tedious there needs to be a dedicated member of the staff to collect every day. Staff / management may feel resources are better spent elsewhere. Again it is having someone at my side that could build and iterate things as needed and bug fix. I am a big limiting factor and developers as they want our money to continue the development but half the features were not finished. There are two companies that offer this solution. Smartabase is one of them. A lack of alignment between performance outcomes and effort from support staff means that some staff struggle to see how commitment to data and information management is critical. Until people see this important they will not commit and the system does not live to its potential unless everyone commits. Ease of use - Training and support Also not all staff have great xcel knowledge Must be easy to use and time efficient. The output must be clear and concise - graphs / charts etc - not numbers. Coaches don't want a lot of

numbers - just a few charts / graphs to make quick decisions. Hope this helps Excell
spread sheets are used by all - they do nothing but allow for everything. As long as the
system is flexible and easy to use and interfaces with hardware of interest I could see
everyone being quite happy. IT skill levels; leadership- it needs to be driven by the coach
and HP manager

Number of daily responses

