



TEAMDATALOG

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Technology Development**

Where the need comes from?

- Simplify work processes
- Sharing information
- Know-how management
- Nationwide communication
- Identify and log the key factors of success




What it is TeamDataLog?

- User-friendly web platform
- For athletes, coaches, managers and staff
- Designed to analyze performance
- Standardized report system and analysis
- Database flexible for any discipline
- One tool from youth to élite

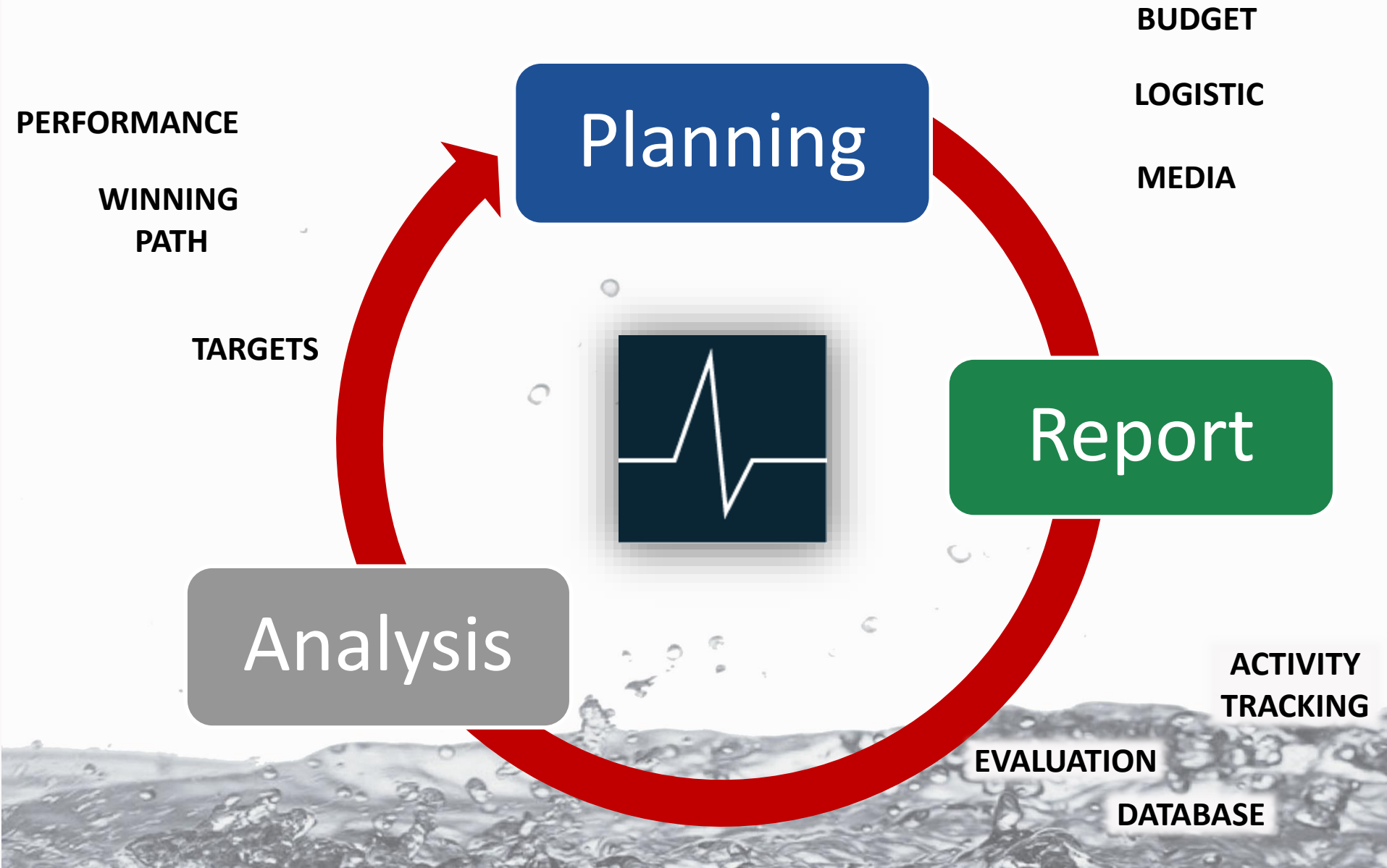


TeamDataLog specifications

- The software is developed by  **wavein.ch**
- One cloud, one desk: wherever you are
- IT infrastructure in Switzerland
- High security standards
- Acceptance of different working level
- Flexible permissions for data sharing



Applied training methodology



Planning

TeamDataLog SST 420 YT Plan Report Analysis Forms

January 2015

Teams Athletes

Month Week Today

W Monday

1

Thursday Friday Saturday Sunday

1 2 3 4

8 9 10 11

Training YT: Barcelona

Select multiple

✓ SST 420 YT

SST Radial TP

1. October 2014 - 1. October 2015

Oct SST 420 YT Talent Scout Camp

Nov SST 420 YT

Dec

Jan

Feb

Mar

Training YT: Barcelona

Training YT

Training with

Christmas Race

Swiss

Training YT: Hyères

Possible SST

Febbraio

L M T W T F S D

26 27 28 29 30 31 1

Office Meeting Starting Damian S Half

2 3 4 5 6 7

Office Free Office Training YT flight to B Flight to

9 10 11 12 13 14 15

Training YT SST coach meeting Youth Team 420 Talent pool 420

16 17 18 19 20 21 22

Talent pool 420 Ash Wed Consequ Fitness li Free Flight to

23 24 25 26 27 28 1

Office Free Talent Pool 420 Skype co

2 3 4 5 6 7 8

Free Training YT From Bar Youth Team 420

LUNEDÌ MARTEDÌ GIOVEDÌ VENERDÌ SABATO DOMENICA

26. gen 27 28 29 30 31 1. feb

Office Starting to work on RIB Damian Suli's Birthday 08:00 Half

2 3 4 5 6 7 8

08:00 Office Free Office Youth Team 420: Barcelona 19:00 Flight to Zurich

9 10 11 12 13 14 15

08:00 SST coach meeting Dietikon 17:00 Flight to barcelona Youth Team 420: Barcelona Talent pool 420: Barcelona

16 17 18 19 20 21 22

Talent pool 420: Barcelona Free Consequ Windcracker: Milano 18:30 Flight to Milano

23 24 25 26 27 28 1. mar

11:30 Skype com Mat Office Free Talent Pool 420

Week Today

2. Saturday, 3. Sunday, 4.

Training YT: Barcelona

8:00 Boat preparation

9:00 Training

11:00 Theory

12:00 Eating

13:00 Fitness

14:00 Training

17:30 - Regeneration

18:30 Debriefing

8:00 - Activation

9:00 Training

10:30 - Boat setting

11:30 Fitness

12:30 Eating

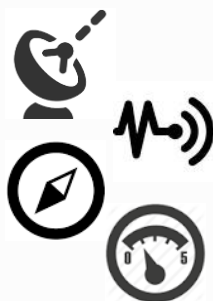
14:00 Training

17:30 - Regeneration

18:30 Debriefing

Report

5. – 11. January 2015		
W2	Monday, 5.	Tuesday, 6.
Events	Training YT: Barcelona	
7:00	7:00 - Activation _ 7:30 - Eating _	7:00 - Eating _
8:00	8:00 - Boat preparation 8:30 - 8:30 - Downwind 9:00 - Marine condi 9:30 - Upwind 10:00 - Marine condi 10:30 - Downwind 11:00 - Marine condi 11:00 - Upwind	8:00 - Bo 8:30 - Marine 10:00 - Ma 11:00 - Boat rep
12:00	12:00 Eating 13:00 -	12:00 Eating
13:00	13:30 School study	
14:00		
15:00	15:00 Marine condi 15:00 Upwind	
16:00	16:00 - Reaching	
17:00		
18:00	17:30 Debriefing	



Info

Name:

Training

Targets/Topics:

acceleration × starts ×

Notes:

Notes

Info

Convocation

☐ Lea
☐ Diana
☐ Maxime
☐ Philippe

Equipment

Board (tag) brd1 × Sail (tag) mn7 ×

Mast (tag) carbo9 × Fin (tag) thin2 ×

Trims

Harness lines pos. 3 ▾ Harness lines len. 30 ▾

Base pos. 6 ▾ Base ten. 22 ▾

Mast track 5 ▾ Boom height 170 ▾

Boom ten. 20 ▾ Boom pos. 25 ▾

Wind

Tags light-sea-breeze ×

morning-(N'l'y)-breeze
morning-wind
light-sea-breeze
strong-sea-breeze
sea-breeze

pre-cold-front
cold-front
post-cold-front
oscillating
shifting
stable
gusty

pulsing
swinging

Wind dir (from) [°] 125 Wind spd [kn] 8 ▾

Waves

Tags choppy ×

flat
choppy
crossed
swell
long-waves

Waves dir (from) [°] 140 ▾ Waves height [m] 0.3 ▾

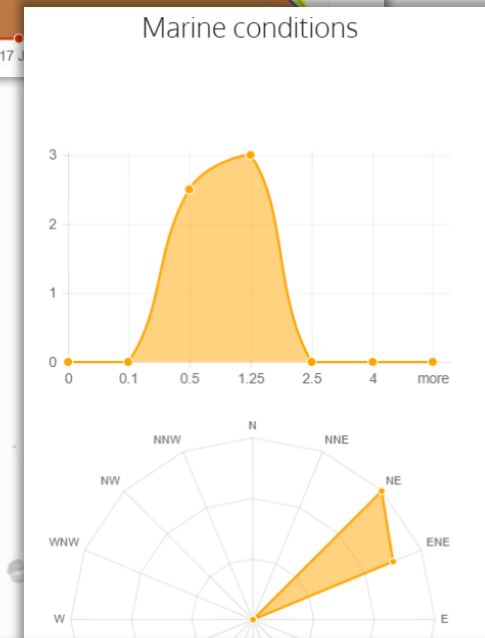
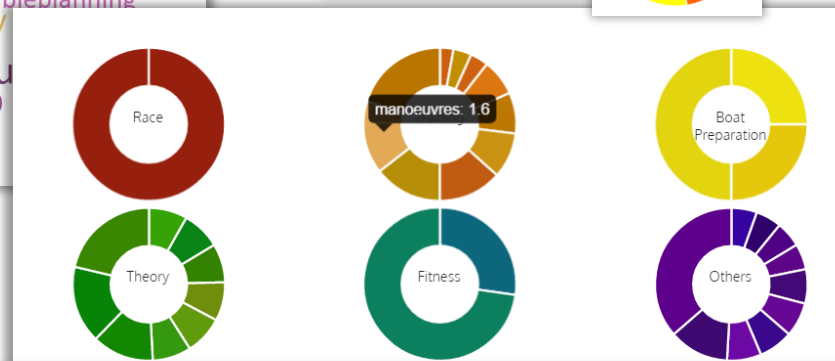
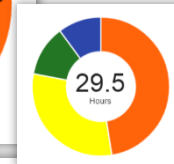
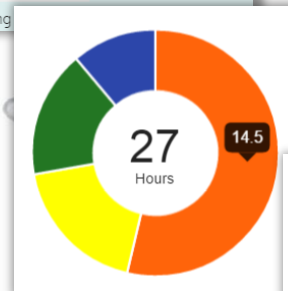
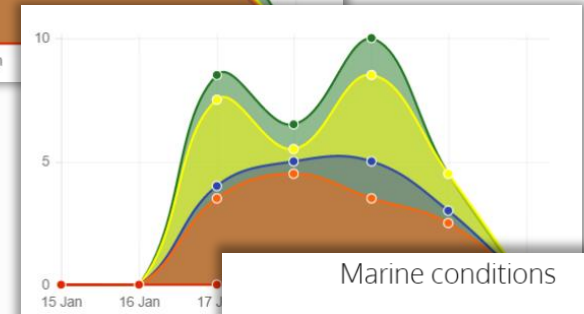
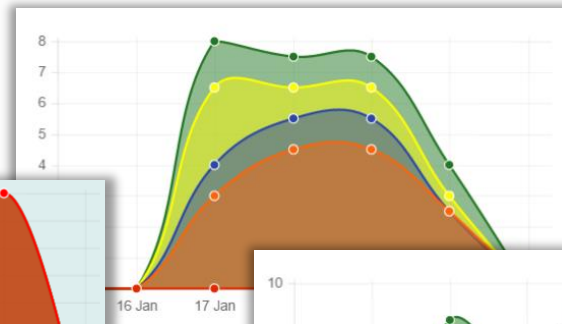
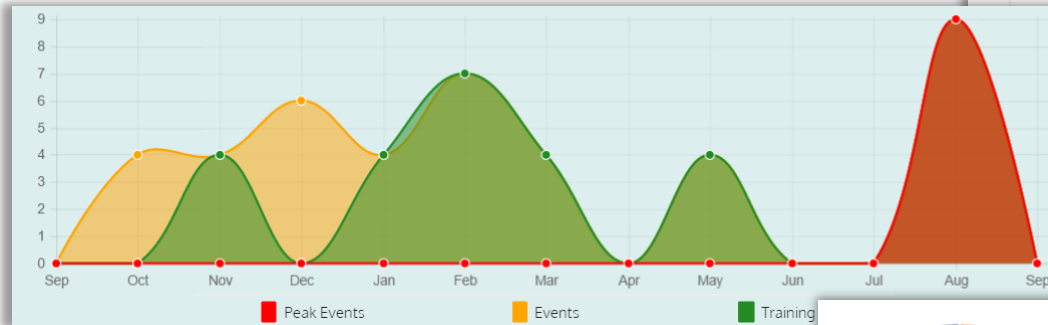
Current & Tide

Tags high-tide ×

high-tide
low-tide
flood
ebb
tide-front
current-line
eddy

Stream dir (from) [°] 270 ▾ Stream spd [kn] 0.1 ▾

Analysis



(33) Storyboard

Boat setting 17/1/2015

Exercise 17/1/2015 Multi topics training: generic because too many things to learn and too many things to see.

Debriefing	17/1/2015	We discussed about some topics of the day based on the highlight defined by the sailor's self-analysis. Moreover we defined the ToDo list for the next days.
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trim,boat-settings

upwind,downwind,gybes,tacks,boat-handling

analysis,self-analysis,todo-list

Forms and Database

- 470 Trim Report ☒
- RS:X Trim Report ☒
- Nacra Trim Report ☒
- Nacra Trim Report A ☒
- Nacra Trim Report B ☒
- 470 Race Eval. ☒
- Racing day Eval. ☒
- Nacra Race Eval. ☒
- Single result ☒
- Mental status ☒
- Physic status ☒
- Marine Conditions ☒

Add activities by dragging them onto the calendar:

- Race
- Training
- Boat preparation
- Theory
- Fitness
- Mental preparation
- Other

Weather forecast ☒

Create event by dragging them onto the calendar:

- Peak Event
- Event
- Training
- Others
- Others
- Others

TeamData SST 420 YT Plan Report Analysis Forms

Admin only

Fit.3 - Endurance test

Form Name:

Description:

Dependencies: ☒ Athlete ☐ Team ☐ Date

Field: Text

Field: Text

Field: Number

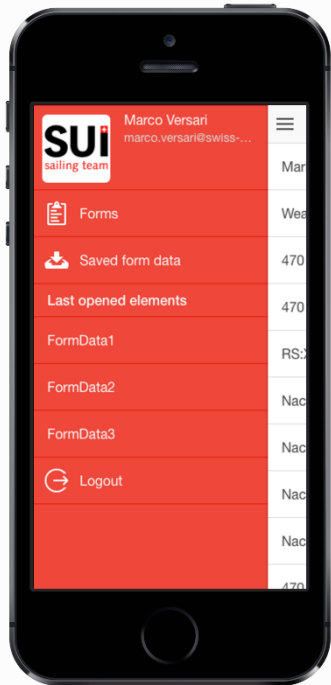
Field: Text

Field: Number

Field:



Mobile App



Evaluation table

1st upwind									
Pre-start routine	1	2	3	4	5				
Start	1	2	3	4	5				
First 100m - first shift	1	2	3	4	5				
Playing shift - sailing to the favorite side	1	2	3	4	5				
Windward mark approach - mark rounding	1	2	3	4	5				
Speed/control on the dogleg	1	2	3	4	5				



Wind

Tags: light-sea-breeze

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morning-wind
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sea-breeze
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cold-front
post-cold-front
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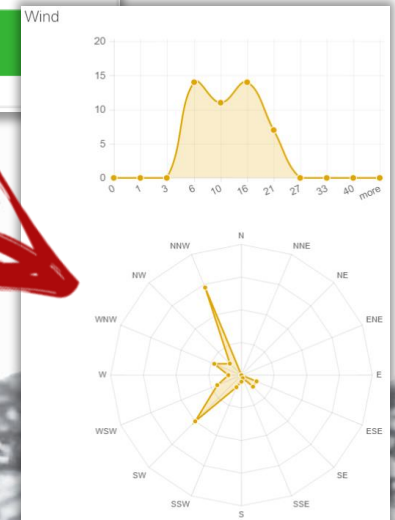
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low-tide
flood
ebb
tide-front
current-line
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Stream dir (from) [°]: 270 Stream spd [kn]: 0.1



Further developments

- Mobile app release (May 2015)
- PISTE Liste (September 2015)
- Complex comparative analysis
- Sensors interface (GPS, HRM, etc.)
- Data intelligence and visualization



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