SPORTS ACADEMY AND TRAINING SCHEDULE

TEAM TECH

TEAM MEMBERS :

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INTRODUCTION

A sports academy training scheduler is a crucial tool designed to help manage and organize the training sessions of athletes. It ensures that athletes are assigned specific training sessions based on their skill levels, training requirements, and availability. Using Python, we can build an efficient and flexible scheduler that dynamically adjusts to the needs of different sports, trainers, and athletes.

PROJECT-DOMAIN

Project Overview:

- This project focuses on optimizing training schedules and tracking athlete performance using Python.
- It automates training sessions, tracks key performance metrics, and provides visual insights to coaches and athletes.

Technologies Used:

- Python 3.12.6 (64 bits)
- Visual studio code

PROJECT OBJECTIVES

OBJECTIVES:

- **Automate training schedules** : create a dynamic system that generates personalized training plans for athletes.
- **Track Athlete Performance :** Monitor and analyze key metrics such as speed. Stamina, and skill progression.
- **Visualize Data :** provide clear performance insights using graphs and charts for better decision-making
- **Optimize training** : use data-driven insights to adjust training intensity and improve athlete performance over time.

Algorithm overview

1: Step Data Collection

- Gather athlete performance data (e.g., speed, stamina, skill levels) after each training session.

Step 2: Data Processing

- Use Pandas to organize and clean the data for analysis.

Step 3: Schedule Generation

- Implement a Python function that generates personalized training schedules based on performance data and available training days.

Step 4: Performance Tracking

- Track progress using key metrics and visualize trends with Matplotlib or Seaborn.

Step 5: Decision-Making

- Adjust training intensity or focus based on insights from the data and visualizations.

MODULE SPLIT UP

Create: The program allows users to create new teams and record

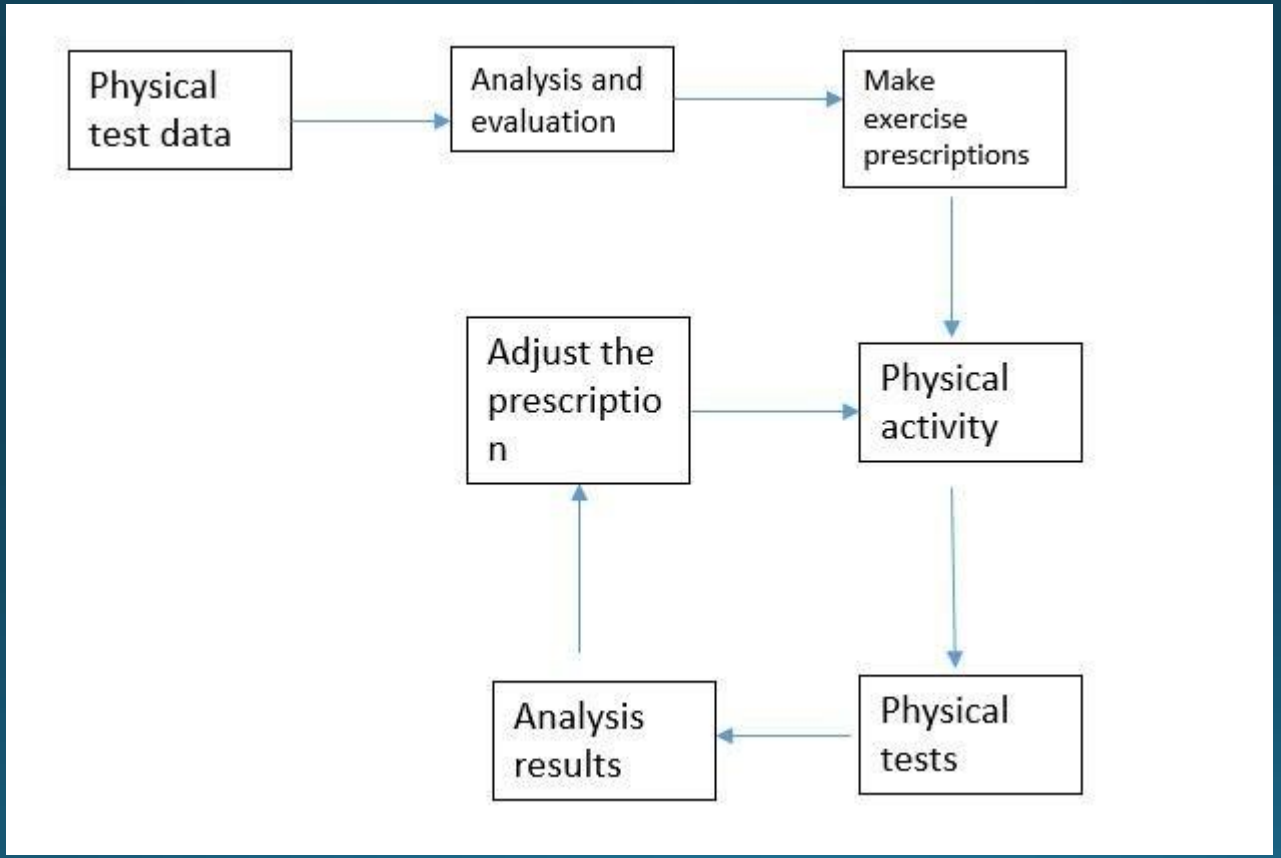
Their matches.

Update: The program automatically update the teams records when matches are added.

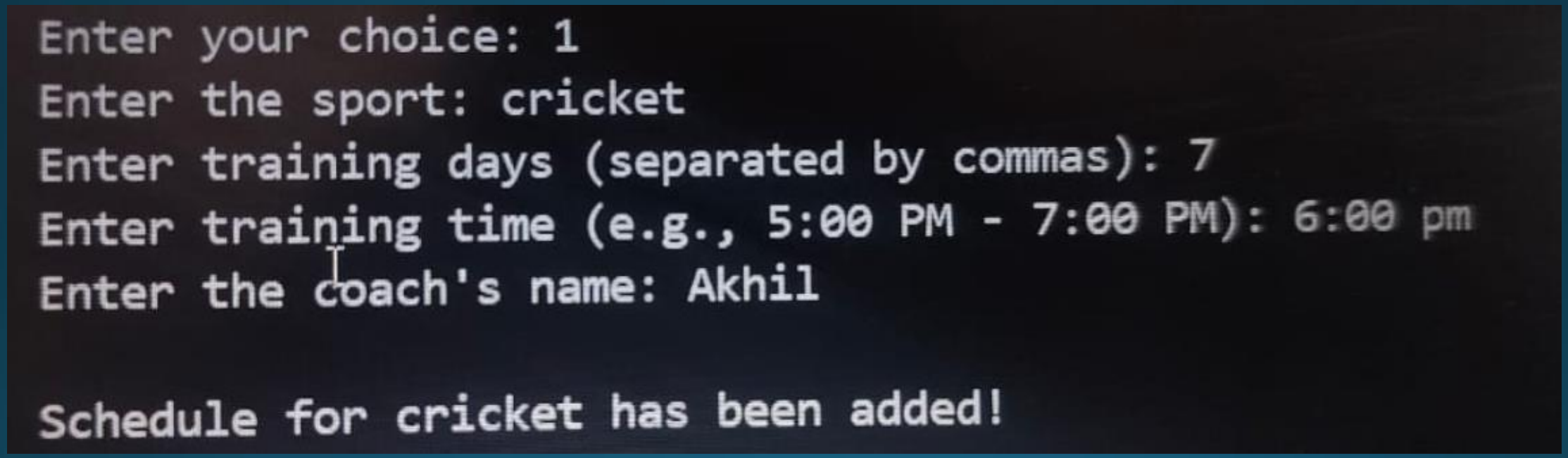
Delete: The program includes the ability to delete teams from the tracker.

Display: The program displays the current records of all teams.

WORKFOLW


Physical test data
Analysis and evaluation
Make exercise prescriptions
Physical activity
Physical tests
Analysis results
Adjust the prescriptio n

RESULT


Enter your choice: 1
Enter the sport: cricket
Enter training days (separated by commas): 7
Enter training time (e.g., 5:00 PM - 7:00 PM): 6:00 pm
Enter the coach's name: Akhil
Schedule for cricket has been added!

CONCIUSION

Python helps automate training schedules and track performance effectively.

Data-driven insights lead to better training outcomes for the athletes.

Customizable and scalable for different types of sports academies.