POLITECNICO MILANO 1863
NECST laboratory

NECSTCamp

Not just a coach. Not just an app.

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The number of participants in the NECSTCamp program is increasing over the years. More and more people want to join the CrossFit trainings, and the manual way to manage the classes is becoming always more unfeasible. The need for a new methodology for the management is clear, as the head coach, in charge of most of the organization, is "not just a coach", but he is a worker and has a family, too. So, the aim of NECSTCamp is to reduce the time needed for daily operations such as the creation of workout sessions, monitoring of the classes and analysis of participants' performance. NECSTCamp is an intuitive and easy to use mobile application that is going to be used by the CrossFit coaches.

The NECSTCamp application presents different features:

- **Automatic class management**. This means that the coach can create a WOD (WorkOut of the Day) selecting the days and the time slots in which the WOD is offered.

- **"Dimmi che ci sei"** *transl. Tell me that you are on it*. It confirms participants' presence in the training sessions and helps to remember how the WOD score must be inserted.

- **Results collection and analysis section**. Here, the coach can analyze the number of participants in the training sessions.

- **Participant's profile**. This section contains all the participants' data and performances with a name-to-face association. This helps the coach to have an immediate overview of the status of the participants in order to give them more personalized feedbacks.

Regarding the improvements, there are a few things that could be done:

- The application could be linked with a pre-existing back-end to have access to all participants' profiles and data, workout sessions attendance and past WODs. It has not a real connection to an external server, but all the methods of connection and request of data are simulated so the integration with a pre-existing back-end based on REST api would be immediate.

- Inclusion of data acquired from Polar devices would allow for a more detailed analysis of participants' performances. The technology which allows the transfer of heart rate data through the cloud has already been implemented and it just needs to be featured in the application.

- The compatibility between the application and the device could be improved to make the use of the application as simple as possible.

The NECSTCamp application has been created both for Android and iOS devices with Android Studio, using the Flutter framework and dart as a programming language.

The aim of this project is to offer a new and more efficient method, to reduces the time required to the coach for the daily organizations of workout sessions and to allow for the management of a continuously increasing number of participants.
NECSTCamp: Not just a coach. Not just an app.