Setup, Configuration & Understanding SPI IQ

1. System Preparation
2. Uploading Session Data
3. Configuration – Table Structures
4. Configuration – Graphs Selections
5. Understanding Risk Alerts
6. Manage Data Section

For additional support, contact GPSports Systems

System Preparation for SPI IQ

SPI IQ reports on data sent from Team AMS, or SPI EZY. SPI IQ relies on receiving accurate and consistent data to ensure a quality analysis and presentation of results.

Before you send data to SPI IQ

Install Latest Team AMS Software

Player Profiles
Check your Player Profiles in Team AMS. Ensure all players have accurate profiles, including Position, Squad and Max HR. Ensure correct 'Default Zones' are applied to each player

Zone Settings
Check your Zone settings in Team AMS. Ensure they are consistently applied to all players. Ensure Sprint, Acceleration and Deceleration thresholds and periods are set in their respective Analysis sections. Please let us know if you require some recommendations or further instructions.

Session Names
Use a logical session name format. Reverse date order and session description is recommended. For example, '20120615 Game Rd2'.

Session Splits
SPI IQ reports are based on a sum of splits, rather than the entire session file. Create accurate splits for all sessions, create a minimum of one Split for all sessions. Do not send 'empty sessions' to SPI IQ and ensure any non-running sessions are clearly labelled.

Assign Relevant Information to Each Split
Assigning relevant information to the data during the Group Rename process is critical. Assigning tags like athlete Participation and Day Code will ensure more accurate and meaningful reporting. See over*

Refresh Data
If you make adjustments to zone settings and player profiles, data will need to be refreshed prior to sending or resending to SPI IQ. To refresh data in Team AMS – Click Sessions view, select sessions to be refreshed, right click, select 'Refresh - Using Player's Current Settings'

Uploading Session Data to SPI IQ

Two options, either use SPI EZY or Team AMS

In SPI EZY

Follow the Prompts

1. Connect the Docking Station & Download the Units
2. Rename Selected Sessions*
3. Create Splits
4. Send To SPI IQ
   Enter Username & password (as required)
   Verify data, Send data

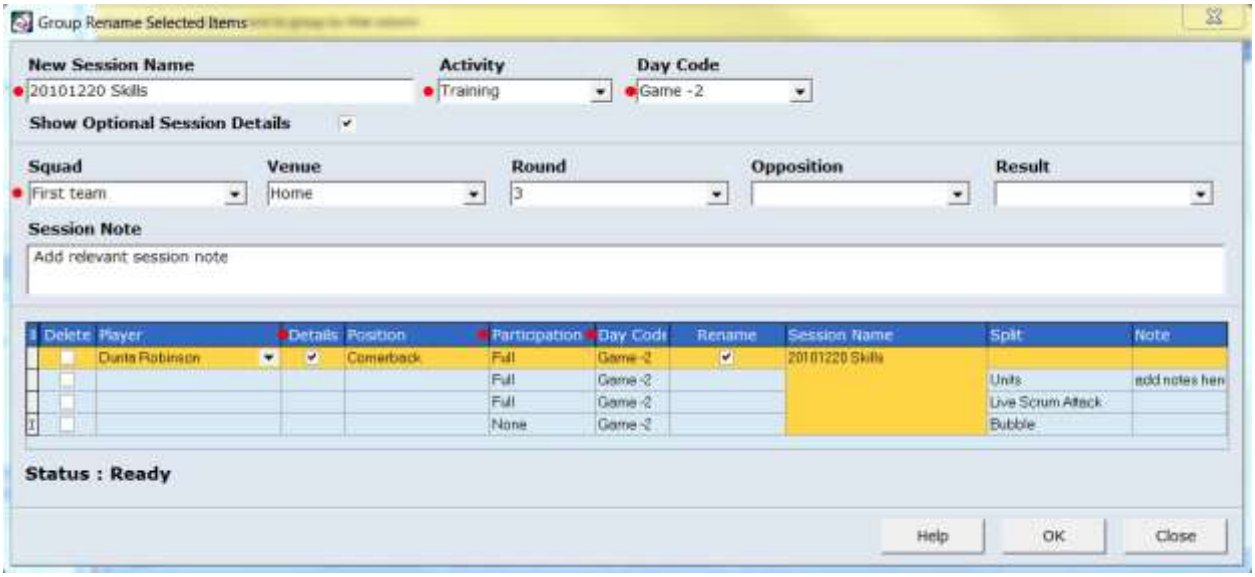
In Team AMS

1. Connect the Docking Station & Download the Units
2. In Downloads view
   Select Sessions, Right Click select Group Rename – Selected Sessions
   Rename Session, Assign Units to Players, Assign other information to session*
3. View a Session in Analysis/Graph section
   Create Splits
4. In Sessions View - Select Sessions to be sent to SPI IQ
   Right Click, select Send To – SPI IQ
   Enter Username & password (as required)
   Verify data
   Send data

***Group Rename Section**

Ensuring the information entered below is accurate is essential for SPI IQ

- Activity & Day Code are used to compare same sessions
- Squad, Venue, Round, Opposition, Result can be used to sort sessions
- Details indicates if zones settings have been assigned for this player
- Participation determines if data will be used as part of group average



SPI IQ CONFIGURATION

Table Structures

- Table are used to display data from drill splits uploaded to SPI IQ
- Your SPI IQ account will be configured with default tables.
- Table structures are fully customisable
- Select from the parameters from the lists below, each parameter can be renamed to further meet your requirements. (* Denotes parameters used in the default configuration).

Group and Sort Tables by

☐ Date
☐ Session Name*
☐ Player Name*
☐ Position*
☐ Split Name*
☐ Day Code

Primary Metrics

☐ Duration*
☐ Distance*
☐ Distance in Speed Zones (z1-6, z2-6, z3-6, z4-6*, z5-6*, z1, z2, z3 ,z4 ,z5 ,z6)
☐ Accelerations in zones (z1-3, z2-3*, z1,z2,z3)
☐ Sprint Count
☐ Decelerations in zones (z1-3, z2-3, z1,z2,z3)
☐ Bodyload
☐ Time in HR Zones (z1-6, z2-6, z3-6*, z4-6, z5-6*, z1, z2, z3 ,z4 ,z5 ,z6)

Secondary Metrics

☐ Distance per minute*
☐ High Speed Distance (z4-6, z5-6) per minute
☐ Maximum Speed (km/h, m/s)
☐ Speed Exertion
☐ Accelerations (z2-3, z3) per minute
☐ Decelerations (z2-3, z3) per minute
☐ Sprints per minute
☐ Bodyload per minute
☐ Impacts (z3-6, 4-6, 5-6, 6) per minute
☐ % Time in HR zone (3-6*, 4-6, 5-6, 6)
☐ Average HR
☐ Maximum HR
☐ Max. HR Exertion

Formatting

Selected metrics can be formatted based on other scores in the table. Choose formatting based on

☐ Percentage of scores (high or low)*
☐ Absolute number of scores (high or low)
☐ Variation from the group mean (high or low)

Summary Rows

Summary rows can be used in all tables, available rows

☐ Total (sum)*
☐ Team Average*
☐ Minimum or Maximum
☐ Weekly Total (sum Monday – Sunday)*

Sample Tables

Each table has been customised to meet the needs of the team.

Summary

AthletePreferredName	Duration	Av. Speed (m/min)	Total Distance	High Speed Dist. >6m/s	Sprint Count	Min >70% MHR	HR Exertion
Jordan Harper	74.3	51	3812	52	6	58.2	326
Nick Collins	75.5	50	3802	40	4	53.1	315
Isaac Taylor	74.2	48	3583	36	4	18.5	149
Matt Sharp	73.9	45	3358	0	1	21.2	178
Team Average	74.5	49	3639	32	4	37.8	242

Table1 – Summary. Shows the sum of the data for each player who have completed this training session. Highest 20% of scores are highlighted Red

Drill Splits

Drill	Player	Time	Average Speed (m/min)	Total Distance	High Speed Dist. >6m/s	Sprint Count	Min >70% MHR	% Time HR >70%	HR Exertion
Q1	Brendan Dess	32.1	105	3382	94	6	26	81	221
Q1	Matt Byatt	32.1	71	2284	80	7	18.7	58	151
Q1	Scott Henning	32.1	82	2627	84	4	23.2	72	206
Q1	Shane Harris	32.1	105	3377	107	6	30.6	95	242
Drill Average		32.1	91	2917	91	6	24.6	77	205
Q2	Brendan Dess	30.4	66	2016	76	3	15.1	50	141
Q2	Matt Byatt	30.4	95	2877	159	6	22.7	75	148
Q2	Scott Henning	30.4	70	2121	75	1	20.9	69	172
Q2	Shane Harris	30.4	105	3184	64	8	30.3	100	226
Drill Average		30.4	84	2550	93	5	22.3	73	172
Q3	Brendan Dess	32.1	97	3119	122	5	23	72	182
Q3	Matt Byatt	32.1	64	2045	43	2	14.5	45	122
Q3	Scott Henning	32.1	92	2948	109	1	25.3	79	219
Q3	Shane Harris	32.1	87	2782	43	4	23.6	73	189
Drill Average		32.1	85	2723	79	3	21.6	67	178
Q4	Brendan Dess	33.9	53	1809	91	2	13.6	40	123
Q4	Matt Byatt	33.9	70	2365	181	3	18.1	54	161
Q4	Scott Henning	33.9	70	2362	54	1	18.9	56	160
Q4	Shane Harris	33.9	73	2474	48	8	22.4	66	182
Drill Average		33.9	66	2252	94	4	18.3	54	156
Warm Up	Brendan Dess	55.1	41	2255	2	3	14.5	26	130
Warm Up	Matt Byatt	55.1	45	2499	20	3	13.2	24	104
Warm Up	Scott Henning	55.1	47	2581	0	1	18.5	34	135
Warm Up	Shane Harris	55.1	25	1369	17	0	6.9	12	53
Drill Average		55.1	39	2176	10	2	13.3	24	106

Table2 – Drill Splits. Shows each split for each player, sorted by Split. An Average for each split is shown as a summary row. No formatting has been applited to this table.

Period Table

Date	Session	Time	Total Distance	High Speed Distance >6m/s	Max. Speed (m/s)	Sprint Count	HR Exertion	3D BodyLoad
2012-03-07	20120307 Tr Skills Aranda	89.6	7760	304	7.7	10	488	211
2012-03-09	20120309 Tr Indoor Synthe	45	3500	0	5.6	4	200	46
2012-03-10	20120310 Prac Match	144.9	12056	366	7.7	16	577	333
Weekly Total (Mon-Sun)		279.5	23316	670	7.7	30	1265	590
2012-03-12	20120312 Tr Skill Str	93.5	5499	87	7.7	13	630	163
2012-03-14	20120314 Tr Skills Aranda	60	3361	96	7.2	7	253	97
2012-03-16	20120316 Tr Indoor Synthe	60	5000	0	5.6	8	200	92
Weekly Total (Mon-Sun)		213.6	13860	182	7.7	28	1083	352
2012-03-19	20120319 Tr Sk Gym	94.3	5491	71	6.9	9	219	115
2012-03-20	20120320 Tr Sk UC	109.7	8185	345	7.7	11	573	225
2012-03-22	20120322 Tr Skills UC	88.8	5766	284	8.5	16	495	140
2012-03-25	20120325 Rd1 Vs Ainslie	197.1	16869	612	8.4	26	1100	387
Weekly Total (Mon-Sun)		489.8	36311	1312	8.5	62	2386	867
2012-03-26	20120326 Tr Reco Sk	48.1	2072	0	5.2	3	98	30
2012-03-27	20120327 Tr Sk	106.9	6461	195	7.7	13	427	213
2012-04-01	20120401 Rd2 vs Syd Uni	180	13102	458	8.8	19	990	311
2012-04-02	20120402 Recovery	60	0	0	0	0	200	50
Weekly Total (Mon-Sun)		395	21636	654	8.8	35	1715	604
2012-04-03	20120403 Tr	31.4	2060	8	6.2	2	138	41
2012-04-05	20120405 Tr Skills	62	4820	104	7.2	12	264	152
2012-04-06	20120406 Rd3 vs Tugg	183.7	12619	367	8.1	19	817	319
Weekly Total (Mon-Sun)		277.1	19499	480	8.1	33	1218	512
2012-04-09	20120409 Tr Gym Sk	74.5	3639	32	7.4	4	242	81
2012-04-10	20120410 Tr Skills	91.1	5909	158	7.1	13	225	179

Table3 – Period Table. Shows an average of the data for the players who have completed 'Full Training' for each session during the selected period. Highest 15% of scores are highlighted Red

SPI IQ CONFIGURATION

Graph Selections

There are approximately 30 graphs available that report on different zone combinations. An extensive range of available graphs can be seen by logging in to our SPI IQ DemoAccount.
Username **DemoAccount** password: **spiiqdemo**

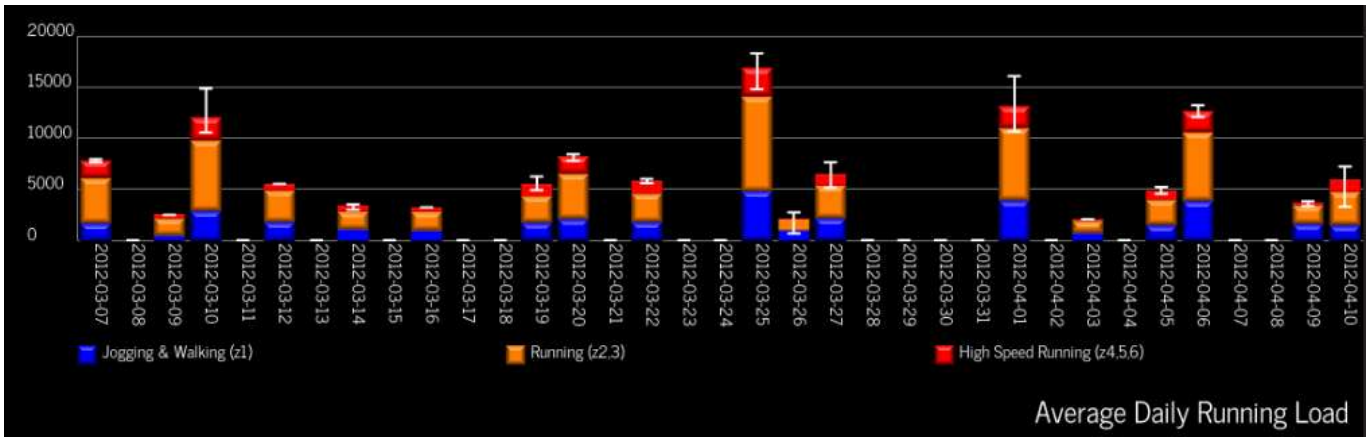
Side Bar Graphs - Commonly used to show athletes from a single session.
Choose from

- ☐ Distance*
- ☐ Speed Zone Distances (zones 2-6, 3-6, 4-6*, 5-6)
- ☐ Accelerations (zones 2-3, 3)*
- ☐ Decelerations (zones 2-3, 3)
- ☐ Body Load
- ☐ Impacts (zones 3-6, 4-6, 5-6, 6)
- ☐ HR Time in Zone (zones 3-6*, 4-6, 5-6, 6)
- ☐ HR Exertion
- ☐ Session Score Graphic (rates 5 key variables against a normative (configurable) value)

Graph1 – High Speed Distance, displaying sum of distance in zone 5 & 6.

Bar Graphs – Commonly used in the Analysis/Period section.
Choose from

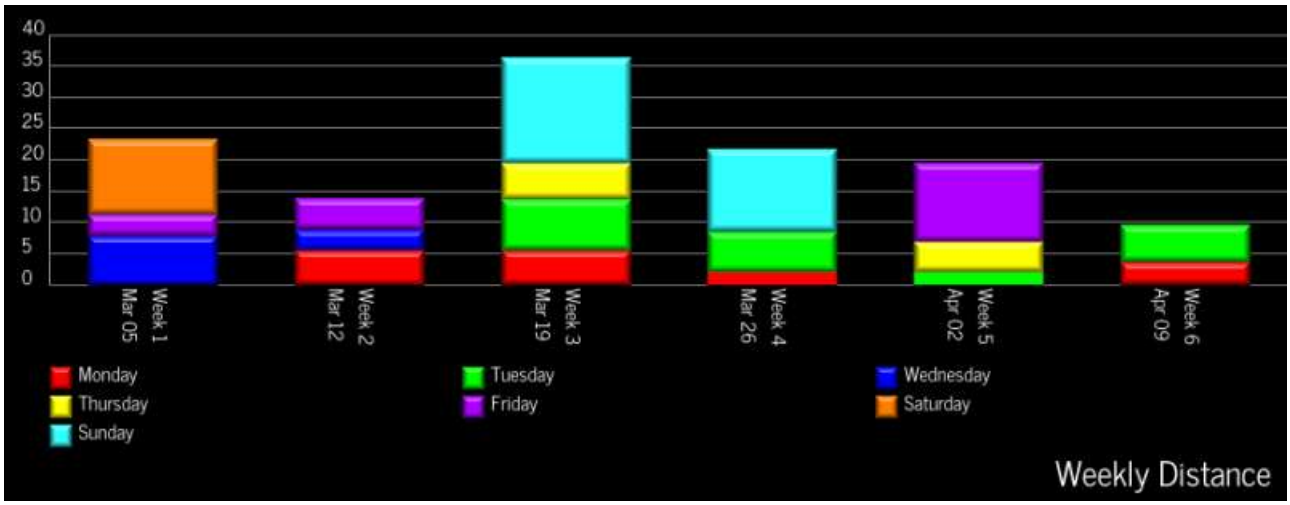
- ☐ Distance*
- ☐ Speed Zone Distance (zones 2-6, 3-6, 4-6, 5-6*)
- ☐ Accelerations (zones 2-3, 3)
- ☐ Decelerations (zones 2-3, 3)
- ☐ Body Load
- ☐ Impacts (zones 3-6, 4-6, 5-6, 6)
- ☐ HR Time in Zone (zones 3-6*, 4-6, 5-6, 6)
- ☐ HR Exertion



Graph2 – Average Daily Running Load, showing distance in speed zones.

Stacked Bar Graphs – Show accumulated weekly load, commonly used in the Analysis/Period section
Choose from

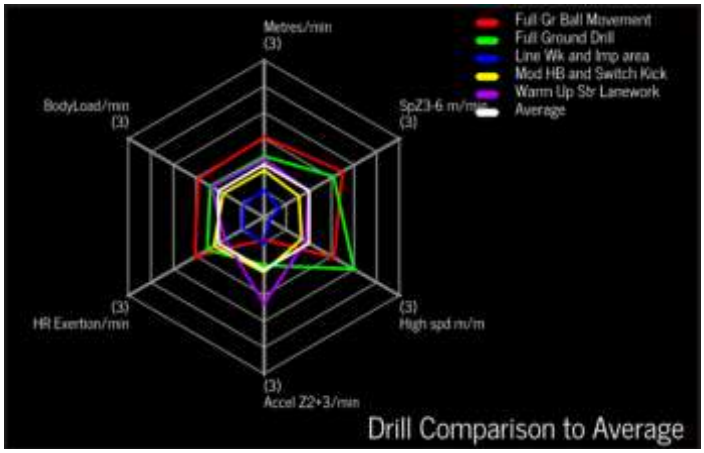
- ☐ Distance*
- ☐ Speed Zone Distances (zones 2-6, 3-6, 4-6, 5-6*)
- ☐ Accelerations (zones 2-3, 3)
- ☐ Decelerations (zones 2-3, 3)
- ☐ Body Load
- ☐ Impacts (zones 3-6, 4-6, 5-6, 6)
- ☐ HR Time in Zone (zones 3-6*, 4-6, 5-6, 6)
- ☐ HR Exertion



Graph3 – Weekly Distance showing accumulation of distance over the week. Can also be configured to use Day Code.

Radar Graphs – Commonly used in the Analysis/Comparative section
Choose from

- ☐ Default – Player, Session & Drill Comparison*
- ☐ Drill Comparison to Game Speed



Graph 4 – Drill Comparison graph, where drill are plotted against the average of the selected drills

Risk Alerts

Risk Alerts are an automated analysis designed to 'flag' athletes based on a sudden increase in training load. In effect, Risk Alerts identify athletes who have had a significant training stimulus.

The Analysis

Who is Analysed?
Single players, positional groups and entire team are analysed in every session

What Metrics are Analysed?
Distance, high speed distance, acceleration, body load, HR exertion & sprint values

Analysis Period
Single, 3 and 7 day accumulated loads are compared to respective periods over the last 28 days

Threshold for Flagging
Scores are flagged if they exceed all other scores during the period by 20% (configurable)

Reporting
Results are reported in the table format seen below.

Risk Alerts

	No.	Group/Player	Reasons
☐	2	L Foran	[-] High Speed Distance

Metric	Period	Excess	Flags
High Speed Distance	1	122 %	1
High Speed Distance	3	33 %	1

☐	1	Harrison	[+] High Speed Distance
☐	1	Taufua	[+] High Speed Distance
☐	1	Forwards	[+] High Speed Distance

Risk Alerts Table – This information is available on the SPI IQ Dashboard and accompanies any Session analysis. Click the blue cross to see the Metric, Period and Severity (Excess) of the flag.

Significance of a Risk Alert
Only the coaching team can ascertain the significance of a Risk Alert. Combining SPI IQ Risk Alert information with athlete, medical, training and competition data will help to determine the significance of any alert.

Manage Data Section

This section allows you to manipulate data that has been sent to SPI IQ. Access the manage data section via the Admin button on the main menu.

This section is useful to
- Repair corrupted or incomplete sessions
- Estimate session loads when training is indoors
- Estimate session load when player does not wear a GPS unit
- Add data from other sources when GPS information is not available

Editing & Adding Data
- Data can be added manually to each field
- Drills or Sessions can be Duplicated and assigned to other athletes
- Athletes can be assigned session data using Average Session Values

All editing is saved immediately