NEXT GENERATION COACHING: HOW ATHLETE DATA WILL ENHANCE YOUR COACHING

MIKE KUSCHNER - HEAD COACH
FRED STRAMMER - ATHLETE COORDINATOR
Sailing Performance Training

“Enhancing Sailing Performance Through Fitness”
Early Sport Specialization: Intense training in one sport while excluding others during an athlete’s early years of development

**USOC’S ASSESSMENT OF U.S. SPORT**

**IN THE LAST 5 YEARS, FEWER KIDS ARE ACTIVE THROUGH SPORTS, DUE IN PART TO EARLY, SINGLE-SPORT SPECIALIZATION**

**EARLY SPECIALIZATION**

**DOES MORE HARM THAN GOOD**

- Increases risk of overuse injuries in developing bodies
- Causes kids to burn out and quit sports altogether
- Decreases overall athletic development

United States Tennis Association & USOC

Early Sport Specialization: Intense training in **one** sport while excluding others during an athlete’s early years of development
EARLY SPECIALIZATION INHIBITS LONG-TERM PERFORMANCE

Moesch, Elbe, Hauge, Wikman, “Late Specialization: The Key To Success In Centimeters, Grams, Or Seconds (CGS) Sports,” 2011
## PROBLEMS WITH EARLY SPECIALIZATION

<table>
<thead>
<tr>
<th>EARLY SPECIALIZATION</th>
<th>MULTILATERAL PROGRAM</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Performance improvements were immediate</td>
<td>• Performance improvements were continuous</td>
</tr>
<tr>
<td>• Best performances between 15-16 because of early adaptation</td>
<td>• Best performances over 18 due to physical and mental maturation</td>
</tr>
<tr>
<td>• Performance inconsistencies within competitions</td>
<td>• Performance consistencies within competitions</td>
</tr>
<tr>
<td>• By 18, many athletes quit or “burnout”</td>
<td>• After 18, many athletes were starting to “come into their own”</td>
</tr>
<tr>
<td>• Forced adaptation accounted for a high rate of injuries</td>
<td>• Gradual adaptation accounted for a low rate of injuries</td>
</tr>
</tbody>
</table>

T.o. Bompa, “Total Training For Young Children,” 2000
EARLY SPECIALIZATION IN SAILING

- One-sided, sport-specific preparation
  - Athlete focused on one class and not developing skills to potentially sail any class
- Lack of physical literacy, poor basic movements, and fundamental sport skills
  - Athletes reach college/Olympic level not mentally and physically trained for rigorous training schedule
- Overuse injuries
  - Athletes develop injuries early, which persist throughout career
- Early burnout
  - Misguidance on long term athlete development plan
- Early retirement from training and competition
  - Impediments/injuries lead to frustration and dissatisfied experience
Early adolescence is an important developmental period
  • Avoid early specialization by developing the *athlete* AND the *sailor*
The athlete’s long-term success is influenced by experiences during early athletic development
  • Your athletes may have been exposed to early specialization
  • Recognize potential signs of early specialization and restructure that athlete’s plan
Different types of practice makes perfect
  • Evaluate the athlete’s development in sport and non-sport specific skills
Knowing when the athlete should specialize is important

WHAT DOES ALL THIS MEAN?
SPT'S MISSION: TO BUILD AN ATHLETE DEVELOPMENT PATHWAY

SPT’s Mission Statement

“To inspire, empower, and enable sailing athletes to reach their full potential”

Inspire the athlete to love the sport and transfer that love to the next generation

Empower the athlete to create his/her own avenue to fulfill his/her athletic potential

Enable the athlete to create excellence and accountability in his/her career
PROBLEMS WITH NO ATHLETE DEVELOPMENT PATHWAY

- Sailors are not prepared for the demands of an athletic career
  - Decreases/limits professional opportunity and appeal
  - Frustrating for athlete and coach
- Many athletes seek physical training from conventional pathways (i.e. group classes, CrossFit), leading to physical training that may compete and/or doesn’t complement on-water training.
- Currently, athletes reach the elite level but:
  - Are already too far behind in Athletic Development
  - Have high risk of injury
  - Are overwhelmed with lack of preparation
  - Have poor experiences that lead to early burnout from the sport all together
USOC’S APPROACH

5 STAGES TO A BETTER SPORT EXPERIENCE

The American Development Model is meant to explain an athlete’s advancement through a pathway supporting a healthy sport experience based on their physical, mental and emotional level and potential for growth.

STAGE 5
Thrive & Mentor
Age: For Life

STAGE 4
Excel for High Performance
Age: 15 +

STAGE 4
Participate & Succeed
Age: 15 +

STAGE 3
Train & Compete
Age: 13 - 19

STAGE 2
Develop & Challenge
Age: 10 - 16

STAGE 1
Discover, Learn & Play
Age: 0 - 12

NATIONAL COACHING SYMPOSIUM 2018 US SAILING
## COMPLEMENTARY PATHWAYS

### FUNdamentals/Games

- **Ages:** 0-12

- **Tracks:**
  - Tracking Growth
  - Stamina/Aerobic

### Ages 10-16

- **Key Performance Indicators:**
  - Stamina/Aerobic
  - Speed
  - Strength

- **Beginning Strength**

### Ages 13-19

- **Key Performance Indicators:**
  - Stamina/Aerobic
  - Speed
  - Strength

### Individual Design Remote Coaching

- **Key Performance Indicators:**
  - Stamina/Aerobic
  - Speed
  - Strength

- **Ages:** 15+

### Full Spectrum Coaching

- **Age:** For Life

- **Thrive and Mentor**
  - Active for Life

### SPT'S Stages of Athlete Development

- **Approximate Age Benchmarks:**
  - 8-10
  - 13
  - 15+

### Adulthood

- **Sailing Activity upon Reaching Adulthood:**
  - High Performance Racing
  - Smallboat Racing
  - Offshore Sailing
  - Coastal Sailing
  - Recreational Smallboat Sailing

- **Key Performance Indicators:**
  - Stamina/Aerobic
  - High Performance

### Full Spectrum Coaching

- **Age:** For Life

### Individual Design Remote Coaching

- **Key Performance Indicators:**
  - Stamina/Aerobic
  - Speed
  - Strength

- **Ages:** 15+

### Key Performance Indicators

- **Ages:** 10-16

### Tracking Growth

- **Stamina/Aerobic**

### Beginning Strength

- **Ages:** 13-19

### Coaching

- **Level 5 Coach or Director**

- **Level 4 Coach or Program Director**

- **Level 3 Coach or Head Instructor**

- **Level 2 Instructor**

- **Level 1 Instructor**

### US Sailing Instructors

- **US Sailing Instructor/Coach Certification Levels**

### National Coaching Symposium 2018
BRIEF OVERVIEW SPT’S PATHWAY

Refinement for continued growth

Validation of process

Accountability throughout development

Define the pathway

Educate and create awareness

1. FUNdamentals/Games
   ABC’s of Athleticism
   Ages: 0-12

2. Tracking Growth Characteristics
   Stamina/Aerobic
   Beginning Strength
   Ages: 10-16

3. Key Performance Indicators
   Stamina/Aerobic/Speed
   Strength
   Ages: 13-19

4. Individual Design
   Remote Coaching
   KPIs
   Ages: 15+

5. Full Spectrum Coaching
   Age: For Life

6. Education For A Lifetime In Sports
   Ages: 15+
Steps To Create A High Performance Plan

1. Develop Athlete Long-Term Goals (1-8 years)
2. Layout the Sailing Schedule, Sub Goal Competitions, Training Camps
3. Assess Athlete’s Current Performance (sailing, physical, nutrition, psychological)
4. Periodize Phases of Training (Complementary Training Volume)
5. Validate & Refine
PERIODIZATION BLOCKS
BUILDING PLANS WITH INTENTION

Accumulation

Intensification

Pre-Competition

Competition

De-Load

Volume (quantity)

Intensity (quality)

Technique (training)

Peaking at most important time
ACCUMULATION PHASE
HIGH SUSTAINABLE TRAINING LOAD

Strength and Conditioning Priorities
- Higher volume | Lower intensity training

Sailing Priorities
- >3+ hour sailing sessions
- Boat handling & speed tuning focus
- Medium length & intensity races
- Longer resting time between drills and maneuvers

Athlete Experience
- Want: “Difficult but sustainable”
INTENSIFICATION PHASE
LOWER VOLUME AT SUB-MAX EFFORTS

Strength & Conditioning Priorities
- **Lower** volume | **Higher** intensity

Sailing Priorities
- <3 hour sailing sessions (class dependent)
- Higher Intensity with small rest intervals

Athlete Experience
- Want: “Feeling strong, recovering between sets”
PRE-COMPETITION
PRIMING COMPETITIVE SKILL

Strength & Conditioning Priorities
- **Even Lower** Volume
- **Increasing** Intensity
- **Preparation**
- **Confidence**

Sailing Priorities
- <3 hour sailing sessions
- Moderate intensity decreasing significantly throughout camp
- Increased skill level

Athlete Experience
- Want: “I’m feeling confident”
- Don’t Want: “I’m tired/sick/injured”
COMPETITION PHASE
SKILL EXECUTION

Strength & Conditioning Priorities
- Physical Testing Vs. Sailing Comp
  - Priming
  - Recovery

Sailing Priorities
- Pre-Race routine
- Execution of learned sailing skills

Athlete Experience
- Want: “I’m focused/ready”
- Don’t Want: “Just can’t get dialed..."
DE-LOAD PHASE
RECOVERY

Strength & Conditioning Priorities
- Rest | Recovery
- Easy Aerobic (30-90 min)

Sailing Priorities
- Complete days off
- Light sailing sessions
- Sail other types of boats
- Debrief last cycle, plan for next

Athlete Experience
- Want: “Feeling Recovered”
Periodization of the Long-Term Plan

1. Identify the Competition or Testing Period (Day Length, Peak Event, Training Event?)
2. Identify Number of Pre Competition Days Needed
3. Identify Number of Intensification Days (Level of S&C vs Sailing Volume/Intensity/Sport Skill)
4. Identify Number of Accumulation Days (Level of S&C vs Sailing Volume/Intensity/Sport Skill)
5. Identify Number of De-Load Days (Based on Microcycle/Competition Workload)
1. Doing too much too soon
   • Increasing demands too rapidly for optimal adaptation
   • Maintain an overall training program that is too high
2. Inappropriate complexity for phase of training
3. Inappropriate competition goal setting based on athlete’s current development
4. Attempting to return athletes to full training too quickly after injury or illness
5. Neglect to build-in specific, planned recovery activities to offset training demands
   • Don’t assume the athletes will recover!
### Table 4.1 Physical and Psychological Symptoms of Overtraining

<table>
<thead>
<tr>
<th>Physical</th>
<th>Psychological</th>
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<tbody>
<tr>
<td>Elevated heart rate</td>
<td>Loss of self-confidence</td>
</tr>
<tr>
<td>Weight loss</td>
<td>Drowsiness and apathy</td>
</tr>
<tr>
<td>Muscle pain or soreness</td>
<td>Irritability</td>
</tr>
<tr>
<td>Elevated resting blood pressure</td>
<td>Emotional/motivational changes</td>
</tr>
<tr>
<td>Gastrointestinal disturbance</td>
<td>Sadness</td>
</tr>
<tr>
<td>Delayed recovery from exertion</td>
<td>Anxiety</td>
</tr>
<tr>
<td>Loss or decrease in appetite</td>
<td>Anger/hostility</td>
</tr>
<tr>
<td>Severe fatigue</td>
<td>Confusion</td>
</tr>
<tr>
<td>Overuse injuries</td>
<td>Concentration difficulties</td>
</tr>
<tr>
<td>Disturbed sleep patterns</td>
<td>Boredom</td>
</tr>
<tr>
<td>Immune system deficits</td>
<td></td>
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</tbody>
</table>

EFFECTIVE TRAINING

Fitness vs. Training Load

- Undertraining
- Optimal Training
- Ineffective Training
- Overtraining
TOOLS TO MEASURE

SUBJECTIVE DATA SOURCES:
Rate of Perceived Exertion (RPE)
  • 1-10 Difficulty
Athlete Subjective Scores
  • Overall Health
  • Stress
  • Mood
  • Muscle Fatigue
  • Muscle Soreness
  • “Stoke”

OBJECTIVE DATA SOURCES:
Measuring Workload
  • Volume (Reps, Load, Aerobic Minutes)
  • Sailing Volume (Workload from Avg. Windspeed, Hours Sailed, RPE)
Monitoring Acute To Chronic Workload Ratios (ACWR)
  • Psychological and physiological
Heart Rate Variability
  • Resting Heart Rate
PERFORMANCE WORKFLOWS

POWERED BY

SPT
Sailing Performance Training

smartabase

GARMIN

NATIONAL COACHING SYMPOSIUM 2018 US SAILING
SPT WORKFLOW
IS THE ATHLETE TRAINING EFFECTIVELY?

Athlete completes customized workouts programmed in BridgeTracker (~30-90mins)
SPT WORKFLOW
IS THE ATHLETE TRAINING EFFECTIVELY?

Prescribed Vs Actual Training Volume
This interactive graph will display your prescribed training volume versus the actual training volume you completed (in reps).

Prescribed Vs Actual Aerobic Volume
This interactive graph displays the prescribed versus actual aerobic volume (in minutes) completed during your aerobic training.

NATIONAL COACHING SYMPOSIUM 2018 US SAILING
SPT WORKFLOW
IS THE ATHLETE TRAINING EFFECTIVELY?
SPT WORKFLOW
IS THE ATHLETE TRAINING EFFECTIVELY?
SPT WORKFLOW
IS THE ATHLETE IMPROVING HIS/HER FITNESS?

Athlete completes SPT Movement Screen and Fitness Test BridgeTracker (~30-90mins for 3-6 days)
SPT WORKFLOW
IS THE ATHLETE IMPROVING HIS/HER FITNESS?

Benchmark Test Score Summary

Review your test scores for each of the six movement patterns. Each section has your previous, current, and personal best score of movements tested. SPT Standards for each movement are listed above results. Note what biological age you fall in. Realize standards change with biological age.

Benchmark Testing Scores

Test Scores (Level 1-4)

DL Score  | Push Score  | Pull Score  | Core Score  | SL Score  | Bend Score


Benchmark Total: 24.00
SPT WORKFLOW
IS THE ATHLETE READY TO TRAIN?

Body Mass

Entered on 11/26/2018

Body Mass

175.00 lb

Enter your daily body mass in the morning at the same time prior to eating or drinking

Sleep Duration

How many hours did you sleep last night? (decimal value e.g. 8 hr 30 min = 8.5 hours)

Sleep Quality

- Worse than normal
- Normal
- Better than normal

How well did you sleep last night? ! Sleep Quality is required

CANCEL

Body Mass

Urine colour

1 - clear

8 - dark

What was the colour of your urine when you first went to the bathroom this morning?

Are you currently injured?

- Yes
- No

Did your injury keep you from completing your land-based training today?

- Yes
- No

Did your injury keep you from completing your training on the water today?

- Yes

GENERAL WELLNESS QUESTIONNAIRE

Overall Health

Feeling great! Unwell

Stress Levels

Very relaxed Highly stressed

Mood

Very positive Highly annoyed/irritable

Muscle Fatigue

Very fresh Very tired

CANCEL

PREVIOUS NEXT
### SPT WORKFLOW
**IS THE ATHLETE READY TO TRAIN?**

#### Overview Of Coach’s Daily Report For Entire Roster

<table>
<thead>
<tr>
<th>Date</th>
<th>About</th>
<th>Sleep Duration</th>
<th>Sleep Quality</th>
<th>Overall</th>
<th>Stress</th>
<th>Mood</th>
<th>Fatigue</th>
<th>Soreness</th>
<th>Readiness</th>
<th>7d Readiness</th>
<th>Daily Readiness</th>
</tr>
</thead>
<tbody>
<tr>
<td>11/01/2016</td>
<td>Better than normal</td>
<td>8.0</td>
<td>Feeling good</td>
<td>Slightly stressed</td>
<td>Neutral</td>
<td>Moderately tired</td>
<td>Sore—some difficulty moving</td>
<td>80</td>
<td>64</td>
<td>Monitor Athlete—Condition Changing</td>
<td></td>
</tr>
<tr>
<td>11/01/2016</td>
<td>Better than normal</td>
<td>9.0</td>
<td>Feeling OK</td>
<td>Slightly stressed</td>
<td>Moderately positive</td>
<td>Very fresh</td>
<td>Feeling great!</td>
<td></td>
<td>80</td>
<td>Monitor Athlete—Condition Changing</td>
<td></td>
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<tr>
<td>11/01/2016</td>
<td>Normal</td>
<td>7.0</td>
<td>Feeling good</td>
<td>Relaxed</td>
<td>Moderately positive</td>
<td>Fresh but not 100%</td>
<td>Great—some soreness</td>
<td>80</td>
<td>80</td>
<td>Monitor Athlete—Condition Changing</td>
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</tr>
<tr>
<td>11/01/2016</td>
<td>Worse than normal</td>
<td>5.0</td>
<td>Feeling great</td>
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<td>Neutral</td>
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<td>Feeling great</td>
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<td>88</td>
<td>Ready!</td>
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<td>76</td>
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<td>Slightly annoyed/irritable</td>
<td>Fresh but not 100%</td>
<td>Sore—some difficulty moving</td>
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<td>76</td>
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SPT WORKFLOW
MULTI-DAY CAMP PLANNING

Body Mass

Entered on 11/26/2018

Body Mass
175.00 lb

Enter your daily body mass in the morning at the same time prior to eating or drinking

Sleep Duration

How many hours did you sleep last night? (decimal value e.g. 8 hr 30 min = 8.5 hours)

Sleep Quality

○ Worse than normal
○ Normal
○ Better than normal

How well did you sleep last night? ! Sleep Quality is required

Body Mass

Urine colour

1 - clear     8 - dark

What was the colour of your urine when you first went to the bathroom this morning?

Are you currently injured?

○ Yes
○ No

Did your injury keep you from completing your land-based training today?

○ Yes
○ No

Did your injury keep you from completing your training on the water today?

○ Yes

Overall Health

Feeling great! Unwell

Stress Levels

Very relaxed Highly stressed

Mood

Very positive Highly annoyed/irritable

Muscle Fatigue

Very fresh Very tired
### Single Athlete 7 Day Readiness Scores

<table>
<thead>
<tr>
<th>Date</th>
<th>About</th>
<th>Sleep Duration</th>
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<th>Ill?</th>
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<tr>
<td>10/31/2018</td>
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<td>7.5</td>
<td>Normal</td>
<td>No</td>
<td>No</td>
<td>Feeling good</td>
<td>Slightly stressed</td>
<td>Slightly annoyed/impatient</td>
<td>Moderately tired</td>
<td>Very sore</td>
<td>68</td>
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<td>10/30/2018</td>
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<td>9.3</td>
<td>Normal</td>
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SPT WORKFLOW
MULTI-DAY CAMP PLANNING

ACWR Graph

OVERTRAINING

SWEET SPOT

UNDER TRAINING

ACWR


NATIONAL COACHING SYMPOSIUM 2018 US SAILING
### SPT WORKFLOW
MULTI-DAY CAMP PLANNING

#### 7d Athlete Readiness Report

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<td>No</td>
<td>No</td>
<td>Feeling good</td>
<td>Slightly stressed</td>
<td>Very positive</td>
<td>Very fresh</td>
<td>Great–some soreness</td>
<td>92</td>
</tr>
</tbody>
</table>

Single Athlete 7 Day Readiness Scores
1. Athlete steps on Garmin Smart Scale (~30 seconds)
2. Athlete completes daily food log via MyFitnessPal (~1-5 minutes)
3. Athlete wears wearable device
ATHLETE DATA
VALIDATING YOUR PLAN

• Is the athlete training on his/her own?
  • **Wearable devices, BridgeTracker**

• Understand how to structure daily and weekly camps to ensure athletes won’t burnout
  • **ACWR, Athlete Readiness, Athlete Long Term Plan, Trends in Workload, Wearables**

• Better strategies for recovery to perform better the next day
  • **Athlete Readiness Scores, Wearables**

• Increased confidence for coaches and athletes in the long term training plan
  • **Trends in Workload, Athlete Long Term Plan, Accountability Tracking, Athlete Readiness, Wearables**
Can the athlete push harder on the water or in the gym?
  - Trends in Workload

Is the athlete giving me his/her best effort?
  - RPE/Stoke Scores

Measurable progress towards fitness and wellness goals (i.e. body composition, weight gain/loss, cardiovascular improvement, etc.)
  - Wearables, Fitness Tracking, Trends in Workload, VO2, Garmin Scale
SUMMARY

Assessment of the sport
  • Early Specialization

Athlete Developmental Pathway
  • High Performance Plan
  • Periodized Training Model

Validation and Refinement Through Data
  • Subjective vs Objective Data

Workflows To Raise Your Team’s Game
  • Athlete/Coach User-Friendly Platforms

The Future Of Athlete Tracking
  • Wearables, live-stream data collection
“Winning isn’t everything; it’s the only thing left to do.”

Vince Lombardi
Sailing Performance Training

“Enhancing Sailing Performance Through Fitness”

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