



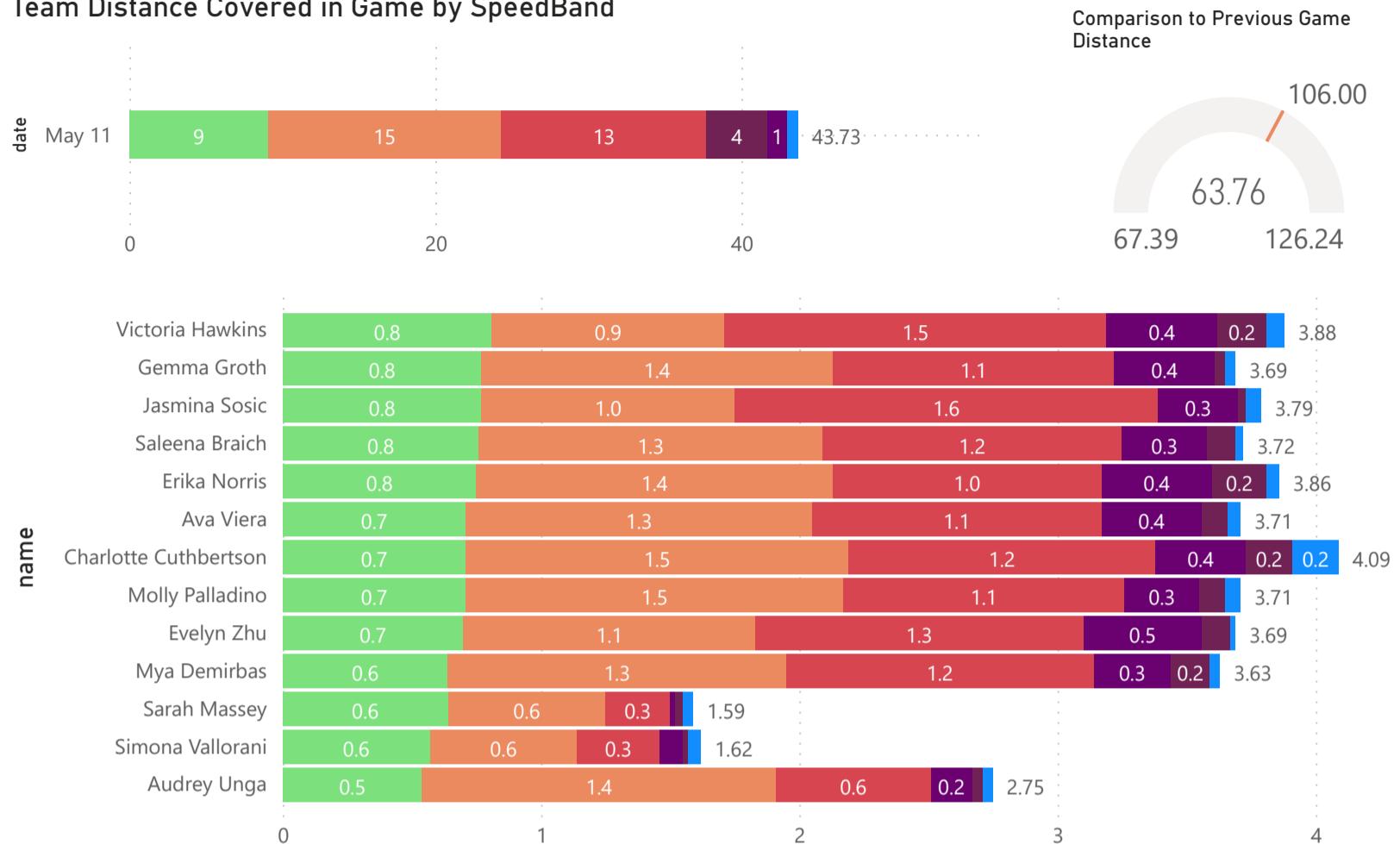
05/11/2023 (Thur)

[Testing & Conditioning]

[GD -2]

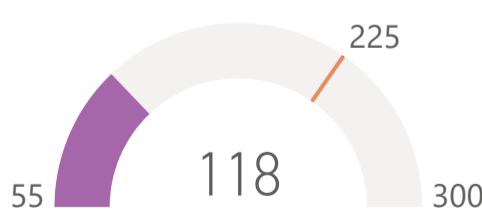


Team Distance Covered in Game by SpeedBand

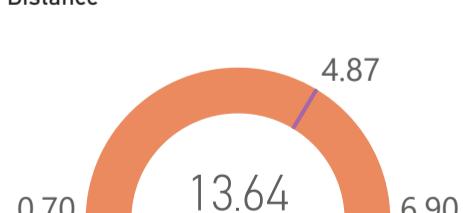


Player Name	Sum of Sprints Count	Sum of Sprints Distance (km)	Sum of Session Load	Average of RPE
Charlotte Cuthbertson	10	0.90	240.40	
Victoria Hawkins	12	1.52	223.80	8.30
Erika Norris	12	1.62	206.00	
Evelyn Zhu	10	1.39	187.50	8.40
Jasmina Sosic	9	0.86	184.50	10.00
Mya Demirbas	9	0.94	183.40	
Ava Viera	11	1.54	182.30	7.60
Molly Palladino	9	0.92	175.20	10.00
Saleena Braich	11	1.11	172.00	
Gemma Groth	10	1.31	168.20	
Audrey Unga	8	0.63	163.50	
Simona Vallorani	4	0.52	65.70	
Sarah Massey	3	0.38	55.70	
Total	118	13.64	2,208.20	8.86

Comparison to Previous Game Count



Comparison to Previous Game Sprint Distance



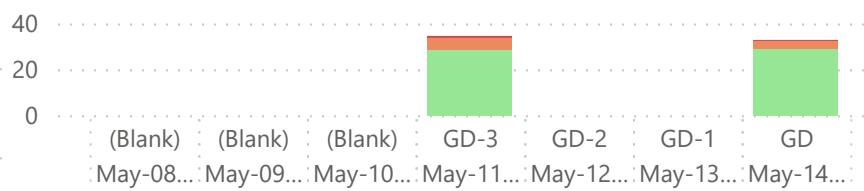
Comparison to Previous Session Load



Compare to previous GD-3



Week of May 8th (Total Distance)





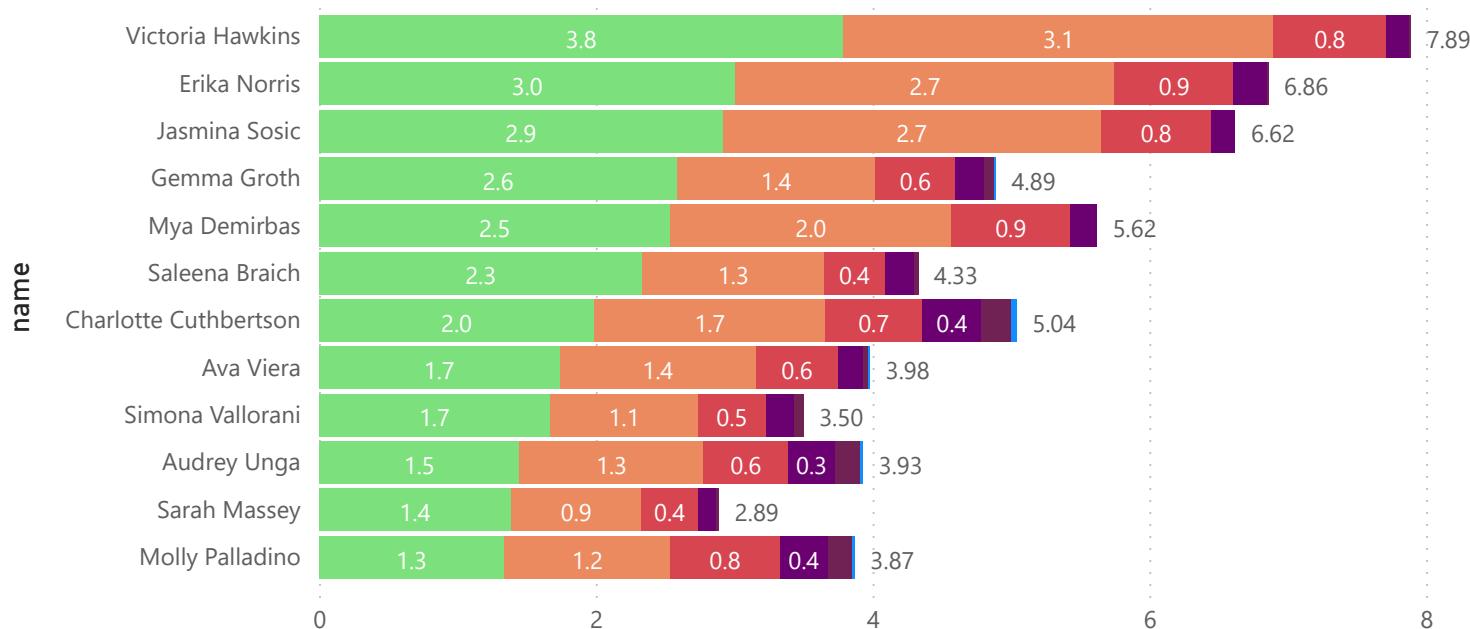
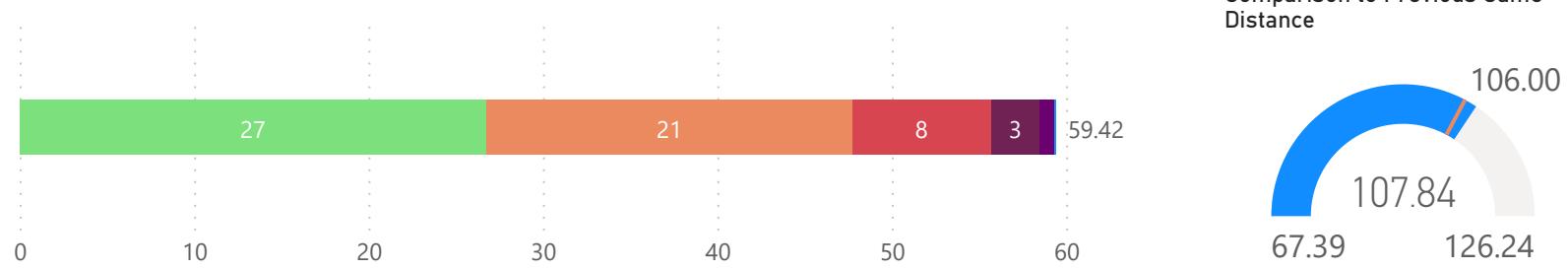
05/14/2023 (Sun) vs North Mississauga SC

OPDL Match Day 2

[Lose]

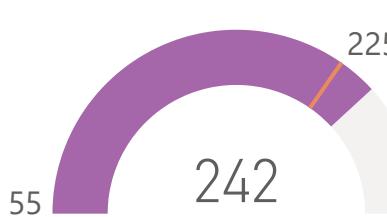


Team Distance Covered in Game by SpeedBand

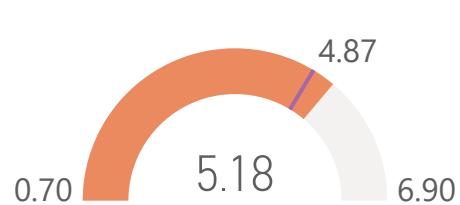


Player Name	Sum of Sprints Count	Sum of Sprints Distance (km)	Sum of Session Load	Average of RPE
Charlotte Cuthbertson	36	0.85	198.80	
Audrey Unga	28	0.73	159.20	
Molly Palladino	33	0.73	166.00	8.00
Gemma Groth	16	0.41	130.40	8.70
Ava Viera	18	0.40	112.10	6.40
Simona Vallorani	19	0.38	104.70	9.10
Erika Norris	20	0.33	166.50	
Saleena Braich	17	0.32	104.20	7.40
Victoria Hawkins	15	0.31	169.50	7.10
Mya Demirbas	16	0.30	140.60	7.30
Jasmina Susic	13	0.21	151.50	9.60
Sarah Massey	11	0.21	75.90	
Total	242	5.18	1,679.40	7.88

Comparison to Previous Game Count



Comparison to Previous Game Sprint Distance



Comparison to Previous Session Load





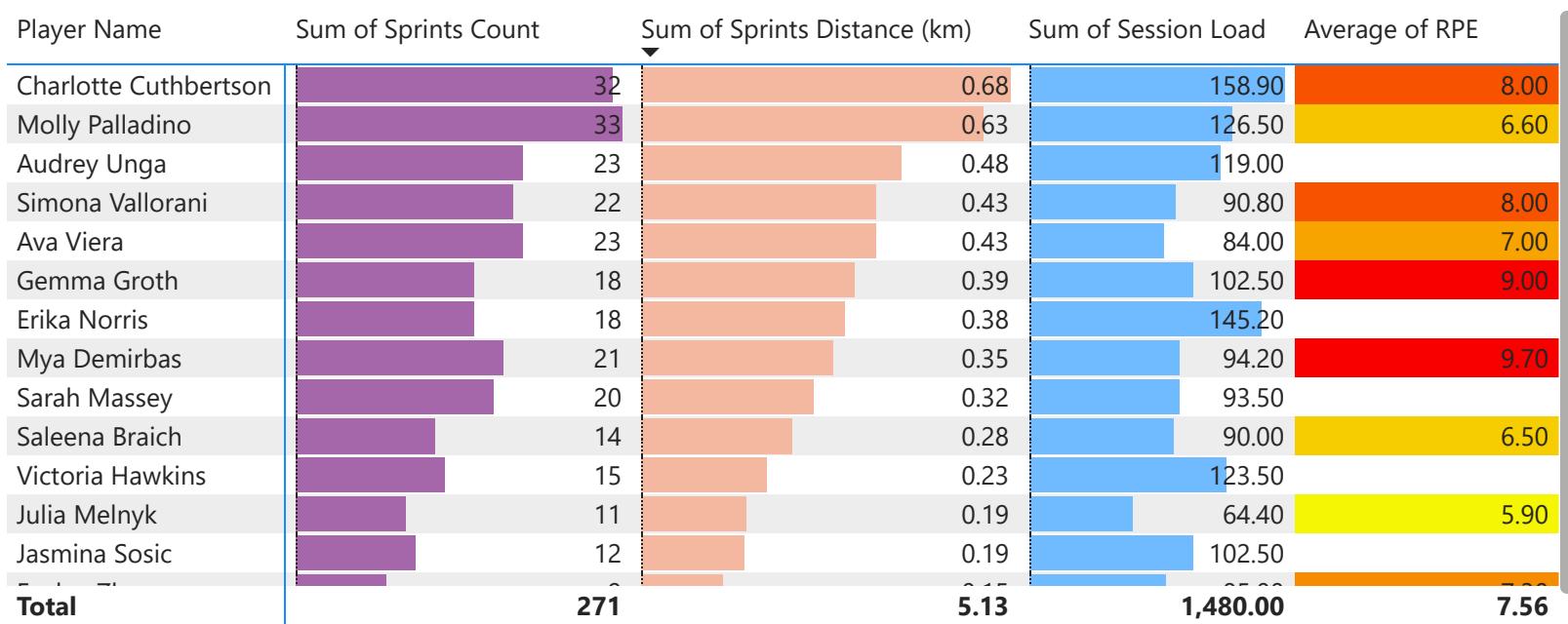
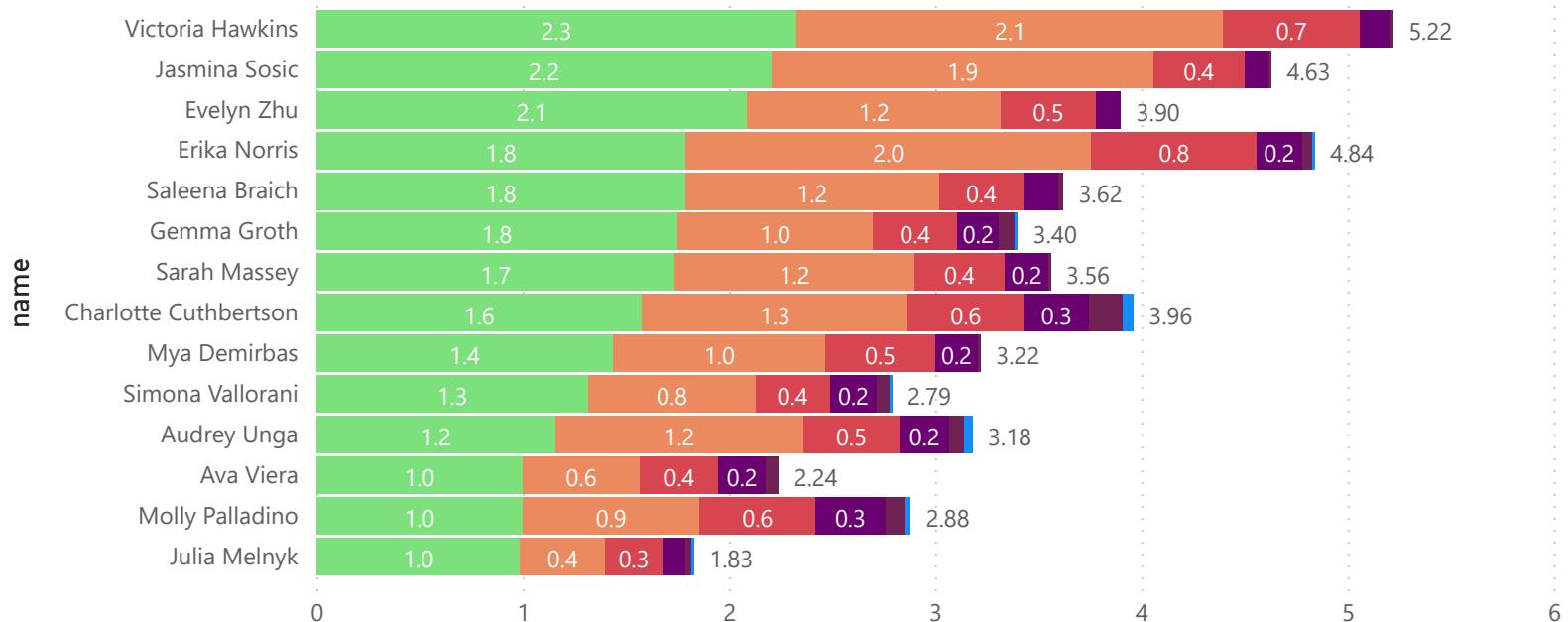
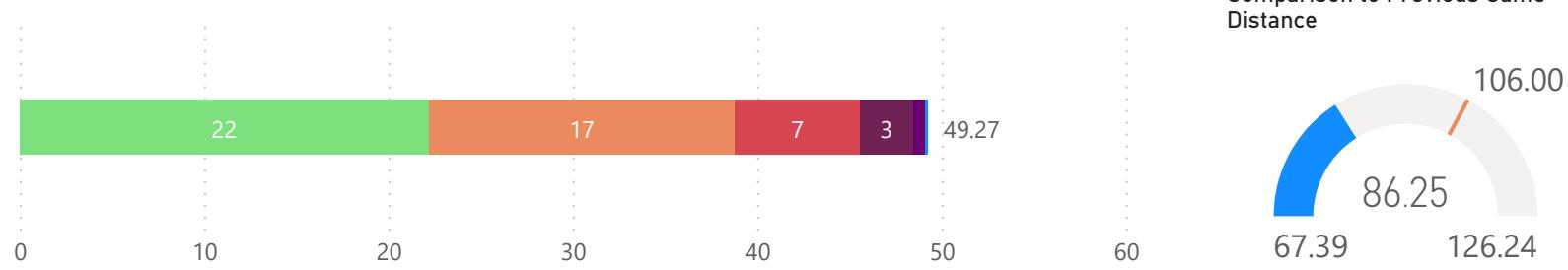
05/19/2023 (Fri) vs Durham FC

Top Rated Showcase

[WIN]



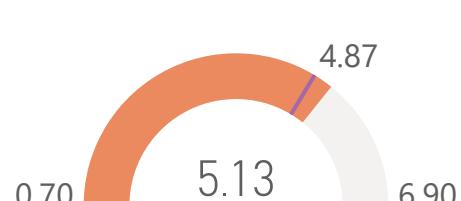
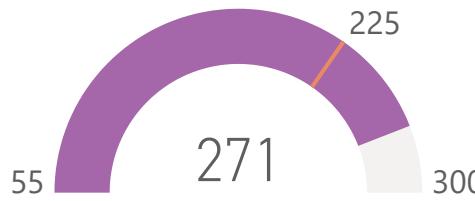
Team Distance Covered in Game by SpeedBand



Comparison to Previous Game Count: 225 (vs 271)

Comparison to Previous Game Sprint Distance: 0.70 (vs 5.13)

Comparison to Previous Session Load: 453.90 (vs 1.48K)





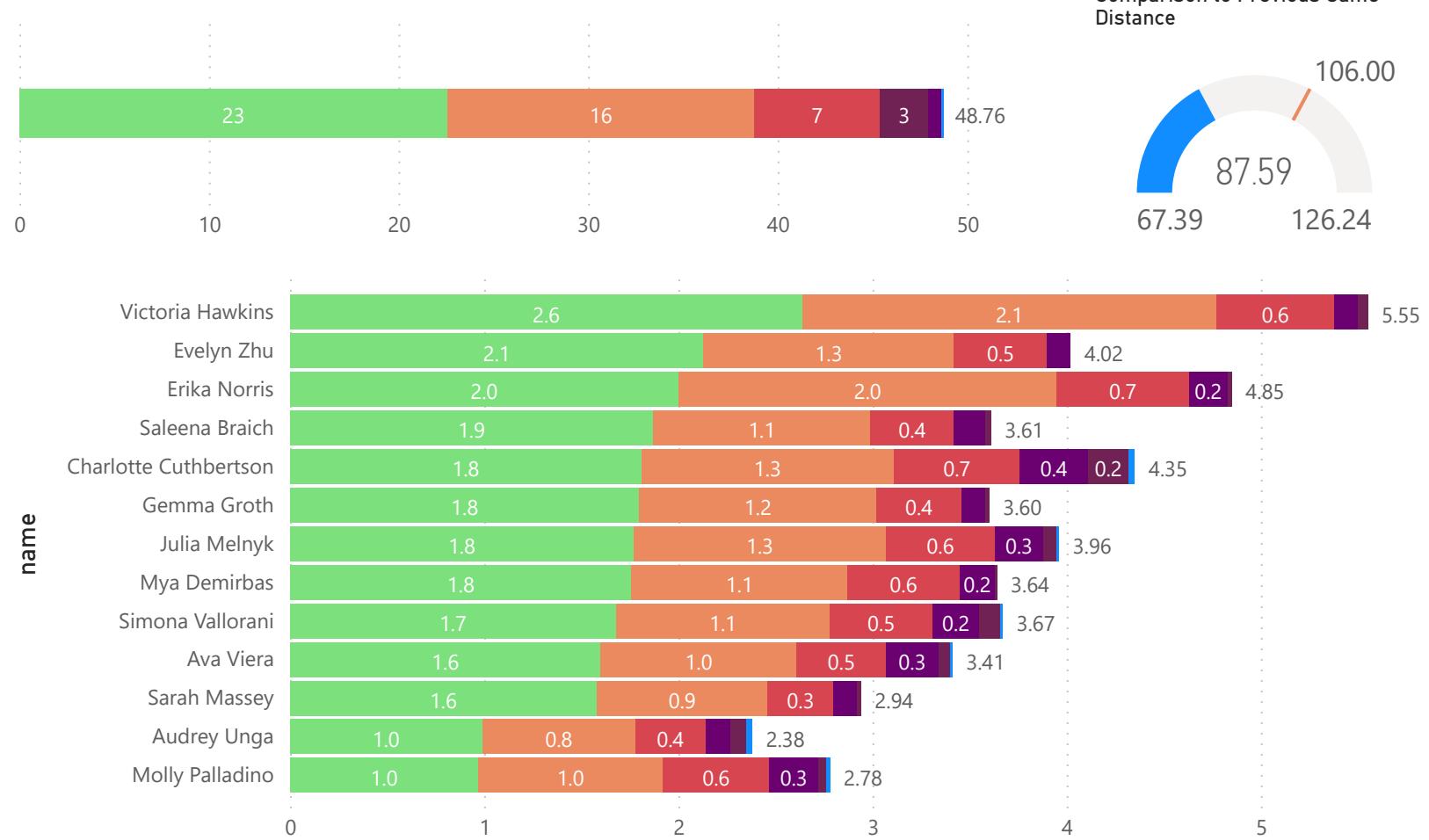
05/20/2023 (Sat) vs Calgary West

Top Rated Showcase

[WIN]



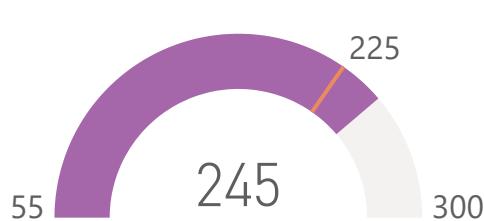
Team Distance Covered in Game by SpeedBand



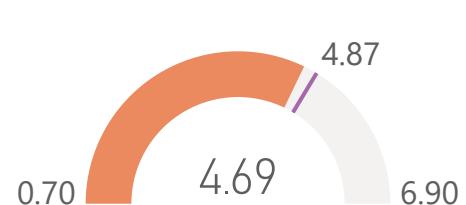
name

Player Name	Sum of Sprints Count	Sum of Sprints Distance (km)	Sum of Session Load	Average of RPE
Charlotte Cuthbertson	38	0.78	173.60	7.40
Simona Vallorani	22	0.51	122.30	
Julia Melnyk	27	0.49	124.30	
Ava Viera	25	0.46	111.50	6.80
Molly Palladino	20	0.39	106.00	5.60
Erika Norris	20	0.36	129.00	
Audrey Unga	15	0.33	94.20	
Mya Demirbas	14	0.26	98.30	
Saleena Braich	16	0.26	90.90	
Victoria Hawkins	12	0.24	130.50	6.20
Sarah Massey	15	0.23	72.20	
Gemma Groth	11	0.22	87.20	8.10
Evelyn Zhu	10	0.16	89.70	6.60
Total	245	4.69	1,429.70	6.78

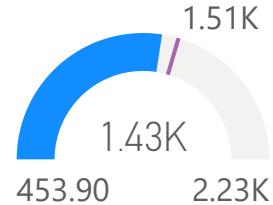
Comparison to Previous Game Count



Comparison to Previous Game Sprint Distance



Comparison to Previous Session Load





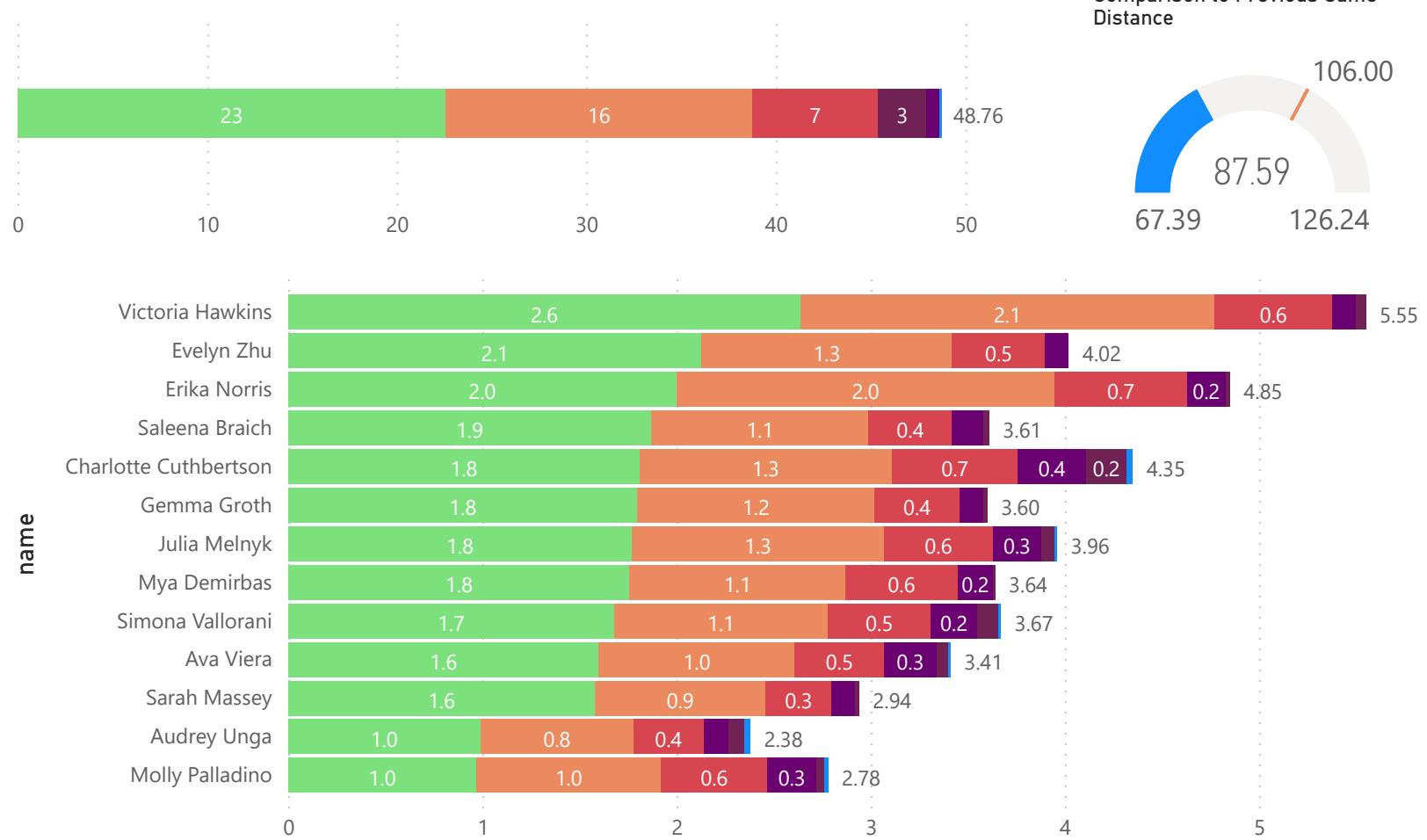
05/21/2023 (Sat) vs Alliance FC

Top Rated Showcase

[WIN]



Team Distance Covered in Game by SpeedBand



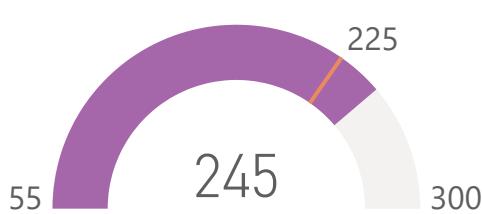
name

Victoria Hawkins	2.6	2.1	0.6	5.55		
Evelyn Zhu	2.1	1.3	0.5	4.02		
Erika Norris	2.0	2.0	0.7	0.2	4.85	
Saleena Braich	1.9	1.1	0.4	3.61		
Charlotte Cuthbertson	1.8	1.3	0.7	0.4	0.2	4.35
Gemma Groth	1.8	1.2	0.4	3.60		
Julia Melnyk	1.8	1.3	0.6	0.3	3.96	
Mya Demirbas	1.8	1.1	0.6	0.2	3.64	
Simona Vallorani	1.7	1.1	0.5	0.2	3.67	
Ava Viera	1.6	1.0	0.5	0.3	3.41	
Sarah Massey	1.6	0.9	0.3	0.2	2.94	
Audrey Unga	1.0	0.8	0.4	0.2	2.38	
Molly Palladino	1.0	1.0	0.6	0.3	2.78	

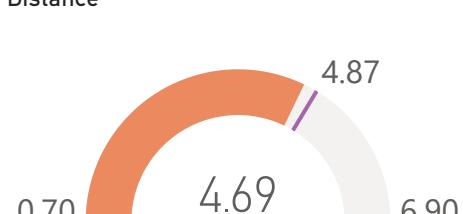
Player Name

Player Name	Sum of Sprints Count	Sum of Sprints Distance (km)	Sum of Session Load	Average of RPE
Charlotte Cuthbertson	38	0.78	173.60	7.40
Simona Vallorani	22	0.51	122.30	
Julia Melnyk	27	0.49	124.30	
Ava Viera	25	0.46	111.50	6.80
Molly Palladino	20	0.39	106.00	5.60
Erika Norris	20	0.36	129.00	
Audrey Unga	15	0.33	94.20	
Mya Demirbas	14	0.26	98.30	
Saleena Braich	16	0.26	90.90	
Victoria Hawkins	12	0.24	130.50	6.20
Sarah Massey	15	0.23	72.20	
Gemma Groth	11	0.22	87.20	8.10
Evelyn Zhu	10	0.16	89.70	6.60
Total	245	4.69	1,429.70	6.78

Comparison to Previous Game Count



Comparison to Previous Game Sprint Distance



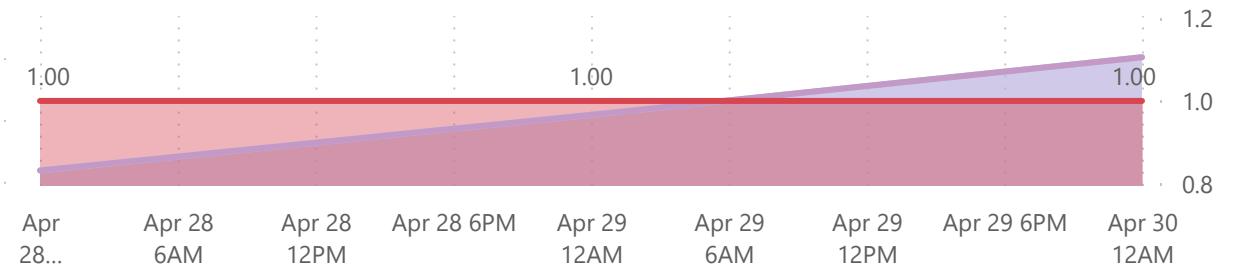
Comparison to Previous Session Load



Week of Apr 28th (Total Distance)



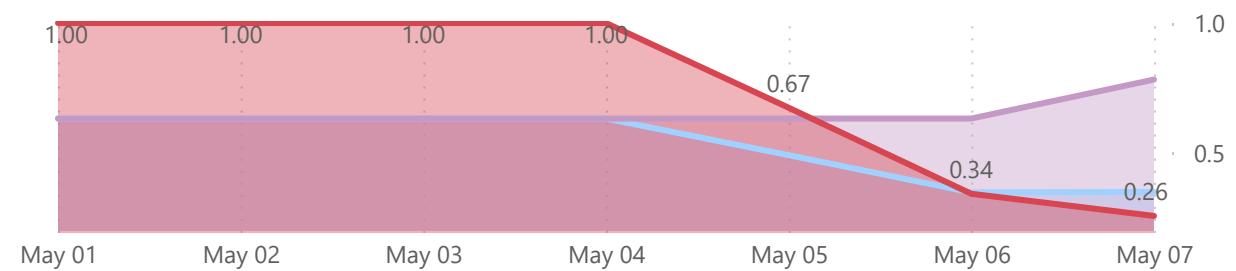
Acute: Chronic Workload Ratio



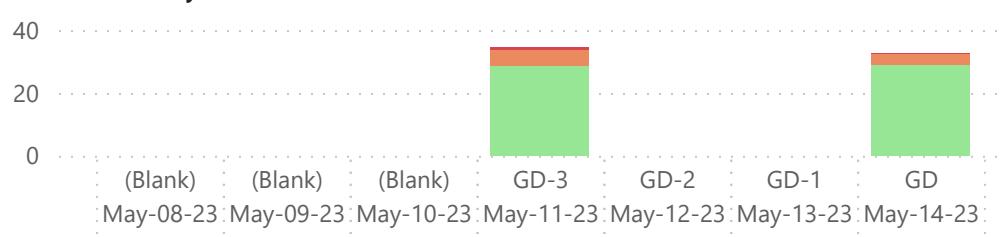
Week of May 1st (Total Distance)



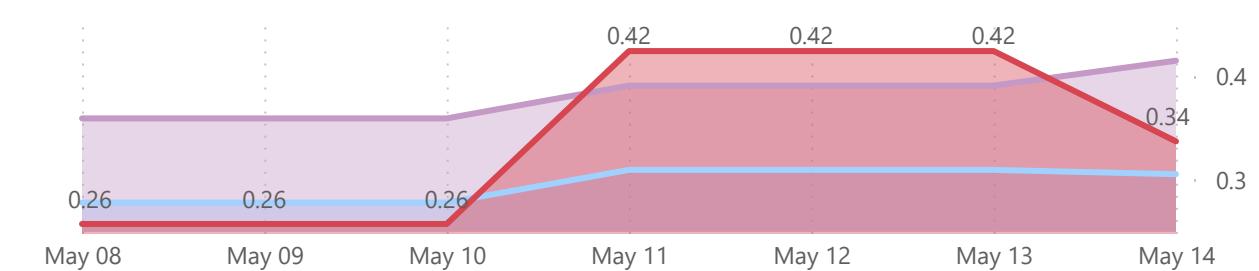
Acute: Chronic Workload Ratio



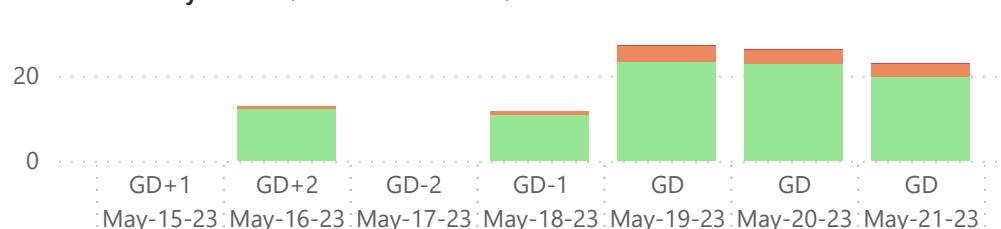
Week of May 8th (Total Distance)



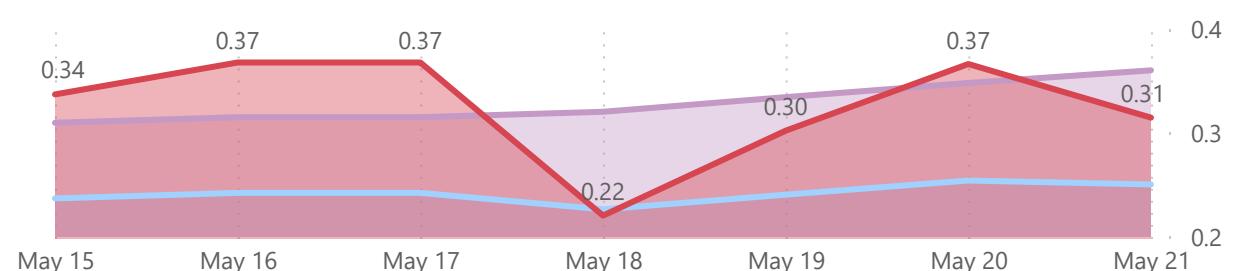
Acute: Chronic Workload Ratio



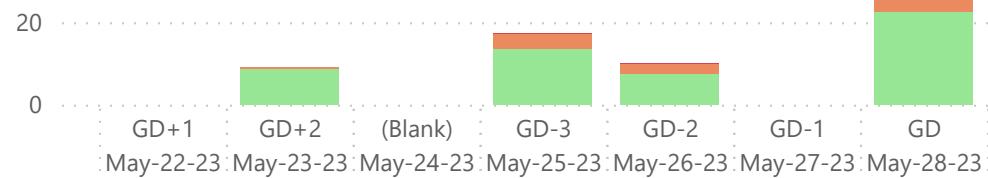
Week of May 15th (Total Distance)



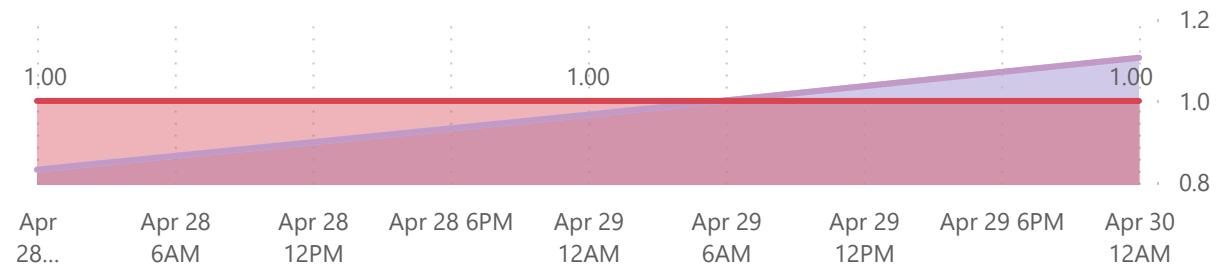
Acute: Chronic Workload Ratio



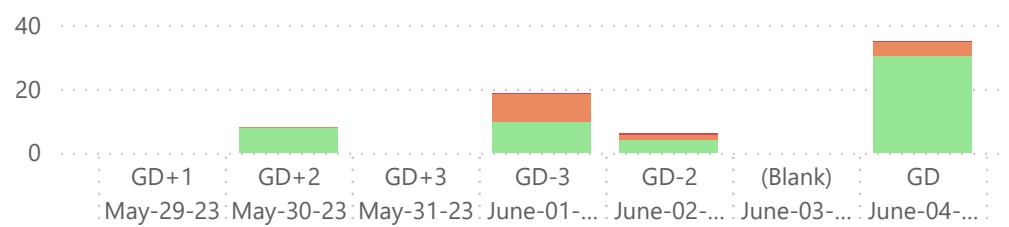
Week of May 22th (Total Distance)



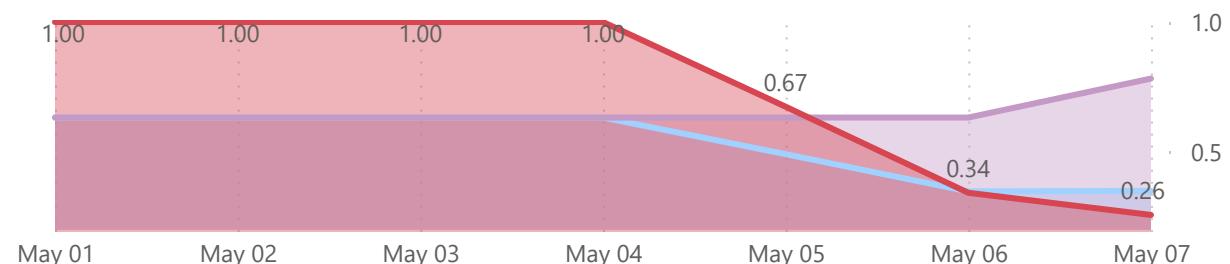
Acute: Chronic Workload Ratio



Week of May 29th (Total Distance)



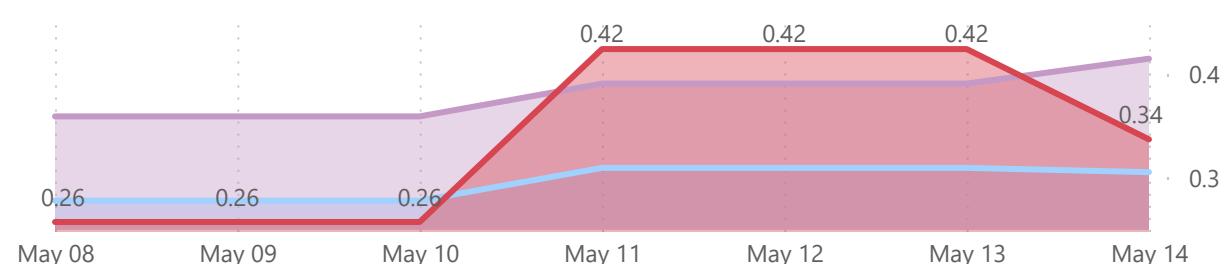
Acute: Chronic Workload Ratio



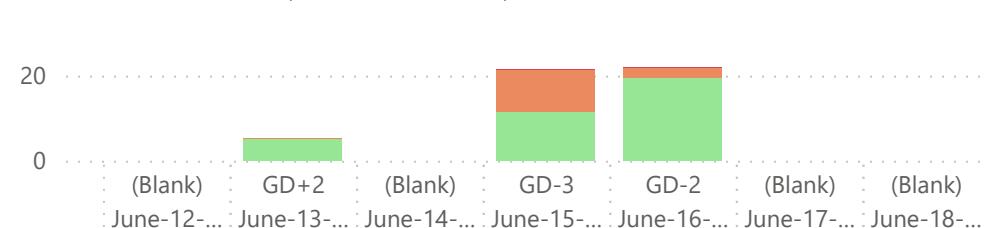
Week of Jun 5th (Total Distance)



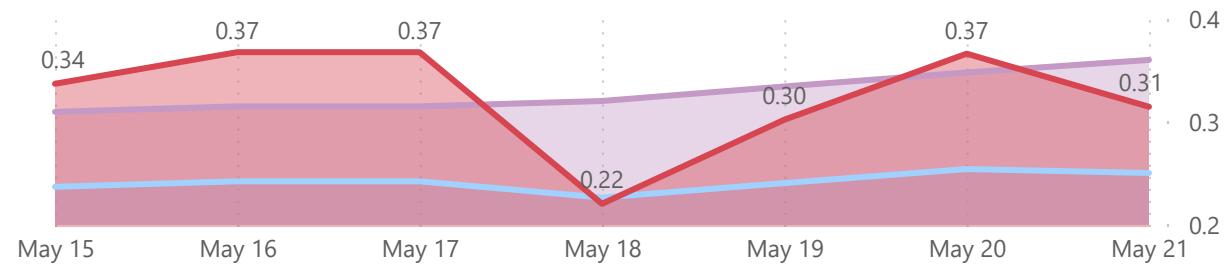
Acute: Chronic Workload Ratio



Week of Jun 12th (Total Distance)



Acute: Chronic Workload Ratio





Individualized Player Report

Max Speed (m/s)

8.01

1600m run time (mm.sec)

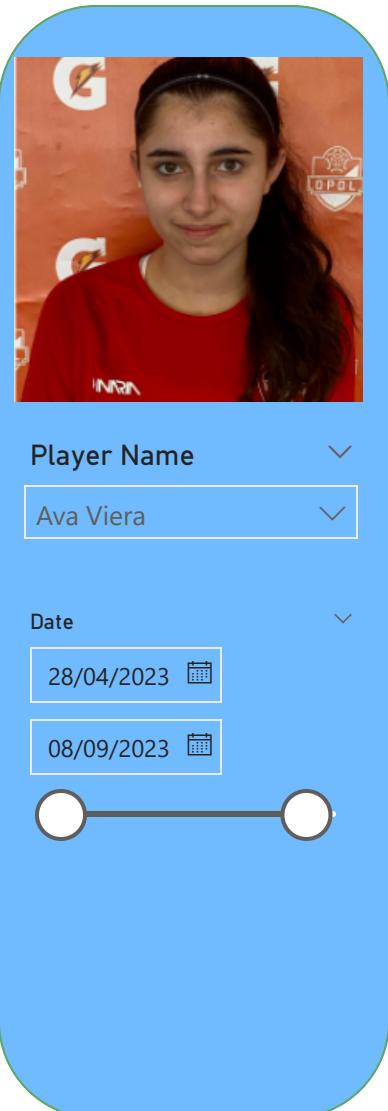
7.00

Average Game Time (min)

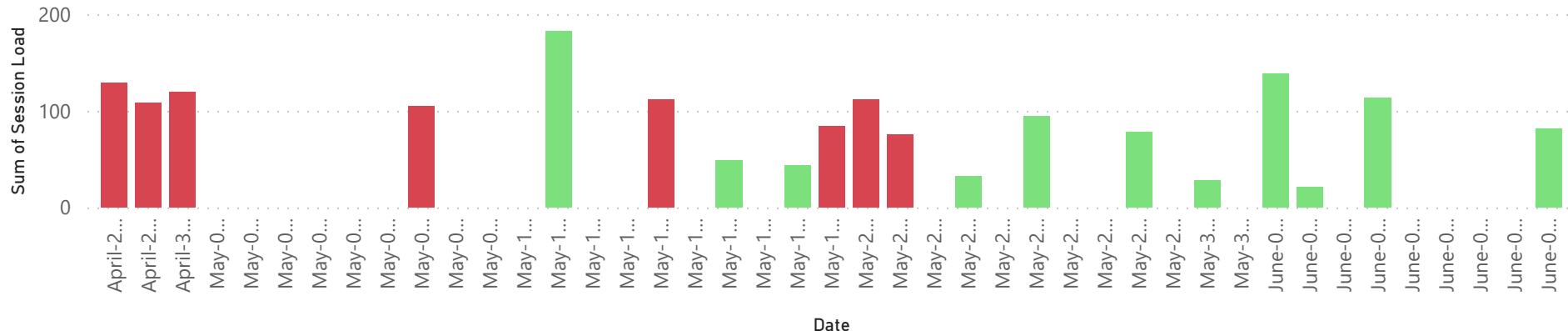
53.56

Player Name

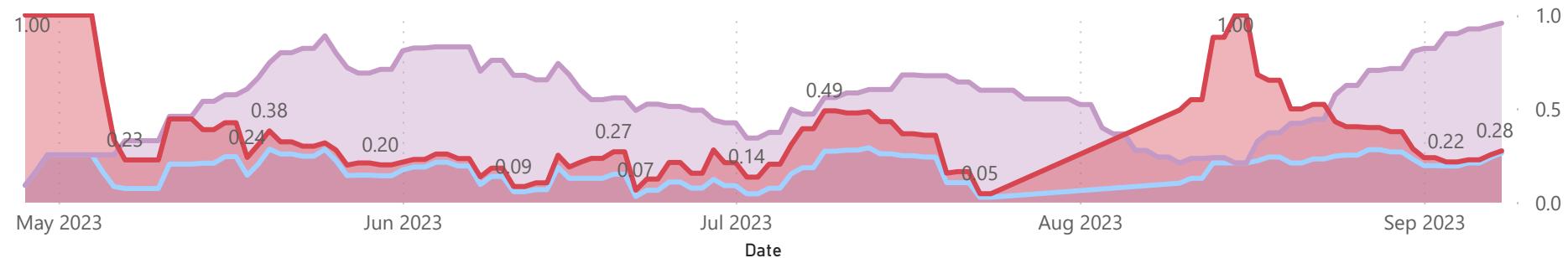
Date



Sum of Session Load by Date



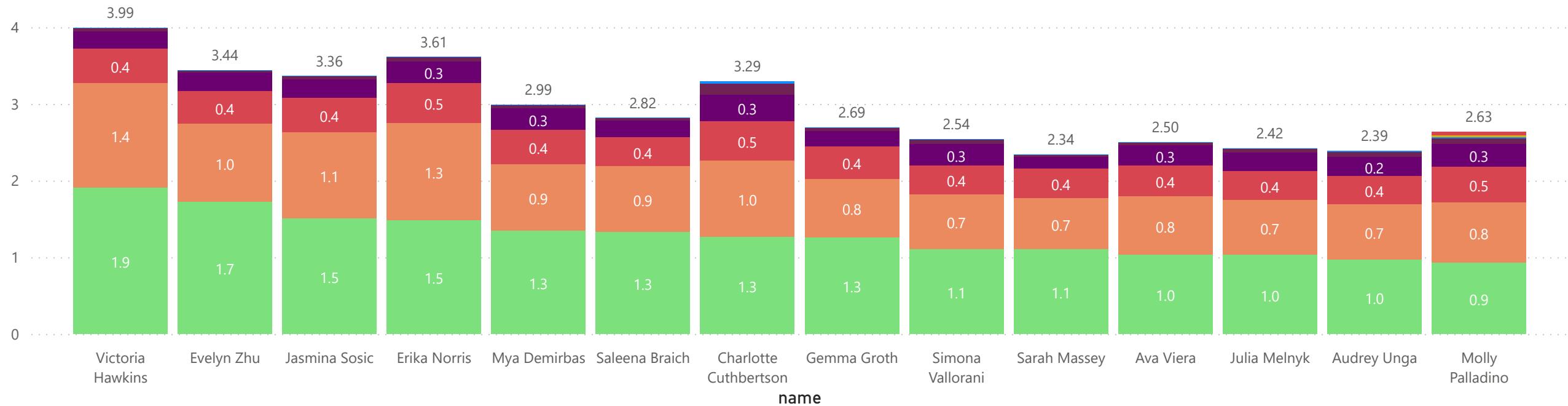
Acute: Chronic Workload Ratio



Average of Session Load by Player Name



Average distance per session by speed zone



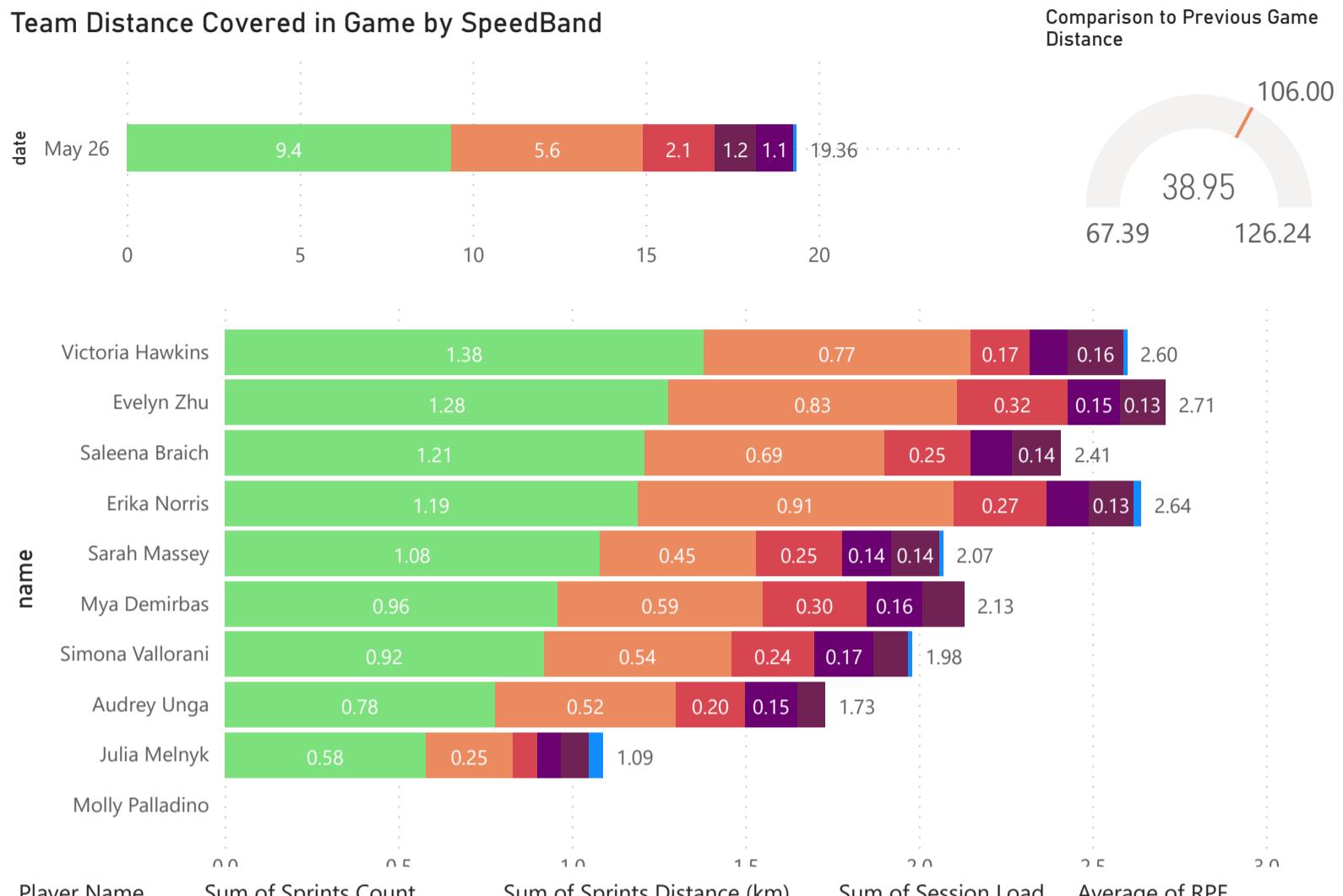


May-26-2023 (Fri)

[GD -2]



Team Distance Covered in Game by SpeedBand

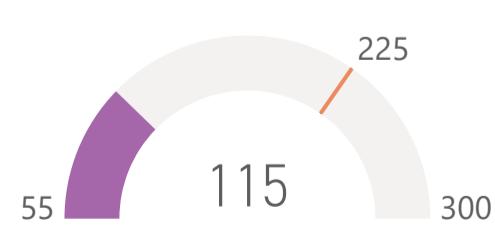


name

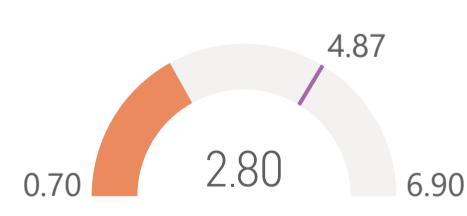


Player Name	Sum of Sprints Count	Sum of Sprints Distance (km)	Sum of Session Load	Average of RPE
Erika Norris	13	0.32	92.50	
Evelyn Zhu	14	0.33	91.80	
Victoria Hawkins	12	0.33	87.00	
Mya Demirbas	14	0.34	83.10	9.20
Saleena Braich	12	0.30	81.60	5.60
Sarah Massey	14	0.34	79.80	
Simona Vallorani	14	0.35	76.50	6.70
Audrey Unga	13	0.28	62.90	
Julia Melnyk	9	0.21	52.60	5.90
Molly Palladino	0	0.00	0.00	
Total	115	2.80	707.80	6.85

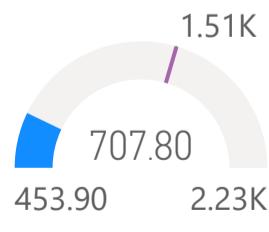
Comparison to Previous Game Count



Comparison to Previous Game Sprint Distance



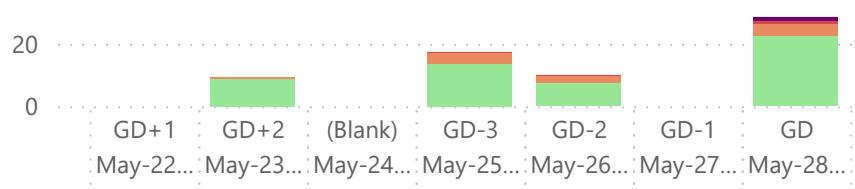
Comparison to Previous Session Load



Compare to previous GD-3



Week of May 22nd(Total Distance)





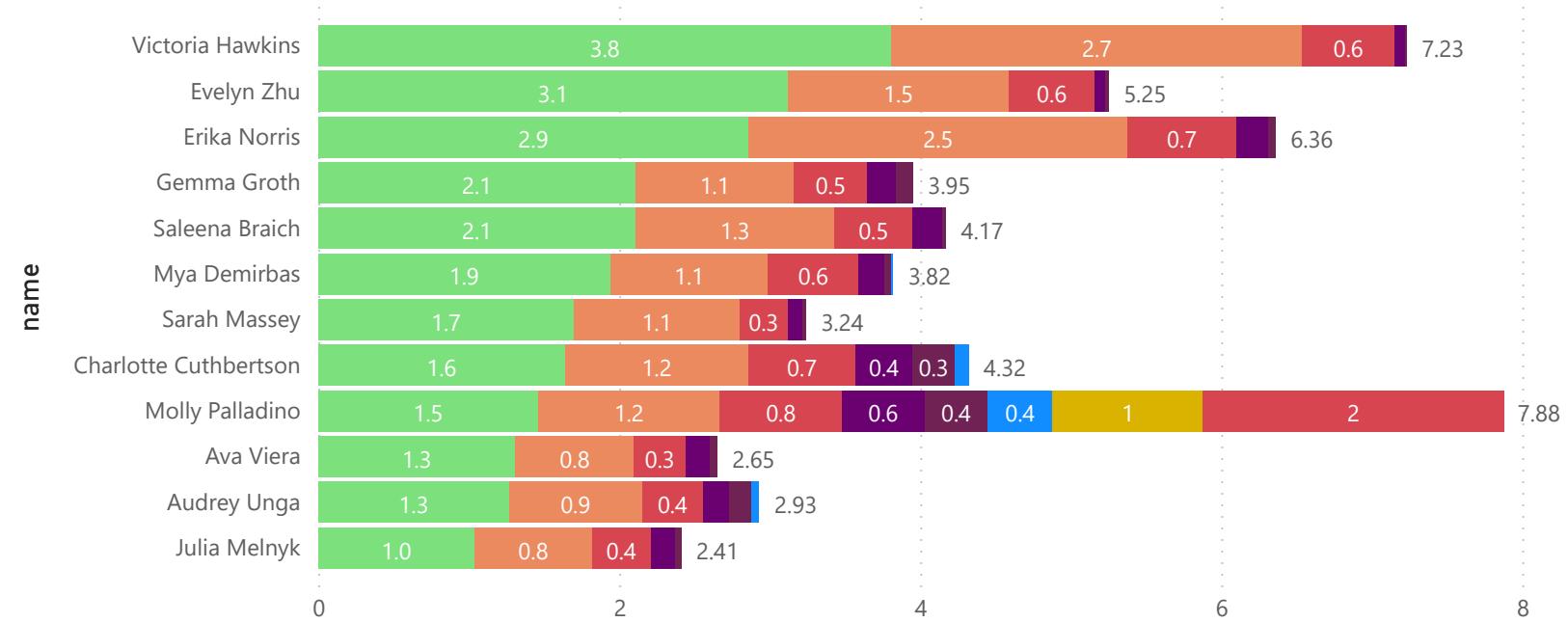
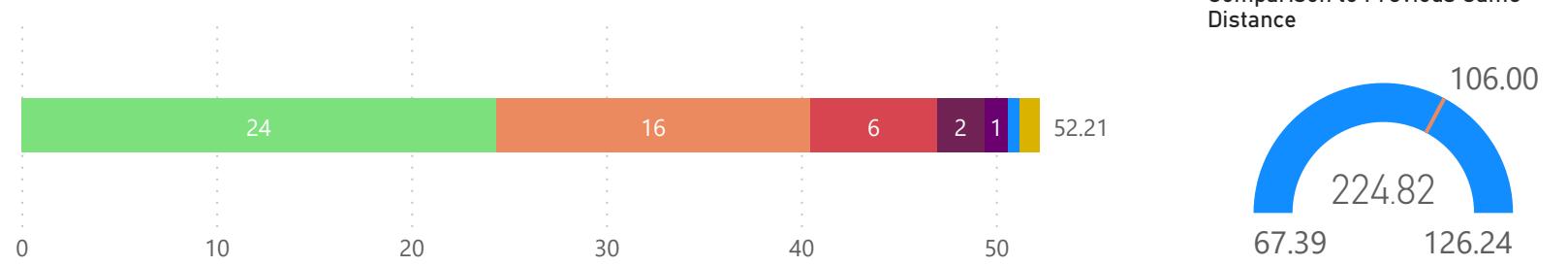
May-28-2023 (Sun) vs FC Durham

OPDL Cup

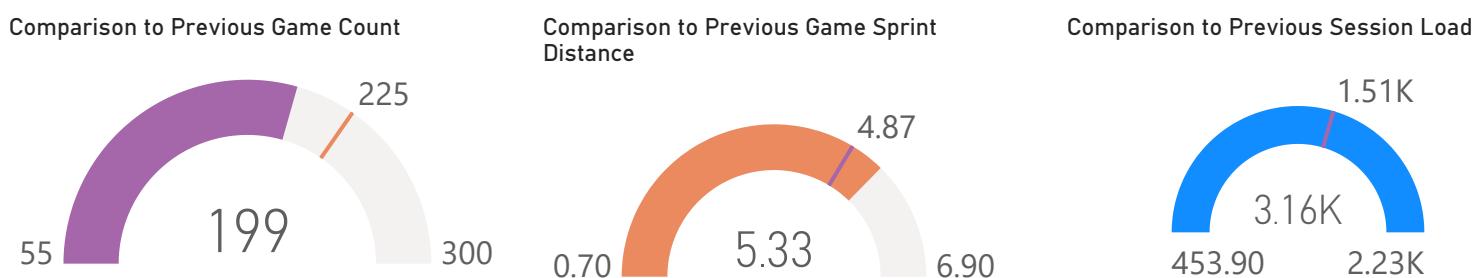
[TIE]



Team Distance Covered in Game by SpeedBand



Player Name	Sum of Sprints Count	Sum of Sprints Distance (km)	Sum of Session Load	Average of RPE
Molly Palladino	30	1.56	1,868.20	8.60
Charlotte Cuthbertson	34	0.95	212.70	9.10
Audrey Unga	17	0.48	120.70	10.00
Gemma Groth	17	0.40	114.60	8.70
Mya Demirbas	17	0.37	108.10	9.30
Saleena Braich	19	0.35	104.20	8.60
Erika Norris	15	0.31	157.70	10.00
Julia Melnyk	14	0.29	77.10	8.40
Ava Viera	14	0.28	78.30	7.50
Sarah Massey	8	0.14	73.10	8.30
Victoria Hawkins	7	0.11	138.10	8.40
Evelyn Zhu	7	0.10	104.10	9.30
Simona Vallorani				2.10
Total	199	5.33	3,156.90	8.33



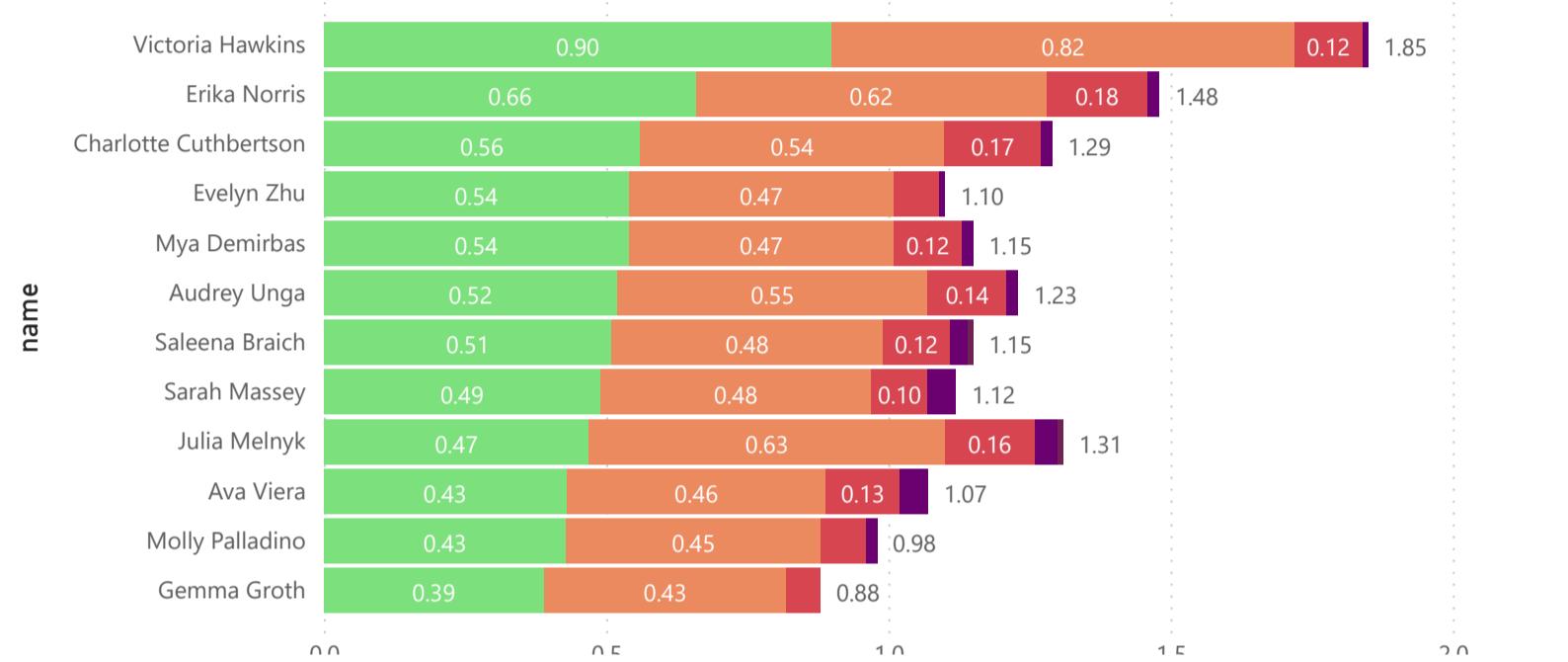
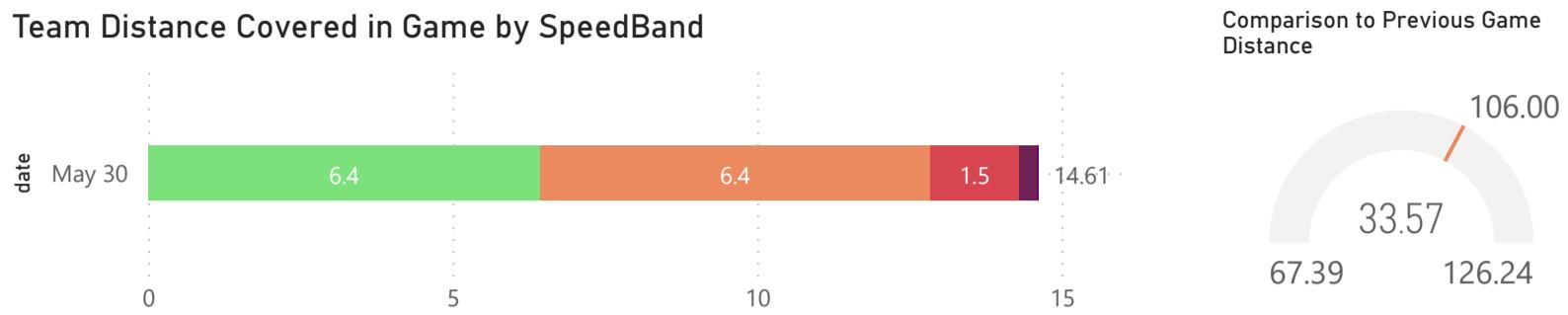


May-30-2023 (Tue)

[GD +2]

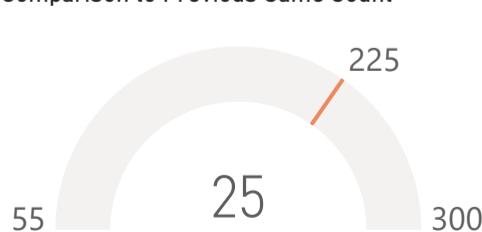


Team Distance Covered in Game by SpeedBand

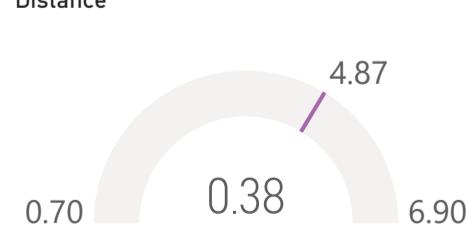


Player Name	Sum of Sprints Count	Sum of Sprints Distance (km)	Sum of Session Load	Average of RPE
Julia Melnyk	3	0.06	35.10	5.40
Victoria Hawkins	1	0.02	34.20	7.20
Erika Norris	0	0.00	32.70	
Charlotte Cuthbertson	1	0.02	28.50	3.30
Ava Viera	5	0.08	28.00	5.80
Saleena Braich	2	0.04	27.40	5.60
Audrey Unga	2	0.02	27.30	10.00
Sarah Massey	5	0.07	26.40	
Mya Demirbas	3	0.04	25.40	9.70
Molly Palladino	2	0.03	21.70	3.10
Evelyn Zhu	1	0.01	21.10	5.90
Gemma Groth	0	0.00	16.80	3.20
Total	25	0.38	324.60	6.50

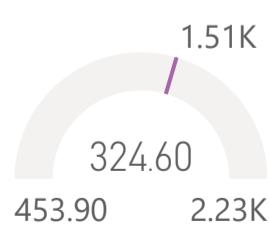
Comparison to Previous Game Count



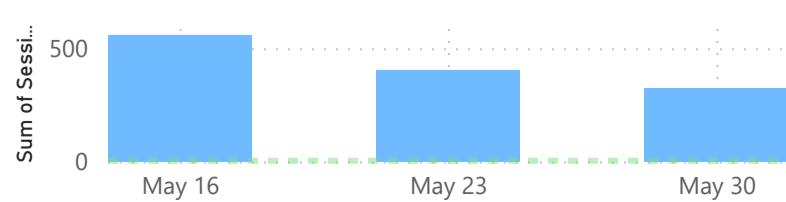
Comparison to Previous Game Sprint Distance



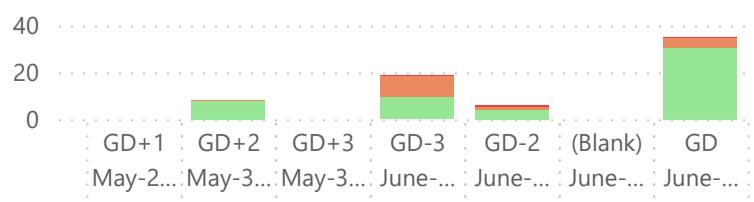
Comparison to Previous Session Load



Compare to previous GD+2



Week of May 29nd(Total Distance)





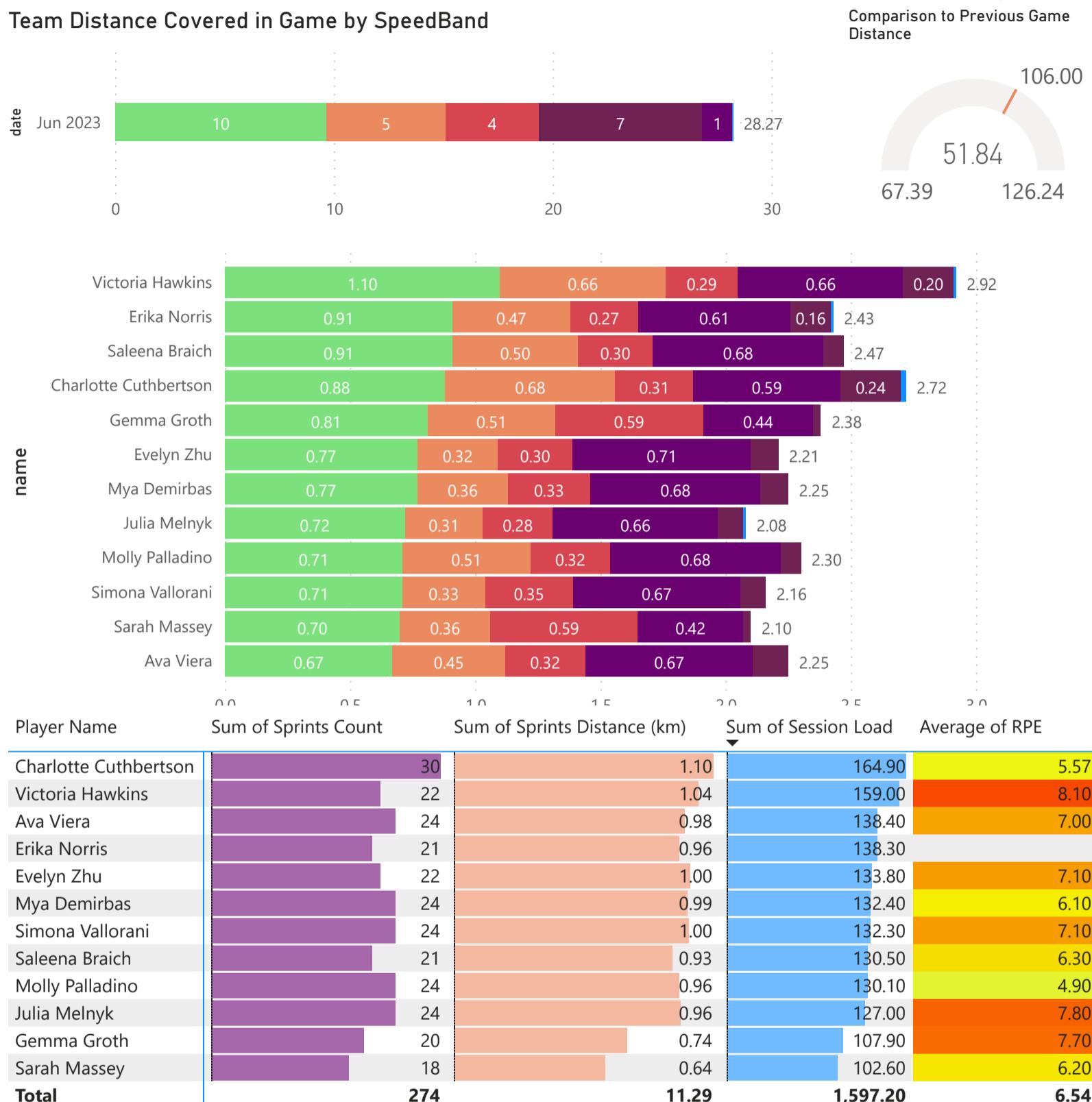
June-1-2023 (Tue)

EUROFIT 15:15

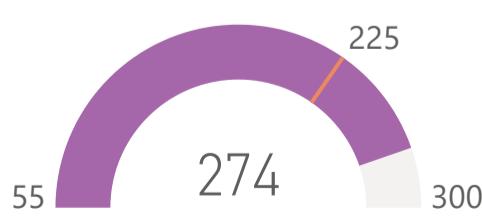
[GD -3]



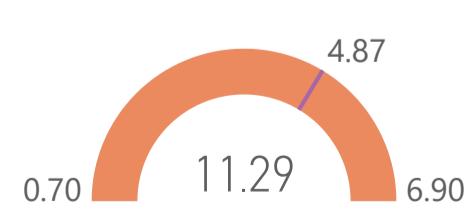
Team Distance Covered in Game by SpeedBand



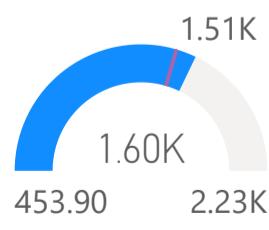
Comparison to Previous Game Count



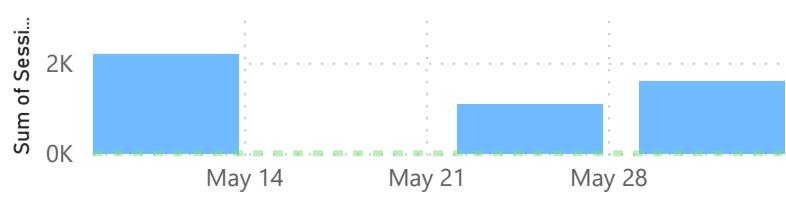
Comparison to Previous Game Sprint Distance



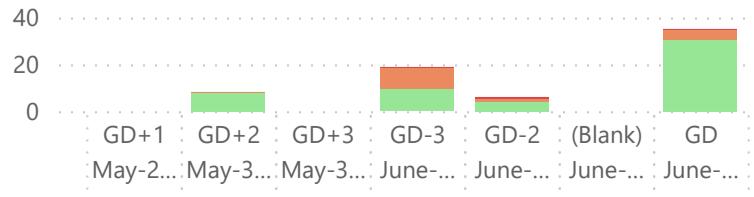
Comparison to Previous Session Load



Compare to previous GD-3



Week of May 29nd(Total Distance)



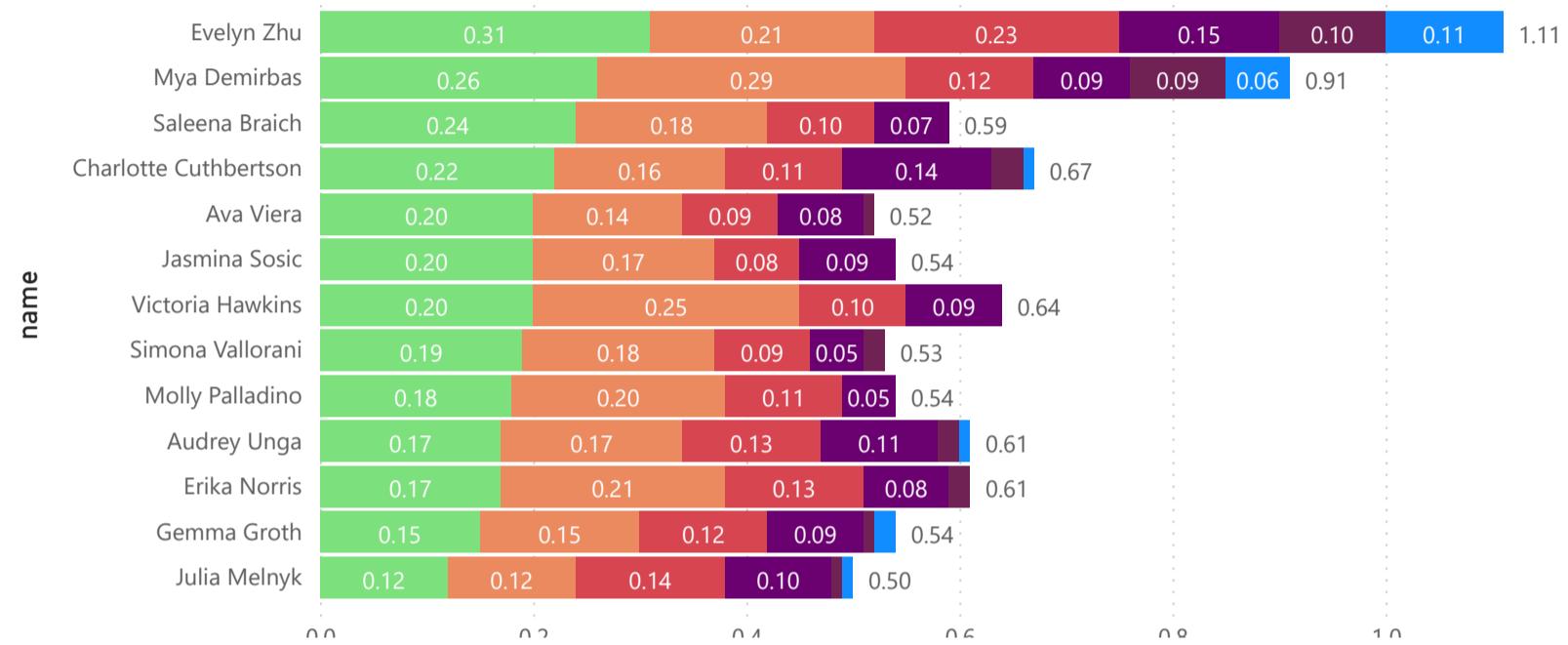


June-2-2023 (Fri)

[GD -2]

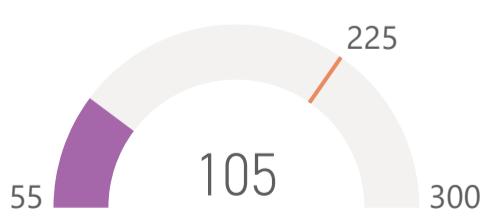


Team Distance Covered in Game by SpeedBand

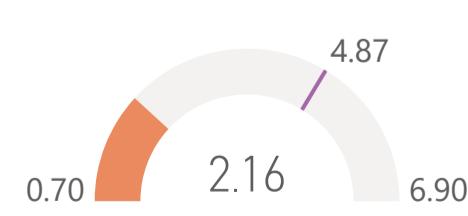


Player Name	Sum of Sprints Count	Sum of Sprints Distance (km)	Sum of Session Load	Average of RPE
Evelyn Zhu	14	0.53	329.20	
Mya Demirbas	7	0.12	222.00	7.40
Charlotte Cuthbertson	11	0.14	172.30	
Gemma Groth	5	0.07	168.30	
Julia Melnyk	7	0.09	157.70	
Audrey Unga	6	0.47	149.10	
Erika Norris	10	0.14	26.20	
Victoria Hawkins	8	0.12	23.90	0.80
Ava Viera	8	0.11	21.10	1.00
Jasmina Sosic	9	0.12	20.10	0.70
Simona Vallorani	7	0.09	20.00	0.80
Saleena Braich	6	0.08	19.20	0.40
Molly Palladino	7	0.08	19.00	0.70
Total	105	2.16	1,348.10	1.53

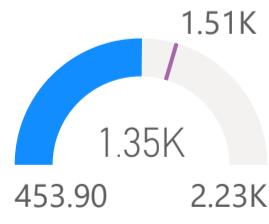
Comparison to Previous Game Count



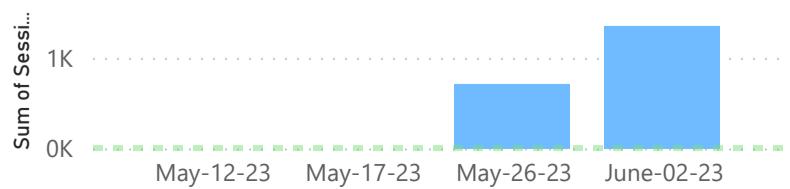
Comparison to Previous Game Sprint Distance



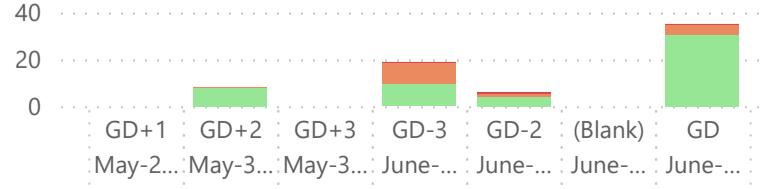
Comparison to Previous Session Load



Compare to previous GD-3



Week of May 29nd(Total Distance)





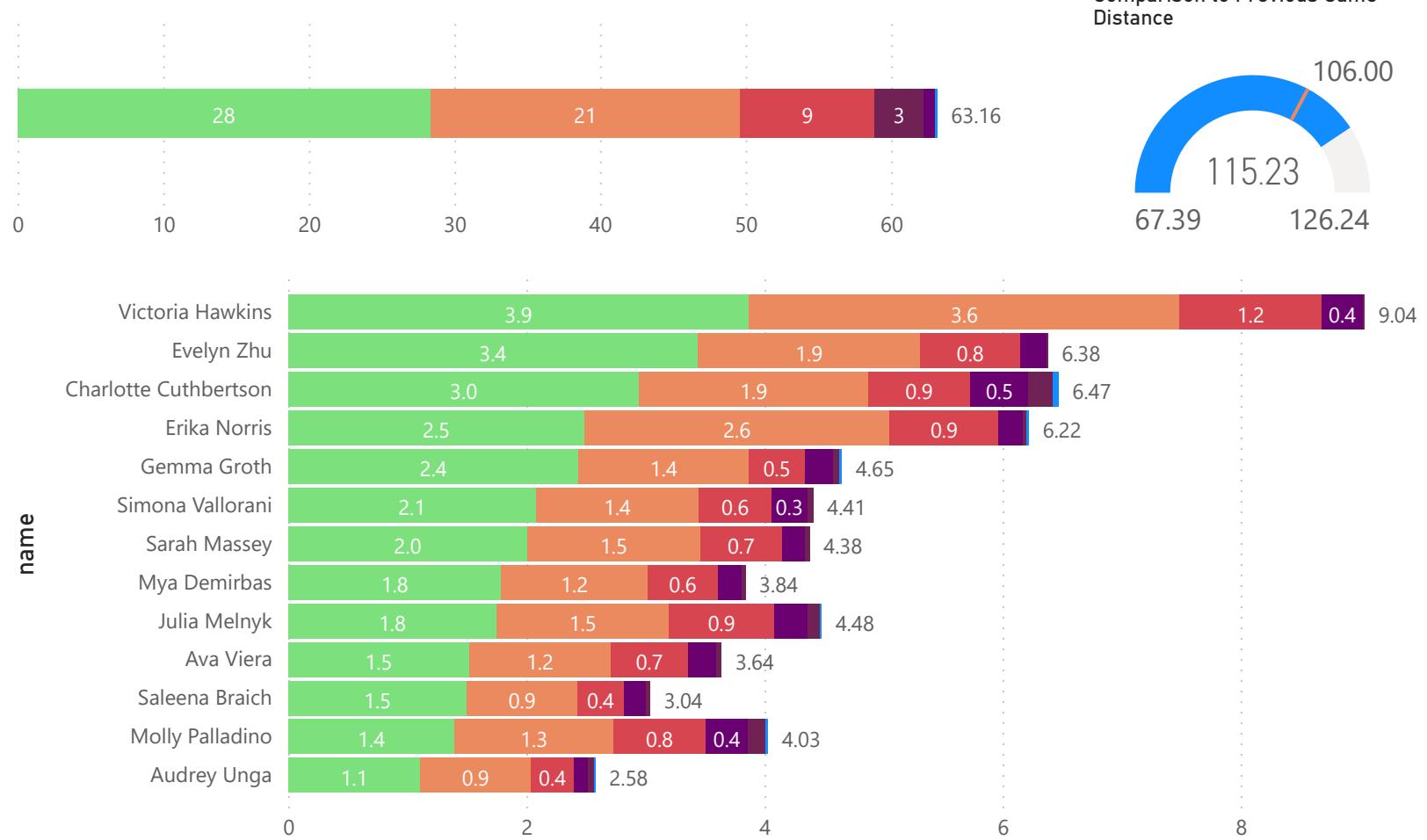
Jun-04-2023 (Sun) vs Vaughan SC

OPDL Match Day 3

[Lose]



Team Distance Covered in Game by SpeedBand



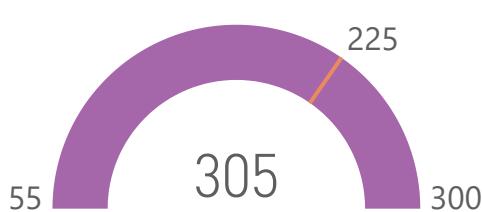
name

Victoria Hawkins	3.9	3.6	1.2	0.4	9.04
Evelyn Zhu	3.4	1.9	0.8	0.4	6.38
Charlotte Cuthbertson	3.0	1.9	0.9	0.5	6.47
Erika Norris	2.5	2.6	0.9	0.4	6.22
Gemma Groth	2.4	1.4	0.5	0.4	4.65
Simona Vallorani	2.1	1.4	0.6	0.3	4.41
Sarah Massey	2.0	1.5	0.7	0.4	4.38
Mya Demirbas	1.8	1.2	0.6	0.4	3.84
Julia Melnyk	1.8	1.5	0.9	0.4	4.48
Ava Viera	1.5	1.2	0.7	0.4	3.64
Saleena Braich	1.5	0.9	0.4	0.4	3.04
Molly Palladino	1.4	1.3	0.8	0.4	4.03
Audrey Unga	1.1	0.9	0.4	0.4	2.58

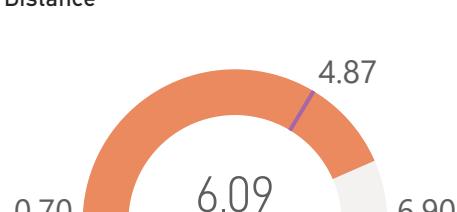
Player Name

Player Name	Sum of Sprints Count	Sum of Sprints Distance (km)	Sum of Session Load	Average of RPE
Charlotte Cuthbertson	45	0.97	228.40	9.00
Molly Palladino	33	0.72	165.80	5.00
Victoria Hawkins	25	0.58	226.20	6.00
Julia Melnyk	24	0.51	157.90	8.40
Simona Vallorani	28	0.50	127.40	8.60
Ava Viera	23	0.46	113.80	8.10
Gemma Groth	22	0.44	124.00	9.00
Erika Norris	19	0.35	170.30	
Sarah Massey	18	0.34	120.90	
Evelyn Zhu	19	0.33	145.30	8.20
Saleena Braich	18	0.32	83.30	4.90
Mya Demirbas	18	0.31	106.70	7.70
Audrey Unga	13	0.25	80.30	6.30
Total	305	6.09	1,850.30	7.41

Comparison to Previous Game Count



Comparison to Previous Game Sprint Distance



Comparison to Previous Session Load



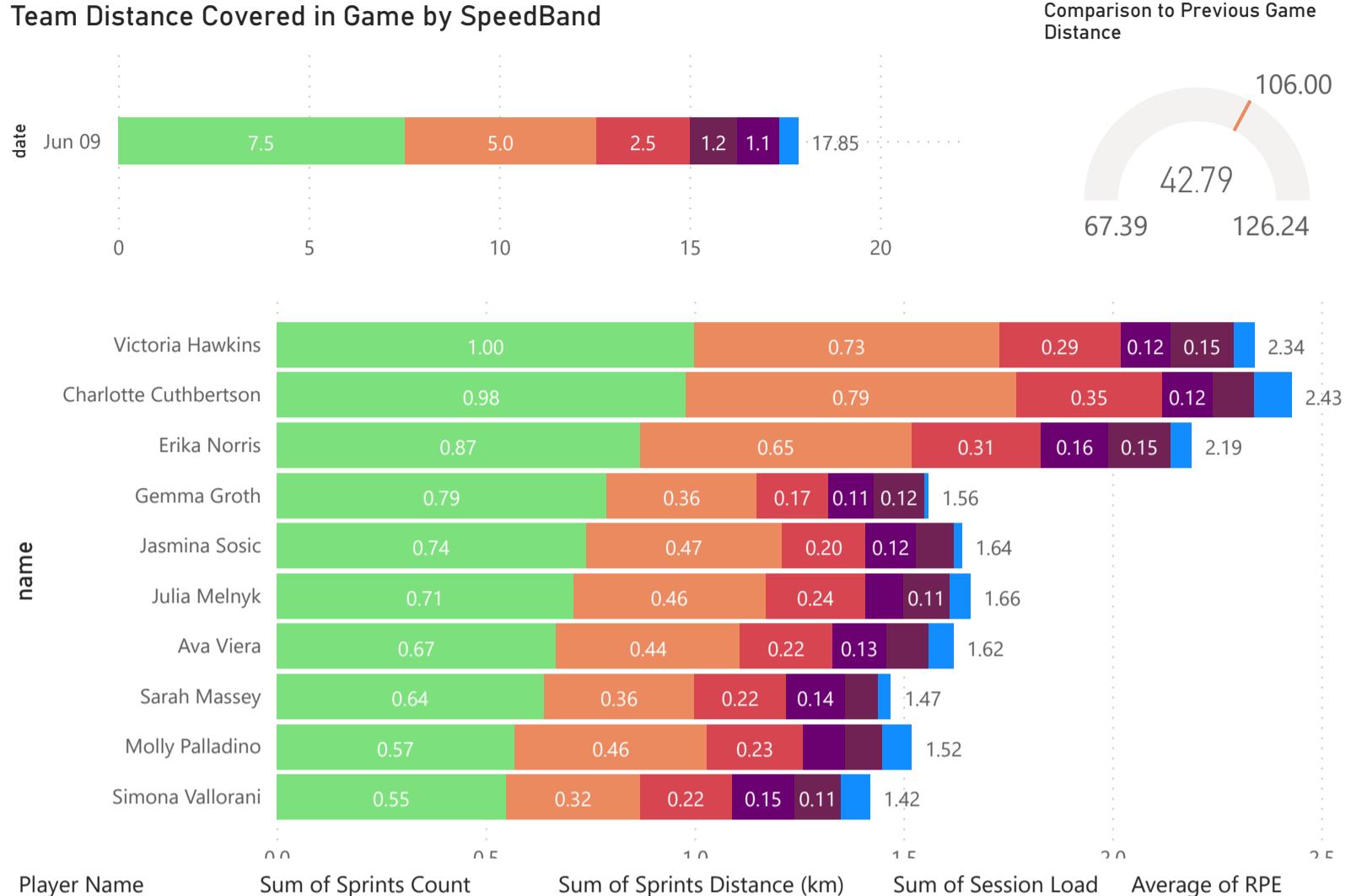


June-09-2023 (Fri)

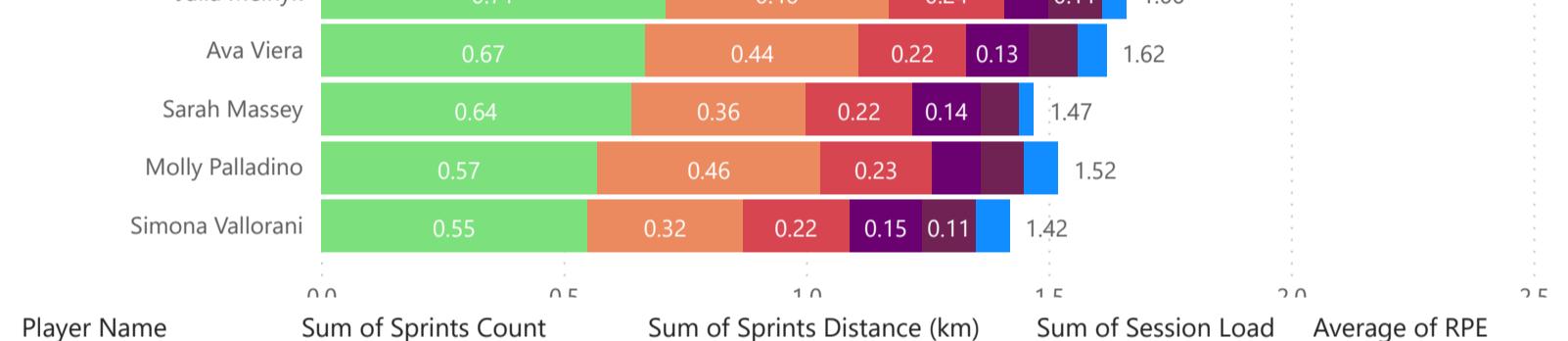
[GD -2]



Team Distance Covered in Game by SpeedBand



name



Player Name

Sum of Sprints Count

Sum of Sprints Distance (km)

Sum of Session Load

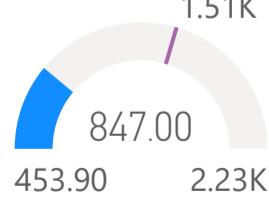
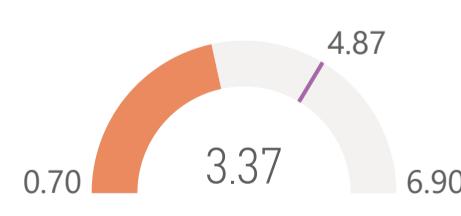
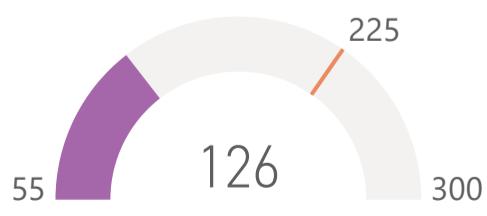
Average of RPE

Player Name	Sum of Sprints Count	Sum of Sprints Distance (km)	Sum of Session Load	Average of RPE
Charlotte Cuthbertson	16	0.40	116.60	
Erika Norris	18	0.44	103.30	
Victoria Hawkins	12	0.36	100.50	7.30
Simona Vallorani	14	0.39	86.70	5.50
Ava Viera	15	0.36	81.60	5.40
Molly Palladino	10	0.29	80.60	1.90
Julia Melnyk	10	0.29	76.50	6.40
Jasmina Sosic	10	0.27	68.20	4.60
Sarah Massey	11	0.31	66.90	
Gemma Groth	10	0.29	66.10	6.00
Audrey Unga				10.00
Total	126	3.37	847.00	5.89

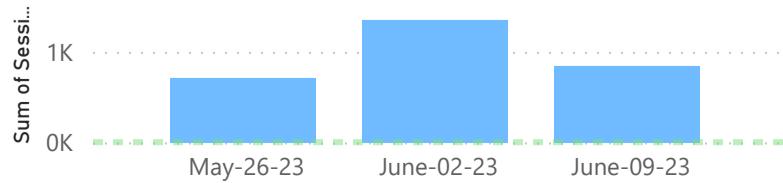
Comparison to Previous Game Count

Comparison to Previous Game Sprint Distance

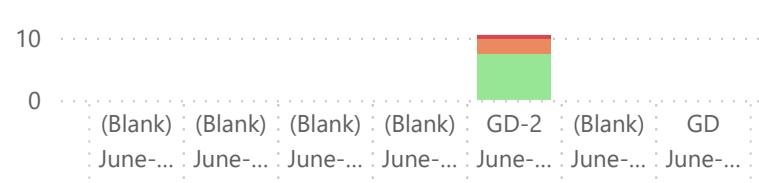
Comparison to Previous Session Load



Compare to previous GD-3



Week of June 5th (Total Distance)





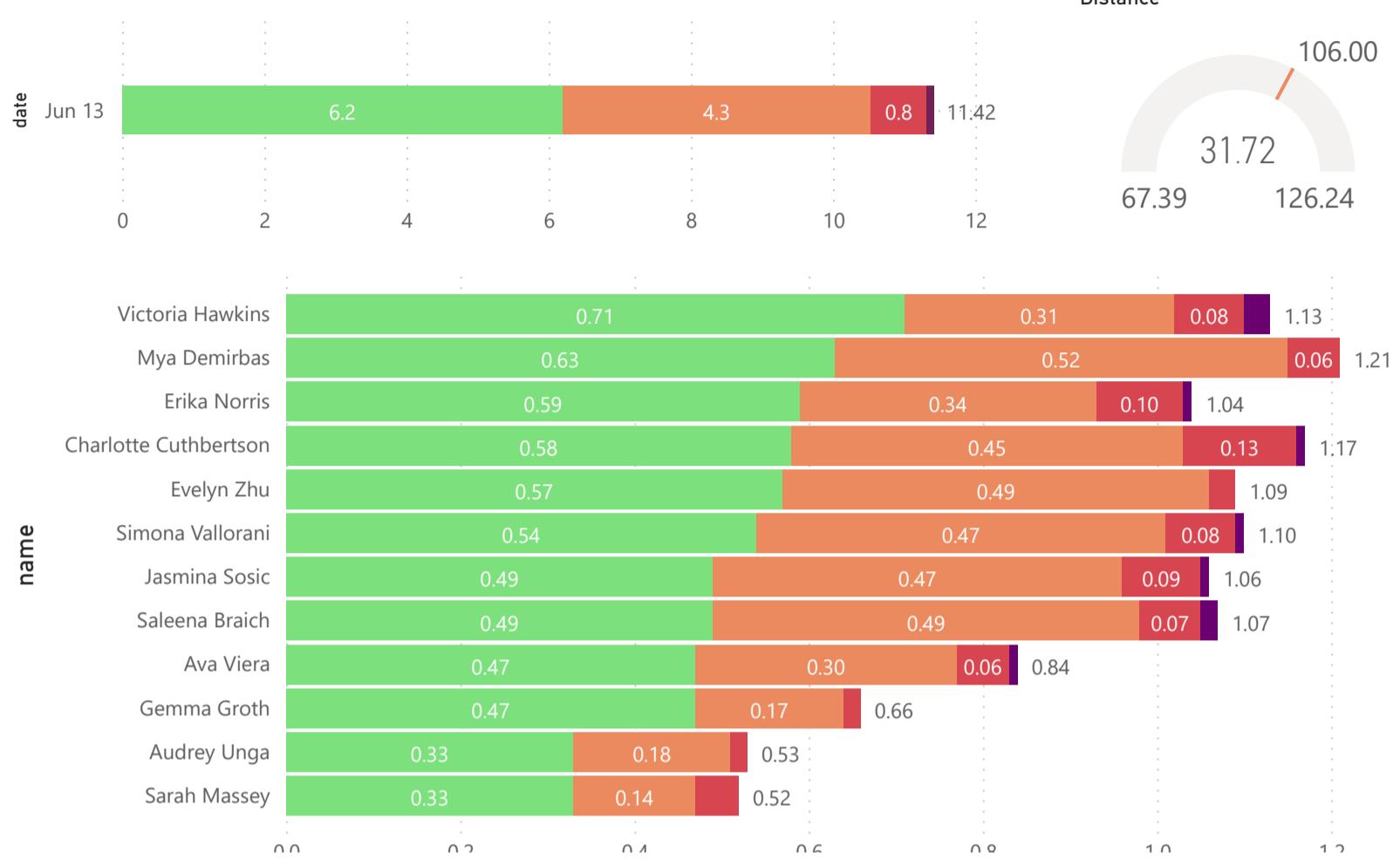
June-13-2023 (Tue)

Training

[GD+2]

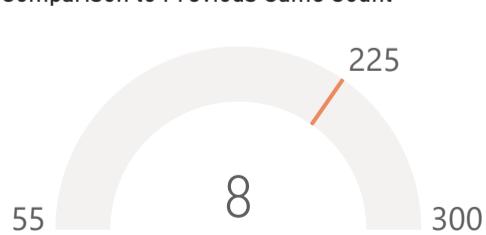


Team Distance Covered in Game by SpeedBand

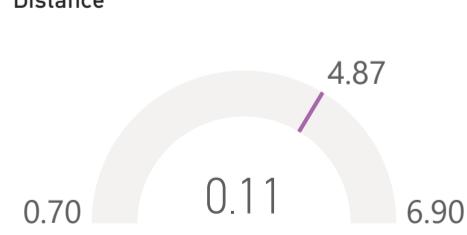


Player Name	Sum of Sprints Count	Sum of Sprints Distance (km)	Sum of Session Load	Average of RPE
Charlotte Cuthbertson	1	0.01	23.20	
Saleena Braich	1	0.01	21.00	
Erika Norris	1	0.02	20.80	
Jasmina Sosic	1	0.01	20.80	
Mya Demirbas	0	0.00	20.80	
Simona Vallorani	1	0.01	20.30	
Victoria Hawkins	2	0.03	20.20	
Evelyn Zhu	0	0.00	17.70	
Ava Viera	1	0.01	15.00	
Gemma Groth	0	0.00	9.00	
Sarah Massey	0	0.00	8.70	
Audrey Unga	0	0.00	8.00	
Total	8	0.11	205.50	

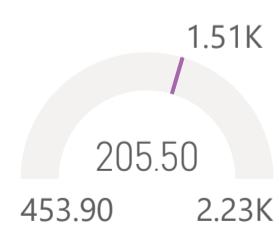
Comparison to Previous Game Count



Comparison to Previous Game Sprint Distance



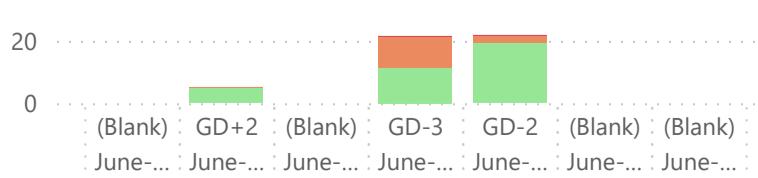
Comparison to Previous Session Load



Compare to previous GD+2



Week of June 12th (Total Distance)





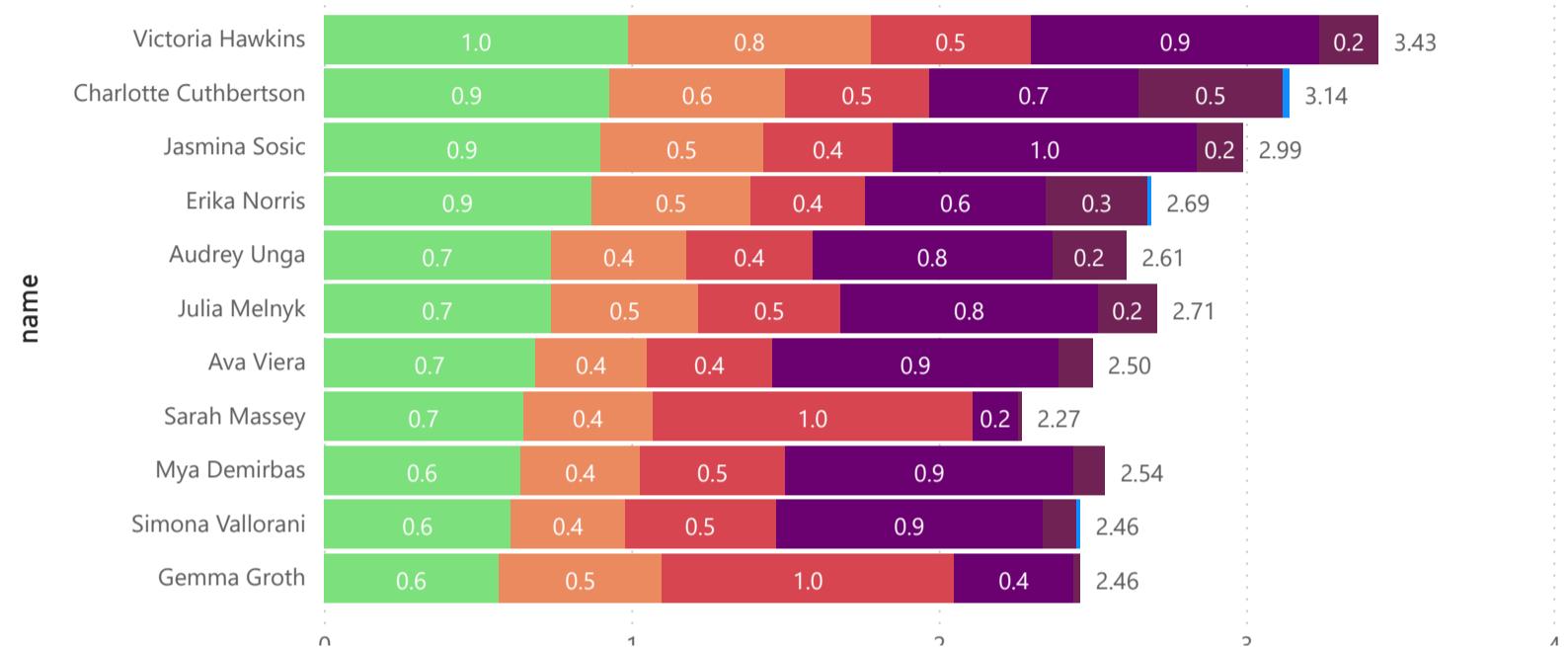
June-15-2023 (Thu)

Training

[GD-3]

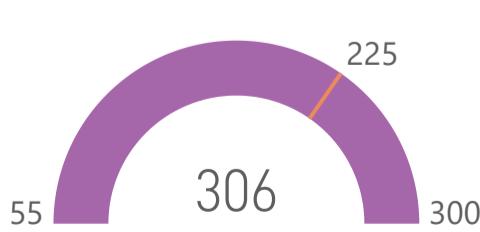


Team Distance Covered in Game by SpeedBand

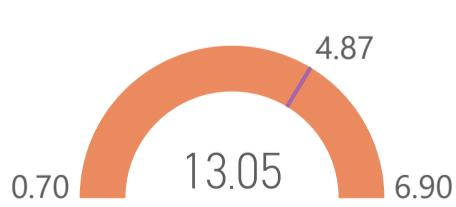


Player Name	Sum of Sprints Count	Sum of Sprints Distance (km)	Sum of Session Load	Average of RPE
Charlotte Cuthbertson	40	1.51	227.20	6.00
Victoria Hawkins	30	1.41	201.40	7.50
Jasmina Susic	27	1.41	186.30	7.80
Erika Norris	24	1.17	179.10	
Julia Melnyk	32	1.34	178.10	8.10
Audrey Unga	29	1.27	177.40	
Mya Demirbas	29	1.33	171.90	4.10
Simona Vallorani	32	1.33	166.80	
Ava Viera	32	1.32	166.30	5.20
Gemma Groth	24	0.74	120.10	6.50
Sarah Massey	7	0.22	93.90	
Total	306	13.05	1,868.50	6.46

Comparison to Previous Game Count



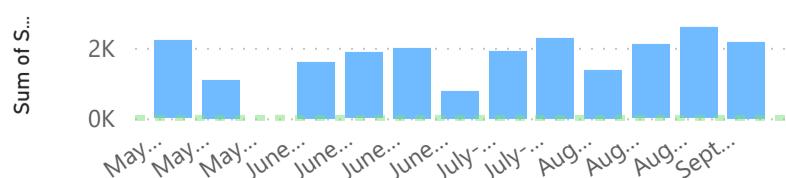
Comparison to Previous Game Sprint Distance



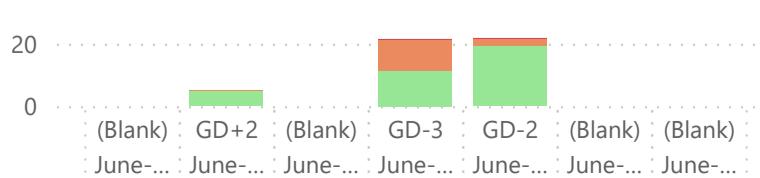
Comparison to Previous Session Load



Compare to previous GD-3



Week of June 12th (Total Distance)





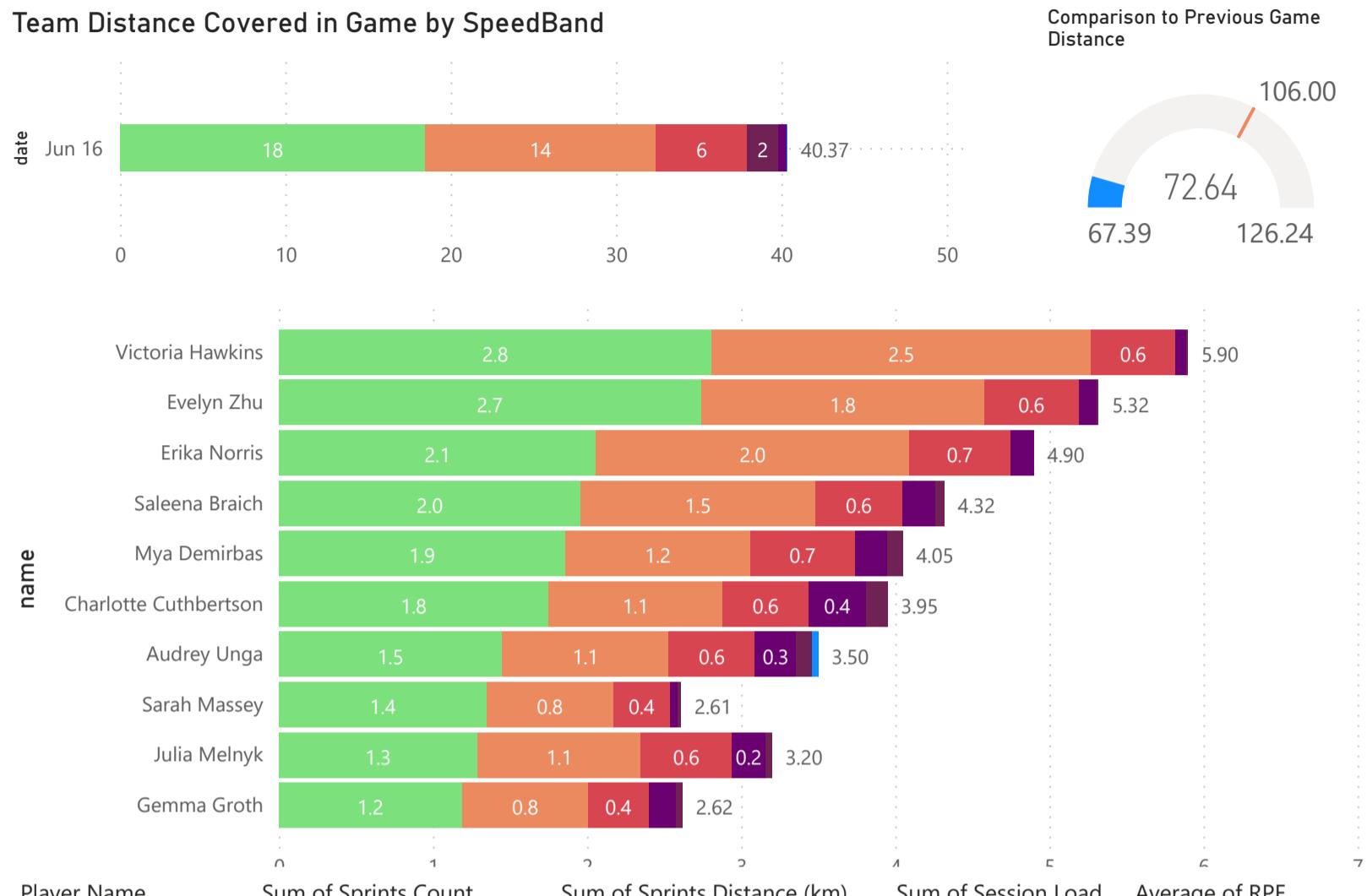
June-16-2023 (Fri)

Training & Mock Game with GU19

[GD-2]

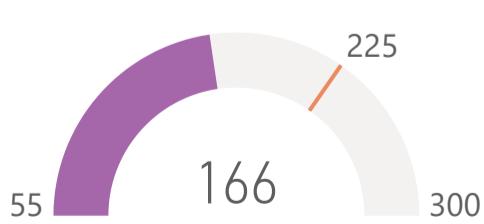


Team Distance Covered in Game by SpeedBand

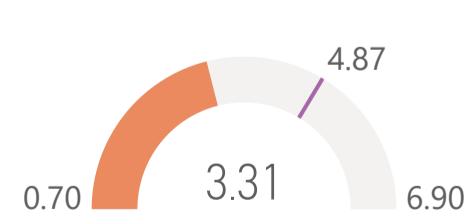


Player Name	Sum of Sprints Count	Sum of Sprints Distance (km)	Sum of Session Load	Average of RPE
Gemma Groth	12	0.29	79.50	8.40
Saleena Braich	18	0.37	121.00	8.20
Julia Melnyk	18	0.36	102.80	8.00
Evelyn Zhu	10	0.16	116.40	7.40
Charlotte Cuthbertson	38	0.76	144.50	6.60
Victoria Hawkins	6	0.10	121.40	6.10
Audrey Unga	25	0.53	132.60	
Erika Norris	14	0.23	120.20	
Mya Demirbas	21	0.44	128.10	
Sarah Massey	4	0.08	62.50	
Total	166	3.31	1,129.00	7.45

Comparison to Previous Game Count



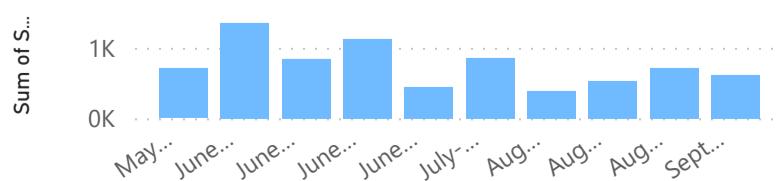
Comparison to Previous Game Sprint Distance



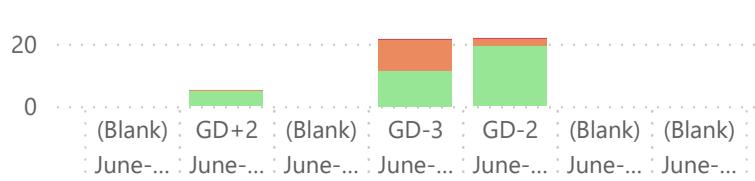
Comparison to Previous Session Load



Compare to previous GD-3



Week of June 12th (Total Distance)





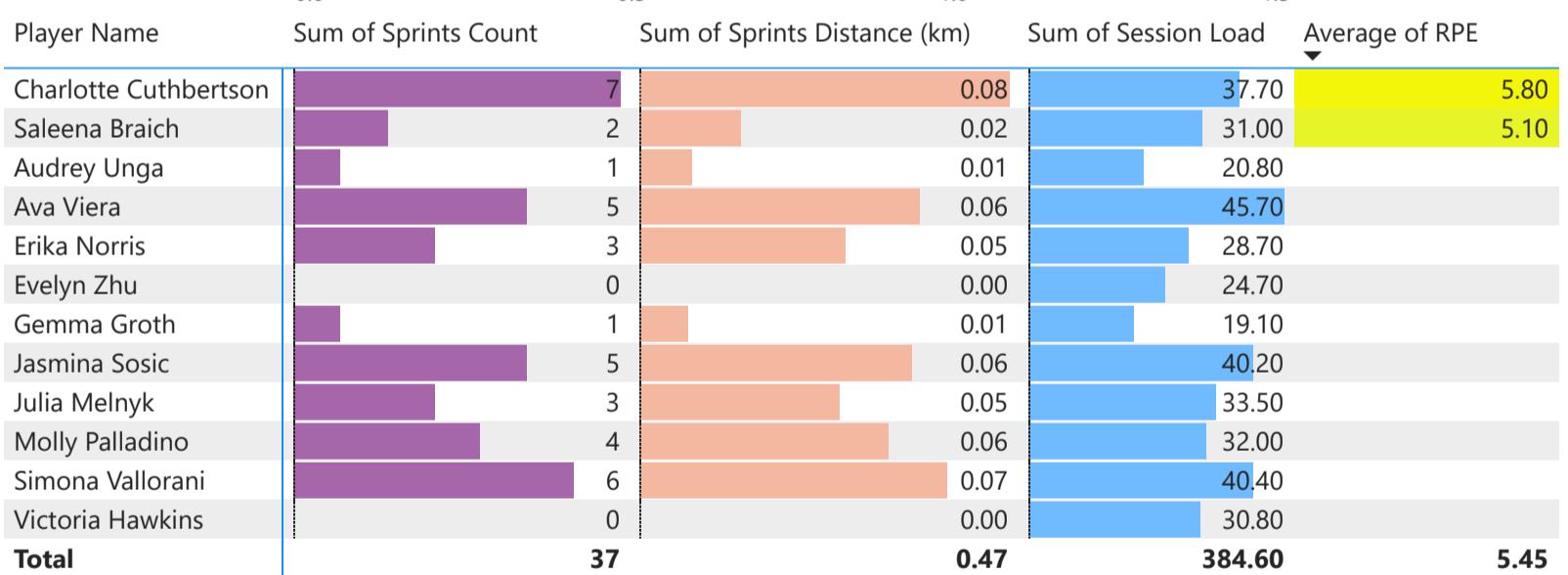
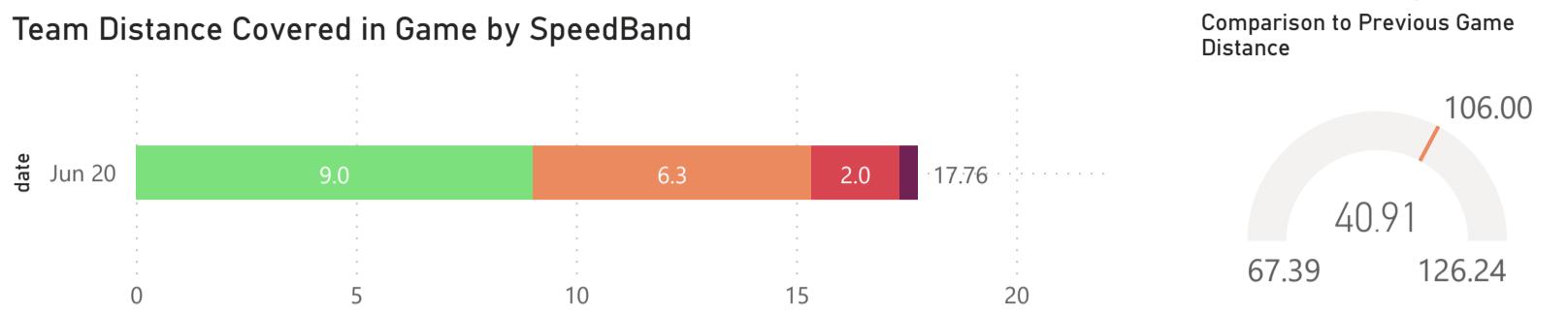
June-20-2023 (Tue)

Training

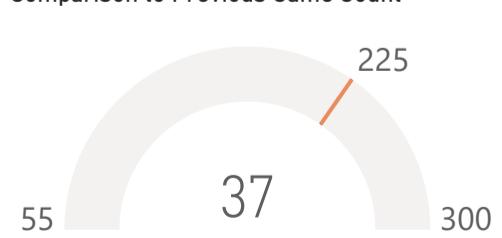
[GD+2]



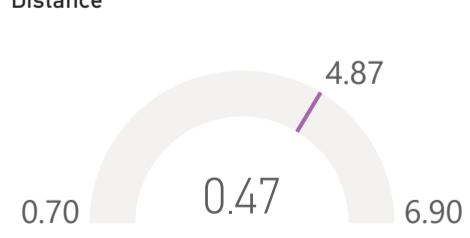
Team Distance Covered in Game by SpeedBand



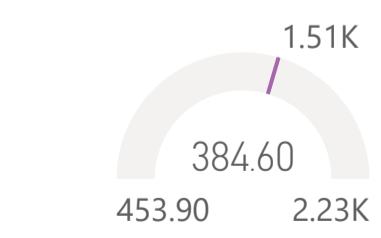
Comparison to Previous Game Count



Comparison to Previous Game Sprint Distance



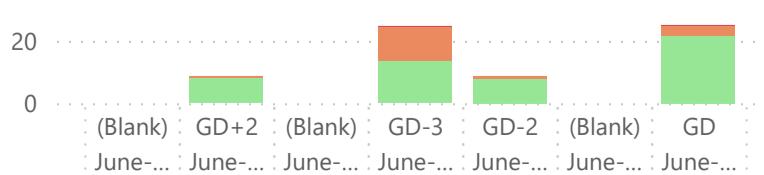
Comparison to Previous Session Load



Compare to previous GD+2



Week of June 19th (Total Distance)





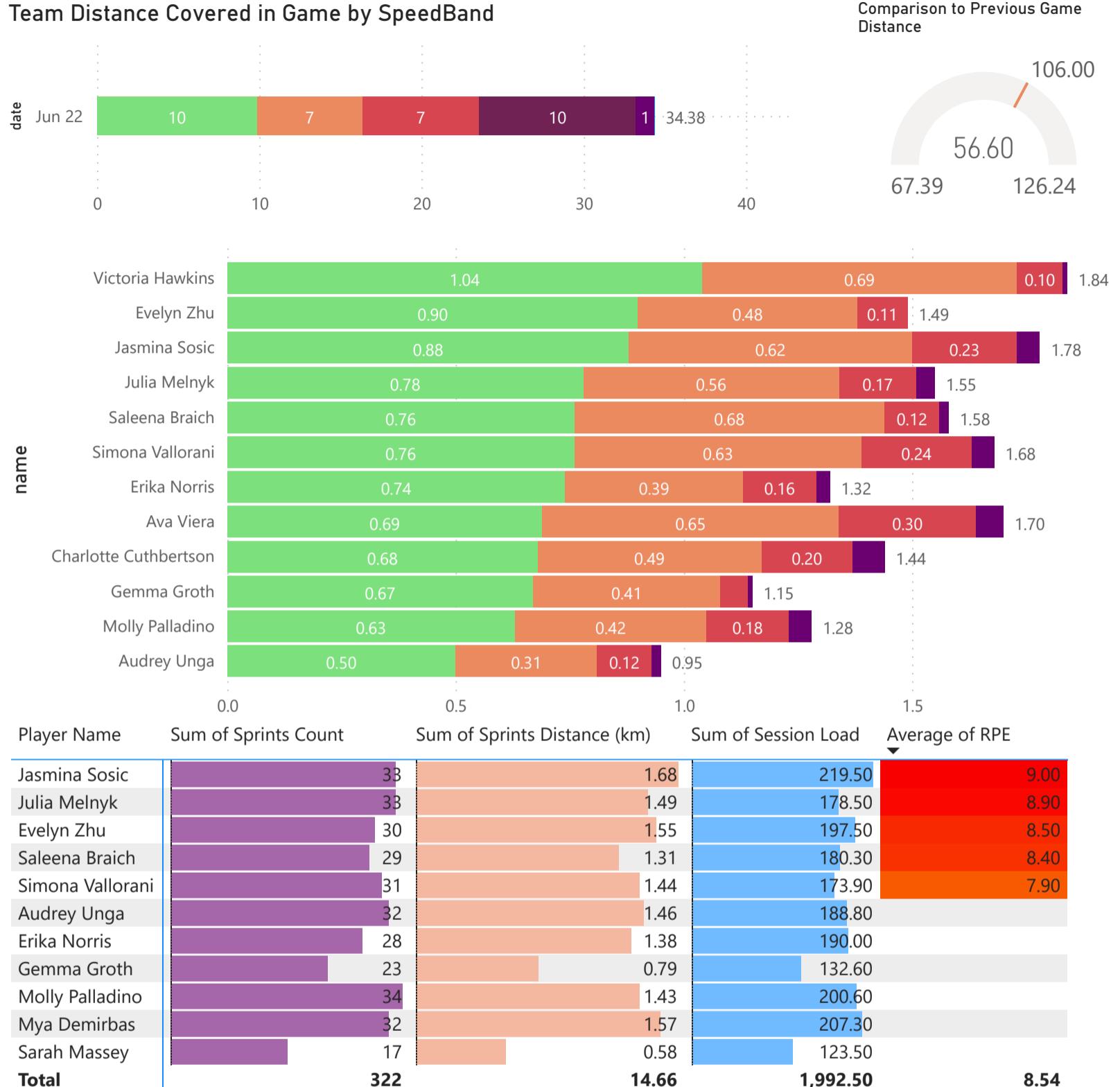
June-22-2023 (Thu)

Training

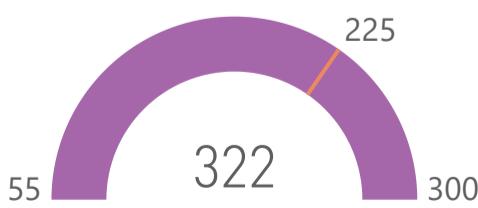
[GD-3]



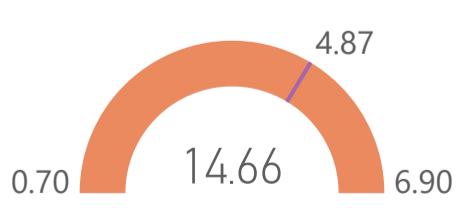
Team Distance Covered in Game by SpeedBand



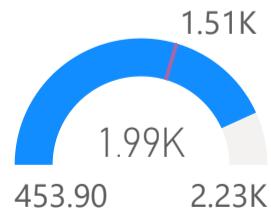
Comparison to Previous Game Count



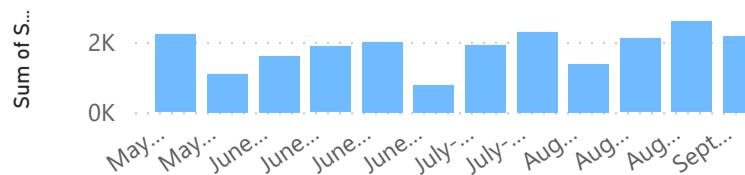
Comparison to Previous Game Sprint Distance



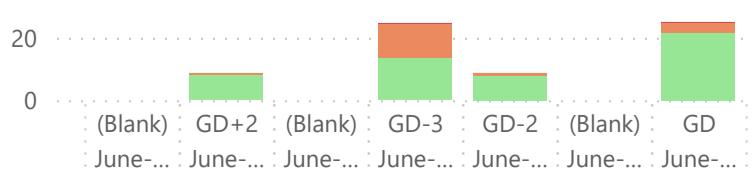
Comparison to Previous Session Load



Compare to previous GD - 3



Week of June 19th (Total Distance)





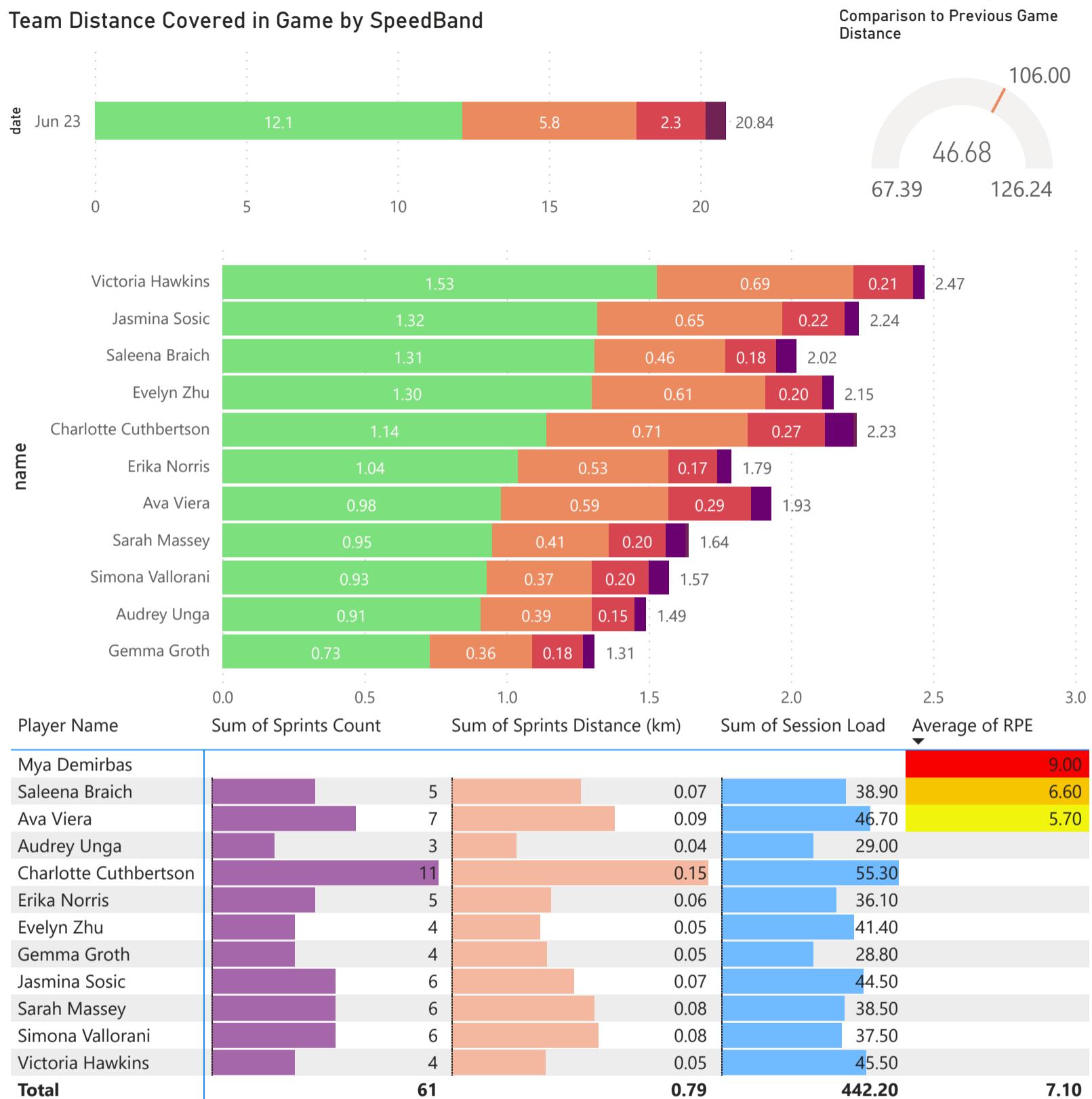
June-23-2023 (Fri)

Training

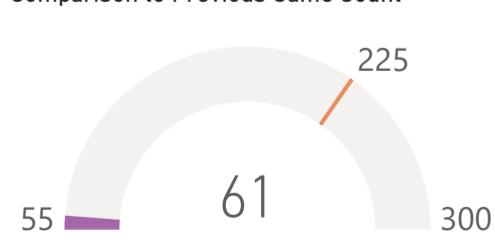
[GD-2]



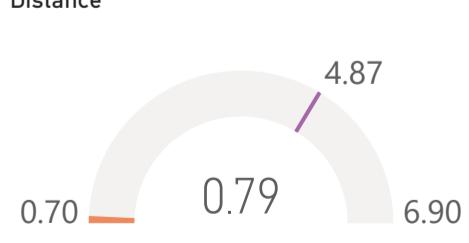
Team Distance Covered in Game by SpeedBand



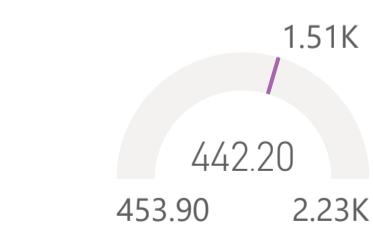
Comparison to Previous Game Count



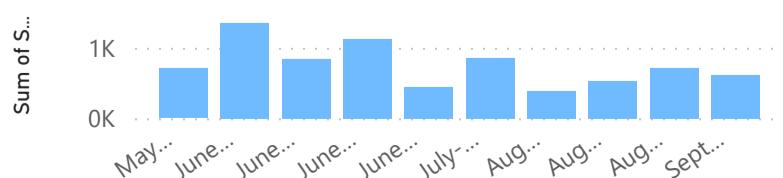
Comparison to Previous Game Sprint Distance



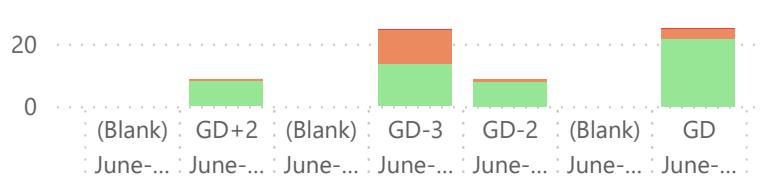
Comparison to Previous Session Load



Compare to previous GD - 2



Week of June 19th (Total Distance)





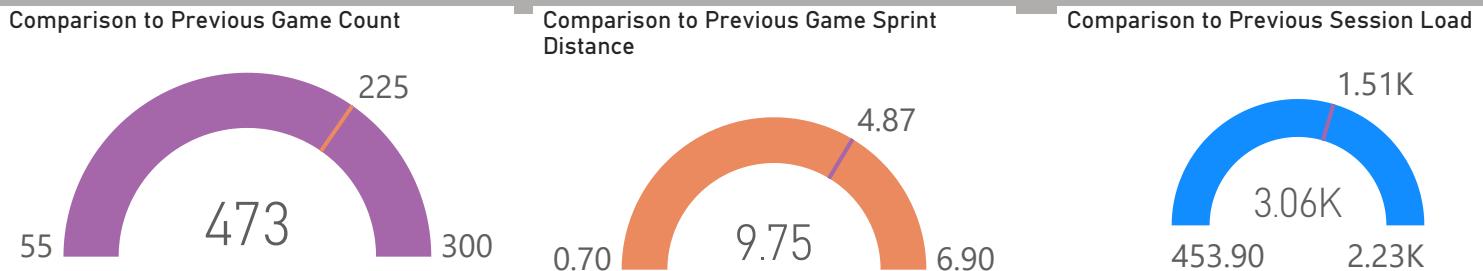
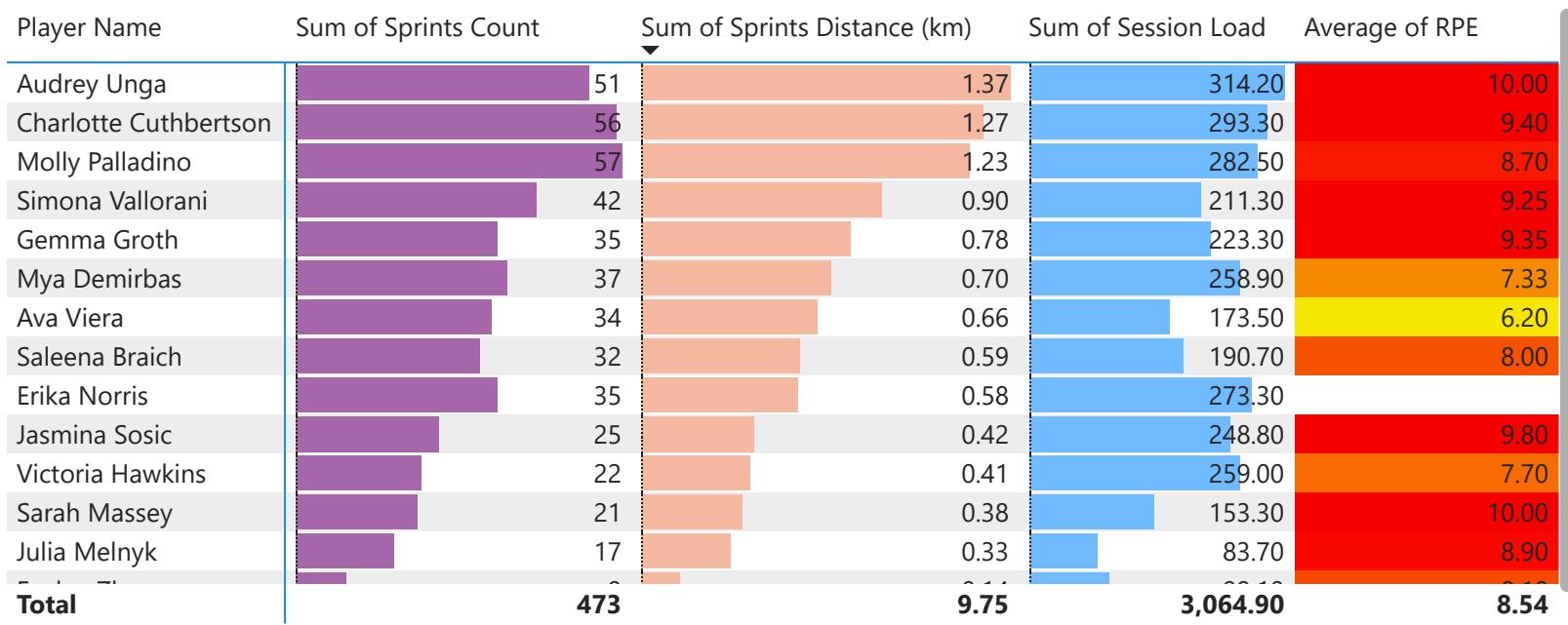
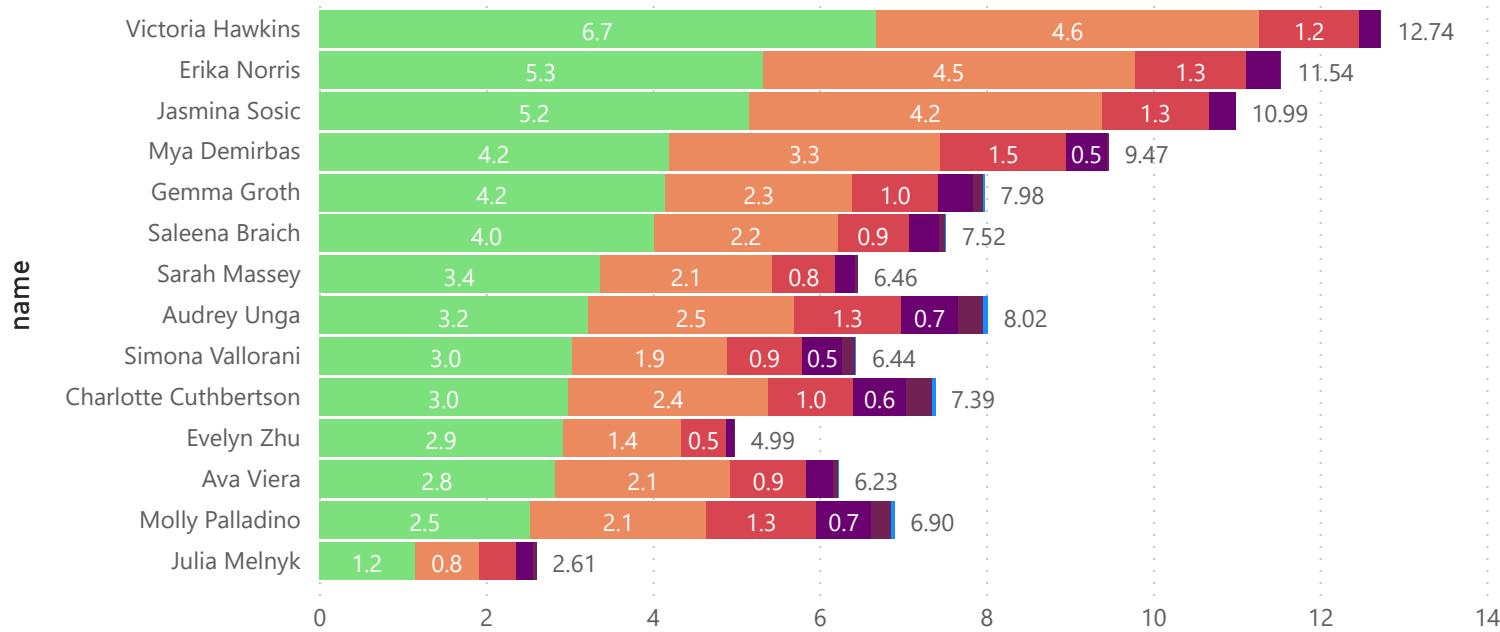
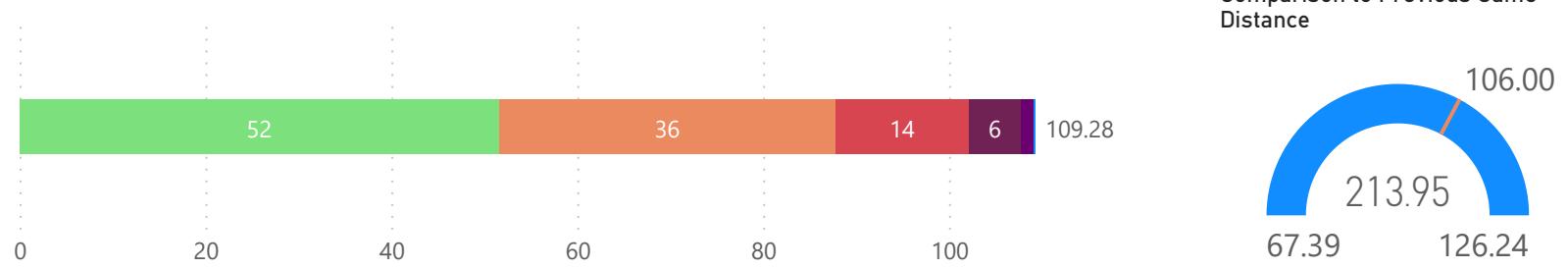
06-25-2023 (Sun) vs Toronto High Park SC

OPDL Match Day 5



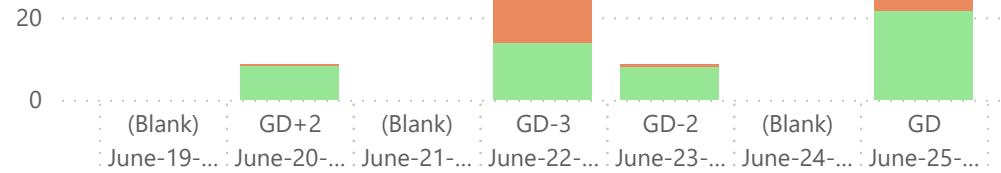
[Win]

Team Distance Covered in Game by SpeedBand

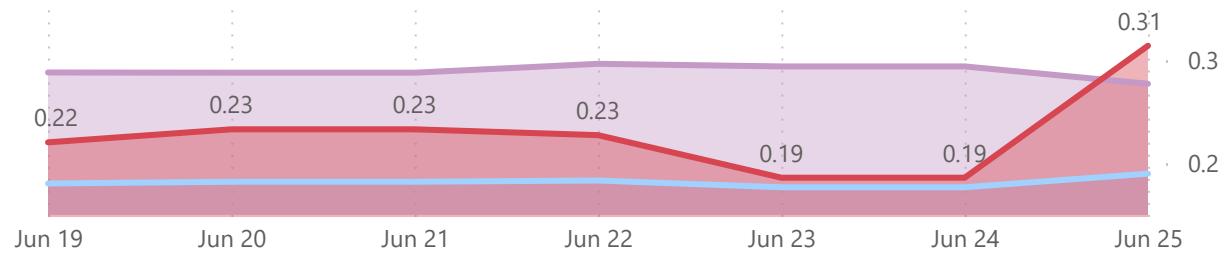


Player Name	Sum of Accel/Decel Zones Accel 2m/s/s	Sum of Accel/Decel Zones Accel 3m/s/s	Sum of Accel/Decel Zones Accel 4m/s/s	Sum of Accel/Decel Zones Accel 5m/s/s	TotalAcc(> 2 m/s/s)
Audrey Unga	87	25	2	0	114
Ava Viera	53	8	4	0	65
Charlotte Cuthbertson	54	8	2	0	64
Erika Norris	95	25	3	0	123
Evelyn Zhu	90	20	2	0	112
Gemma Groth	90	18	3	0	111
Jasmina Sosic	96	16	1	0	113
Julia Melnyk	49	17	1	0	67
Molly Palladino	64	15	3	0	82
Mya Demirbas	98	15	2	0	115
Saleena Braich	85	21	0	0	106
Sarah Massey	85	13	1	0	99
Total	1117	254	28	0	1399

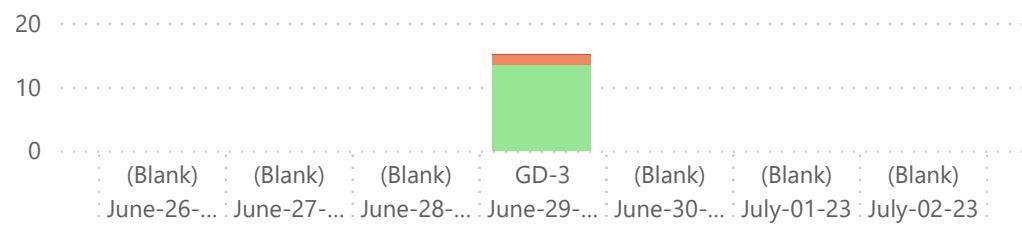
Week of Jun 19th (Total Distance)



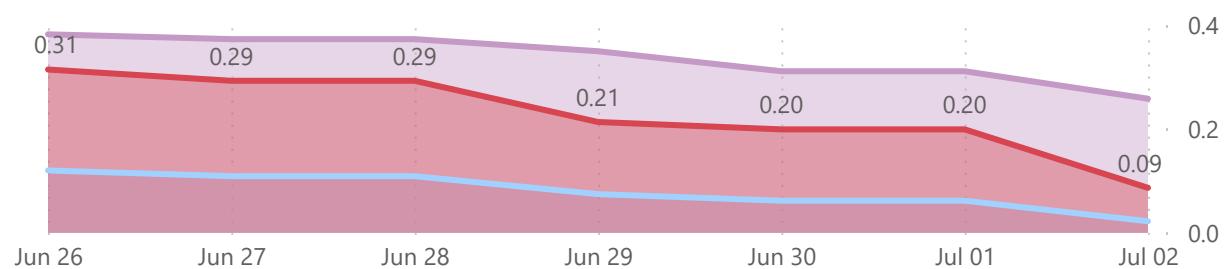
Acute: Chronic Workload Ratio



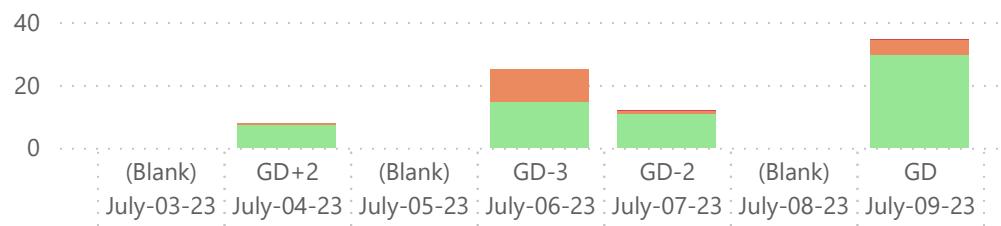
Week of Jun 26h (Total Distance)



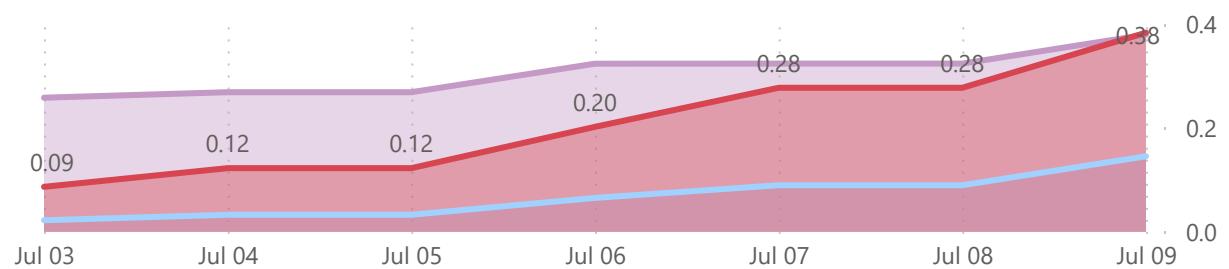
Acute: Chronic Workload Ratio



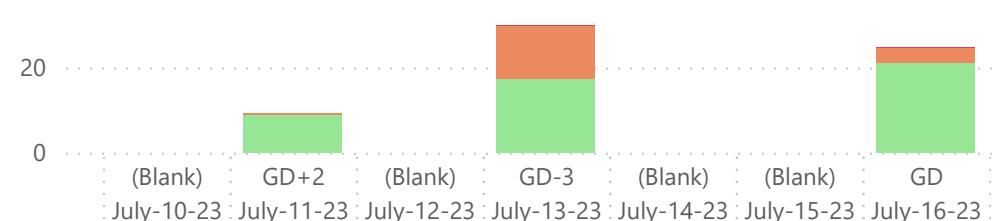
Week of Jul 3th (Total Distance)



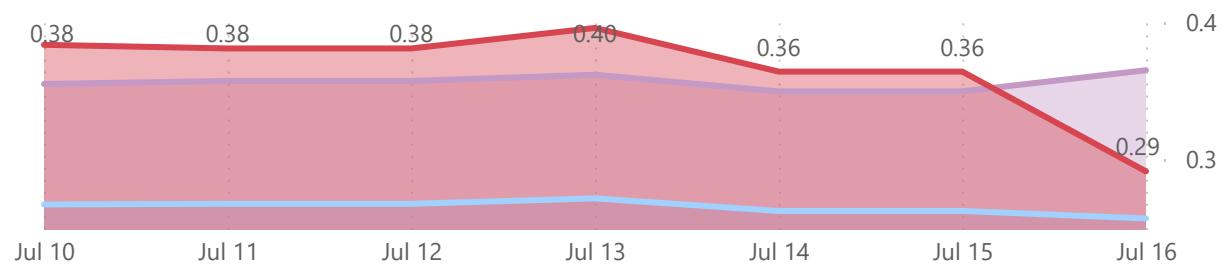
Acute: Chronic Workload Ratio



Week of Jul 10th (Total Distance)



Acute: Chronic Workload Ratio





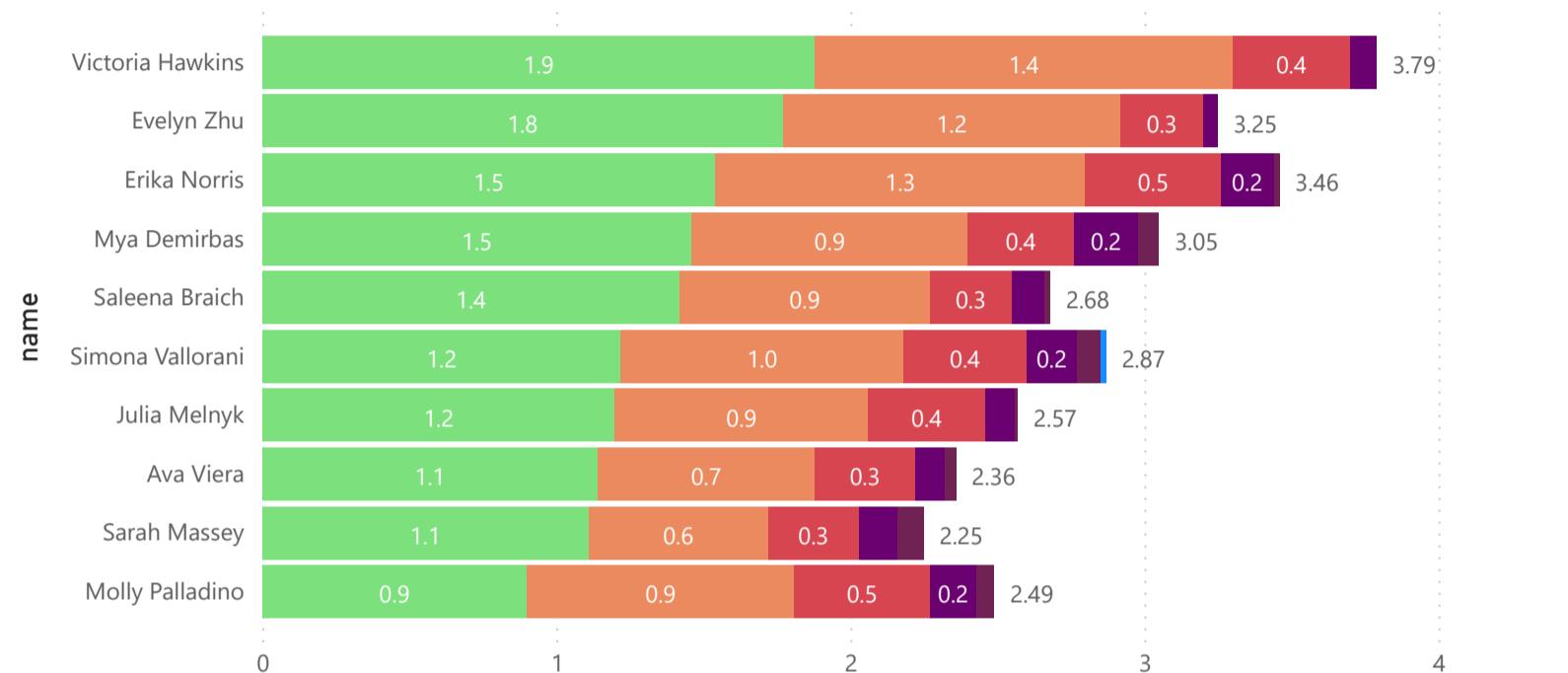
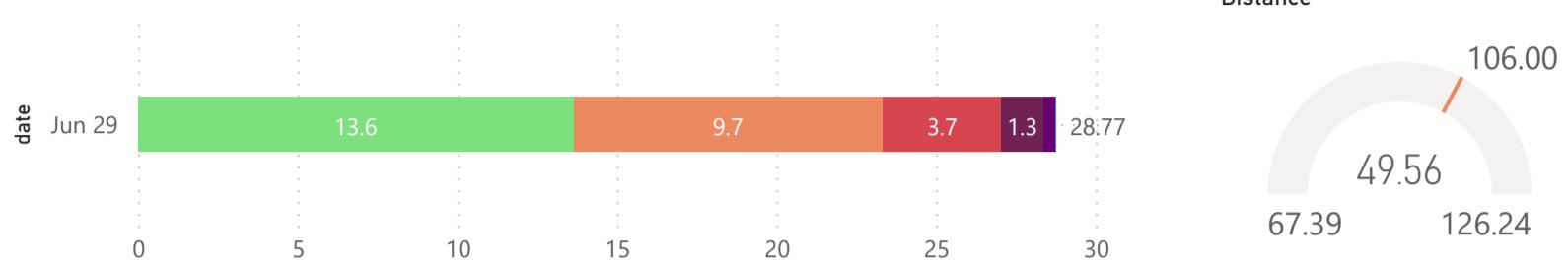
June-29-2023 (Thu)

Training

[GD-3]

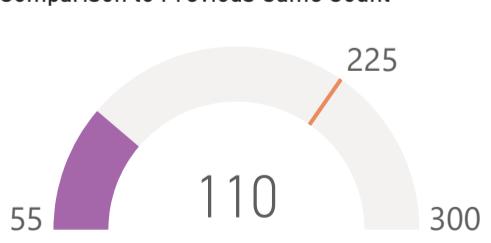


Team Distance Covered in Game by SpeedBand

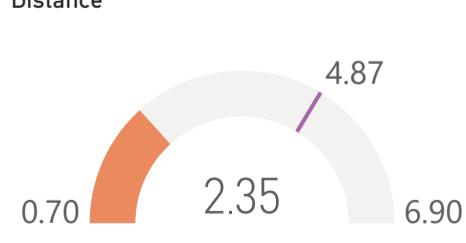


Player Name	Sum of Sprints Count	Sum of Sprints Distance (km)	Sum of Session Load	TotalDec(<-2 m/s/s)	TotalAcc(> 2 m/s/s)	Average of RPE
Victoria Hawkins	6	0.13	81.60	92	71	
Ava Viera	12	0.24	65.50	68	59	
Erika Norris	13	0.25	91.40	100	59	
Simona Vallorani	17	0.37	97.60	65	59	
Sarah Massey	10	0.26	72.50	69	55	
Evelyn Zhu	3	0.04	62.80	75	54	
Mya Demirbas	15	0.38	95.50	78	53	
Julia Melnyk	10	0.23	67.30	52	50	6.80
Saleena Braich	9	0.18	63.60	62	49	
Molly Palladino	15	0.27	86.10	55	47	
Total	110	2.35	783.90	716	556	6.80

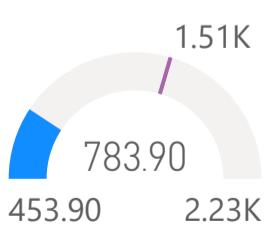
Comparison to Previous Game Count



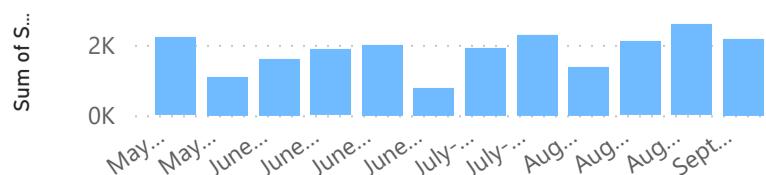
Comparison to Previous Game Sprint Distance



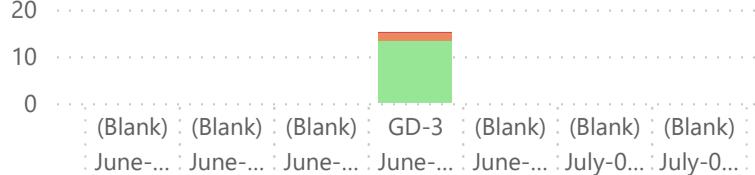
Comparison to Previous Session Load



Compare to previous GD - 3



Week of June 26th (Total Distance)





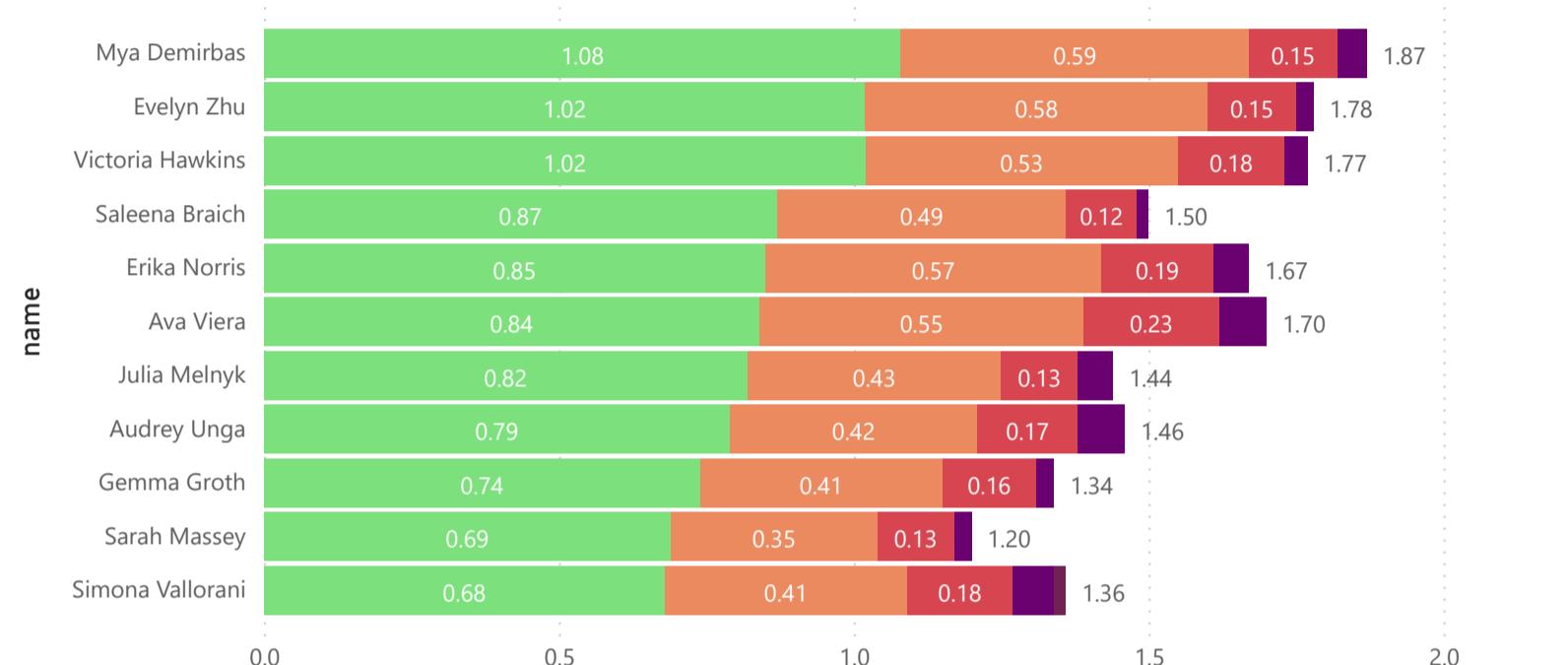
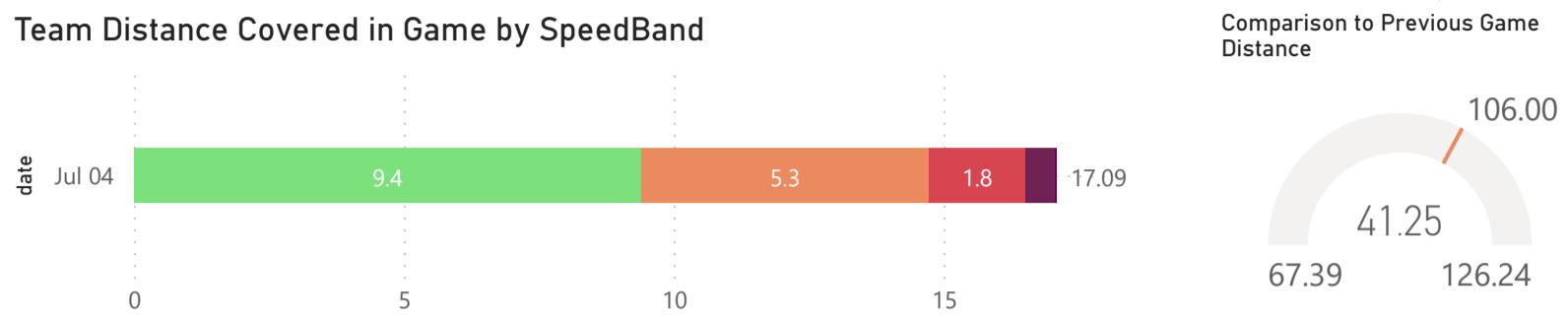
July-04-2023 (Tue)

Training

[GD+2]

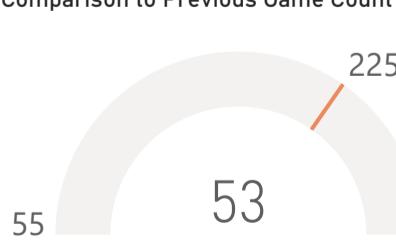


Team Distance Covered in Game by SpeedBand

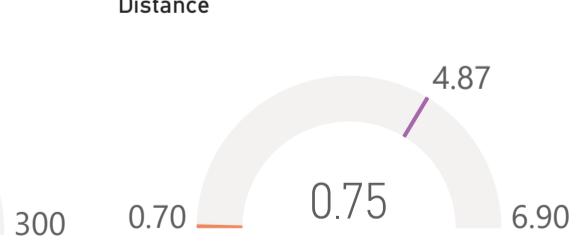


Player Name	Sum of Sprints Count	Sum of Sprints Distance (km)	Sum of Session Load	TotalDec(<-2 m/s/s)	TotalAcc(> 2 m/s/s)	Average of RPE
Audrey Unga	8	0.11	35.00	84	93	
Simona Vallorani	8	0.13	38.50	65	89	
Ava Viera	6	0.10	41.80	82	79	5.80
Julia Melnyk	6	0.08	31.10	82	72	
Erika Norris	5	0.07	37.90	110	96	
Evelyn Zhu	4	0.05	33.50	97	105	
Gemma Groth	4	0.05	28.40	75	74	
Victoria Hawkins	4	0.05	34.80	93	93	
Mya Demirbas	3	0.05	36.70	90	74	
Sarah Massey	3	0.04	24.20	63	53	
Saleena Braich	2	0.03	28.40	112	96	6.00
Total	53	0.75	370.30	953	924	5.90

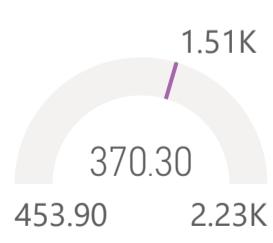
Comparison to Previous Game Count



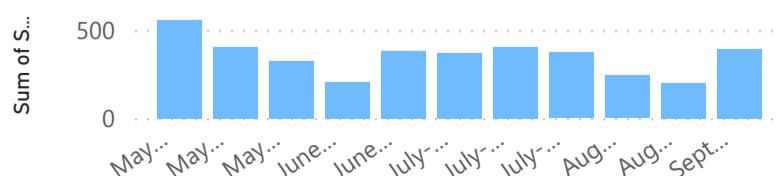
Comparison to Previous Game Sprint Distance



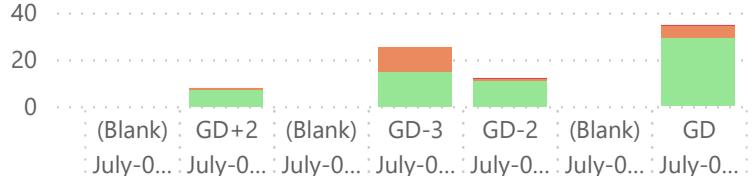
Comparison to Previous Session Load



Compare to previous GD +2



Week of Jul 3rd (Total Distance)





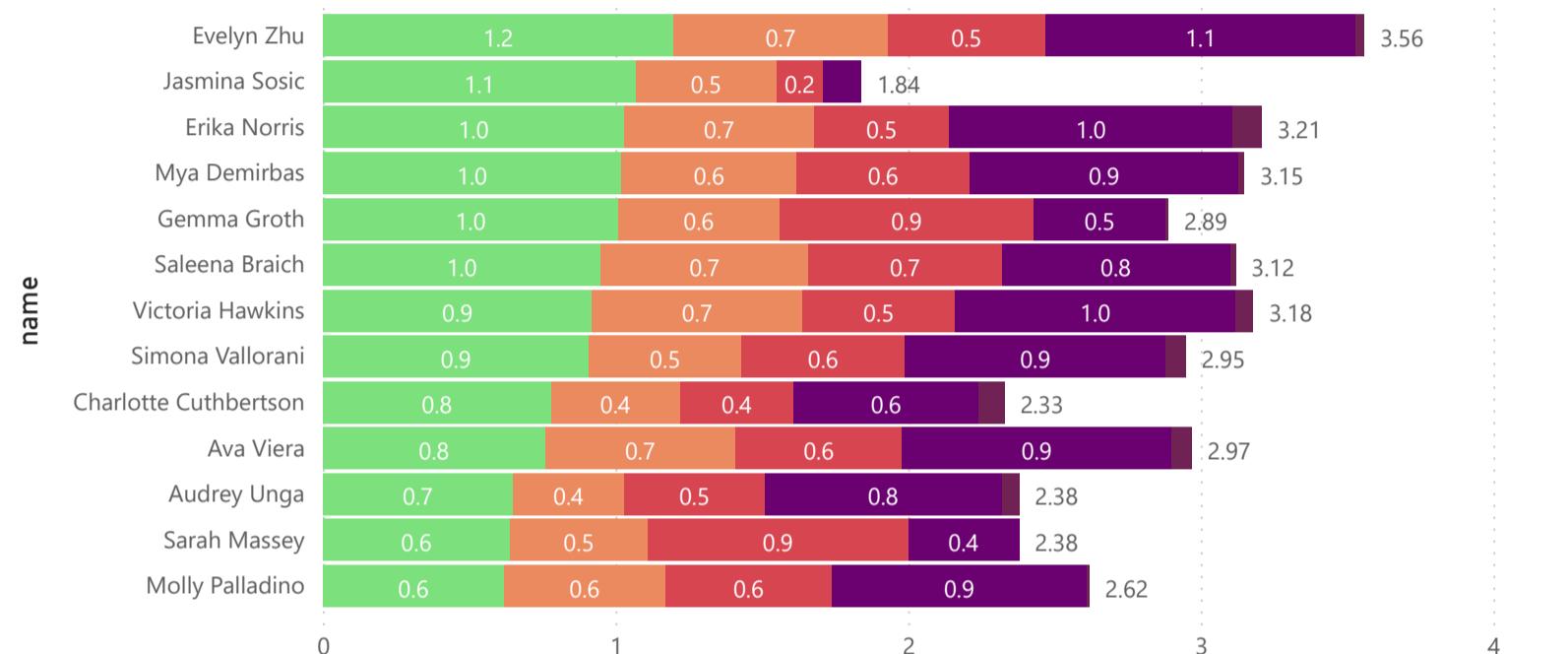
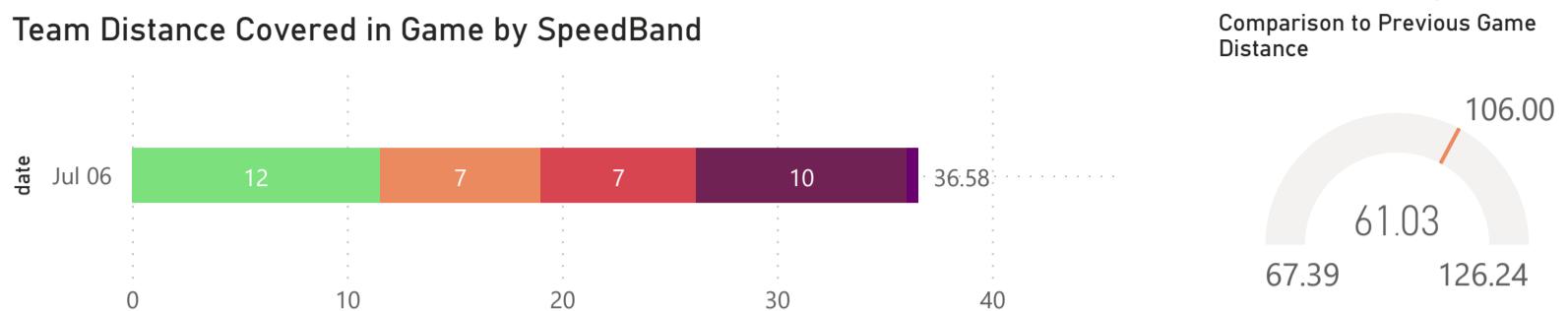
July-06-2023 (Thu)

Training

[GD-3]

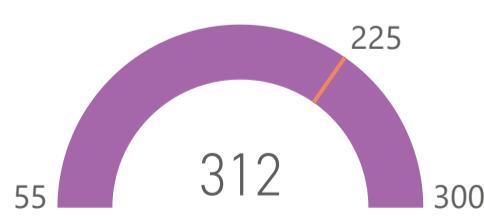


Team Distance Covered in Game by SpeedBand

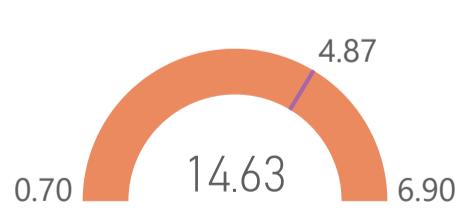


Player Name	Sum of Sprints Count	Sum of Sprints Distance (km)	Sum of Session Load	TotalDec(<-2 m/s/s)	TotalAcc(> 2 m/s/s)	Average of RPE
Evelyn Zhu	27	1.41	186.40	114	116	7.80
Mya Demirbas	25	1.31	166.50	105	114	8.70
Gemma Groth	22	0.84	125.90	68	93	
Erika Norris	27	1.39	181.40	108	89	10.00
Victoria Hawkins	28	1.37	176.60	88	81	
Simona Vallorani	28	1.31	166.40	70	75	8.10
Jasmina Susic	6	0.17	44.40	80	74	6.40
Molly Palladino	27	1.26	154.40	60	71	7.90
Saleena Braich	28	1.29	157.50	76	71	8.40
Charlotte Cuthbertson	22	1.02	128.20	50	64	8.00
Ava Viera	32	1.39	173.40	63	60	7.80
Sarah Massey	16	0.68	111.70	46	59	10.00
Audrey Unga	24	1.20	147.40	35	56	9.10
Total	312	14.63	1,920.20	963	1023	8.38

Comparison to Previous Game Count



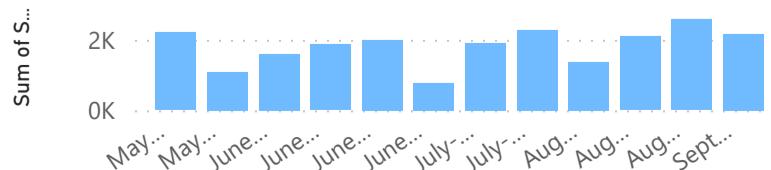
Comparison to Previous Game Sprint Distance



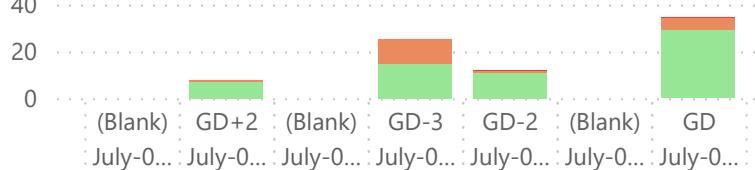
Comparison to Previous Session Load



Compare to previous GD -3



Week of Jul 3rd (Total Distance)





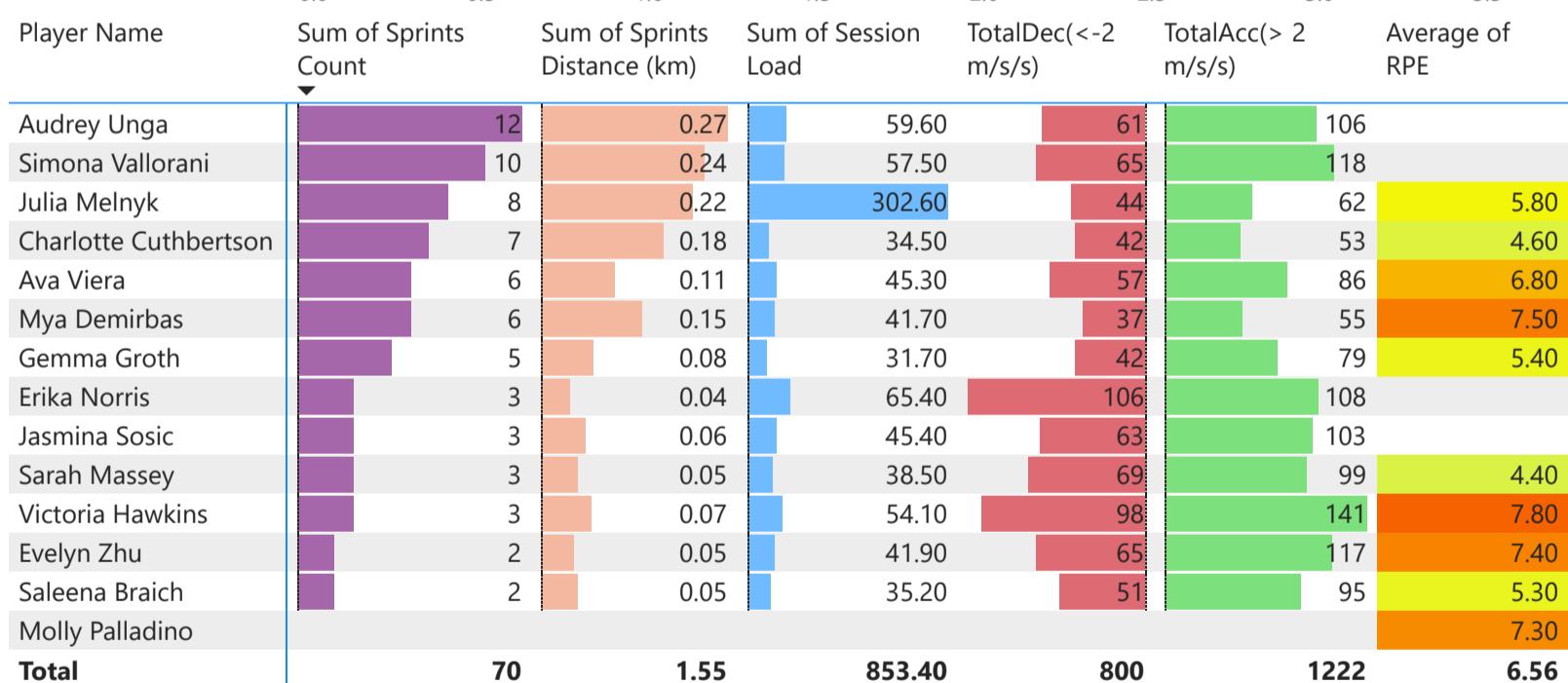
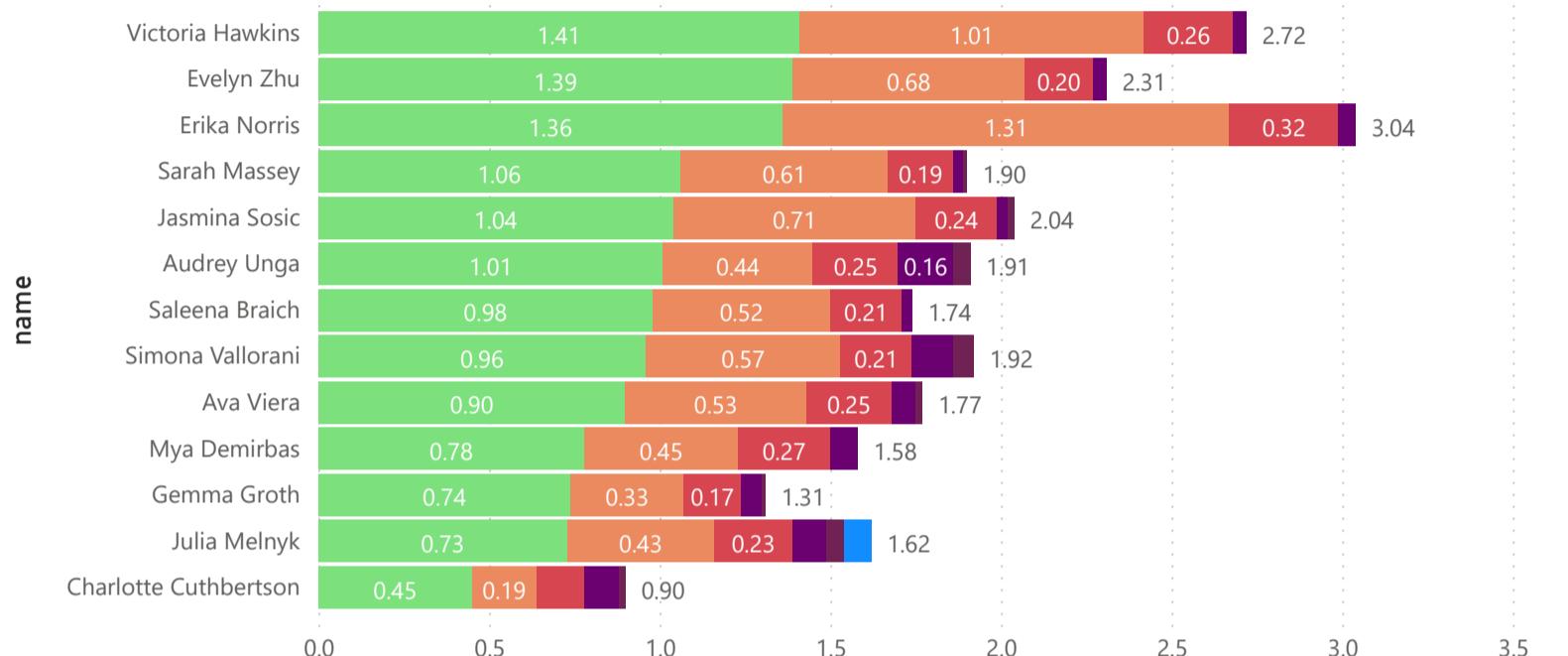
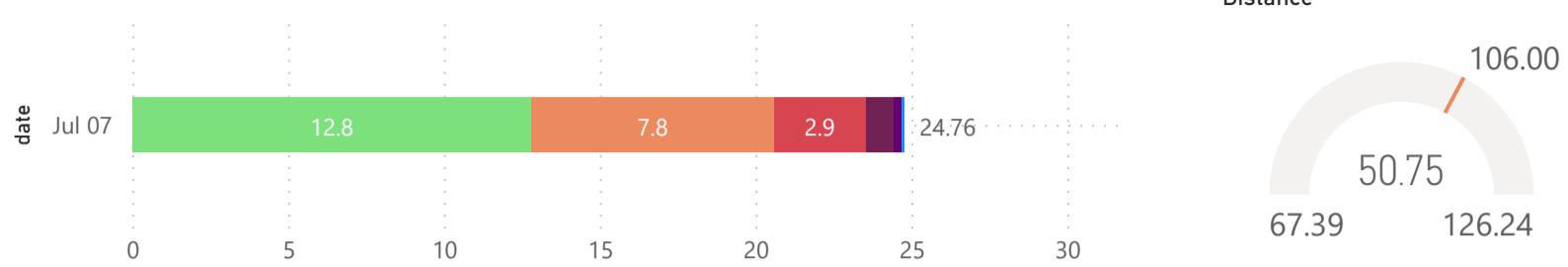
July-07-2023 (Fri)

Training

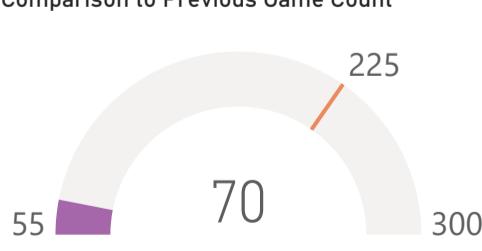
[GD-2]



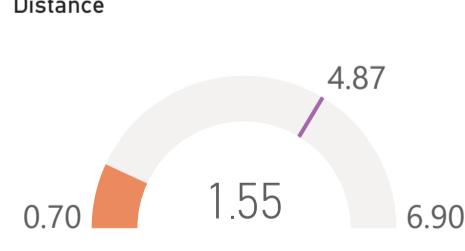
Team Distance Covered in Game by SpeedBand



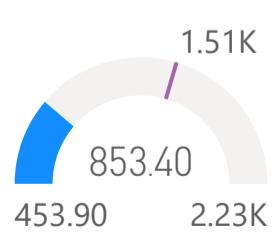
Comparison to Previous Game Count



Comparison to Previous Game Sprint Distance



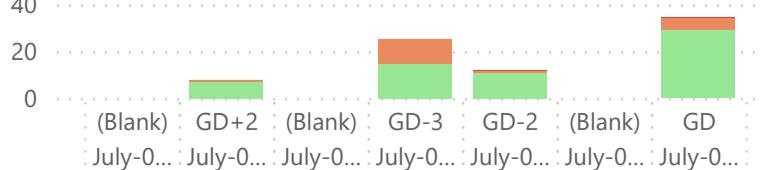
Comparison to Previous Session Load



Compare to previous GD - 2



Week of Jul 3rd (Total Distance)





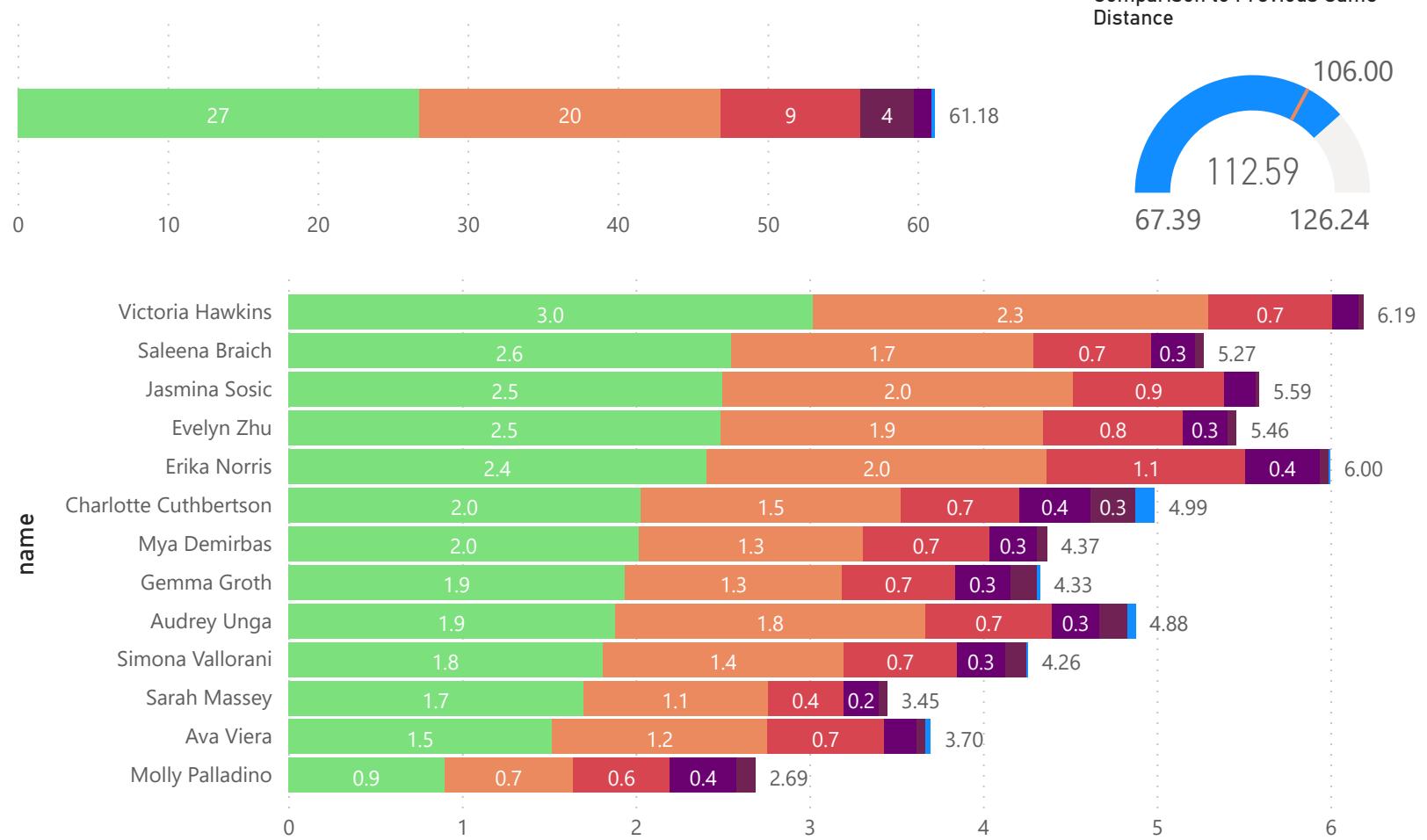
07-09-2023 (Sun) vs Aurora FC

OPDL Match Day 6

[LOSE]



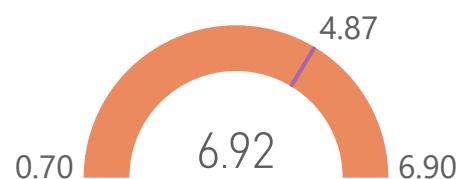
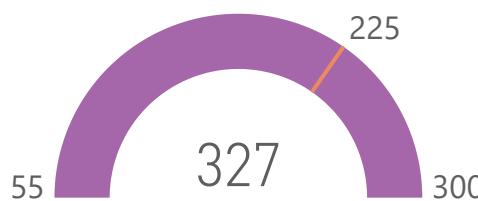
Team Distance Covered in Game by SpeedBand



name

Victoria Hawkins	3.0	2.3	0.7	6.19
Saleena Braich	2.6	1.7	0.7	5.27
Jasmina Susic	2.5	2.0	0.9	5.59
Evelyn Zhu	2.5	1.9	0.8	5.46
Erika Norris	2.4	2.0	1.1	6.00
Charlotte Cuthbertson	2.0	1.5	0.7	4.99
Mya Demirbas	2.0	1.3	0.7	4.37
Gemma Groth	1.9	1.3	0.7	4.33
Audrey Unga	1.9	1.8	0.7	4.88
Simona Vallorani	1.8	1.4	0.7	4.26
Sarah Massey	1.7	1.1	0.4	3.45
Ava Viera	1.5	1.2	0.7	3.70
Molly Palladino	0.9	0.7	0.6	2.69

Player Name	Sum of Sprints Count	Sum of Sprints Distance (km)	Sum of Session Load	TotalDec(<-2 m/s/s)	TotalAcc(> 2 m/s/s)	Average of RPE
Erika Norris	41	0.80	193.50	222	176	
Audrey Unga	29	0.64	180.80	146	145	9.20
Evelyn Zhu	19	0.42	149.90	154	143	
Gemma Groth	28	0.65	156.60	154	142	8.80
Jasmina Susic	18	0.33	141.70	184	141	10.00
Simona Vallorani	27	0.56	144.10	134	133	8.80
Saleena Braich	20	0.42	138.50	173	131	8.20
Victoria Hawkins	16	0.30	141.10	174	131	7.90
Charlotte Cuthbertson	38	0.98	226.90	173	129	9.40
Ava Viera	18	0.40	123.50	121	118	7.40
Mya Demirbas	24	0.44	133.30	124	109	
Sarah Massey	17	0.34	95.90	114	89	4.60
Molly Palladino	32	0.67	123.90	92	82	7.60
Total	327	6.92	1,949.70	1965	1669	7.86





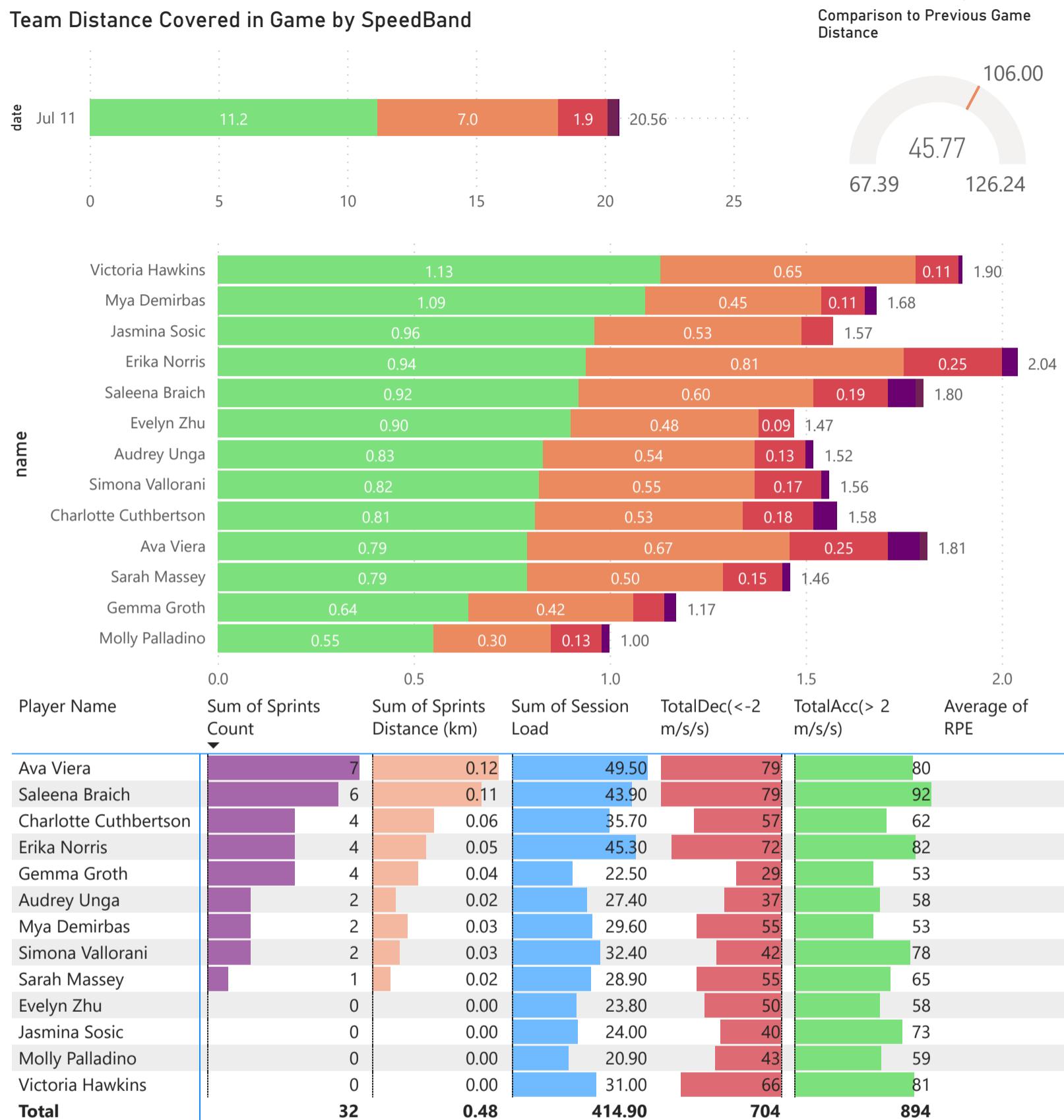
July-11-2023 (Tue)

Training

[GD+2]



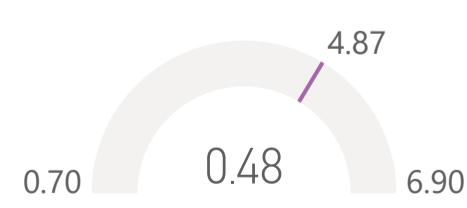
Team Distance Covered in Game by SpeedBand



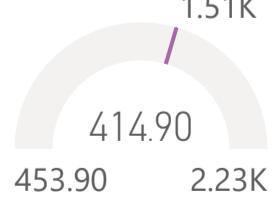
Comparison to Previous Game Count



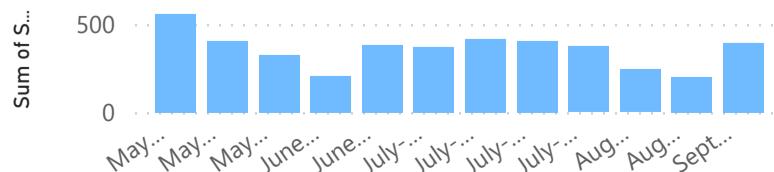
Comparison to Previous Game Sprint Distance



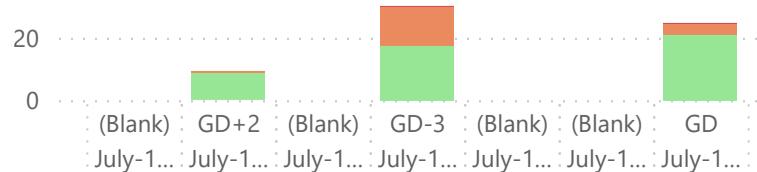
Comparison to Previous Session Load



Compare to previous GD +2



Week of Jul 10yh (Total Distance)





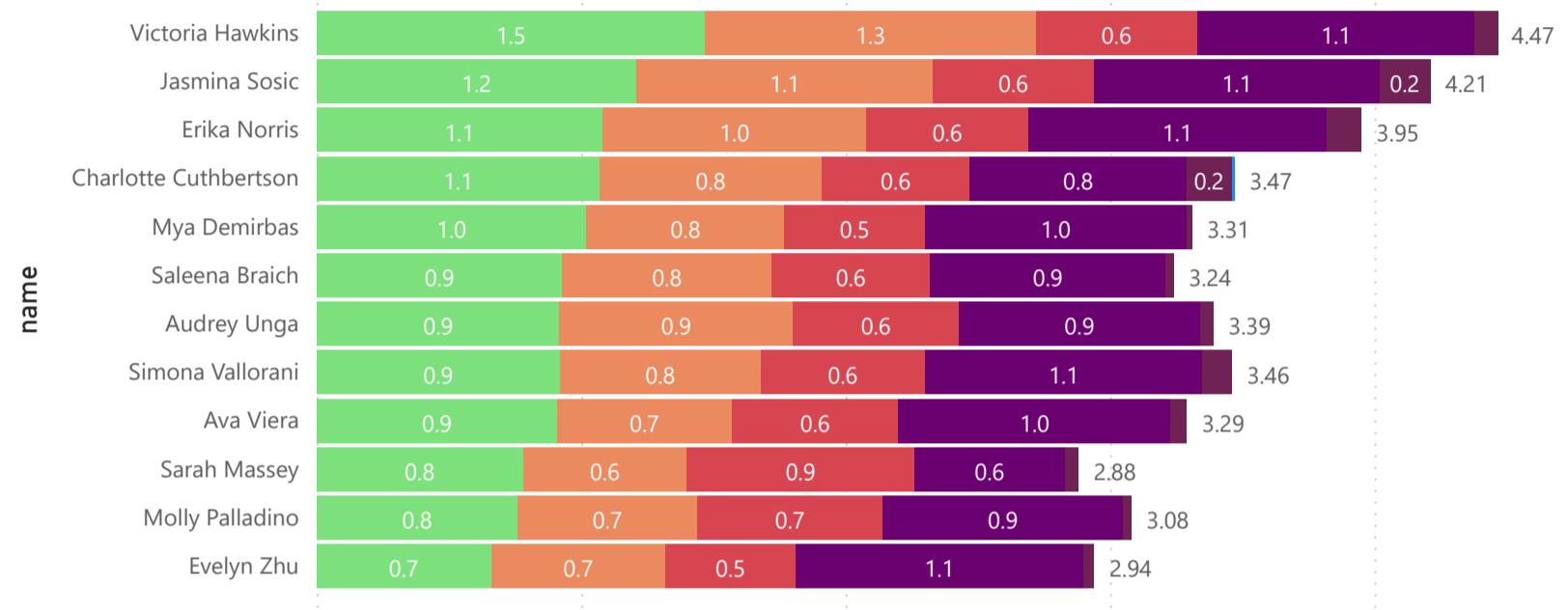
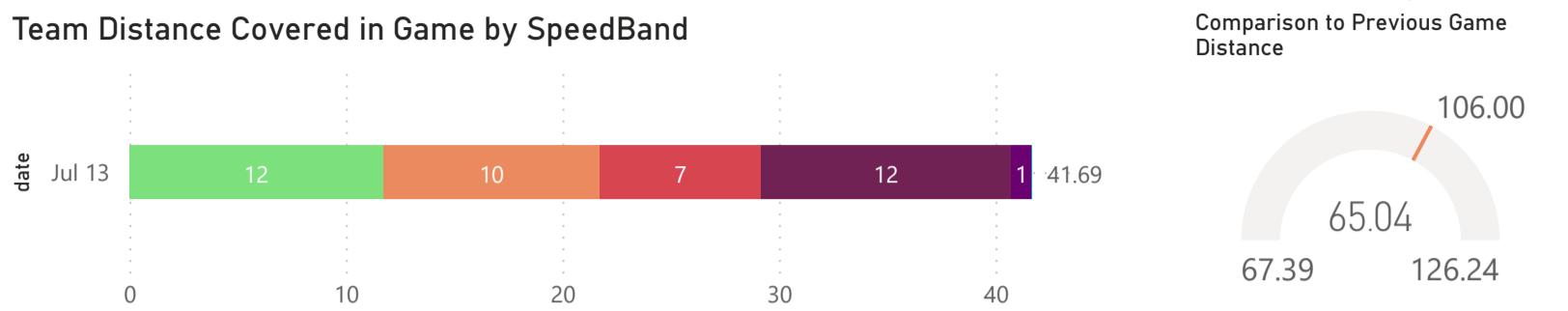
July-13-2023 (Thu)

Training

[GD-3]

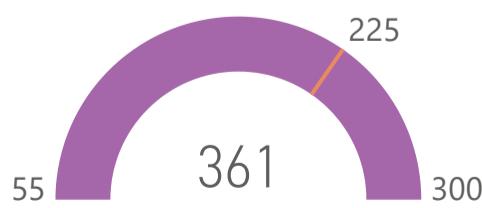


Team Distance Covered in Game by SpeedBand

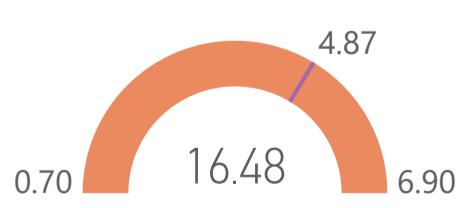


Player Name	Sum of Sprints Count	Sum of Sprints Distance (km)	Sum of Session Load	TotalDec(<-2 m/s/s)	TotalAcc(> 2 m/s/s)	Average of RPE
Erika Norris	33	1.53	222.60	116	100	
Simona Vallorani	34	1.53	203.50	88	96	
Saleena Braich	31	1.36	170.50	82	90	7.50
Jasmina Sosic	29	1.54	232.20	123	88	
Victoria Hawkins	29	1.41	213.20	119	87	
Ava Viera	36	1.45	191.60	84	83	
Audrey Unga	29	1.30	180.70	66	80	9.70
Charlotte Cuthbertson	29	1.32	191.40	77	79	
Molly Palladino	32	1.39	175.20	58	78	5.90
Sarah Massey	27	1.07	148.70	75	77	8.50
Evelyn Zhu	26	1.36	182.70	62	71	8.50
Mya Demirbas	26	1.25	175.30	95	71	9.10
Total	361	16.48	2,287.60	1045	1000	8.20

Comparison to Previous Game Count



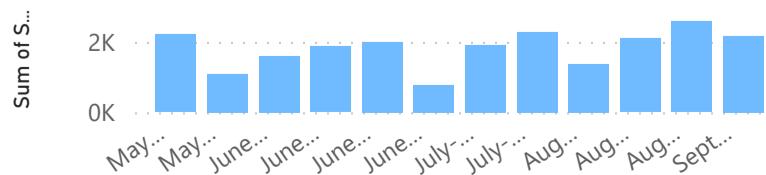
Comparison to Previous Game Sprint Distance



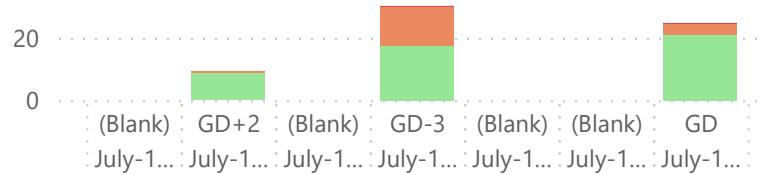
Comparison to Previous Session Load



Compare to previous GD - 3



Week of Jul 10th (Total Distance)





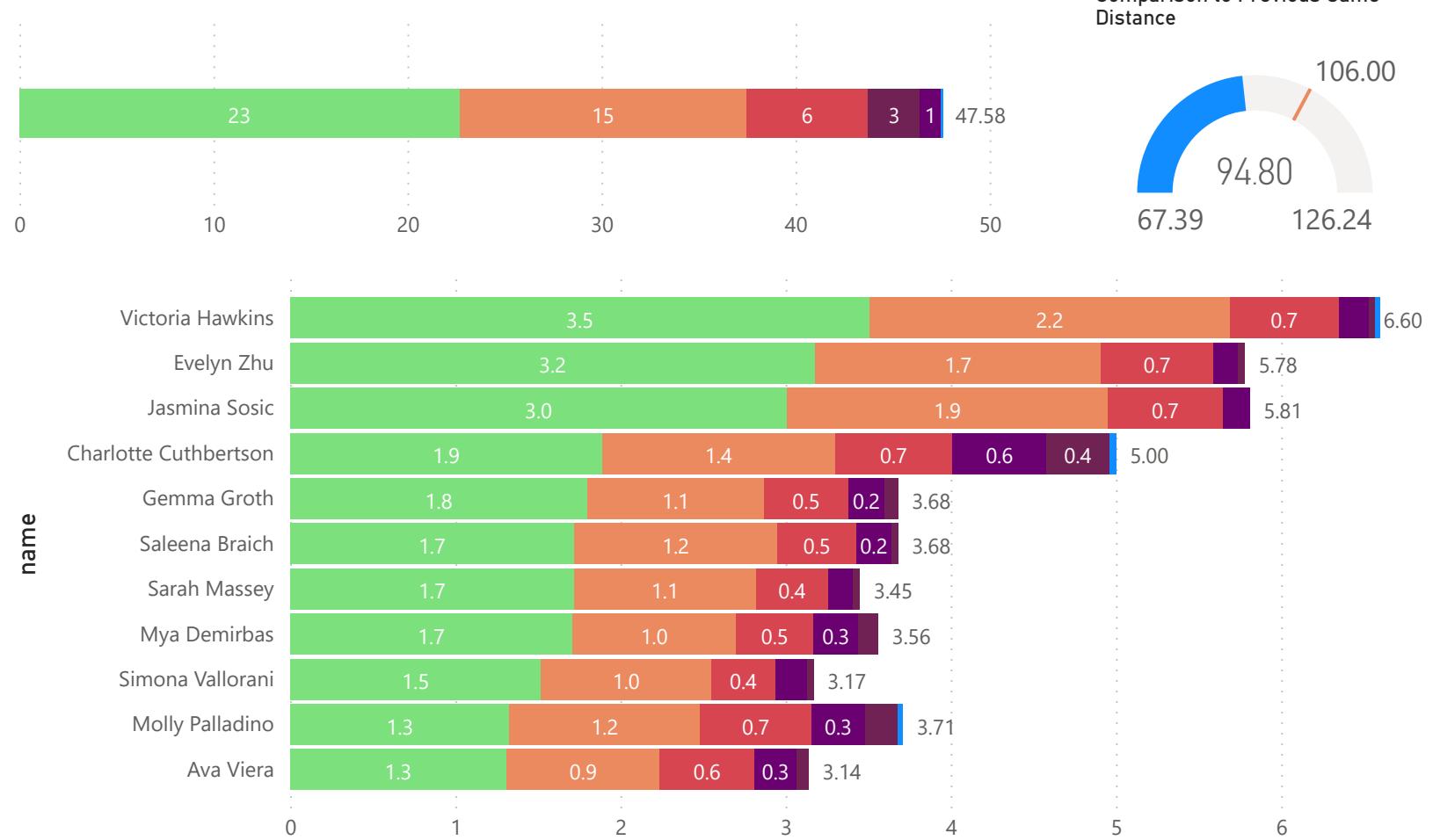
07-16-2023 (Sun) vs Push Academy

OPDL Match Day 7



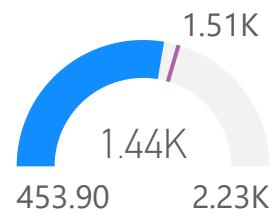
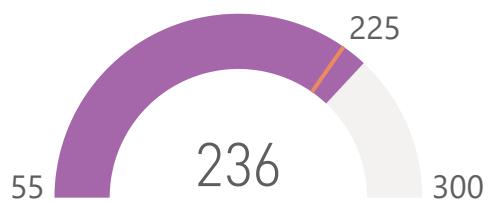
[WIN]

Team Distance Covered in Game by SpeedBand



name

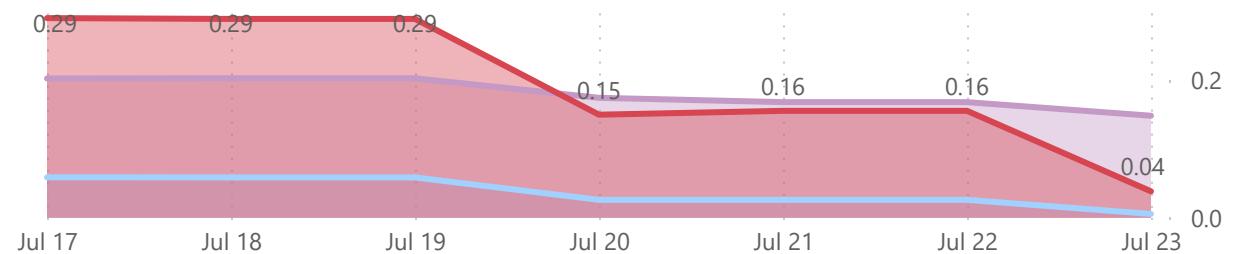
Player Name	Sum of Sprints Count	Sum of Sprints Distance (km)	Sum of Session Load	TotalDec(<-2 m/s/s)	TotalAcc(> 2 m/s/s)	Average of RPE
Victoria Hawkins	18	0.35	153.60	198	151	8.20
Jasmina Sasic	10	0.17	126.30	199	139	10.00
Evelyn Zhu	16	0.26	128.90	169	134	8.70
Gemma Groth	19	0.43	110.50	107	130	9.60
Charlotte Cuthbertson	48	1.24	243.90	143	127	9.00
Saleena Braich	21	0.37	101.80	128	119	7.40
Ava Viera	18	0.42	109.00	106	118	7.70
Simona Vallorani	16	0.31	87.20	94	107	7.90
Molly Palladino	34	0.67	166.70	123	103	8.70
Sarah Massey	15	0.27	90.20	112	103	
Mya Demirbas	21	0.51	120.80	113	102	9.20
Audrey Unga						9.00
Total	236	5.00	1,438.90	1492	1333	8.67



Week of Jul 17th (Total Distance)



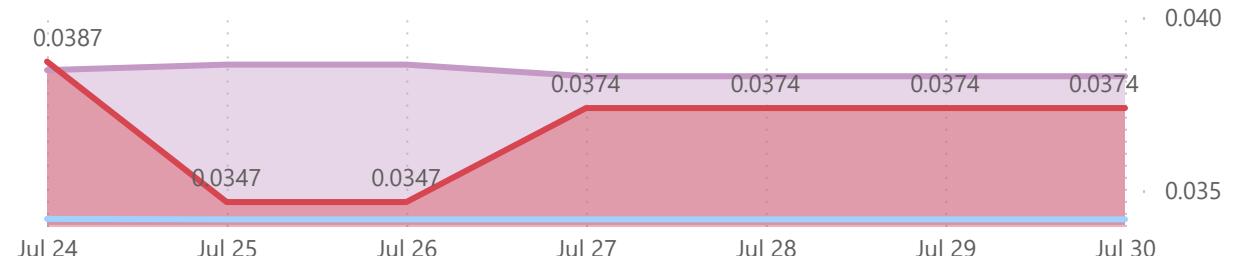
Acute: Chronic Workload Ratio



Week of Jul 24th (Total Distance)



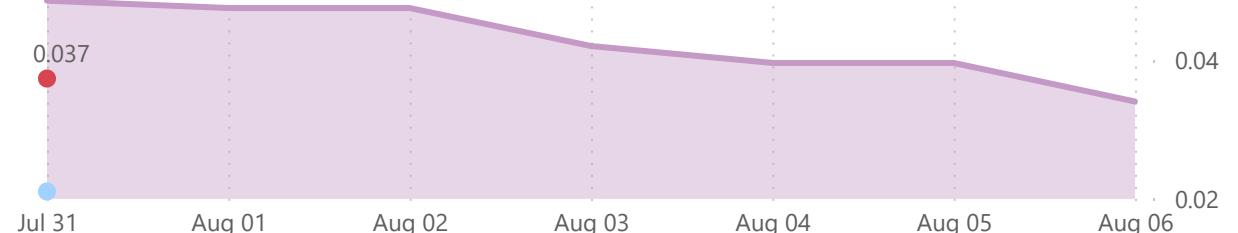
Acute: Chronic Workload Ratio



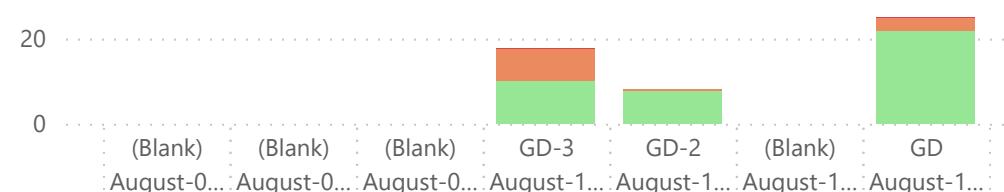
Week of Jul 31st (Total Distance)



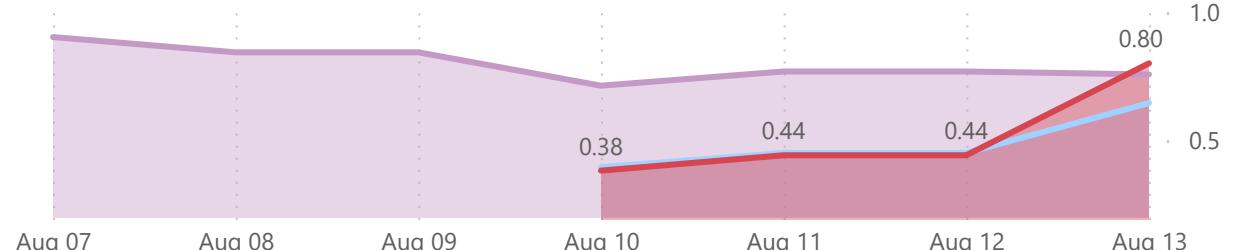
Acute: Chronic Workload Ratio



Week of Aug 7th (Total Distance)



Acute: Chronic Workload Ratio





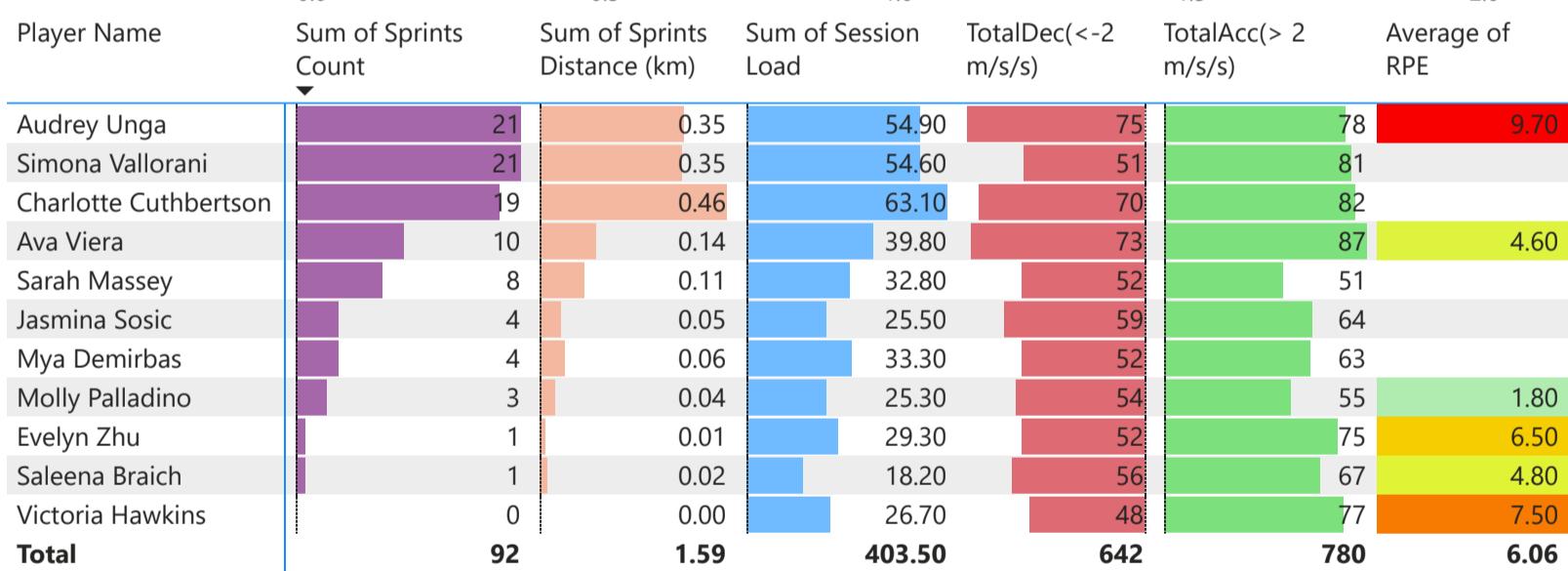
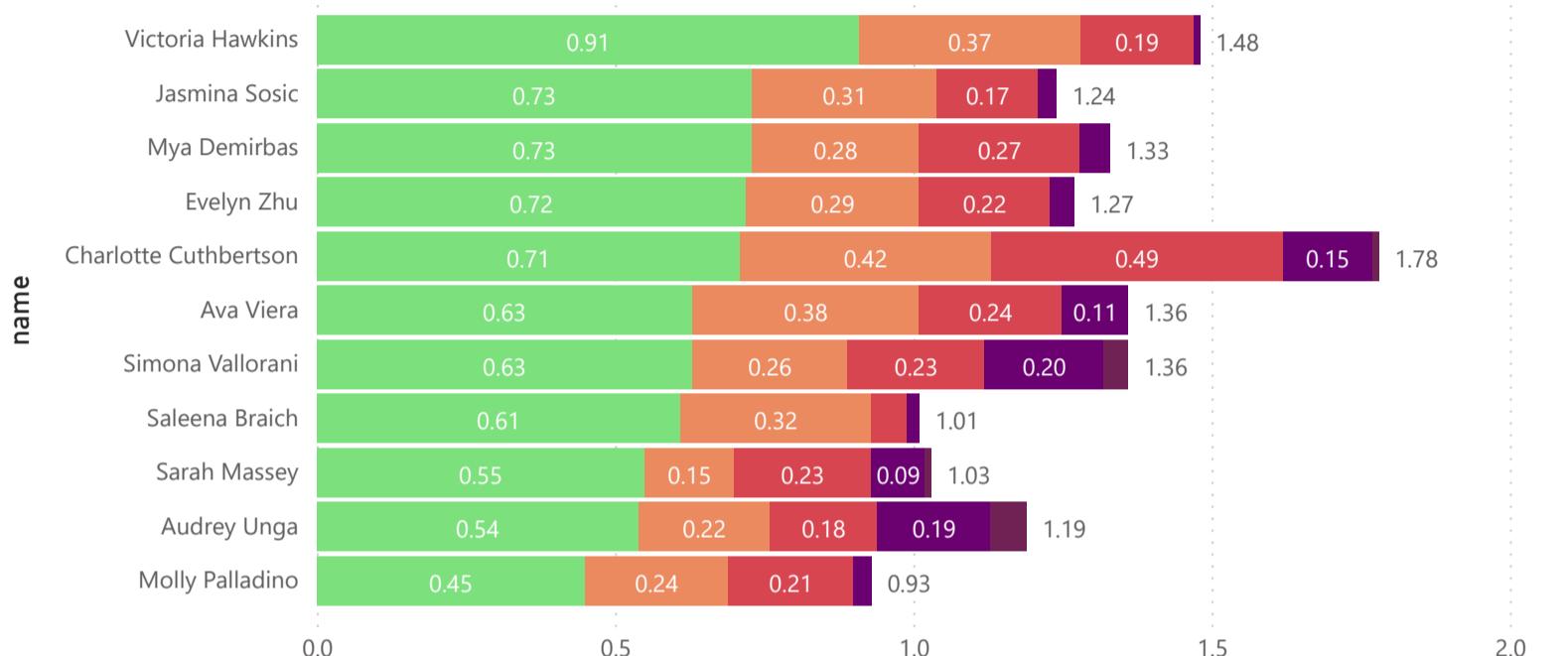
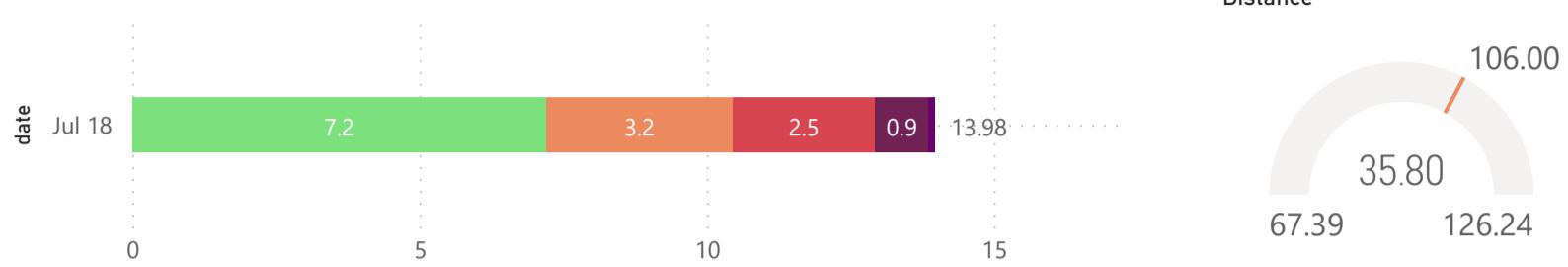
July-18-2023 (Tue)

Training

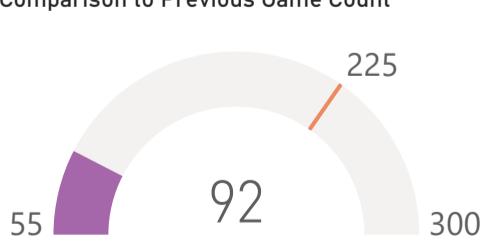
[GD+2]



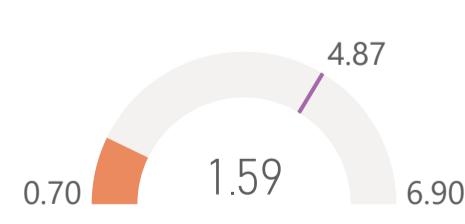
Team Distance Covered in Game by SpeedBand



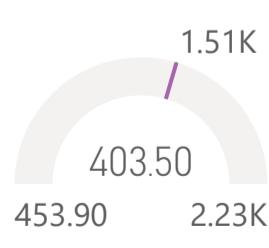
Comparison to Previous Game Count



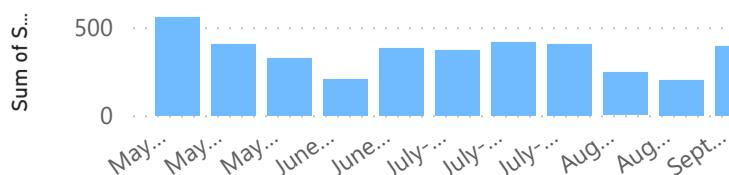
Comparison to Previous Game Sprint Distance



Comparison to Previous Session Load



Compare to previous GD +2



Week of Jul 17th (Total Distance)





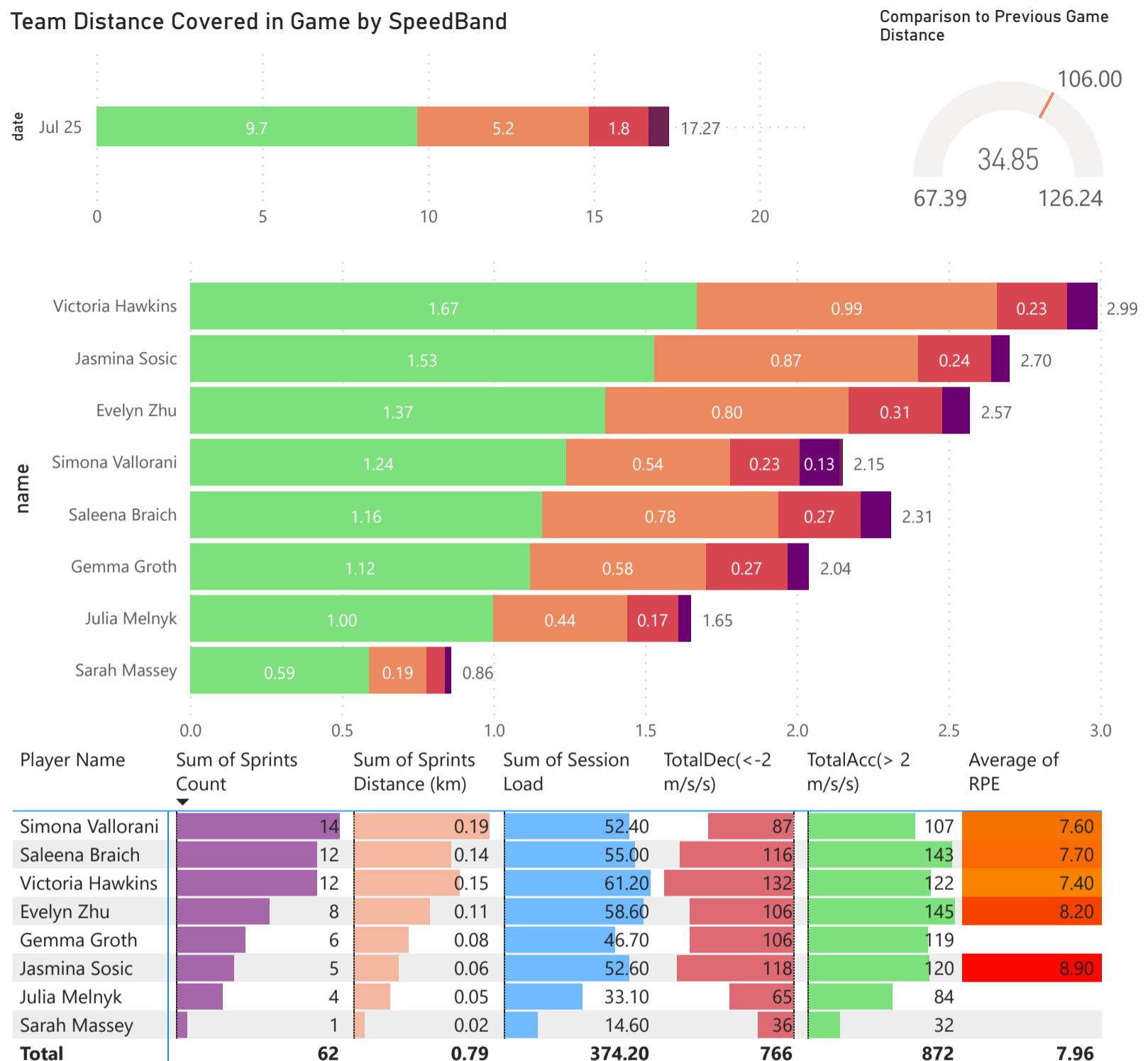
July-25-2023 (Tue)

Training

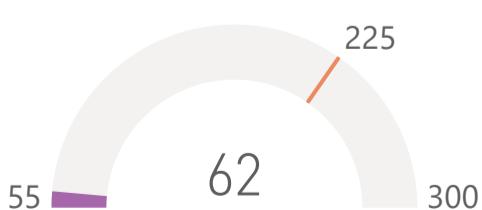
[GD+2]



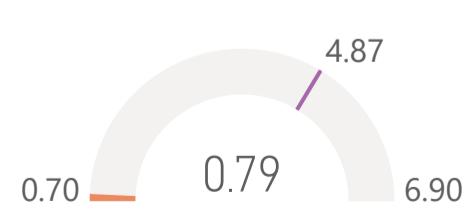
Team Distance Covered in Game by SpeedBand



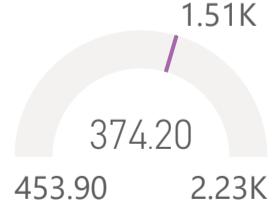
Comparison to Previous Game Count



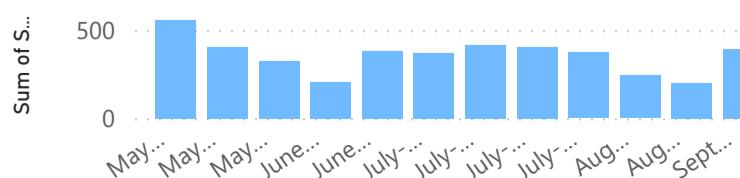
Comparison to Previous Game Sprint Distance



Comparison to Previous Session Load



Compare to previous GD +2



Week of Jul 24th (Total Distance)





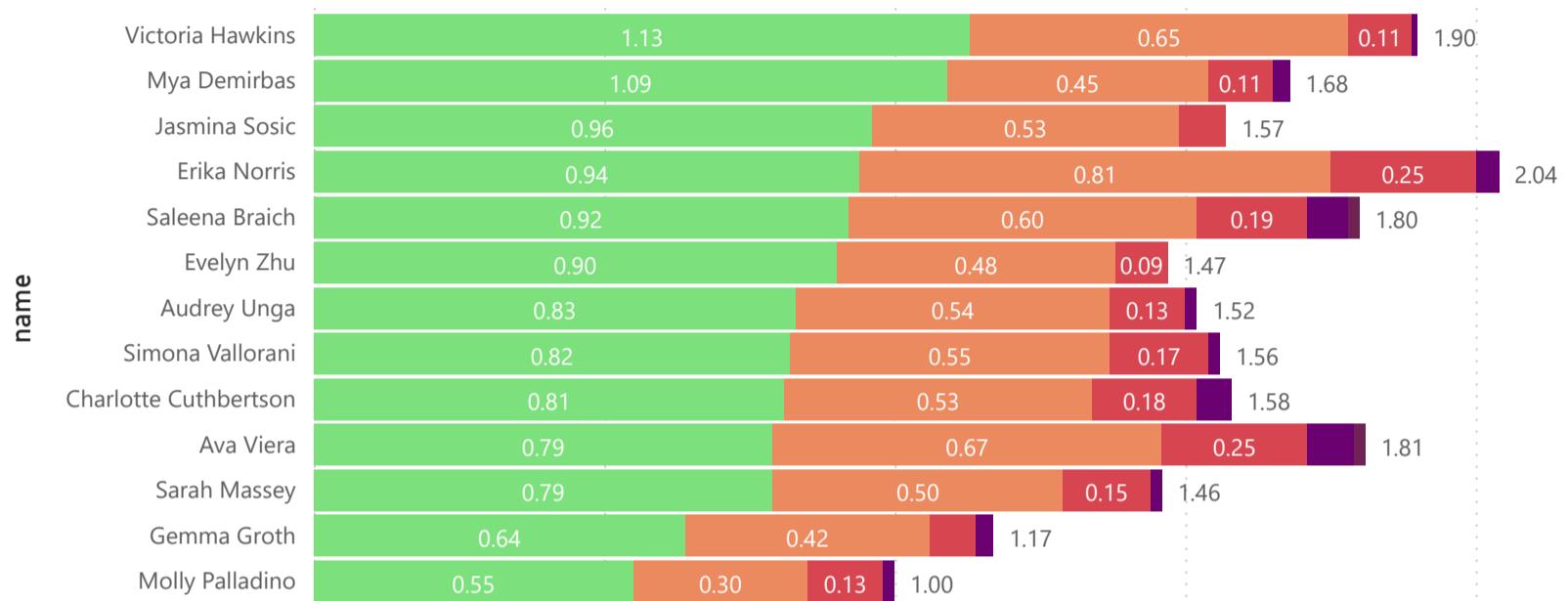
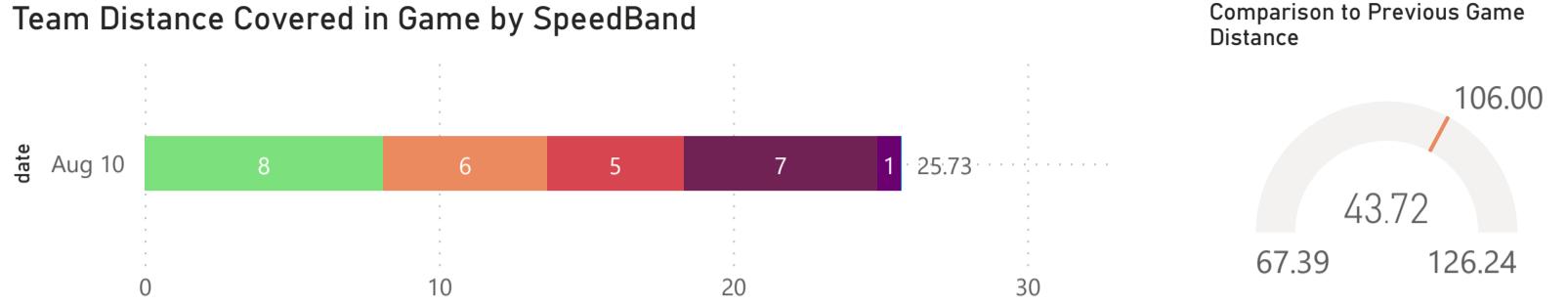
Aug-10-2023 (Wed)

Training

[GD-3]

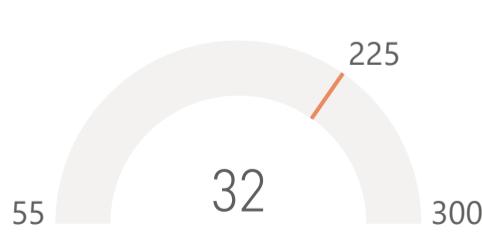


Team Distance Covered in Game by SpeedBand

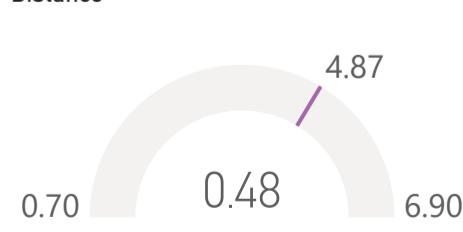


Player Name	Sum of Sprints Count	Sum of Sprints Distance (km)	Sum of Session Load	TotalDec(<-2 m/s/s)	TotalAcc(> 2 m/s/s)	Average of RPE
Ava Viera	7	0.12	49.50	79	80	
Saleena Braich	6	0.11	43.90	79	92	
Charlotte Cuthbertson	4	0.06	35.70	57	62	
Erika Norris	4	0.05	45.30	72	82	
Gemma Groth	4	0.04	22.50	29	53	
Audrey Unga	2	0.02	27.40	37	58	
Mya Demirbas	2	0.03	29.60	55	53	
Simona Vallorani	2	0.03	32.40	42	78	
Sarah Massey	1	0.02	28.90	55	65	
Evelyn Zhu	0	0.00	23.80	50	58	
Jasmina Sosic	0	0.00	24.00	40	73	
Molly Palladino	0	0.00	20.90	43	59	
Victoria Hawkins	0	0.00	31.00	66	81	
Total	32	0.48	414.90	704	894	

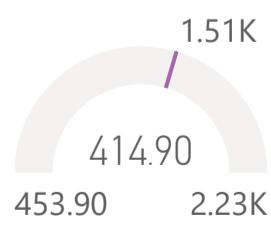
Comparison to Previous Game Count



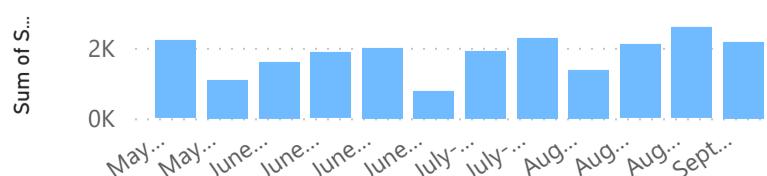
Comparison to Previous Game Sprint Distance



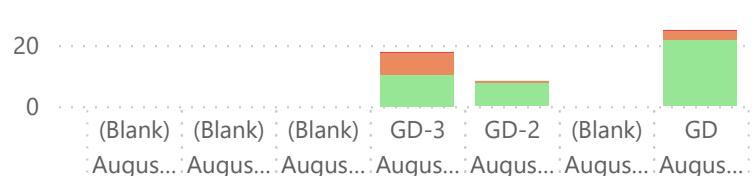
Comparison to Previous Session Load



Compare to previous GD -3



Week of Aug 7th (Total Distance)





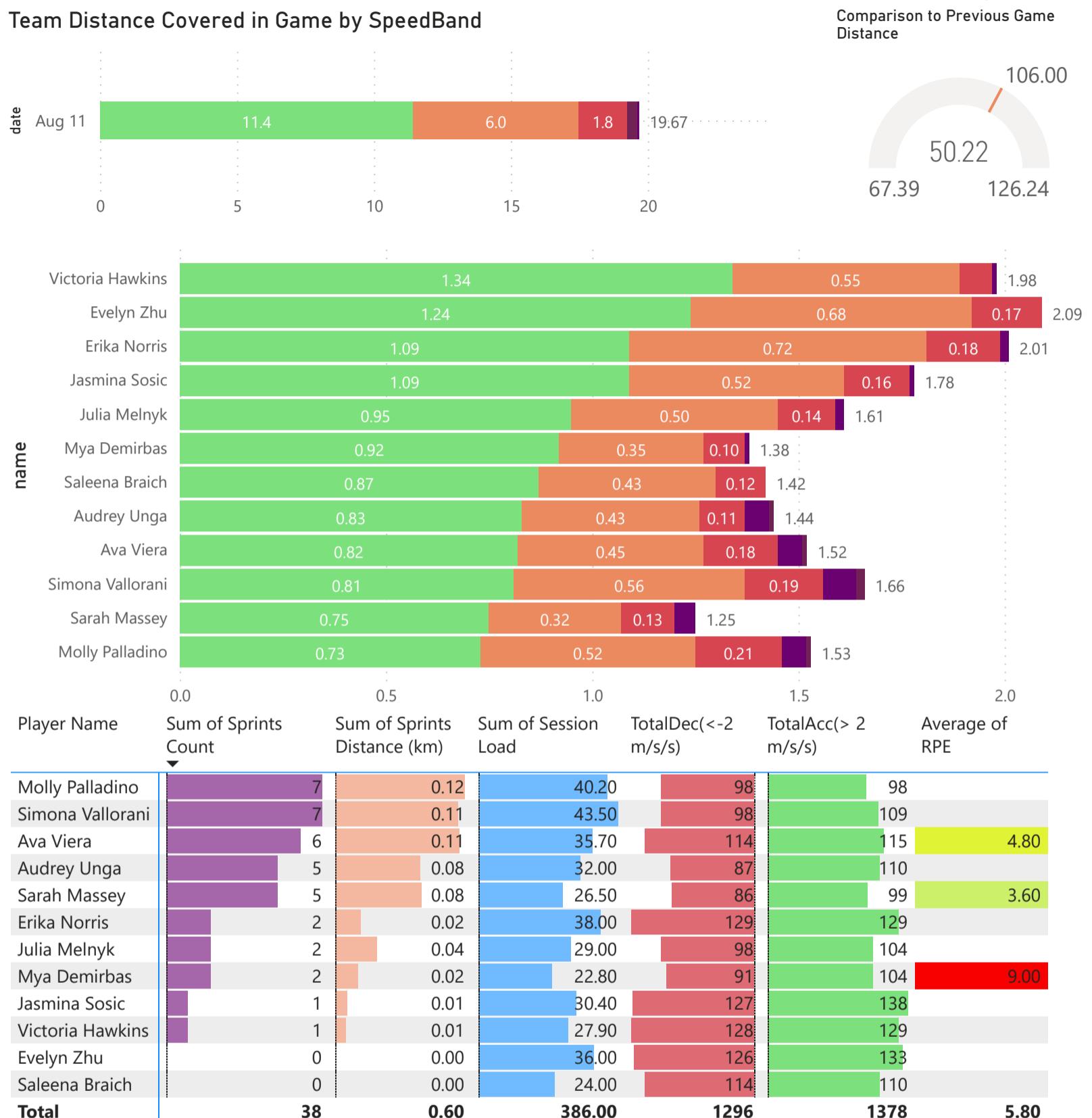
Aug-11-2023 (Thu)

Training

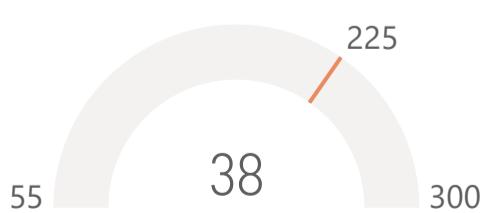
[GD-2]



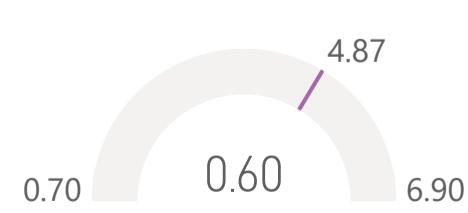
Team Distance Covered in Game by SpeedBand



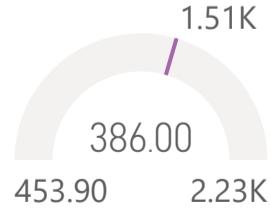
Comparison to Previous Game Count



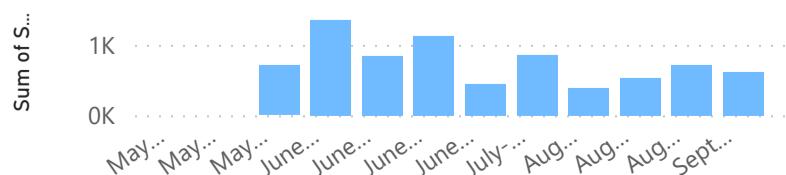
Comparison to Previous Game Sprint Distance



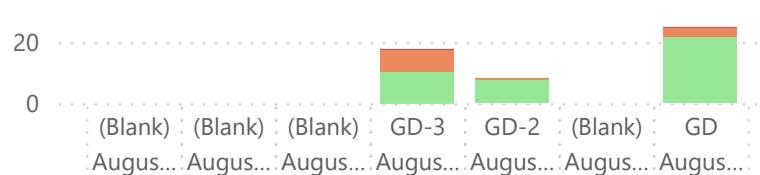
Comparison to Previous Session Load



Compare to previous GD - 2



Week of Aug 7th (Total Distance)





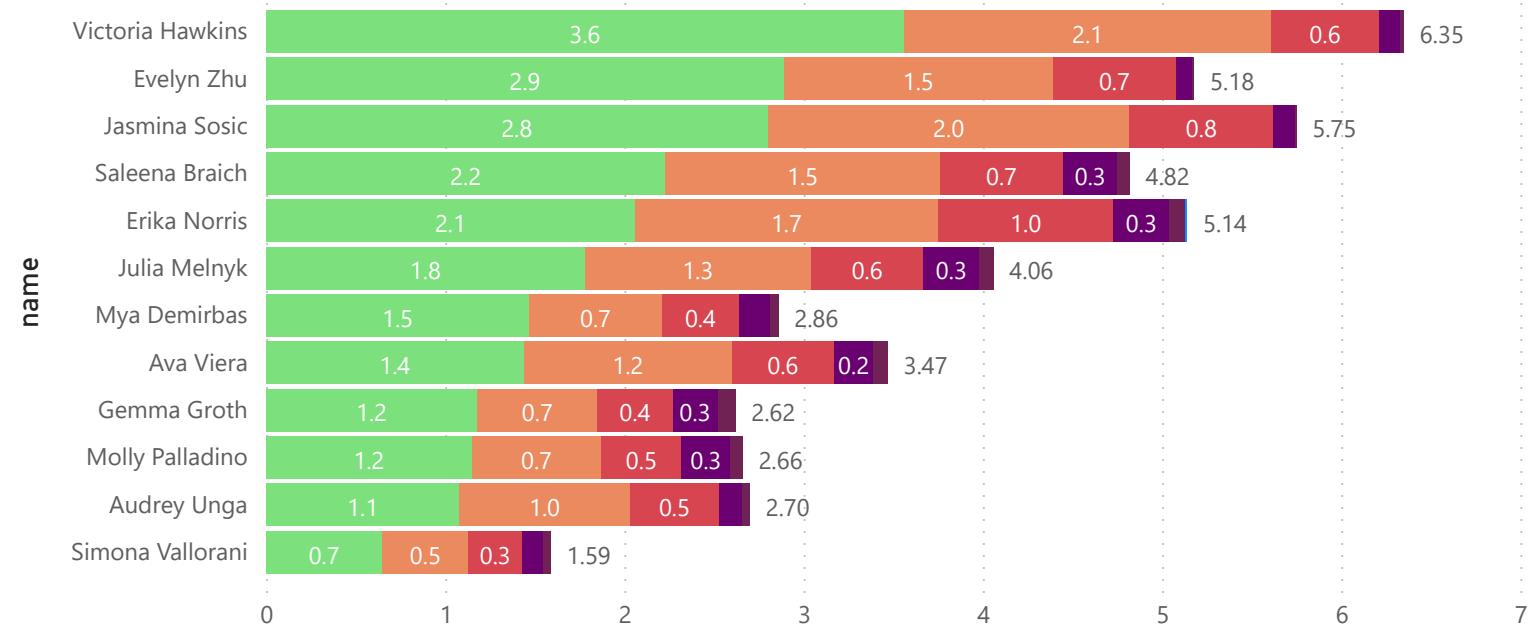
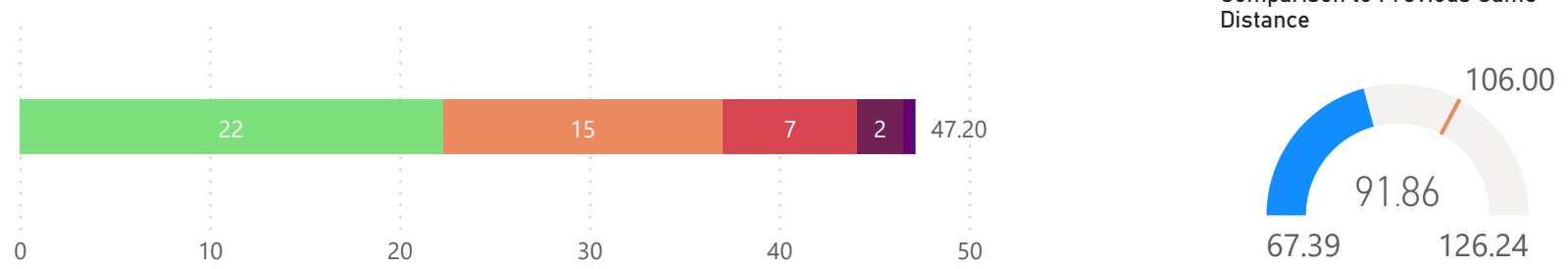
08-13-2023 (Sun) vs Aurora FC

OPDL Match Day 8

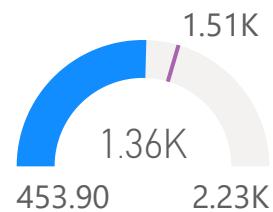
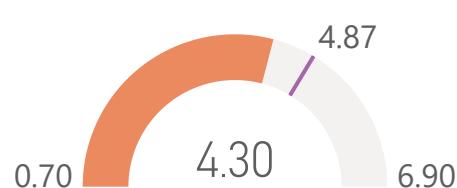
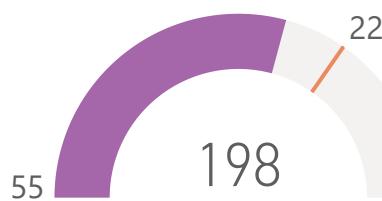
[LOSE]



Team Distance Covered in Game by SpeedBand



Player Name	Sum of Sprints Count	Sum of Session Load	TotalDec(<-2 m/s/s)	TotalAcc(> 2 m/s/s)	Average of RPE
Erika Norris	33	171.70	186	161	8.30
Victoria Hawkins	12	127.60	187	140	9.10
Saleena Braich	21	142.40	160	139	8.40
Jasmina Susic	8	130.80	158	126	10.00
Evelyn Zhu	7	111.10	122	123	8.50
Julia Melnyk	25	132.70	104	110	7.25
Ava Viera	15	115.30	105	103	7.40
Gemma Groth	20	100.30	90	99	9.40
Molly Palladino	24	98.60	99	97	7.70
Mya Demirbas	11	86.60	106	78	6.80
Audrey Unga	14	85.90	81	76	8.20
Simona Vallorani	8	55.90	41	52	8.00
Total	198	1,358.90	1439	1304	8.18





Individualized Player Report

Max Speed (m/s)

11.74

1600m run time (mm.sec)

6.38

Average Game Time (min)

69.95

Player Name

Evelyn Zhu

Date

28/04/2023

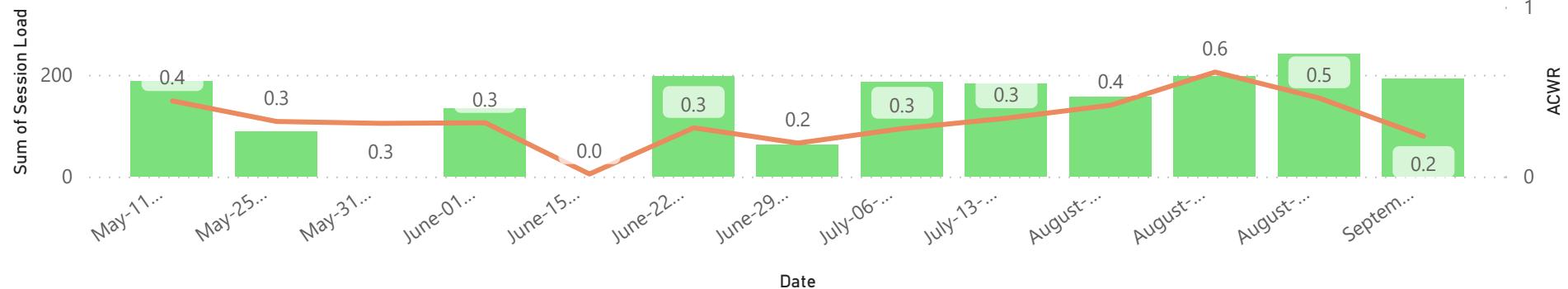
08/09/2023

Sum of Session Load by Date



Conditioning Day on GD-3

● Sum of Session Load ● ACWR



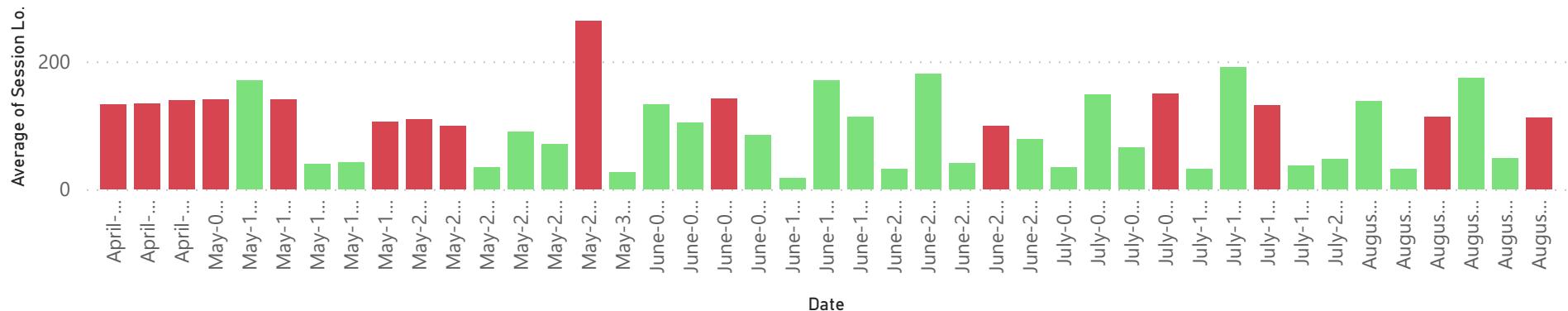
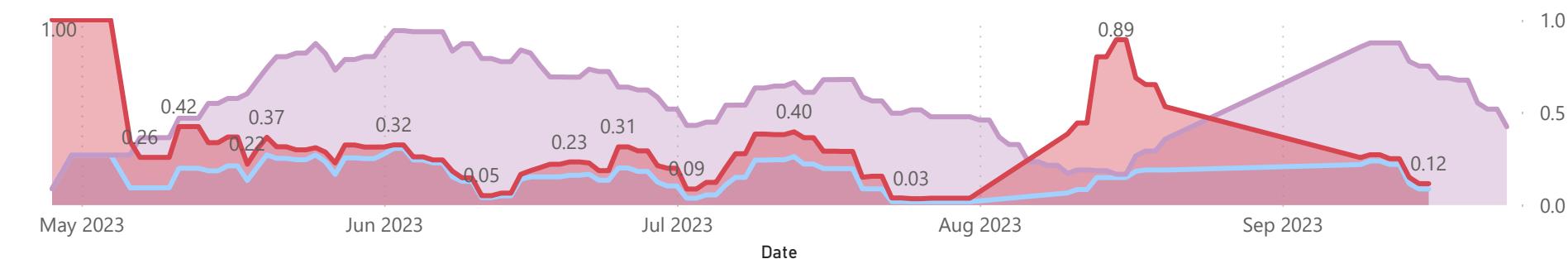


OSC GU17

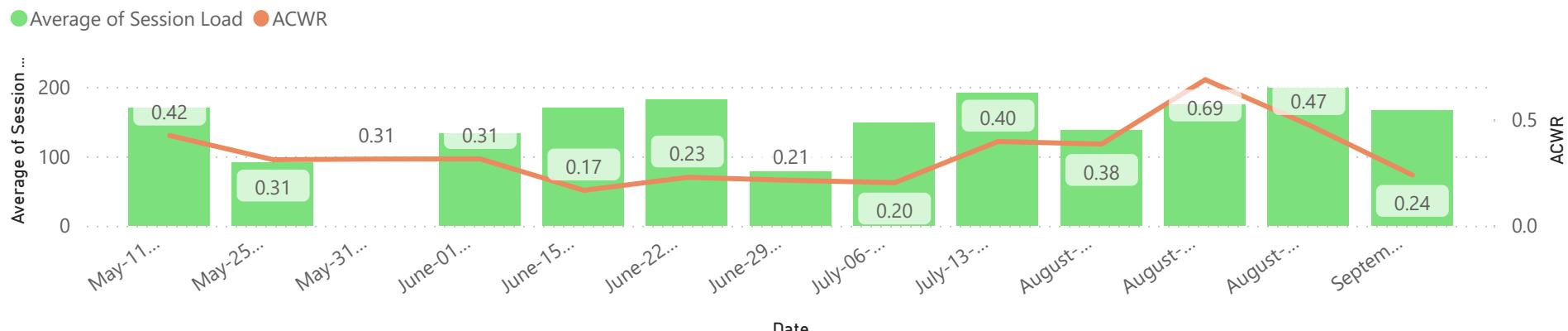
Team Workload Report



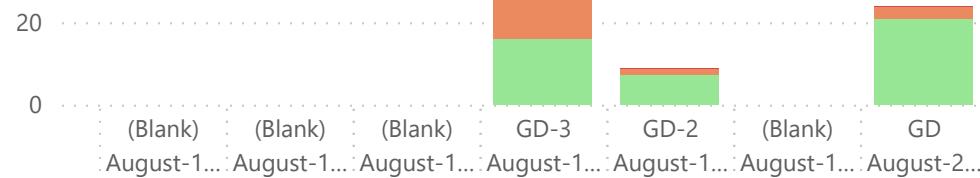
Acute: Chronic Workload Ratio



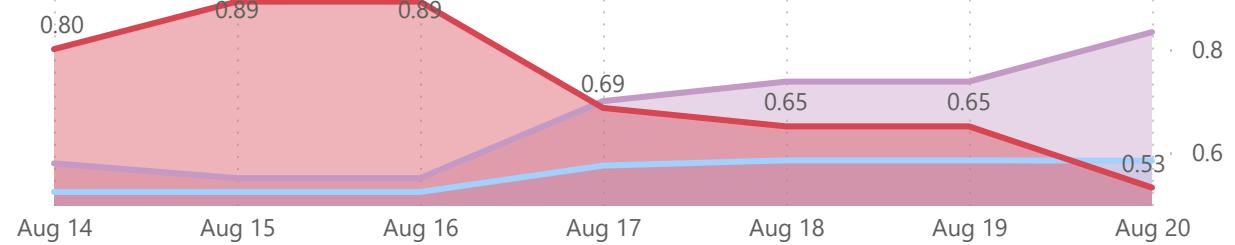
Conditioning Day on GD-3



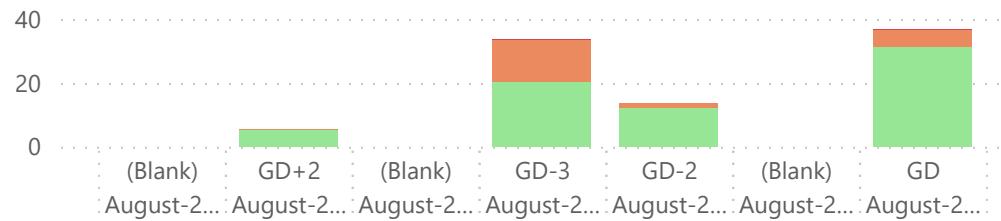
Week of Aug 14th (Total Distance)



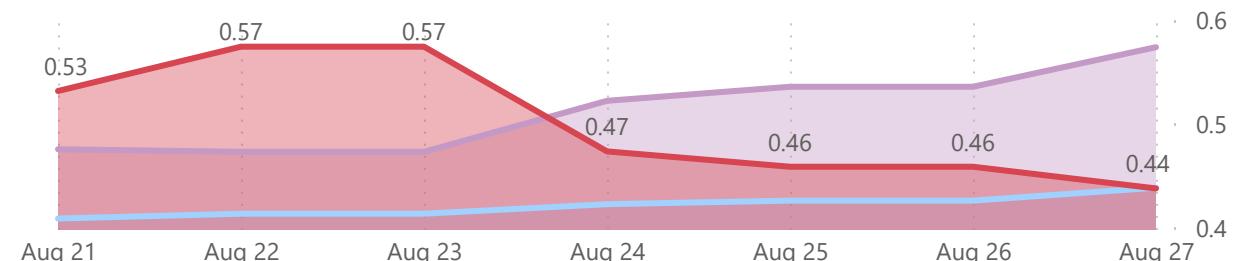
Acute: Chronic Workload Ratio



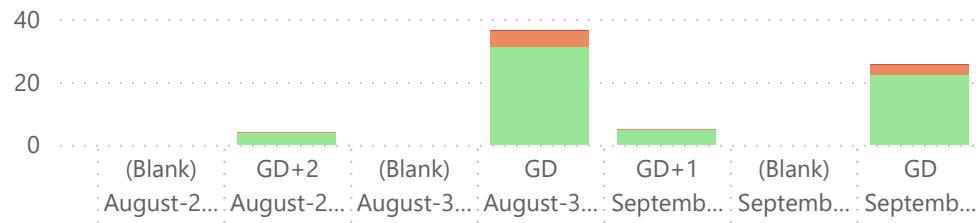
Week of Aug 21st (Total Distance)



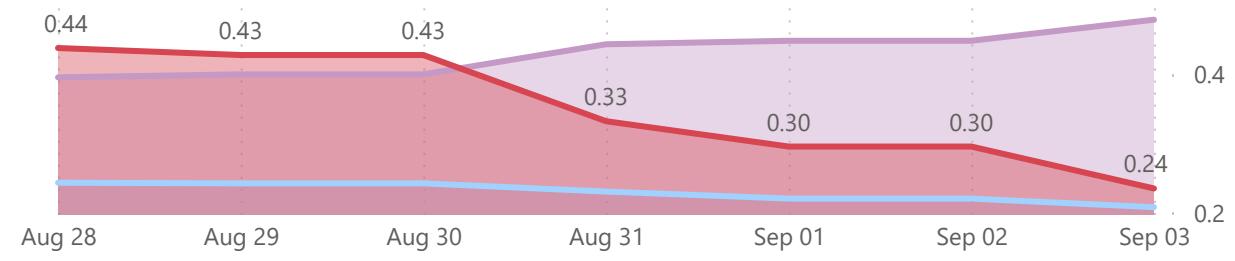
Acute: Chronic Workload Ratio



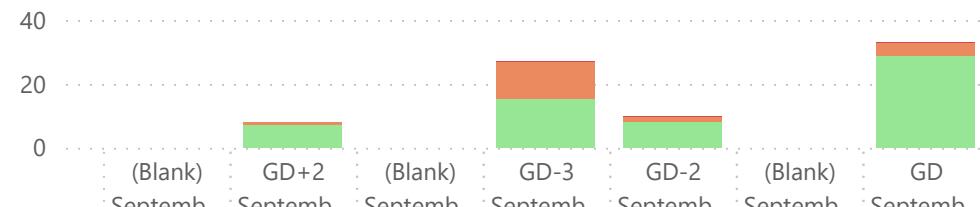
Week of Aug 28th (Total Distance)



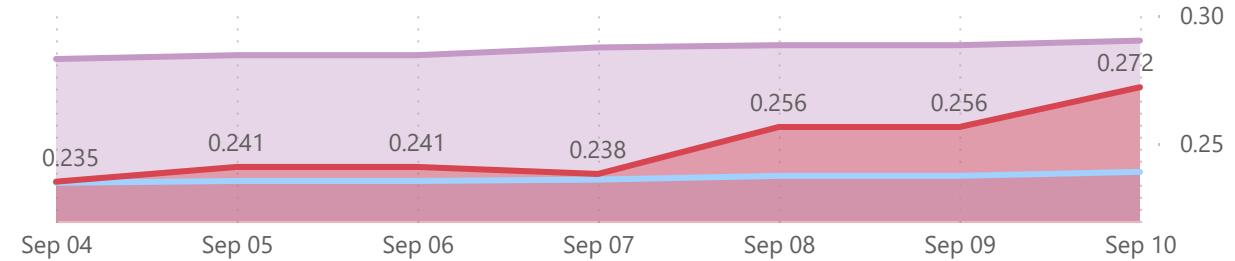
Acute: Chronic Workload Ratio



Week of Sep 4th (Total Distance)



Acute: Chronic Workload Ratio





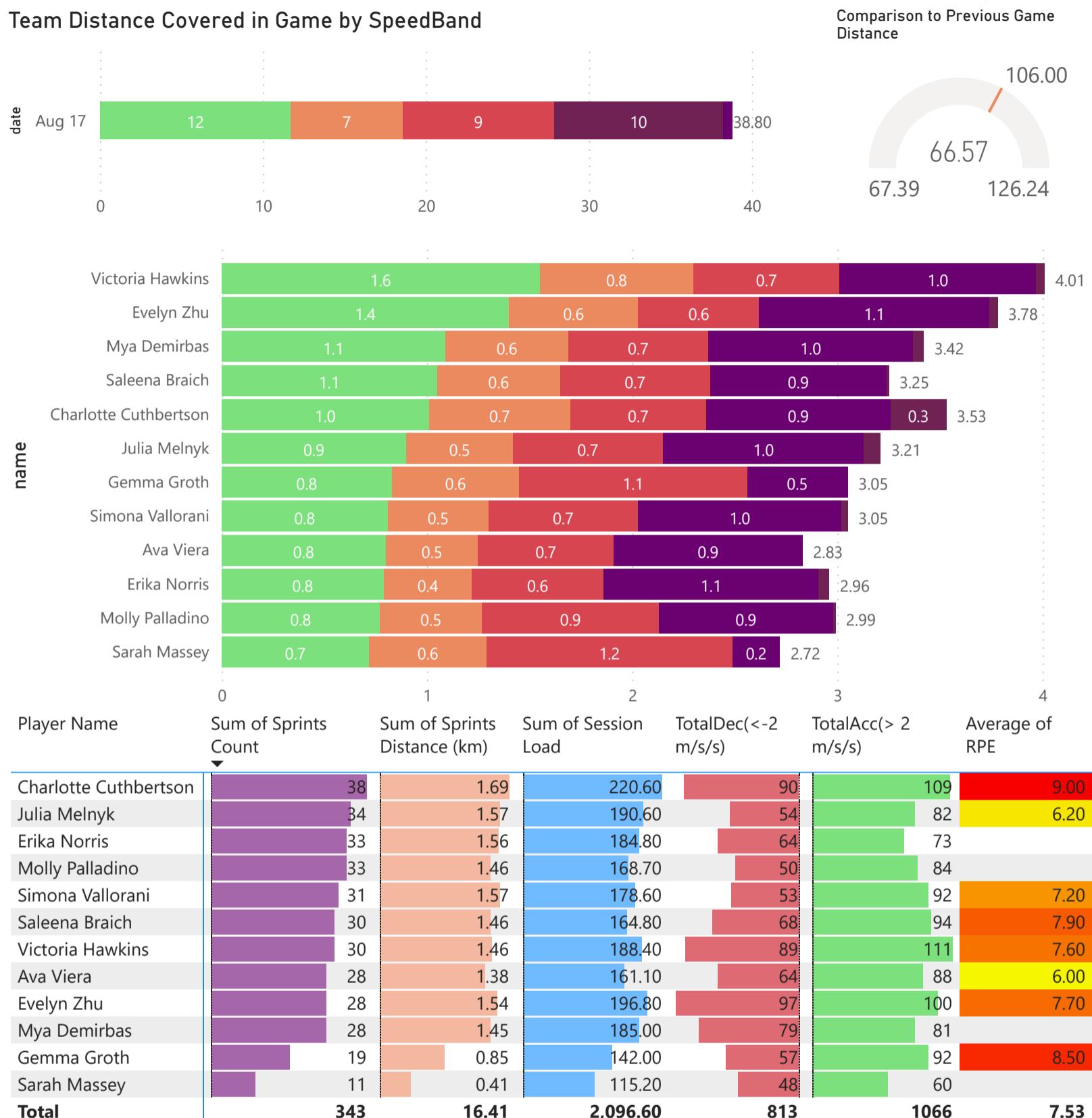
Aug-17-2023 (Wed)

Training

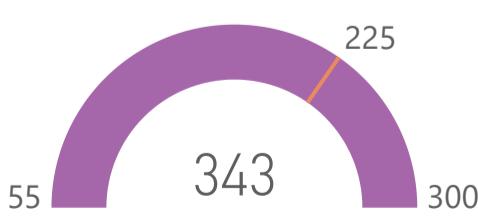
[GD-3]



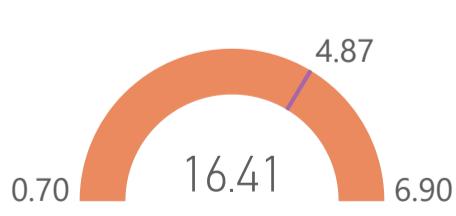
Team Distance Covered in Game by SpeedBand



Comparison to Previous Game Count



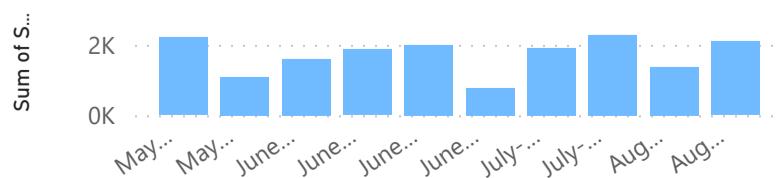
Comparison to Previous Game Sprint Distance



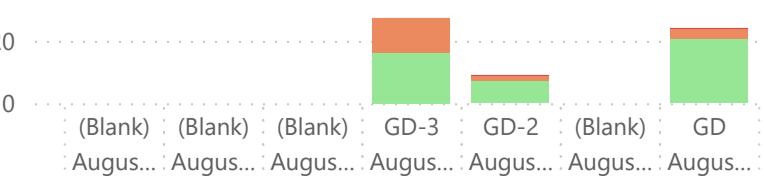
Comparison to Previous Session Load



Compare to previous GD - 3



Week of Aug 14th (Total Distance)





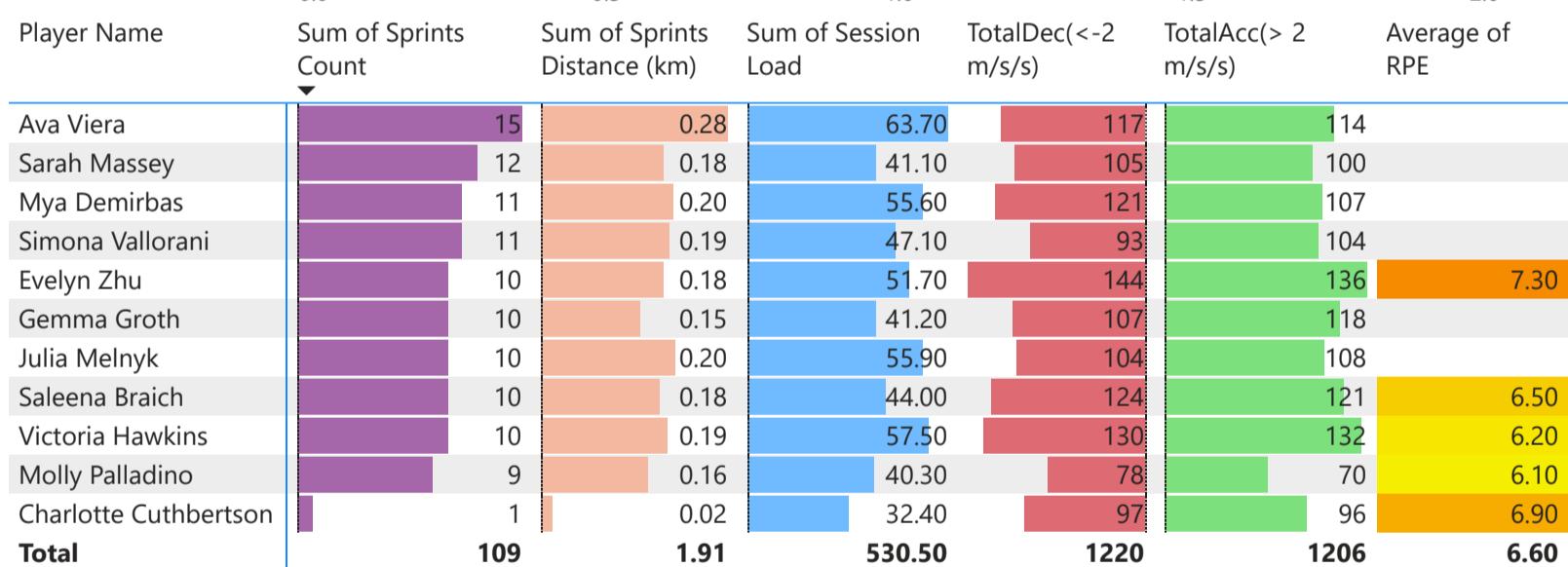
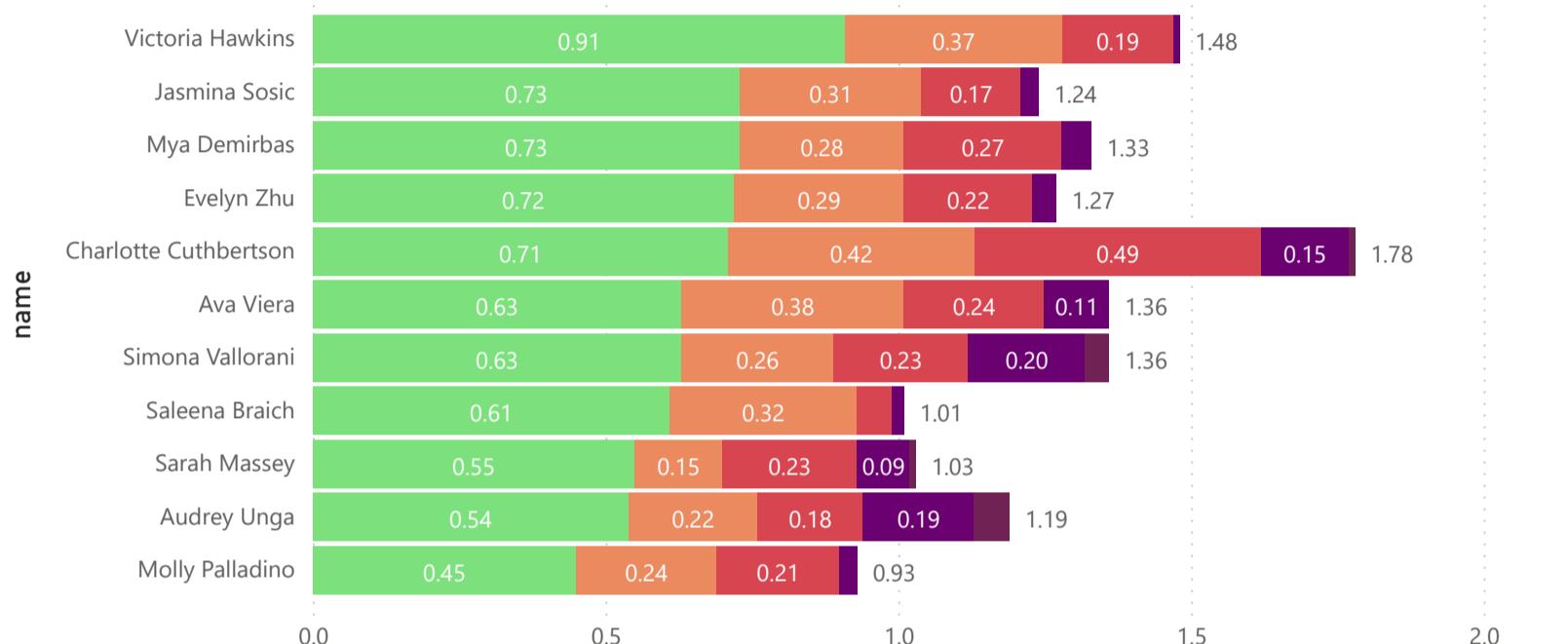
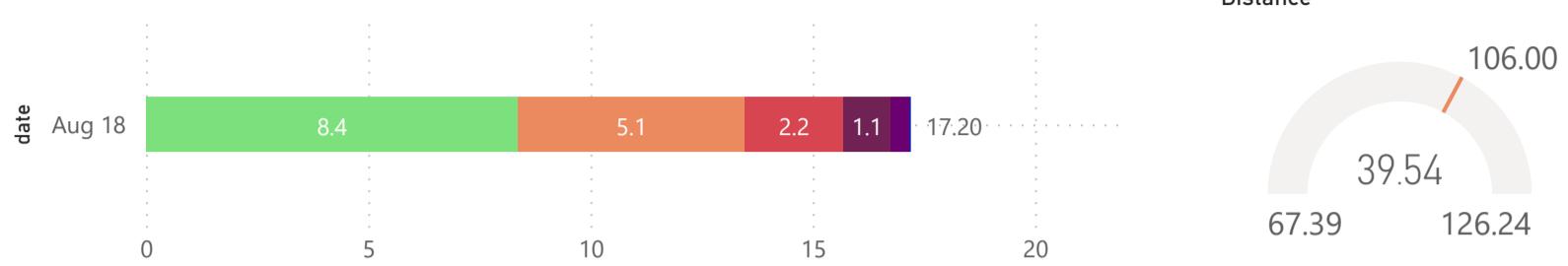
Aug-18-2023 (Thu)

Training

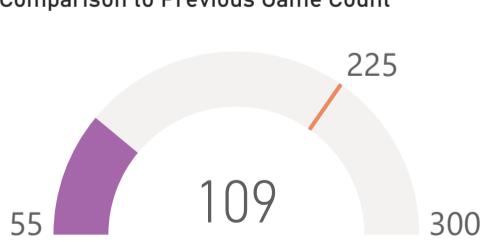
[GD-2]



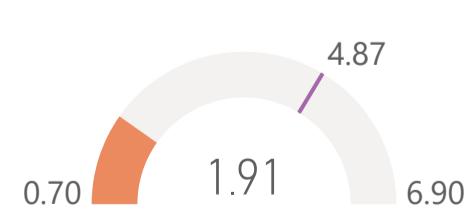
Team Distance Covered in Game by SpeedBand



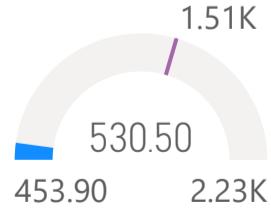
Comparison to Previous Game Count



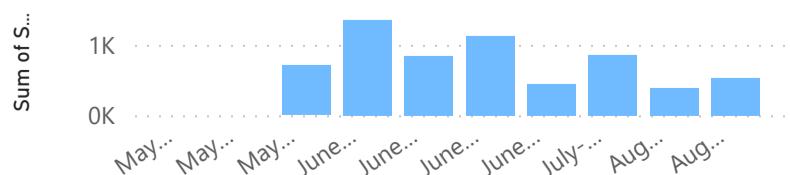
Comparison to Previous Game Sprint Distance



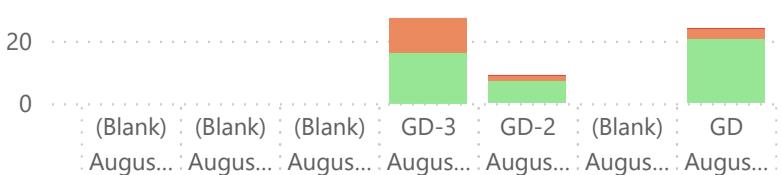
Comparison to Previous Session Load



Compare to previous GD - 2



Week of Aug 14th (Total Distance)





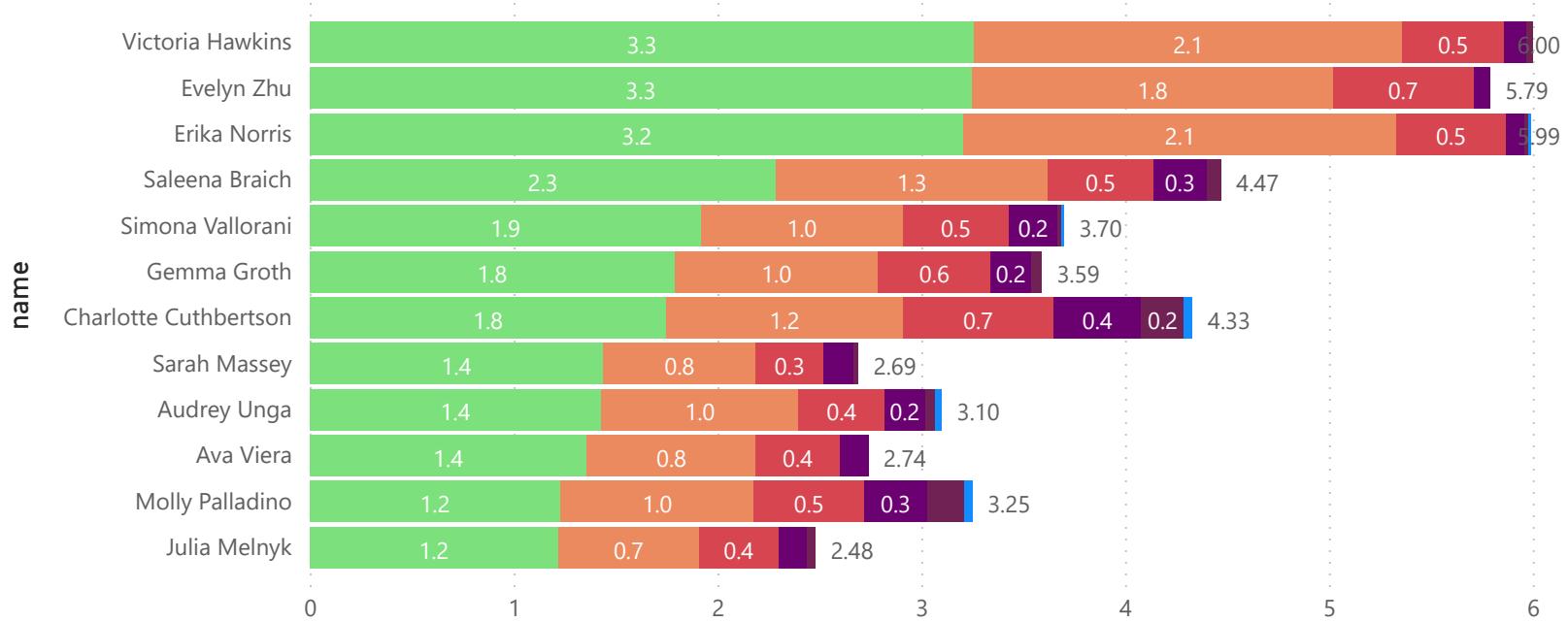
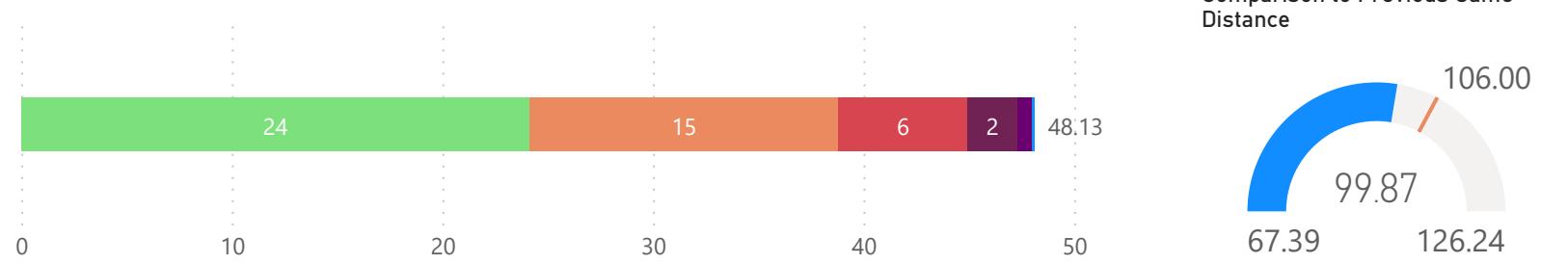
08-20-2023 (Sun) vs North Toronto SC

OPDL Match Day 9

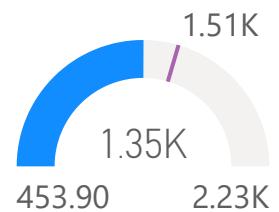
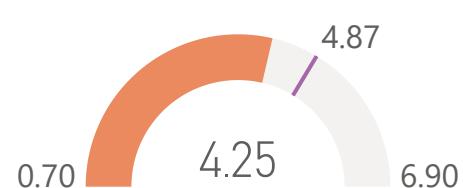
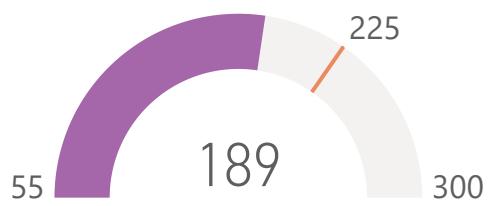


[WIN]

Team Distance Covered in Game by SpeedBand



Player Name	Sum of Sprints Count	Sum of Session Load	TotalDec(<-2 m/s/s)	TotalAcc(> 2 m/s/s)	Average of RPE
Saleena Braich	20	123.80	159	133	8.30
Charlotte Cuthbertson	38	188.90	120	127	9.30
Evelyn Zhu	6	116.90	147	125	9.00
Victoria Hawkins	8	121.40	142	123	6.10
Gemma Groth	13	104.30	98	111	10.00
Erika Norris	8	121.70	132	108	
Simona Vallorani	17	103.70	107	104	8.50
Audrey Unga	18	101.20	96	103	10.00
Sarah Massey	11	69.60	94	84	
Ava Viera	10	71.00	83	76	7.50
Molly Palladino	26	150.90	93	70	8.80
Julia Melnyk	14	72.80	71	62	8.30
Total	189	1,346.20	1342	1226	8.58





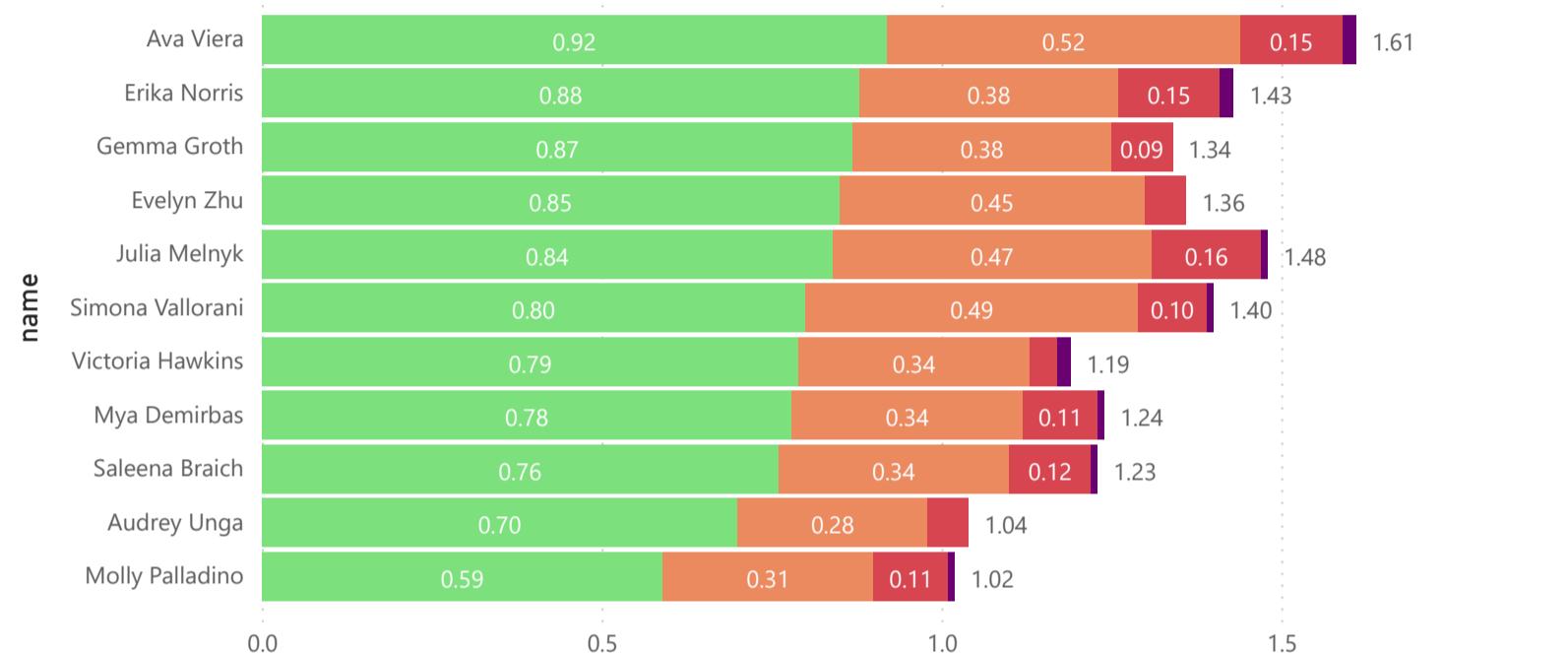
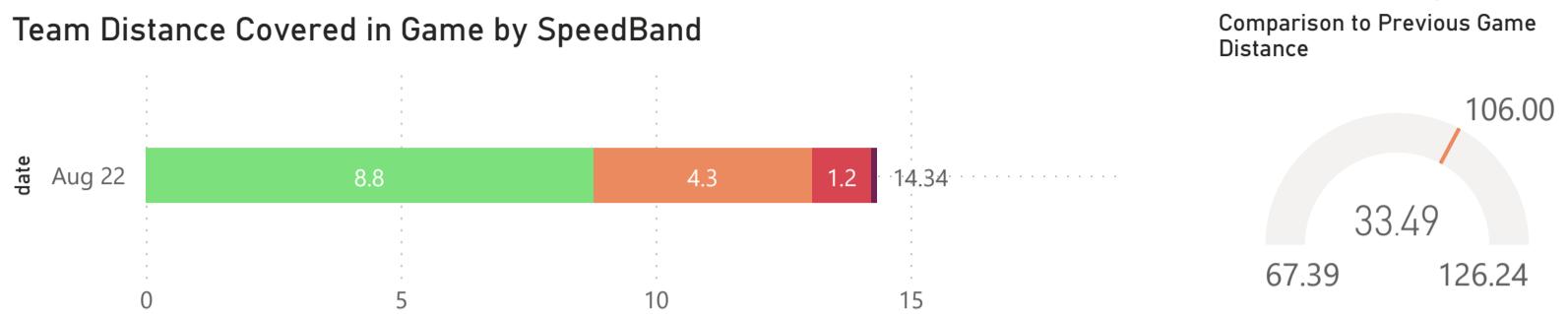
Aug-22-2023 (Tue)

Training

[GD+2]



Team Distance Covered in Game by SpeedBand

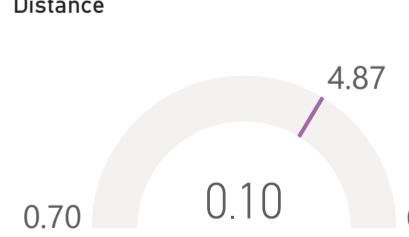


Player Name	Sum of Sprints Count	Sum of Sprints Distance (km)	Sum of Session Load	TotalDec(<-2 m/s/s)	TotalAcc(> 2 m/s/s)	Average of RPE
Erika Norris	2	0.03	26.10	98	81	6.70
Victoria Hawkins	2	0.03	18.70	72	86	4.90
Ava Viera	1	0.02	30.20	98	80	3.80
Molly Palladino	1	0.01	19.10	68	91	7.20
Simona Vallorani	1	0.01	24.60	62	75	10.00
Audrey Unga	0	0.00	14.90	55	65	
Evelyn Zhu	0	0.00	19.90	74	78	
Gemma Groth	0	0.00	20.80	66	97	
Julia Melnyk	0	0.00	27.70	82	72	7.60
Mya Demirbas	0	0.00	20.40	81	83	5.10
Saleena Braich	0	0.00	21.20	85	3.80	
Total	7	0.10	243.60	841	892	6.30

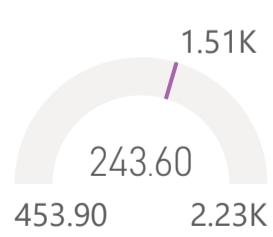
Comparison to Previous Game Count



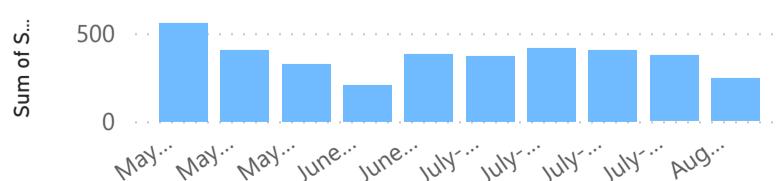
Comparison to Previous Game Sprint Distance



Comparison to Previous Session Load



Compare to previous GD +2



Week of Aug 21st (Total Distance)





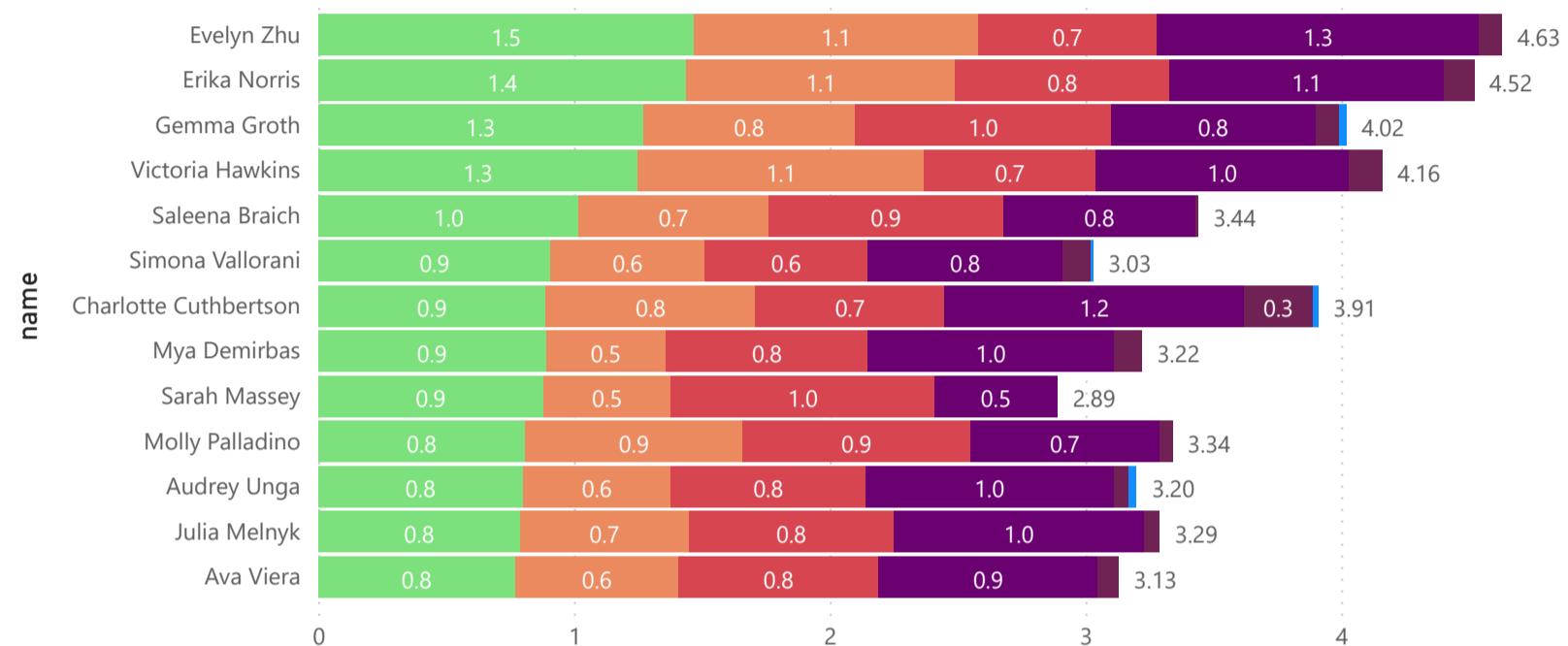
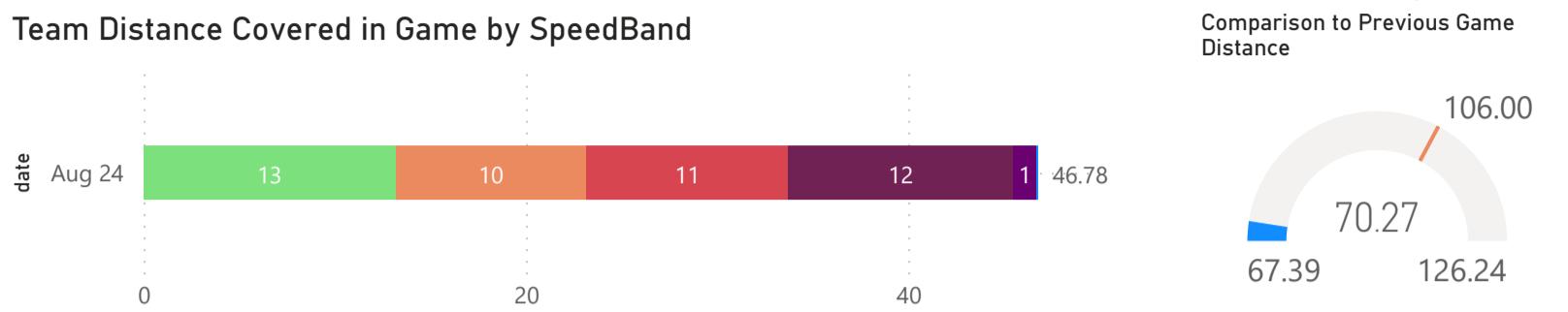
Aug-24-2023 (Wed)

Training

[GD-3]

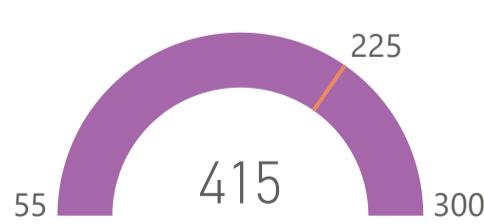


Team Distance Covered in Game by SpeedBand

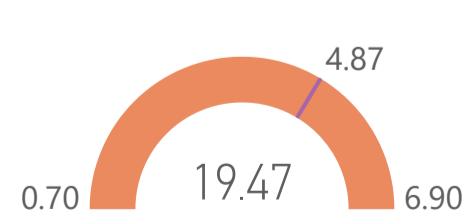


Player Name	Sum of Sprints Count	Sum of Sprints Distance (km)	Sum of Session Load	TotalDec(<-2 m/s/s)	TotalAcc(> 2 m/s/s)	Average of RPE
Charlotte Cuthbertson	43	1.92	261.30	71	95	8.30
Gemma Groth	35	1.60	206.00	80	82	9.40
Audrey Unga	34	1.60	200.00	48	71	10.00
Erika Norris	34	1.62	233.70	99	94	10.00
Evelyn Zhu	34	1.81	240.40	80	103	7.95
Julia Melnyk	34	1.61	193.60	45	66	8.50
Molly Palladino	32	1.30	175.20	50	63	8.80
Ava Viera	31	1.47	182.30	49	64	6.20
Mya Demirbas	31	1.49	197.50	58	68	9.40
Victoria Hawkins	30	1.55	215.30	91	78	
Saleena Braich	28	1.31	167.40	59	62	8.10
Simona Vallorani	28	1.35	169.10	53	65	7.50
Sarah Massey	21	0.86	135.80	56	59	
Total	415	19.47	2,577.60	839	970	8.51

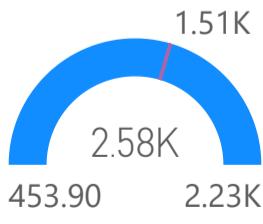
Comparison to Previous Game Count



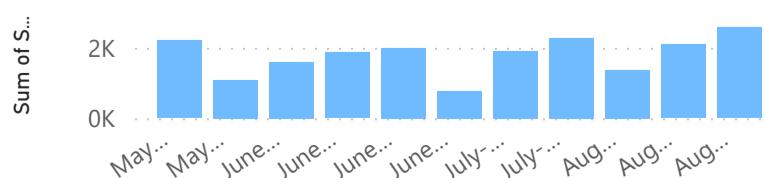
Comparison to Previous Game Sprint Distance



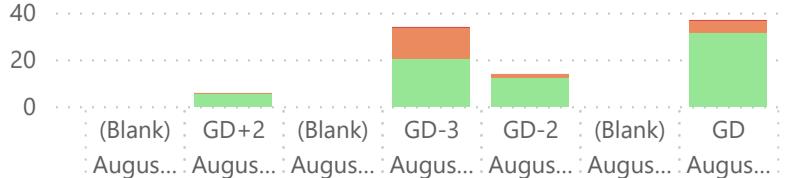
Comparison to Previous Session Load



Compare to previous GD -3



Week of Aug 21st (Total Distance)





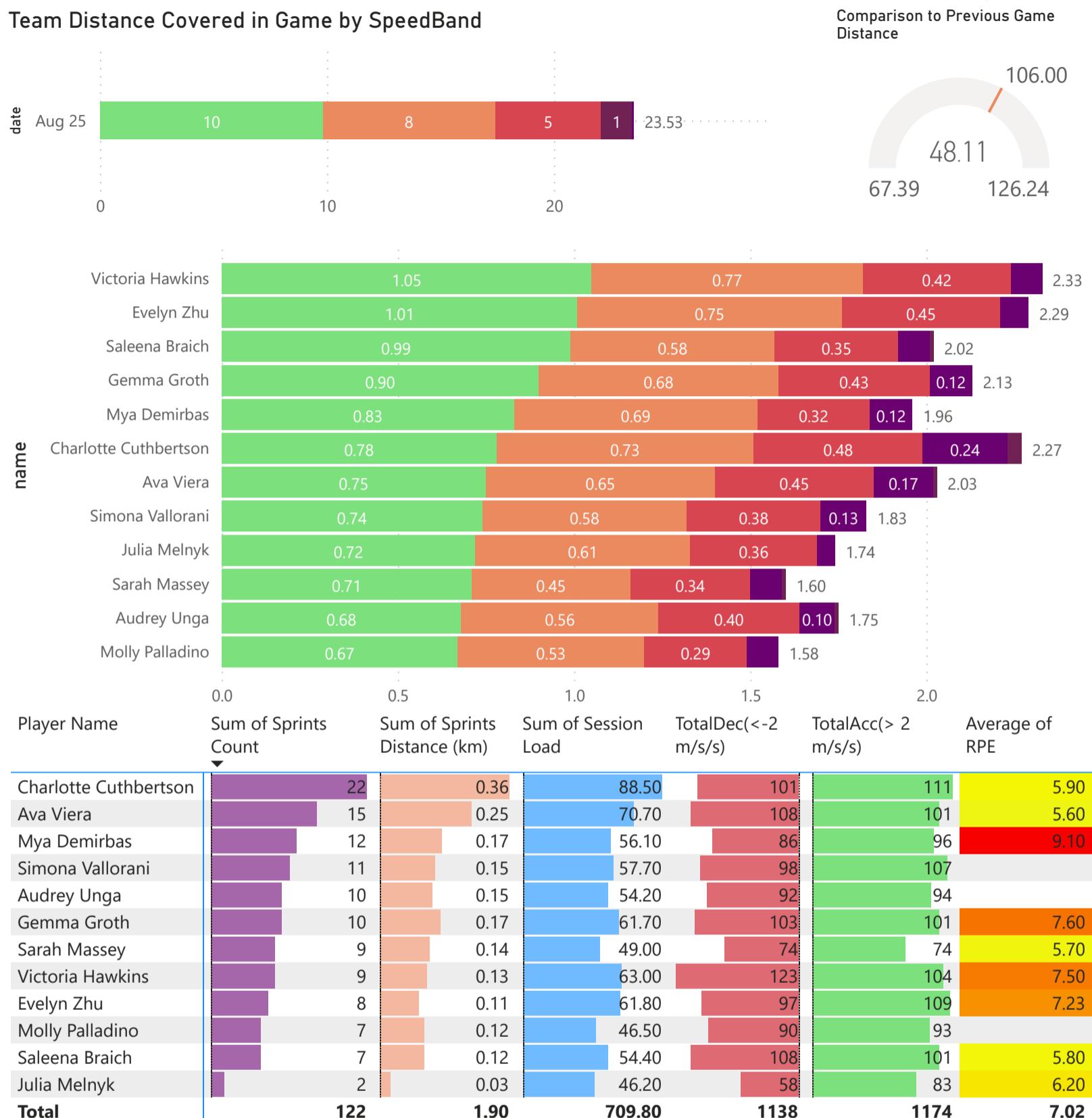
Aug-25-2023 (Thu)

Training

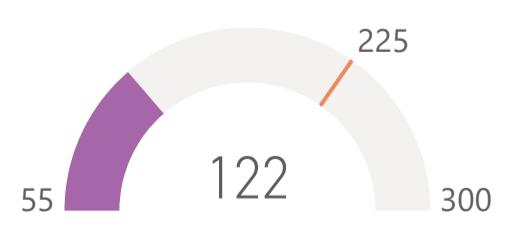
[GD-2]



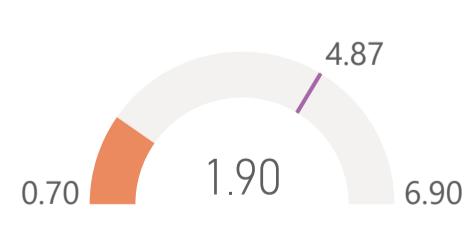
Team Distance Covered in Game by SpeedBand



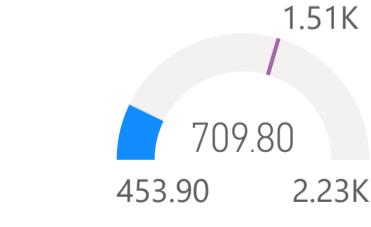
Comparison to Previous Game Count



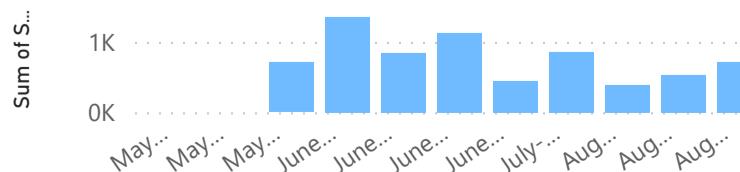
Comparison to Previous Game Sprint Distance



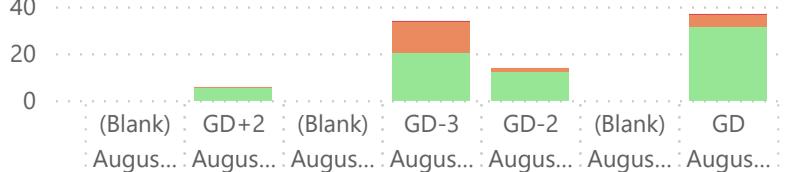
Comparison to Previous Session Load



Compare to previous GD - 2



Week of Aug 21st (Total Distance)





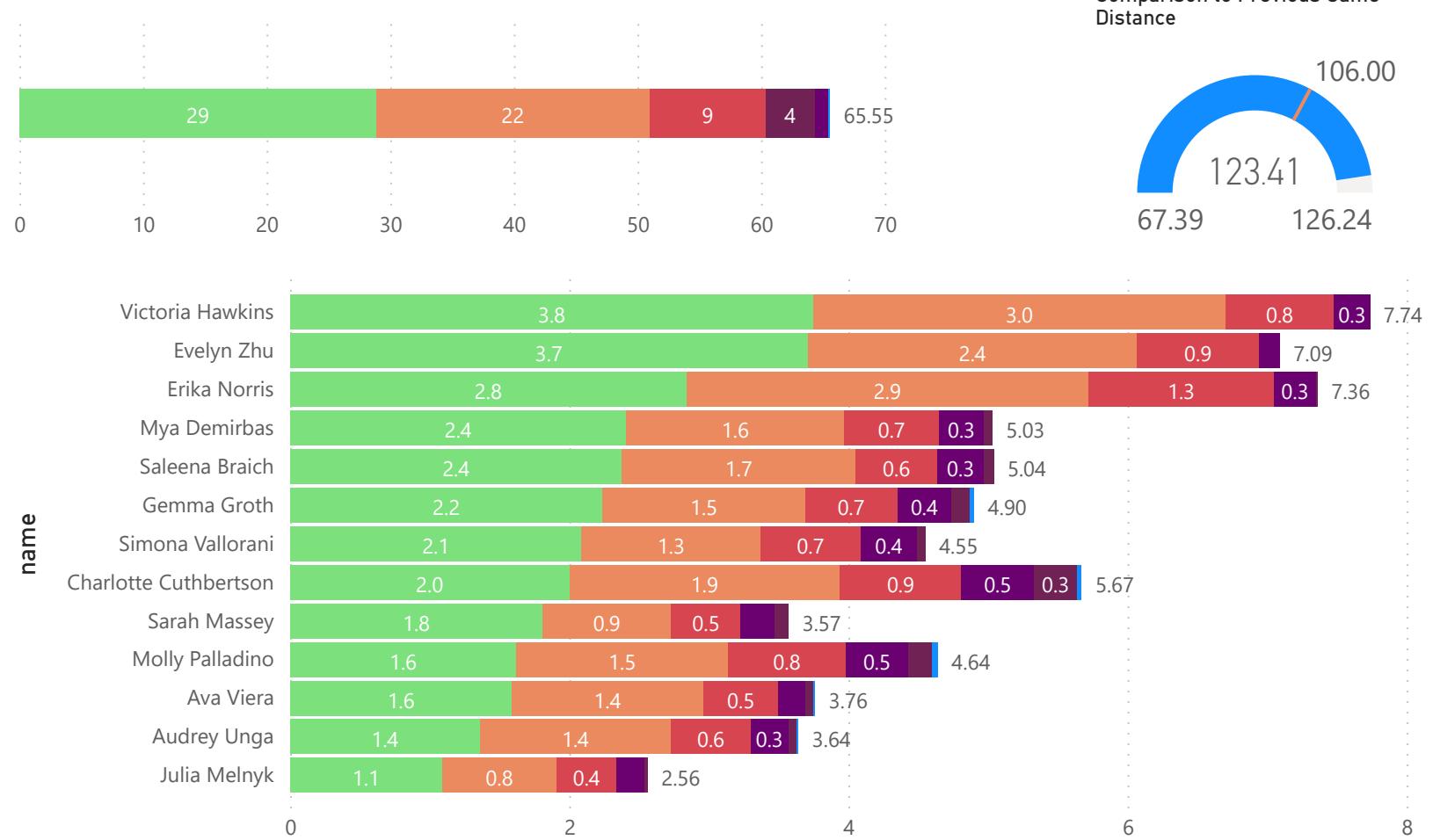
08-20-2023 (Sun) vs Ottawa South United

OPDL Match Day 10

[LOSE]



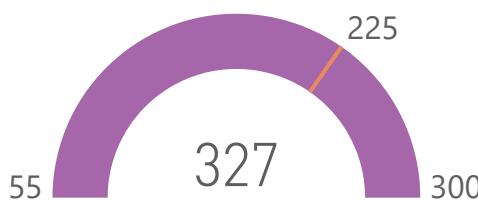
Team Distance Covered in Game by SpeedBand



name

Victoria Hawkins	3.8	3.0	0.8	0.3	7.74
Evelyn Zhu	3.7	2.4	0.9	0.3	7.09
Erika Norris	2.8	2.9	1.3	0.3	7.36
Mya Demirbas	2.4	1.6	0.7	0.3	5.03
Saleena Braich	2.4	1.7	0.6	0.3	5.04
Gemma Groth	2.2	1.5	0.7	0.4	4.90
Simona Vallorani	2.1	1.3	0.7	0.4	4.55
Charlotte Cuthbertson	2.0	1.9	0.9	0.5	5.67
Sarah Massey	1.8	0.9	0.5	0.3	3.57
Molly Palladino	1.6	1.5	0.8	0.5	4.64
Ava Viera	1.6	1.4	0.5	0.3	3.76
Audrey Unga	1.4	1.4	0.6	0.3	3.64
Julia Melnyk	1.1	0.8	0.4	0.3	2.56

Player Name	Sum of Sprints Count	Sum of Session Load	TotalDec(<-2 m/s/s)	TotalAcc(> 2 m/s/s)	Average of RPE
Erika Norris	25	202.50	235	187	
Victoria Hawkins	17	172.90	205	177	
Evelyn Zhu	13	151.40	174	159	8.80
Gemma Groth	32	168.90	124	150	
Charlotte Cuthbertson	45	245.20	154	141	
Molly Palladino	43	197.50	152	126	
Saleena Braich	24	145.50	150	125	7.60
Simona Vallorani	31	144.90	107	117	9.40
Mya Demirbas	23	143.00	142	112	9.80
Audrey Unga	24	124.00	110	111	
Ava Viera	16	112.10	127	107	7.40
Sarah Massey	18	112.20	115	101	
Julia Melnyk	16	80.10	64	76	
Total	327	2,000.20	1859	1689	8.60





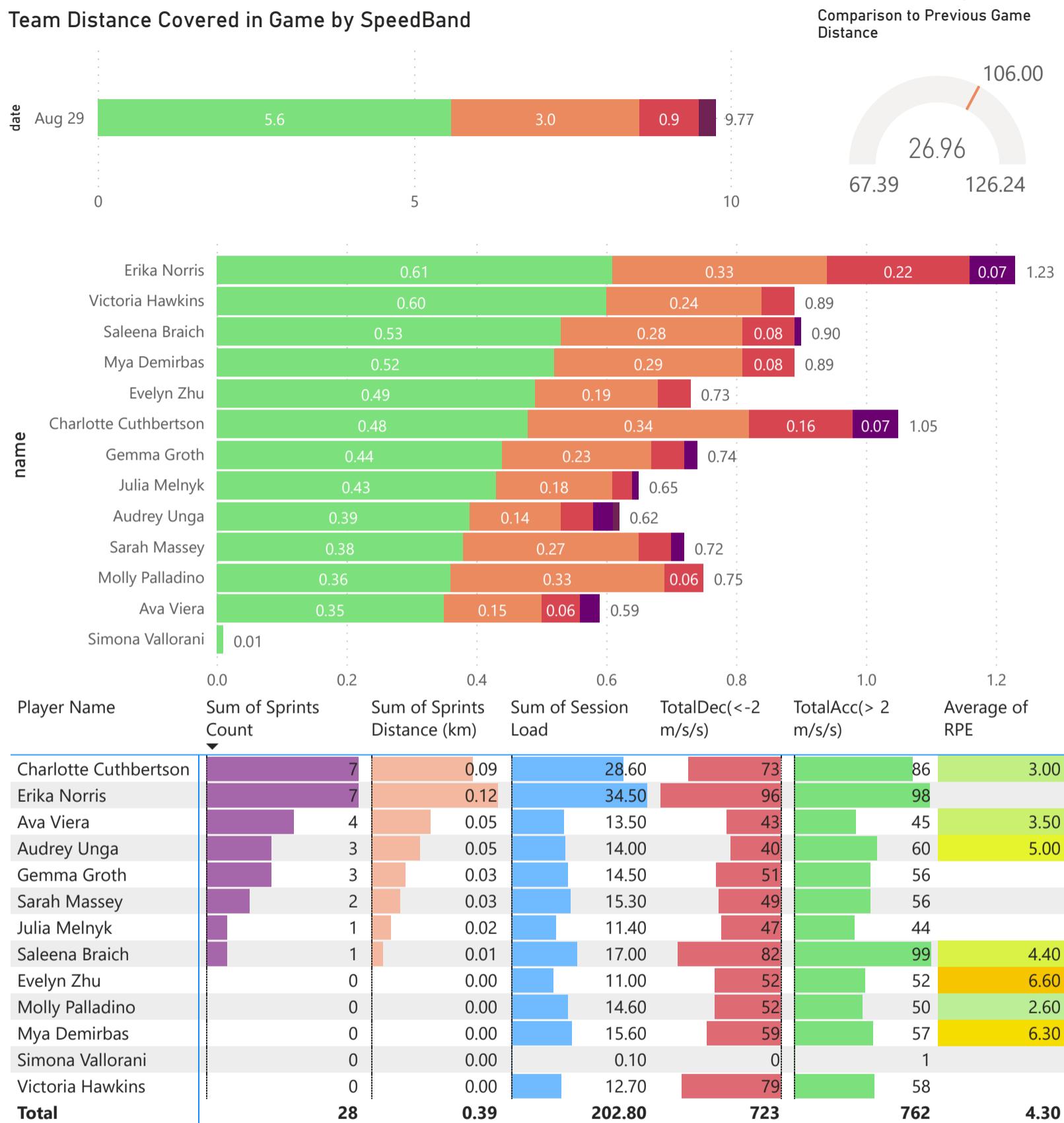
Aug-29-2023 (Tue)

Training

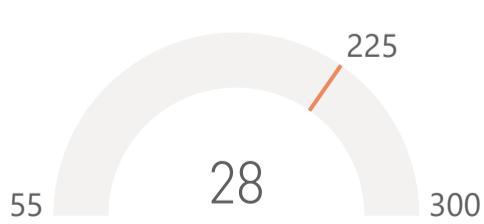
[GD+2]



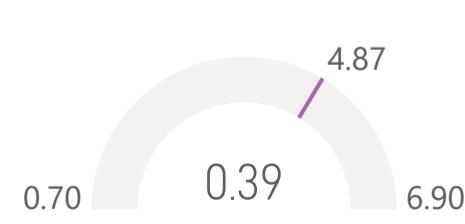
Team Distance Covered in Game by SpeedBand



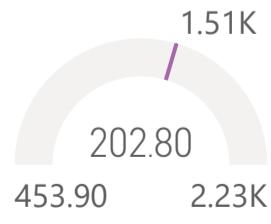
Comparison to Previous Game Count



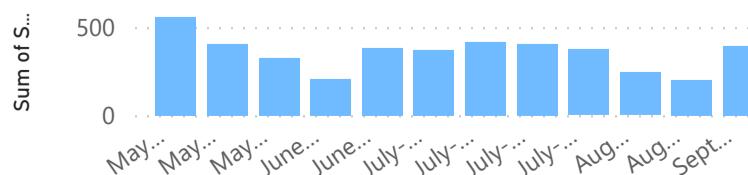
Comparison to Previous Game Sprint Distance



Comparison to Previous Session Load



Compare to previous GD +2



Week of Aug 28th (Total Distance)





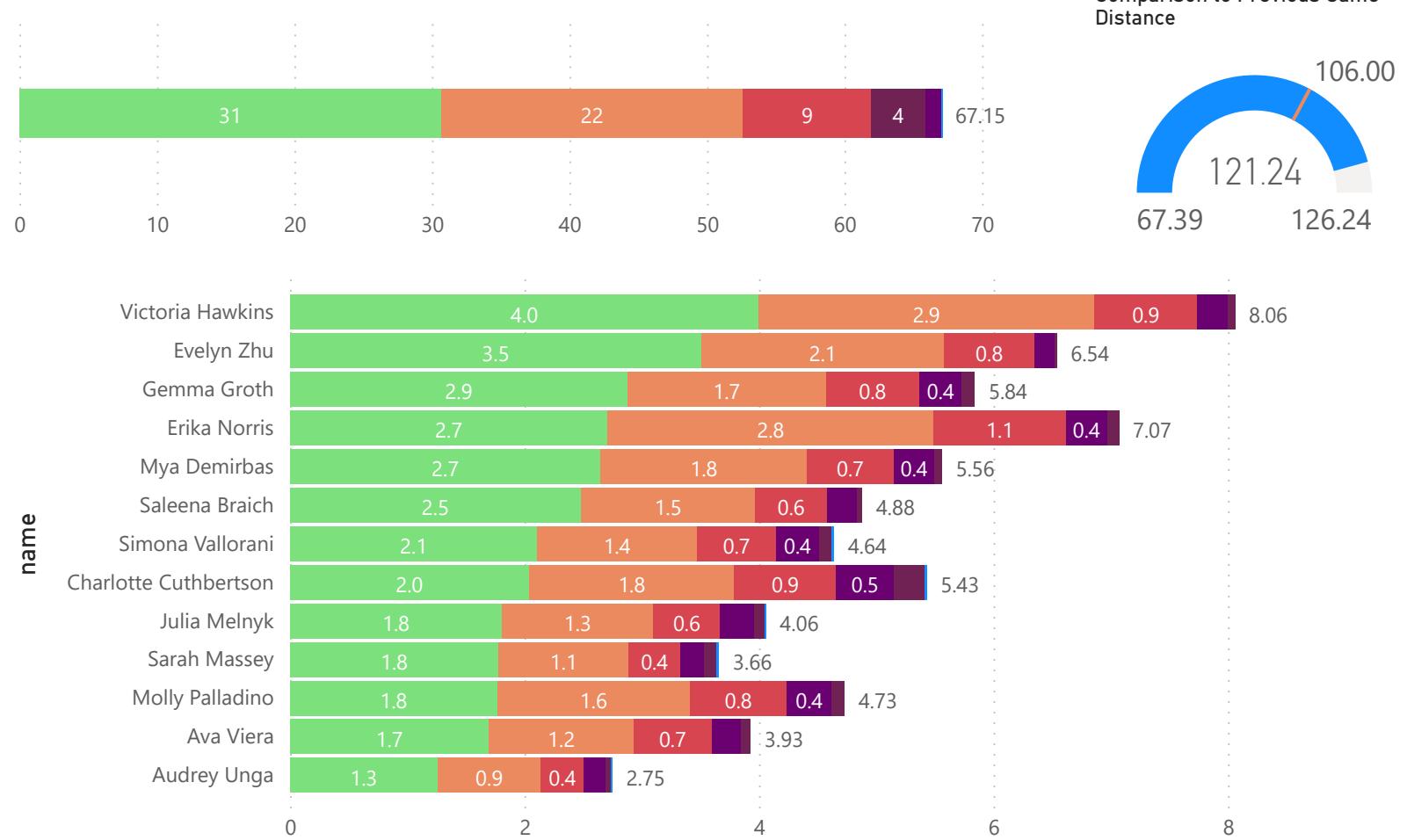
08-31-2023 (Thu) vs FC Durham

OPDL Match Day 11

[LOSE]



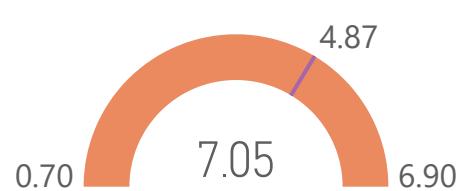
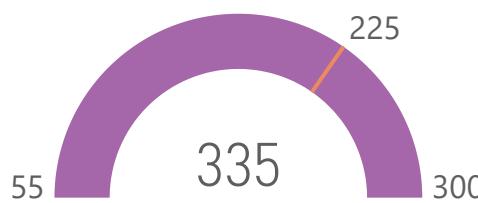
Team Distance Covered in Game by SpeedBand



name

Victoria Hawkins	4.0	2.9	0.9	8.06
Evelyn Zhu	3.5	2.1	0.8	6.54
Gemma Groth	2.9	1.7	0.8	5.84
Erika Norris	2.7	2.8	1.1	7.07
Mya Demirbas	2.7	1.8	0.7	5.56
Saleena Braich	2.5	1.5	0.6	4.88
Simona Vallorani	2.1	1.4	0.7	4.64
Charlotte Cuthbertson	2.0	1.8	0.9	5.43
Julia Melnyk	1.8	1.3	0.6	4.06
Sarah Massey	1.8	1.1	0.4	3.66
Molly Palladino	1.8	1.6	0.8	4.73
Ava Viera	1.7	1.2	0.7	3.93
Audrey Unga	1.3	0.9	0.4	2.75

Player Name	Sum of Sprints Count	Sum of Session Load	TotalDec(<-2 m/s/s)	TotalAcc(> 2 m/s/s)	Average of RPE
Erika Norris	30	214.80	235	170	
Victoria Hawkins	22	189.20	215	168	5.10
Charlotte Cuthbertson	46	225.30	148	165	8.80
Evelyn Zhu	15	144.70	177	163	8.70
Gemma Groth	28	171.60	164	159	10.00
Simona Vallorani	29	158.80	150	152	9.20
Mya Demirbas	28	157.60	171	142	9.70
Saleena Braich	22	128.50	157	134	7.50
Ava Viera	20	127.70	136	118	7.70
Molly Palladino	36	169.30	131	115	7.30
Julia Melnyk	25	133.20	109	107	
Sarah Massey	18	117.30	108	89	
Audrey Unga	16	86.80	74	74	8.50
Total	335	2,024.80	1975	1756	8.25





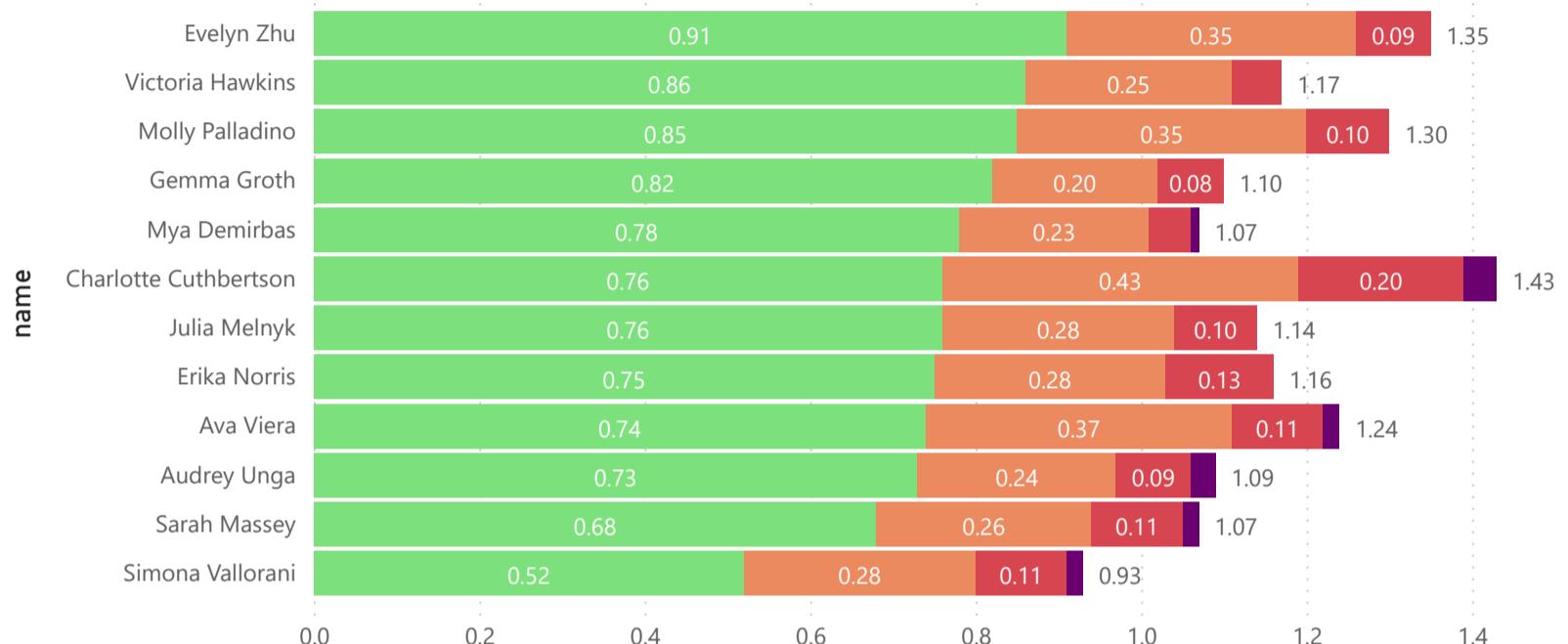
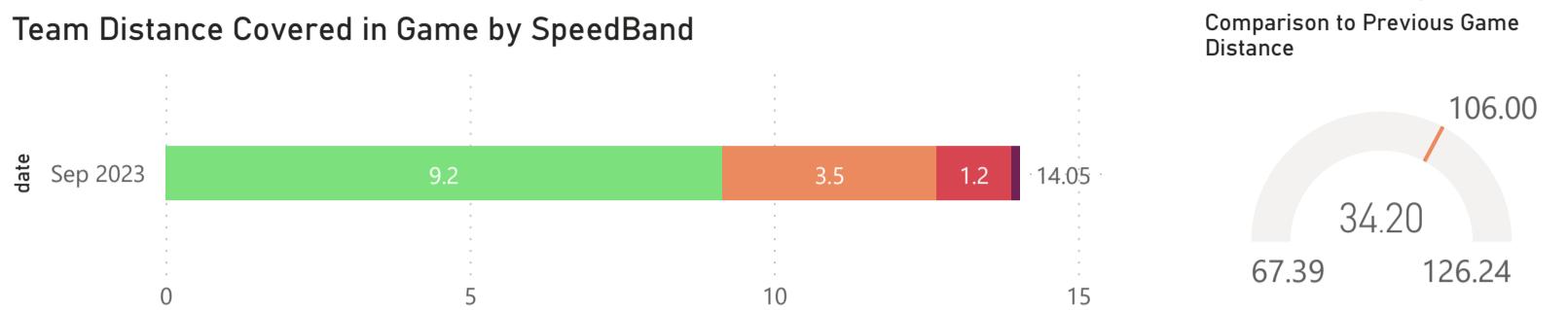
Sep-01-2023 (Fri)

Training

[GD+1]

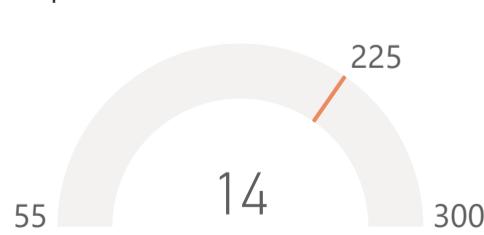


Team Distance Covered in Game by SpeedBand

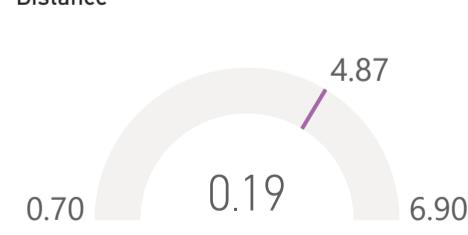


Player Name	Sum of Sprints Count	Sum of Sprints Distance (km)	Sum of Session Load	TotalDec(<-2 m/s/s)	TotalAcc(> 2 m/s/s)	Average of RPE
Audrey Unga	4	0.05	19.80	40	56	
Charlotte Cuthbertson	3	0.04	31.80	43	61	
Simona Vallorani	3	0.03	19.40	65	78	
Ava Viera	2	0.03	22.60	50	61	5.10
Mya Demirbas	1	0.01	14.80	45	53	
Sarah Massey	1	0.02	19.60	64	67	
Erika Norris	0	0.00	19.80	78	80	7.80
Evelyn Zhu	0	0.00	19.60	52	86	
Gemma Groth	0	0.00	15.40	49	69	
Julia Melnyk	0	0.00	17.50	55	49	2.00
Molly Palladino	0	0.00	20.10	58	69	2.10
Victoria Hawkins	0	0.00	15.90	62	91	
Total	14	0.19	236.30	661	820	4.25

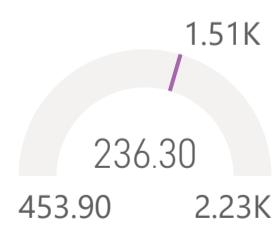
Comparison to Previous Game Count



Comparison to Previous Game Sprint Distance



Comparison to Previous Session Load



Compare to previous GD + 1



Week of Aug 28th (Total Distance)





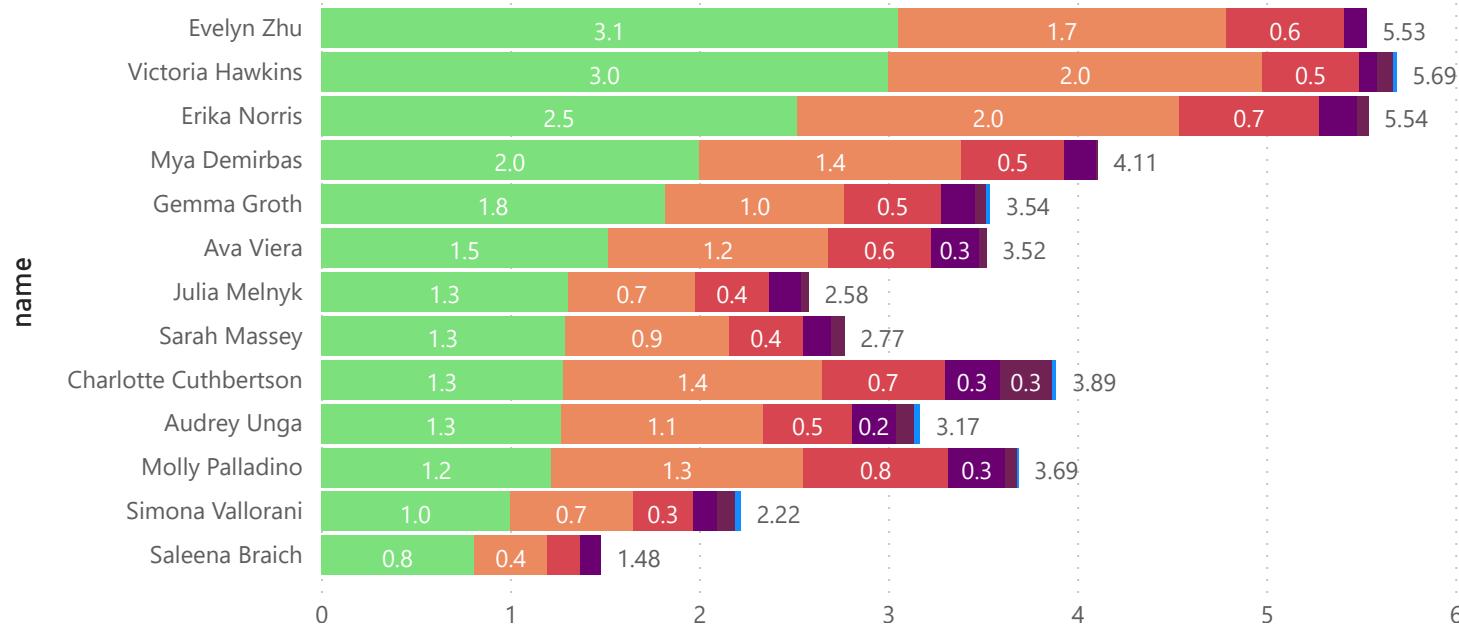
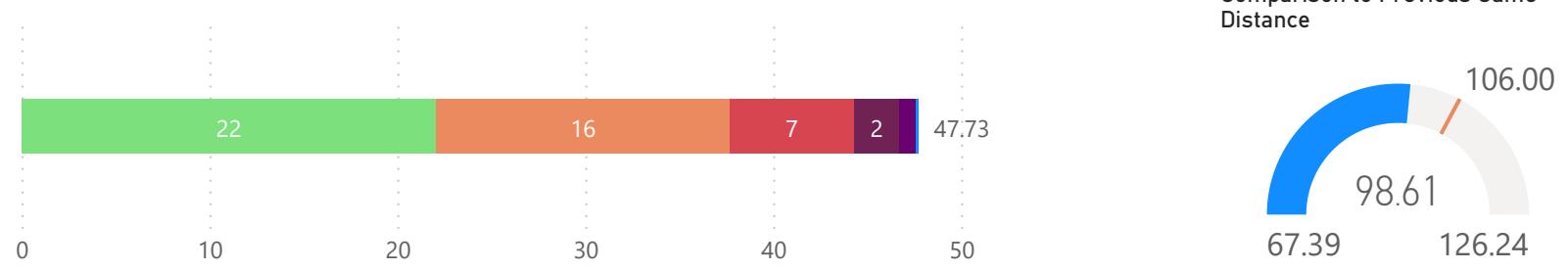
Sep-03-2023 (Sun) vs Markham City

OPDL Match Day 12

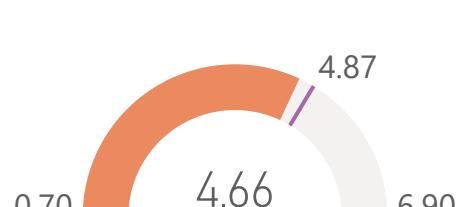
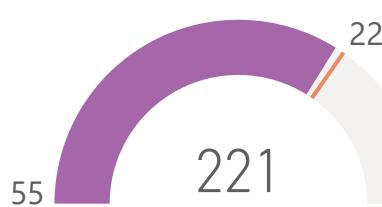
[LOSE]



Team Distance Covered in Game by SpeedBand



Player Name	Sum of Sprints Count	Sum of Session Load	TotalDec(<-2 m/s/s)	TotalAcc(> 2 m/s/s)	Average of RPE
Erika Norris	20	144.00	169	135	10.00
Victoria Hawkins	14	133.60	165	123	
Evelyn Zhu	11	114.20	147	118	7.90
Gemma Groth	15	104.20	115	114	10.00
Charlotte Cuthbertson	29	175.00	119	107	
Mya Demirbas	11	102.00	109	107	8.50
Audrey Unga	22	118.30	98	102	10.00
Ava Viera	24	109.60	120	96	6.80
Sarah Massey	14	85.70	106	91	10.00
Simona Vallorani	15	84.20	74	79	7.60
Julia Melnyk	15	77.30	58	74	
Molly Palladino	25	135.10	92	63	4.50
Saleena Braich	6	37.80	57	54	1.40
Jasmina Sosic					9.80
Total	221	1,421.00	1429	1263	8.04



Comparison to Previous Game Distance



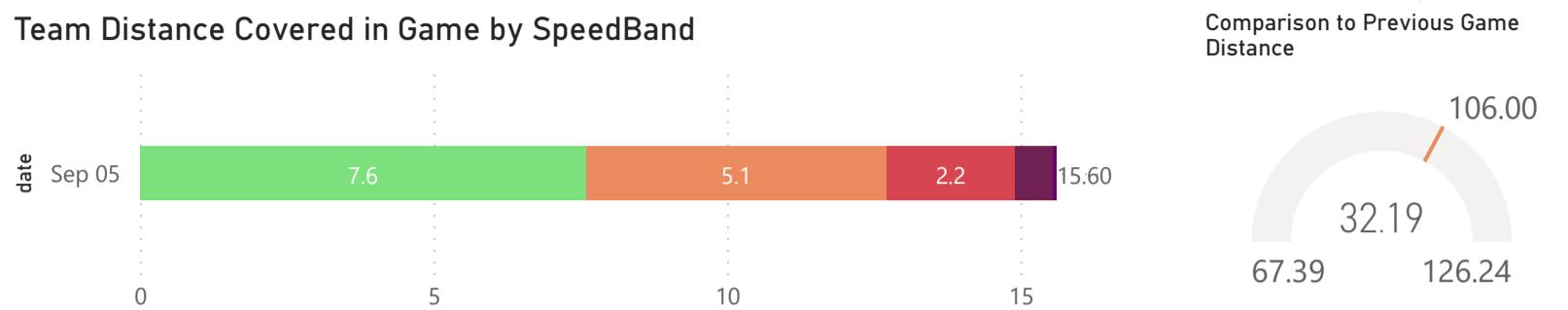
Sep-05-2023 (Tue)

Training

[GD+2]

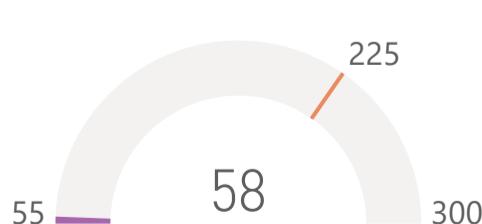


Team Distance Covered in Game by SpeedBand

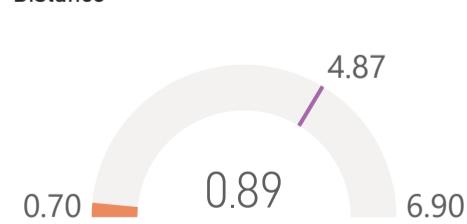


Player Name	Sum of Sprints Count	Sum of Sprints Distance (km)	Sum of Session Load	TotalDec(<-2 m/s/s)	TotalAcc(> 2 m/s/s)	Average of RPE
Charlotte Cuthbertson	14	0.20	58.30	81	96	6.95
Simona Vallorani	8	0.13	35.70	57	64	7.80
Ava Viera	6	0.09	36.10	76	86	6.40
Jasmina Sosic	6	0.10	46.60	109	112	
Saleena Braich	5	0.08	39.80	74	50	6.00
Evelyn Zhu	4	0.06	29.20	68	87	6.70
Gemma Groth	4	0.06	35.30	71	79	
Mya Demirbas	4	0.05	22.30	52	53	
Sarah Massey	3	0.05	26.50	47	49	
Molly Palladino	2	0.03	28.10	60	61	2.10
Victoria Hawkins	2	0.04	33.90	87	104	7.40
Total	58	0.89	391.80	782	841	6.33

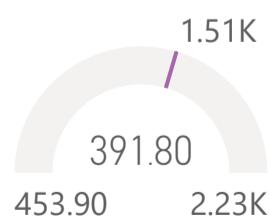
Comparison to Previous Game Count



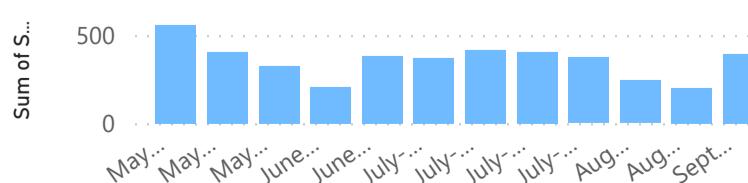
Comparison to Previous Game Sprint Distance



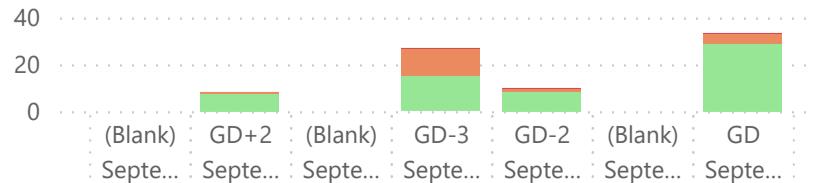
Comparison to Previous Session Load



Compare to previous GD +2



Week of Sep 4th (Total Distance)





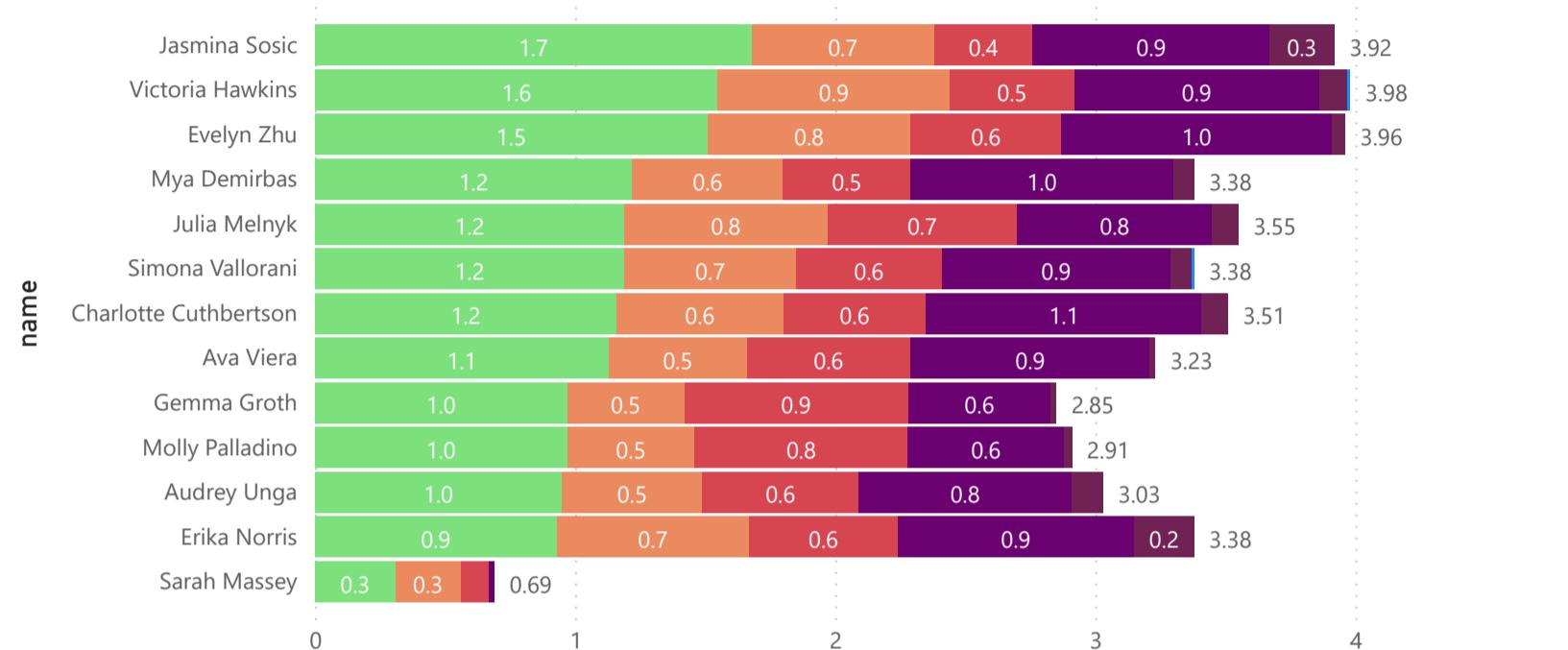
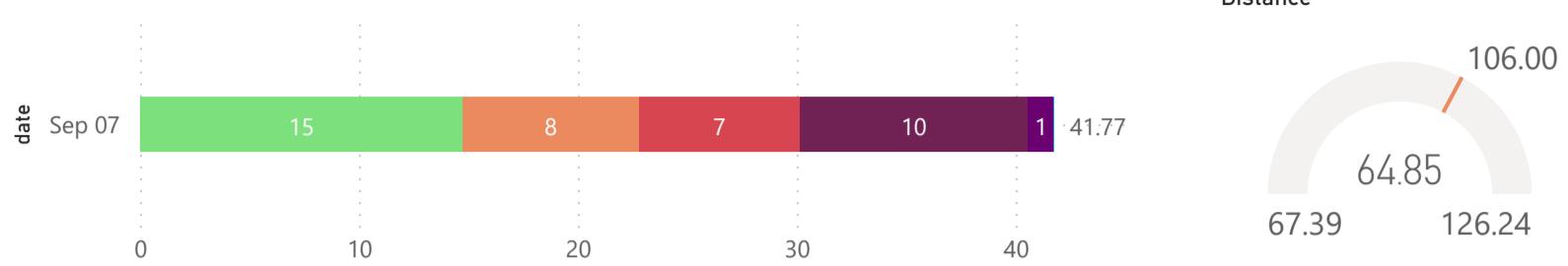
Sep-07-2023 (Wed)

Training

[GD-3]

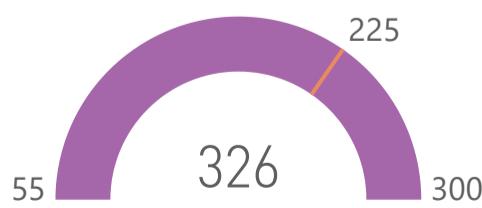


Team Distance Covered in Game by SpeedBand

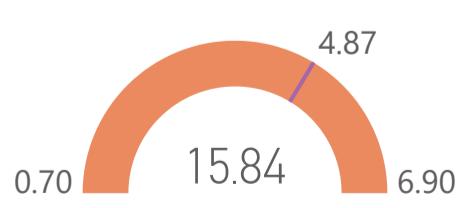


Player Name	Sum of Sprints Count	Sum of Sprints Distance (km)	Sum of Session Load	TotalDec(<-2 m/s/s)	TotalAcc(> 2 m/s/s)	Average of RPE
Charlotte Cuthbertson	33	1.51	196.00	65	74	
Ava Viera	29	1.36	168.60	70	77	6.10
Audrey Unga	28	1.31	173.80	56	70	10.00
Julia Melnyk	28	1.32	174.80	65	77	
Simona Vallorani	28	1.37	177.70	73	93	8.90
Erika Norris	27	1.40	206.70	102	100	
Molly Palladino	27	1.07	140.70	57	56	8.00
Mya Demirbas	26	1.36	182.10	63	56	6.50
Victoria Hawkins	26	1.37	191.10	115	79	7.20
Evelyn Zhu	24	1.35	191.70	115	89	7.58
Gemma Groth	24	1.01	136.50	64	82	7.30
Jasmina Sosic	24	1.41	206.00	93	90	8.80
Sarah Massey	2	0.02	20.20	41	35	
Total	326	15.84	2,165.90	979	978	7.78

Comparison to Previous Game Count



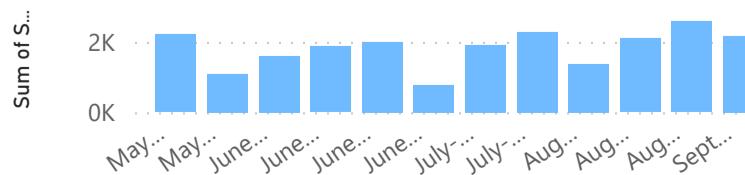
Comparison to Previous Game Sprint Distance



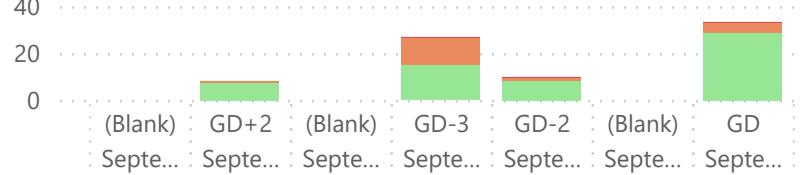
Comparison to Previous Session Load



Compare to previous GD - 3



Week of Sep 4th (Total Distance)





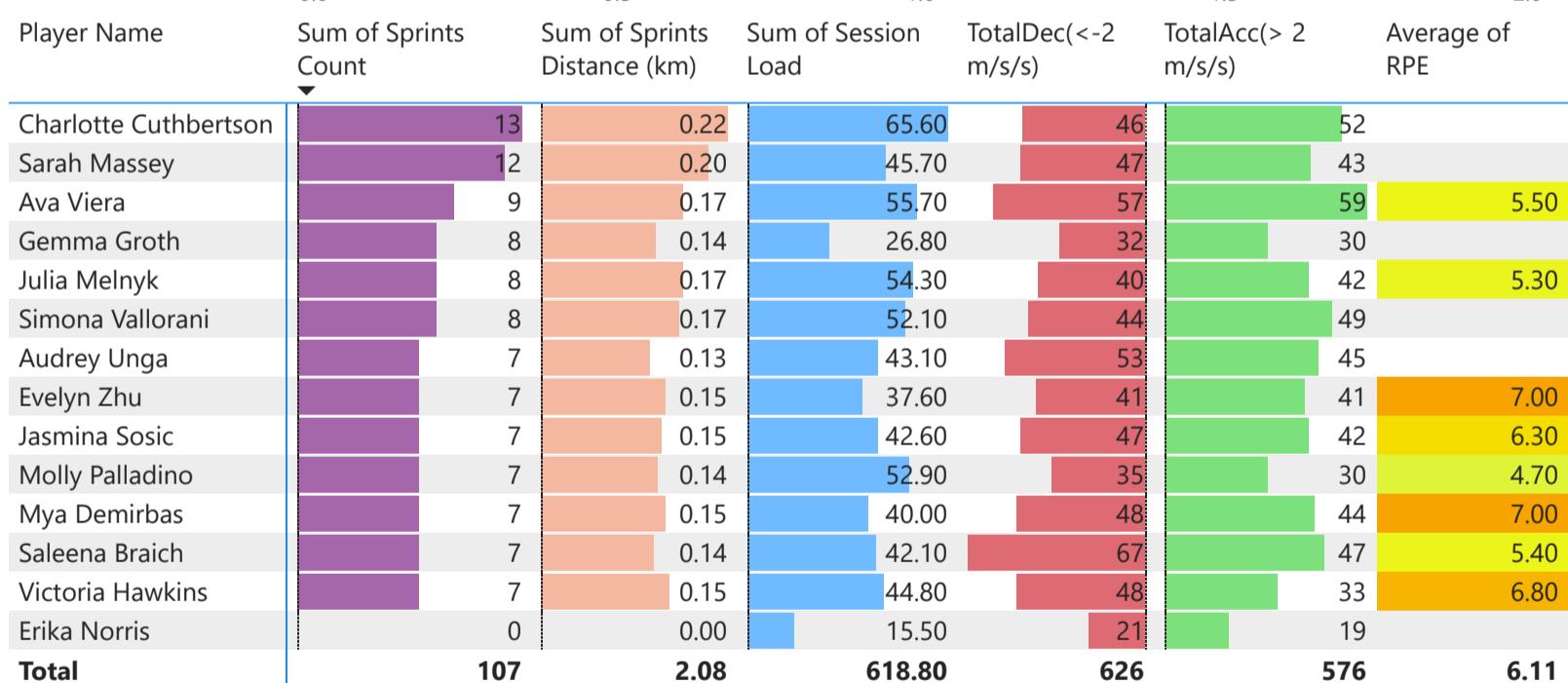
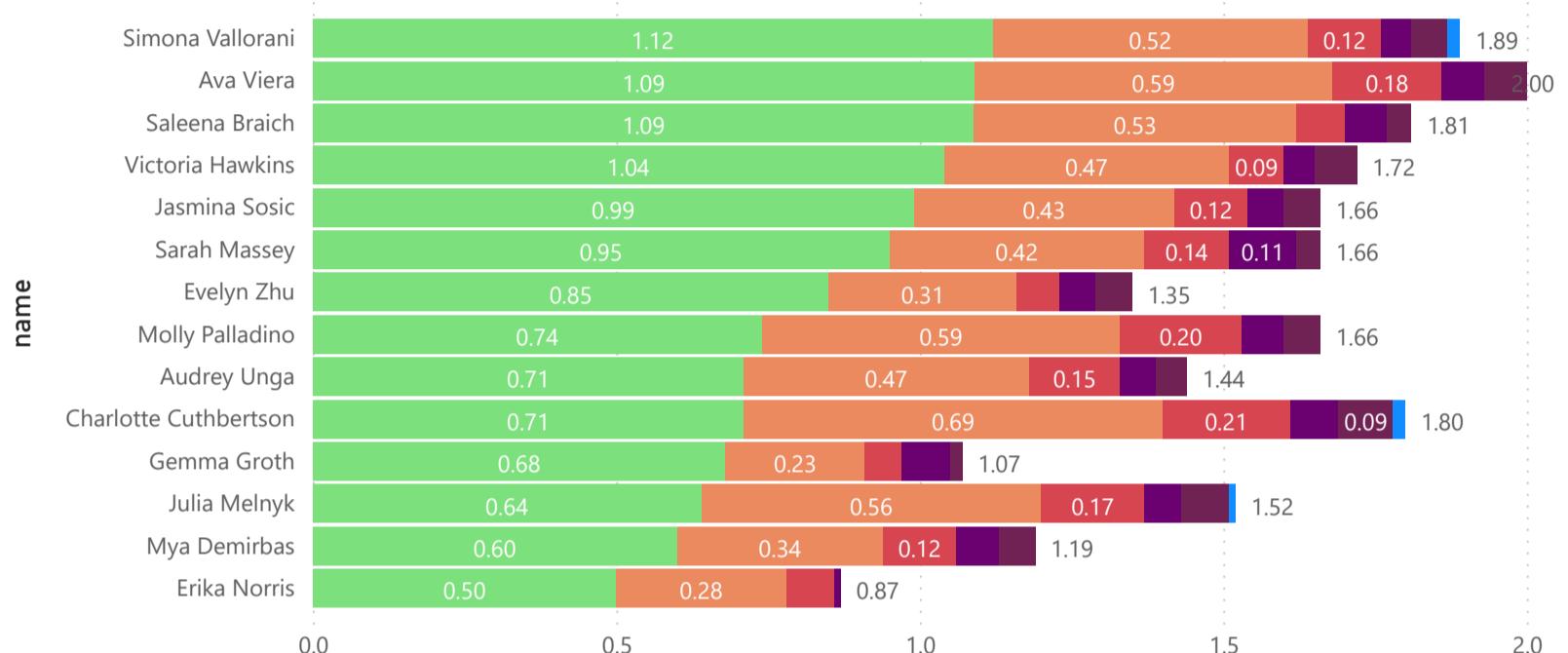
Sep-08-2023 (Thu)

Training

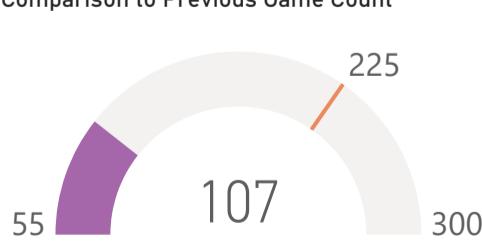
[GD-2]



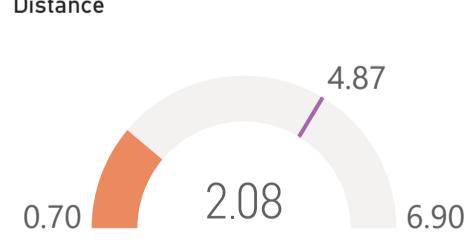
Team Distance Covered in Game by SpeedBand



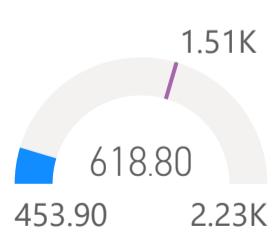
Comparison to Previous Game Count



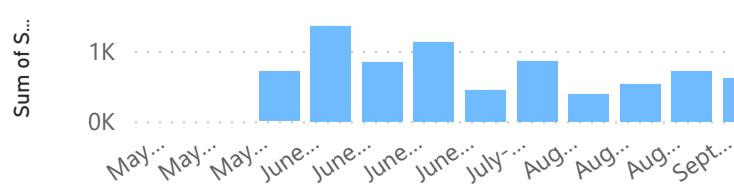
Comparison to Previous Game Sprint Distance



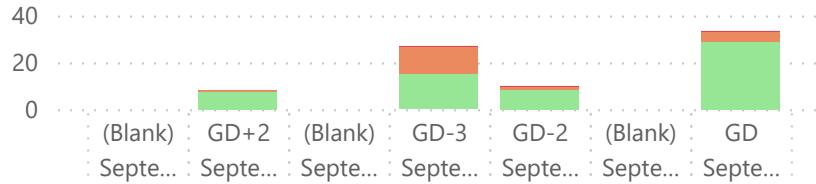
Comparison to Previous Session Load



Compare to previous GD - 2



Week of Sep 4th (Total Distance)





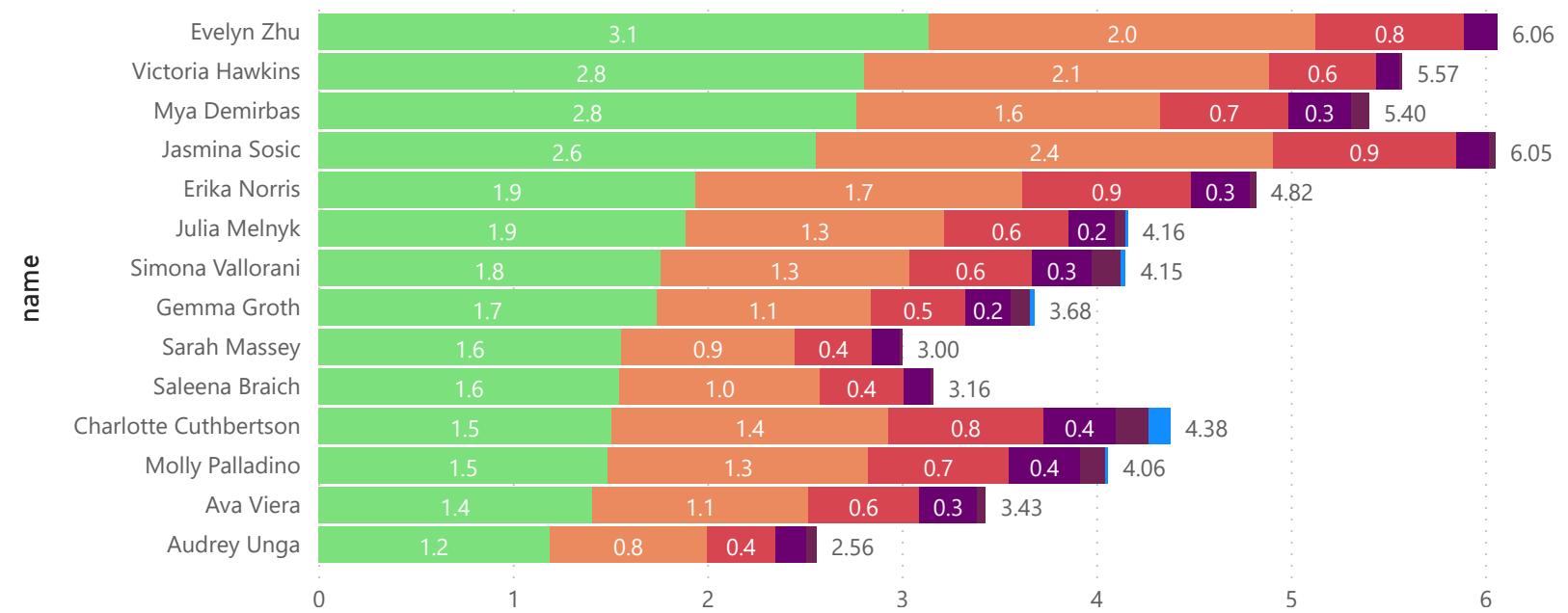
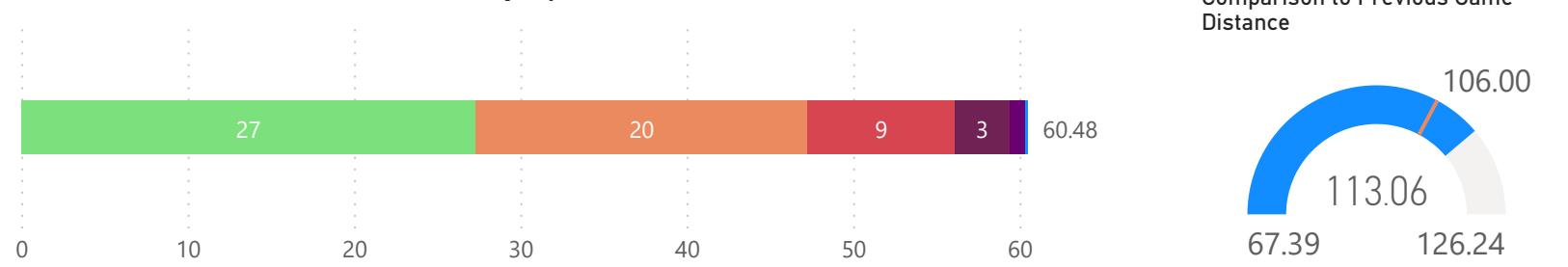
Sep-10-2023 (Sun) vs Ottawa TFC

OPDL Match Day 13

[LOSE]



Team Distance Covered in Game by SpeedBand



Player Name	Sum of Sprints Count	Sum of Session Load	TotalDec(<-2 m/s/s)	TotalAcc(> 2 m/s/s)	Average of RPE
Jasmina Sosic	16	156.10	129	107	10.00
Charlotte Cuthbertson	31	204.50	95	90	
Erika Norris	21	148.40	112	87	
Victoria Hawkins	12	118.90	106	85	
Evelyn Zhu	12	135.50	102	77	8.70
Ava Viera	25	114.50	85	76	7.60
Simona Vallorani	27	152.30	99	76	7.90
Gemma Groth	24	123.50	83	69	9.20
Molly Palladino	35	159.00	87	69	6.40
Mya Demirbas	22	152.30	101	65	9.50
Saleena Braich	14	81.90	92	62	7.20
Audrey Unga	16	76.50	71	55	
Julia Melnyk	23	126.30	61	51	6.30
Sarah Massey	10	75.40	63	48	
Total	288	1,825.10	1286	1017	7.92

