05/11/2023 (Thur)
[Testing & Conditioning]
[GD -2]

NOVANTA

NOVANTA

Team Distance Covered in Game by SpeedBand

Comparison to Previous Game Distance

date | May 11 | 10 | 16 | 14 | 4 | 1 | 45.20

106.00
66.28
67.39   126.24

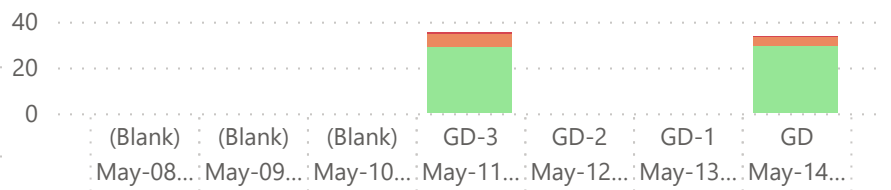| name						
Victoria Hawkins	0.8	0.9	1.5	0.4	0.2	3.88
Gemma Groth	0.8	1.4	1.1	0.4		3.69
Jasmina Sosic	0.8	1.0	1.6	0.3		3.79
Saleena Braich	0.8	1.3	1.2	0.3		3.72
Erika Norris	0.8	1.4	1.0	0.4	0.2	3.86
Mariana Orozco	0.8	0.3	0.2			1.47
Ava Viera	0.7	1.3	1.1	0.4		3.71
Charlotte Cuthbertson	0.7	1.5	1.2	0.4	0.2	0.2	4.09
Molly Palladino	0.7	1.5	1.1	0.3		3.71
Evelyn Zhu	0.7	1.1	1.3	0.5		3.69
Mya Demirbas	0.6	1.3	1.2	0.3	0.2	3.63
Sarah Massey	0.6	0.6	0.3			1.59
Simona Vallorani	0.6	0.6	0.3			1.62
Audrey Unga	0.5	1.4	0.6	0.2		2.75

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	1.50	223.80	8.30
Erika Norris	12	1.60	206.00	
Evelyn Zhu	10	1.40	187.50	8.40
Jasmina Sosic	9	0.90	184.50	10.00
Mya Demirbas	9	0.90	183.40	
Ava Viera	11	1.50	182.30	7.60
Molly Palladino	9	0.90	175.20	10.00
Saleena Braich	11	1.10	172.00	
Gemma Groth	10	1.30	168.20	
Audrey Unga	8	0.60	163.50	
Simona Vallorani	4	0.50	65.70	
Sarah Massey	3	0.40	55.70	
Total	**123**	**13.90**	**2,262.00**	**8.86**

Comparison to Previous Game Count

225
123
55   300

Comparison to Previous Game Sprint Distance

4.87
13.90
0.70   6.90

Comparison to Previous Session Load

1.51K
2.26K
453.90   2.23K

Compare to previous GD-3

Sum of Sess... | 2K | | May 11
0K

Week of May 8th (Total Distance)

40
20
0
(Blank) May-08... | (Blank) May-09... | (Blank) May-10... | GD-3 May-11... | GD-2 May-12... | GD-1 May-13... | GD May-14...
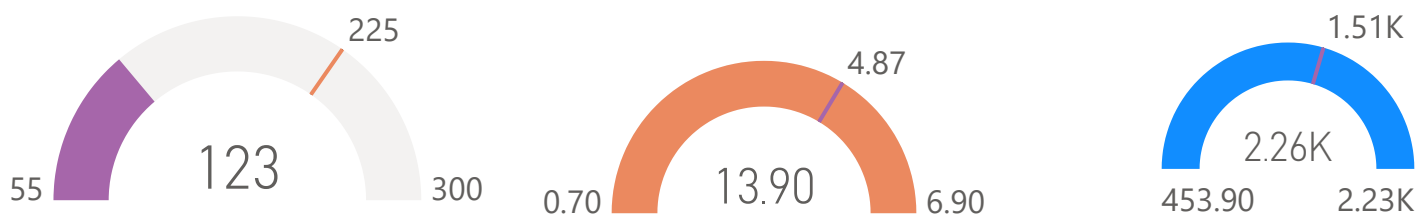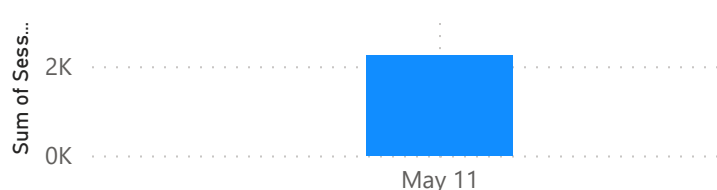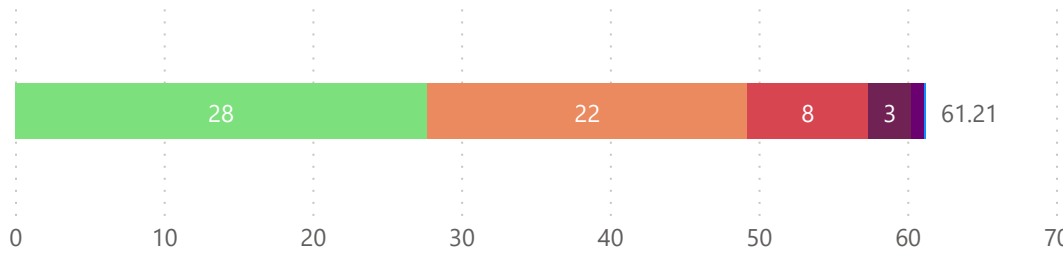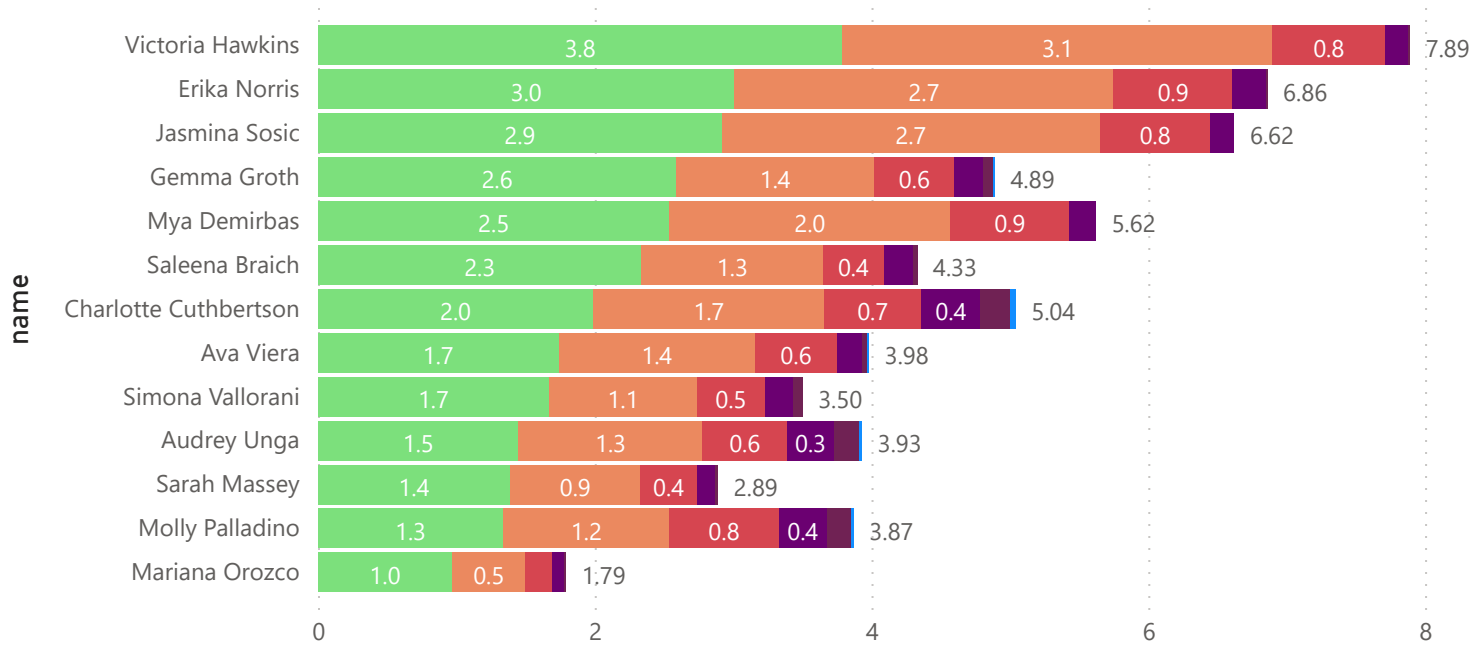
05/14/2023 (Sun) vs North Mississauga SC
OPDL Match Day 2
[Lose]

Team Distance Covered in Game by SpeedBand
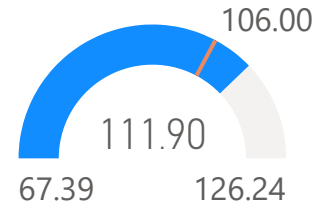
|			
28	22	8	3	61.21

Comparison to Previous Game Distance

106.00
111.90
67.39   126.24

name				
Victoria Hawkins	3.8	3.1	0.8	7.89
Erika Norris	3.0	2.7	0.9	6.86
Jasmina Sosic	2.9	2.7	0.8	6.62
Gemma Groth	2.6	1.4	0.6	4.89
Mya Demirbas	2.5	2.0	0.9	5.62
Saleena Braich	2.3	1.3	0.4	4.33
Charlotte Cuthbertson	2.0	1.7	0.7	0.4	5.04
Ava Viera	1.7	1.4	0.6	3.98
Simona Vallorani	1.7	1.1	0.5	3.50
Audrey Unga	1.5	1.3	0.6	0.3	3.93
Sarah Massey	1.4	0.9	0.4	2.89
Molly Palladino	1.3	1.2	0.8	0.4	3.87
Mariana Orozco	1.0	0.5	1.79

Player Name	Sum of Sprints Count	Sum of Sprints Distance (km)	Sum of Session Load	Average of RPE
Charlotte Cuthbertson	36	0.90	198.80	
Audrey Unga	28	0.70	159.20	
Molly Palladino	33	0.70	166.00	8.00
Ava Viera	18	0.40	112.10	6.40
Gemma Groth	16	0.40	130.40	8.70
Simona Vallorani	19	0.40	104.70	9.10
Erika Norris	20	0.30	166.50	
Mya Demirbas	16	0.30	140.60	7.30
Saleena Braich	17	0.30	104.20	7.40
Victoria Hawkins	15	0.30	169.50	7.10
Jasmina Sosic	13	0.20	151.50	9.60
Mariana Orozco	8	0.20	43.90	
Sarah Massey	11	0.20	75.90	
Total	**250**	**5.30**	**1,723.30**	**7.88**

Comparison to Previous Game Count
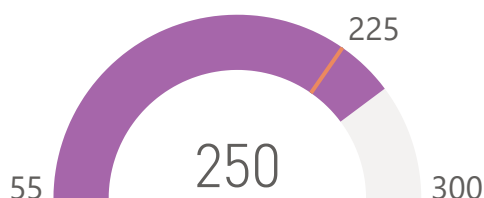
225
250
55   300

Comparison to Previous Game Sprint Distance

4.87
5.30
0.70   6.90

Comparison to Previous Session Load
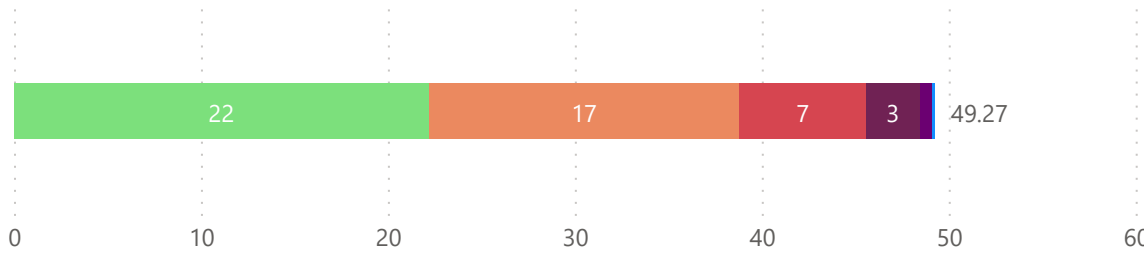
1.51K
1.72K
453.90   2.23K
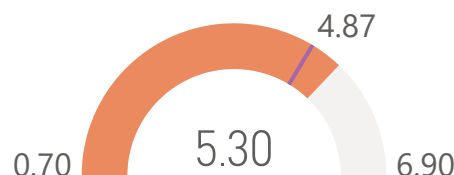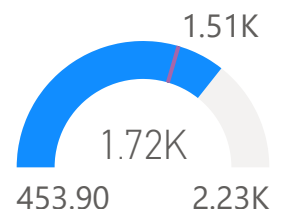
05/19/2023 (Fri) vs Durham FC
Top Rated Showcase
[WIN]

Team Distance Covered in Game by SpeedBand

| 22 | 17 | 7 | 3 | 49.27 |

0　10　20　30　40　50　60

Comparison to Previous Game Distance

106.00
86.25
67.39　126.24

name		
Victoria Hawkins	2.3 / 2.1 / 0.7	5.22
Jasmina Sosic	2.2 / 1.9 / 0.4	4.63
Evelyn Zhu	2.1 / 1.2 / 0.5	3.90
Erika Norris	1.8 / 2.0 / 0.8 / 0.2	4.84
Saleena Braich	1.8 / 1.2 / 0.4	3.62
Gemma Groth	1.8 / 1.0 / 0.4 / 0.2	3.40
Sarah Massey	1.7 / 1.2 / 0.4 / 0.2	3.56
Charlotte Cuthbertson	1.6 / 1.3 / 0.6 / 0.3	3.96
Mya Demirbas	1.4 / 1.0 / 0.5 / 0.2	3.22
Simona Vallorani	1.3 / 0.8 / 0.4 / 0.2	2.79
Audrey Unga	1.2 / 1.2 / 0.5 / 0.2	3.18
Ava Viera	1.0 / 0.6 / 0.4 / 0.2	2.24
Molly Palladino	1.0 / 0.9 / 0.6 / 0.3	2.88
Julia Melnyk	1.0 / 0.4 / 0.3	1.83

0　1　2　3　4　5　6
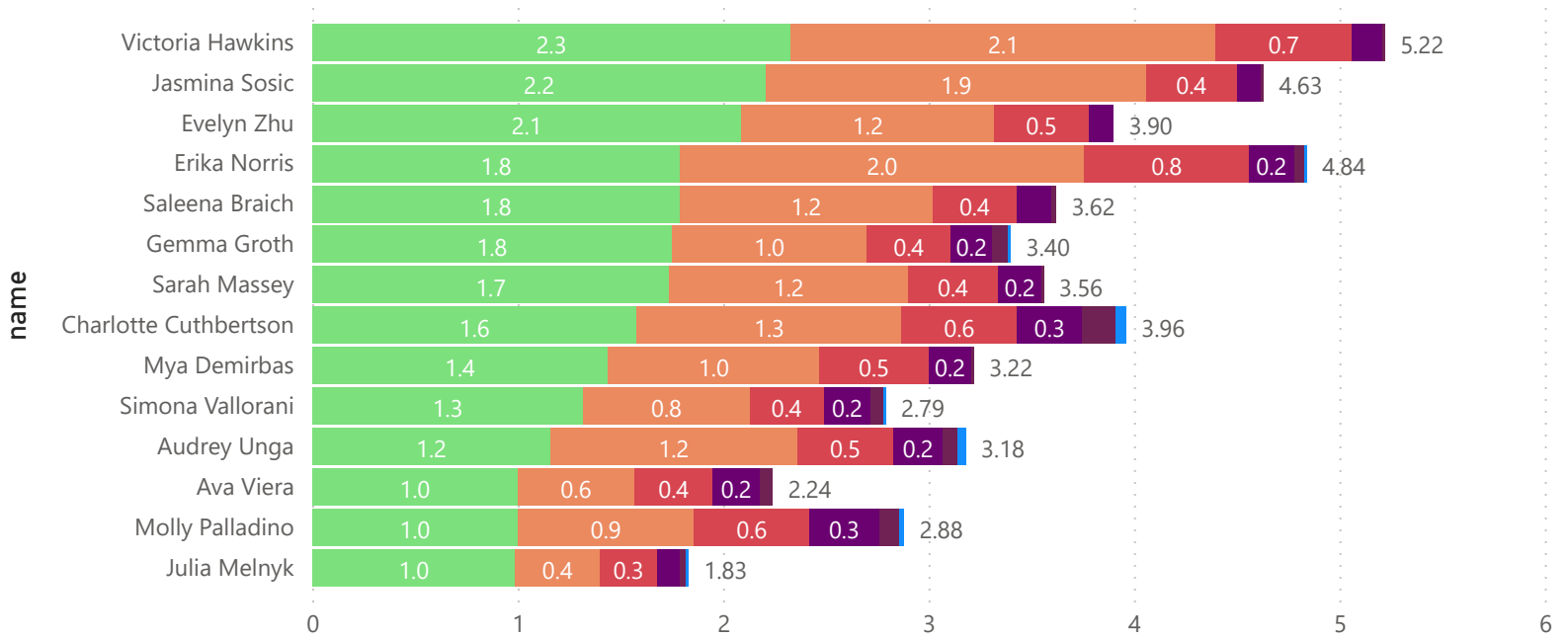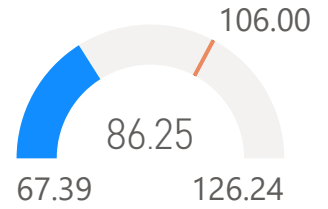
Player Name	Sum of Sprints Count	Sum of Sprints Distance (km)	Sum of Session Load	Average of RPE
Charlotte Cuthbertson	32	0.70	158.90	8.00
Molly Palladino	33	0.60	126.50	6.60
Audrey Unga	23	0.50	119.00	
Ava Viera	23	0.40	84.00	7.00
Erika Norris	18	0.40	145.20	
Gemma Groth	18	0.40	102.50	9.00
Mya Demirbas	21	0.40	94.20	9.70
Simona Vallorani	22	0.40	90.80	8.00
Saleena Braich	14	0.30	90.00	6.50
Sarah Massey	20	0.30	93.50	
Evelyn Zhu	9	0.20	85.00	7.30
Jasmina Sosic	12	0.20	102.50	
Julia Melnyk	11	0.20	64.40	5.90
Total	**271**	**5.20**	**1,480.00**	**7.56**

Comparison to Previous Game Count
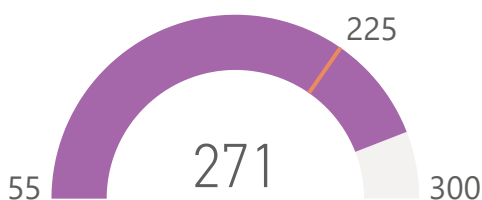
225
271
55　300

Comparison to Previous Game Sprint Distance

4.87
5.20
0.70　6.90

Comparison to Previous Session Load
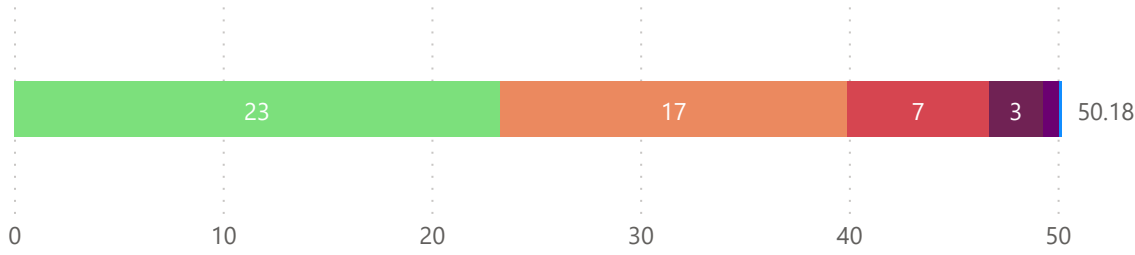
1.51K
1.48K
453.90　2.23K
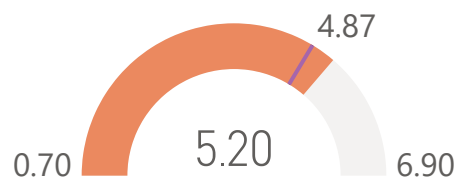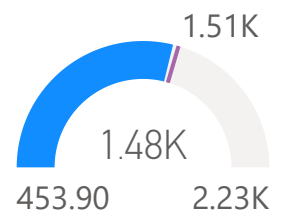
05/20/2023 (Sat) vs Calgary West
Top Rated Showcase
[WIN]

Team Distance Covered in Game by SpeedBand

| 23 | 17 | 7 | 3 | 50.18 |

0 10 20 30 40 50

Comparison to Previous Game Distance

106.00
90.73
67.39   126.24

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	2.94
Audrey Unga	1.0	0.8	0.4	2.38
Molly Palladino	1.0	1.0	0.6	0.3	2.78
Mariana Orozco	0.7	0.5	1.42

0 1 2 3 4 5

Player Name	Sum of Sprints Count	Sum of Sprints Distance (km) ▼	Sum of Session Load	Average of RPE
Charlotte Cuthbertson	38	0.80	173.60	7.40
Ava Viera	25	0.50	111.50	6.80
Julia Melnyk	27	0.50	124.30	
Simona Vallorani	22	0.50	122.30	
Erika Norris	20	0.40	129.00	
Molly Palladino	20	0.40	106.00	5.60
Audrey Unga	15	0.30	94.20	
Mya Demirbas	14	0.30	98.30	
Saleena Braich	16	0.30	90.90	
Evelyn Zhu	10	0.20	89.70	6.60
Gemma Groth	11	0.20	87.20	8.10
Sarah Massey	15	0.20	72.20	
Victoria Hawkins	12	0.20	130.50	6.20
Total	**251**	**4.90**	**1,473.90**	**6.78**

Comparison to Previous Game Count
225
251
55   300

Comparison to Previous Game Sprint Distance
4.87
4.90
0.70   6.90

Comparison to Previous Session Load
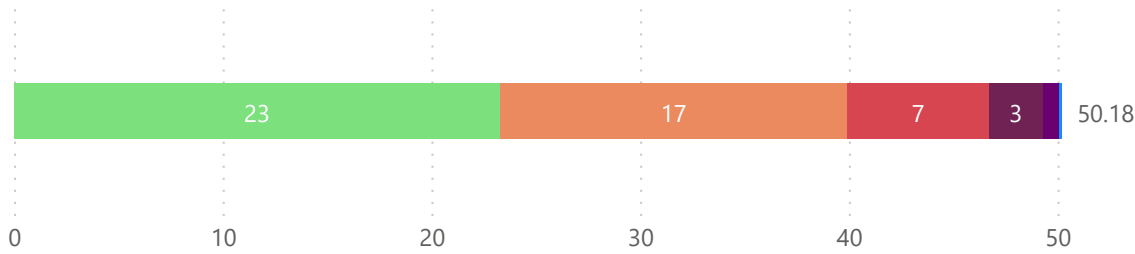1.51K
1.47K
453.90   2.23K

05/21/2023 (Sat) vs Alliance FC
Top Rated Showcase
[WIN]

Team Distance Covered in Game by SpeedBand

23	17	7	3	50.18

0 10 20 30 40 50

Comparison to Previous Game Distance

106.00
90.73
67.39   126.24

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	2.94
Audrey Unga	1.0	0.8	0.4	2.38
Molly Palladino	1.0	1.0	0.6 0.3	2.78
Mariana Orozco	0.7	0.5		1.42

0   1   2   3   4   5

Player Name	Sum of Sprints Count	Sum of Sprints Distance (km)	Sum of Session Load	Average of RPE
Charlotte Cuthbertson	38	0.80	173.60	7.40
Ava Viera	25	0.50	111.50	6.80
Julia Melnyk	27	0.50	124.30	
Simona Vallorani	22	0.50	122.30	
Erika Norris	20	0.40	129.00	
Molly Palladino	20	0.40	106.00	5.60
Audrey Unga	15	0.30	94.20	
Mya Demirbas	14	0.30	98.30	
Saleena Braich	16	0.30	90.90	
Evelyn Zhu	10	0.20	89.70	6.60
Gemma Groth	11	0.20	87.20	8.10
Sarah Massey	15	0.20	72.20	
Victoria Hawkins	12	0.20	130.50	6.20
Total	**251**	**4.90**	**1,473.90**	**6.78**

Comparison to Previous Game Count
225
251
55   300

Comparison to Previous Game Sprint Distance
4.87
4.90
0.70   6.90

Comparison to Previous Session Load
1.51K
1.47K
453.90   2.23K

Week of Apr 28th (Total Distance)

40
20
0

GD
April-28-23

GD
April-29-23

GD
April-30-23

Acute: Chronic Workload Ratio

1.2
1.0
0.8

1.00   1.00   1.00

Apr 28...   Apr 28 6AM   Apr 28 12PM   Apr 28 6PM   Apr 29 12AM   Apr 29 6AM   Apr 29 12PM   Apr 29 6PM   Apr 30 12AM
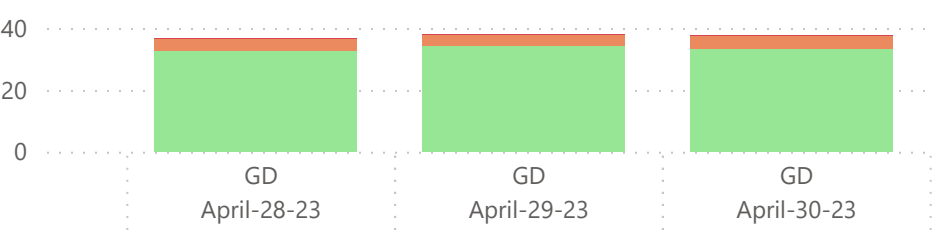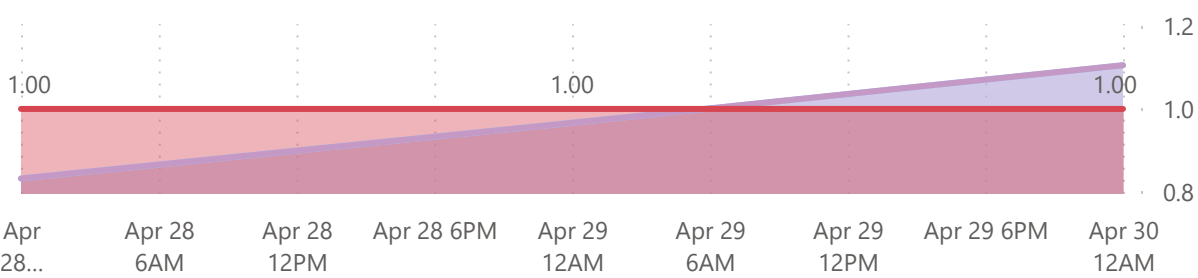
Week of May 1st (Total Distance)

40
20
0

(Blank)
May-01-23

(Blank)
May-02-23

(Blank)
May-03-23

(Blank)
May-04-23

(Blank)
May-05-23

(Blank)
May-06-23

GD
May-07-23

Acute: Chronic Workload Ratio

1.0

0.5

1.00   1.00   1.00   1.00

0.67

0.34

0.26

May 01   May 02   May 03   May 04   May 05   May 06   May 07

Week of May 8th (Total Distance)

40
20
0

(Blank)
May-08-23

(Blank)
May-09-23

(Blank)
May-10-23

GD-3
May-11-23

GD-2
May-12-23

GD-1
May-13-23

GD
May-14-23

Acute: Chronic Workload Ratio

0.4

0.3

0.26   0.26   0.26

0.43   0.43   0.43

0.34

May 08   May 09   May 10   May 11   May 12   May 13   May 14
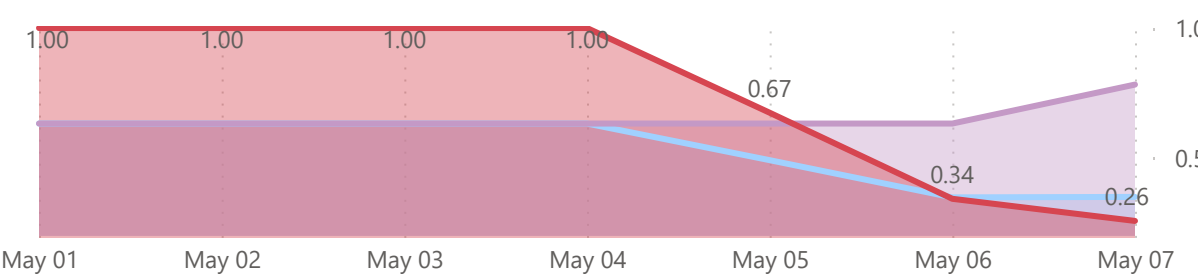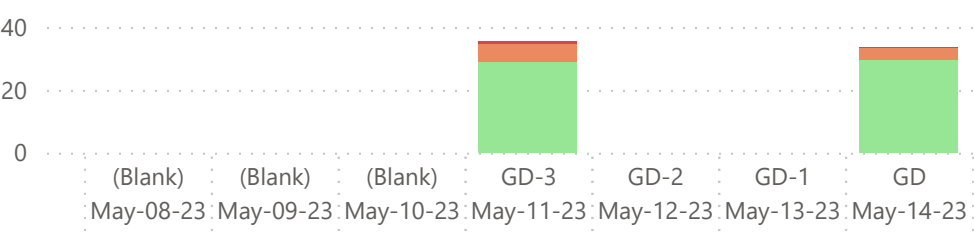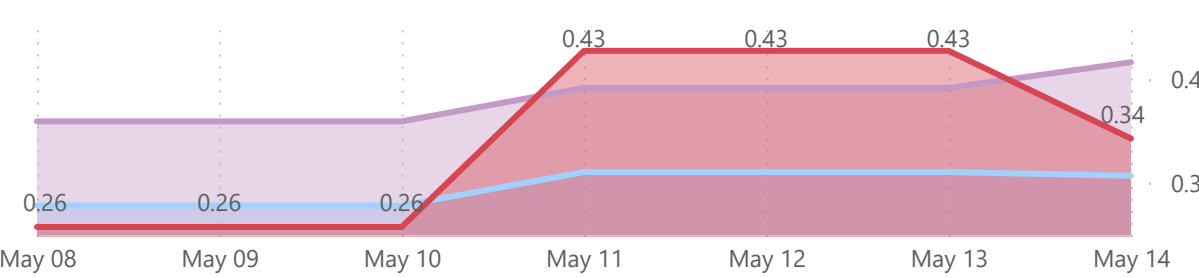
Week of May 15th (Total Distance)

20
0

GD+1
May-15-23

GD+2
May-16-23

GD-2
May-17-23

GD-1
May-18-23

GD
May-19-23

GD
May-20-23

GD
May-21-23

Acute: Chronic Workload Ratio

0.4

0.3

0.2

0.34   0.37   0.37

0.22

0.30

0.37

0.32

May 15   May 16   May 17   May 18   May 19   May 20   May 21
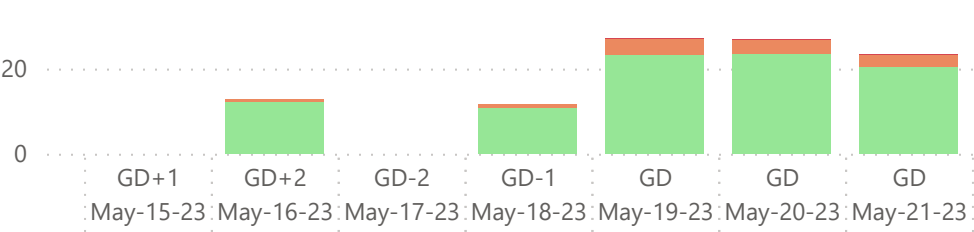
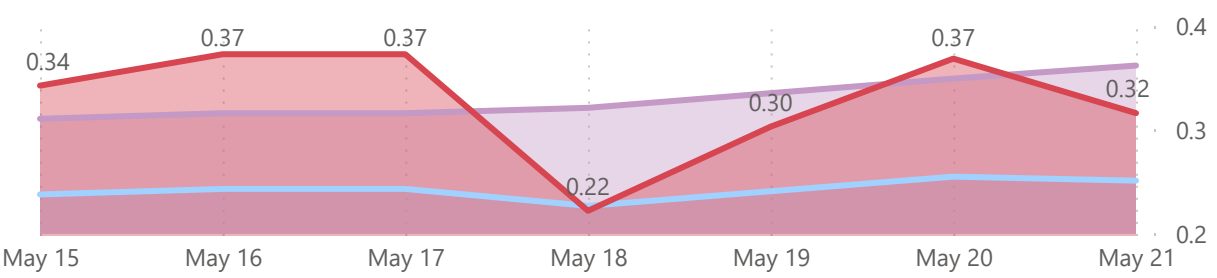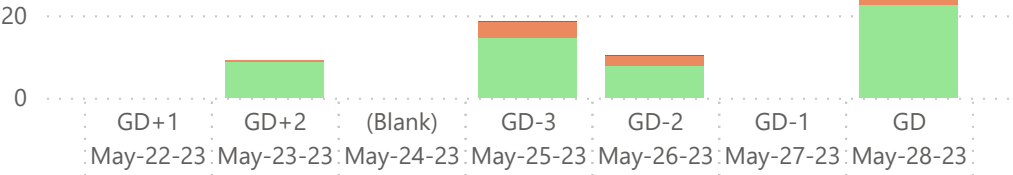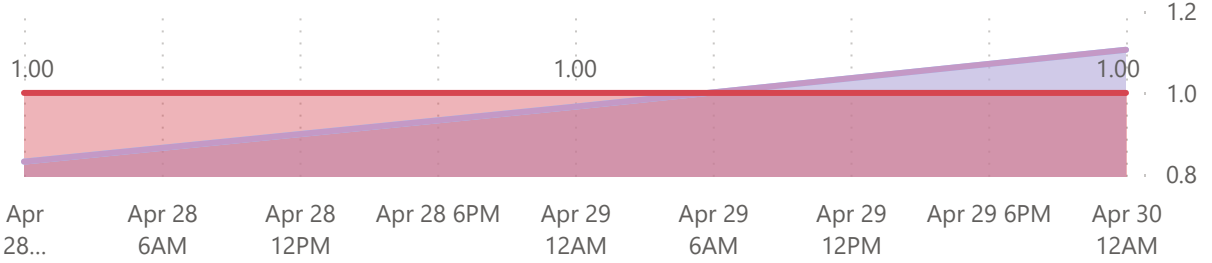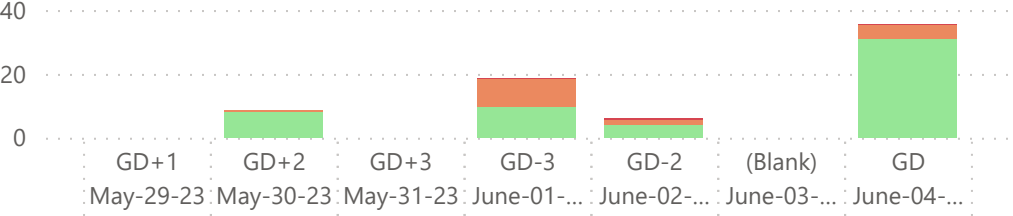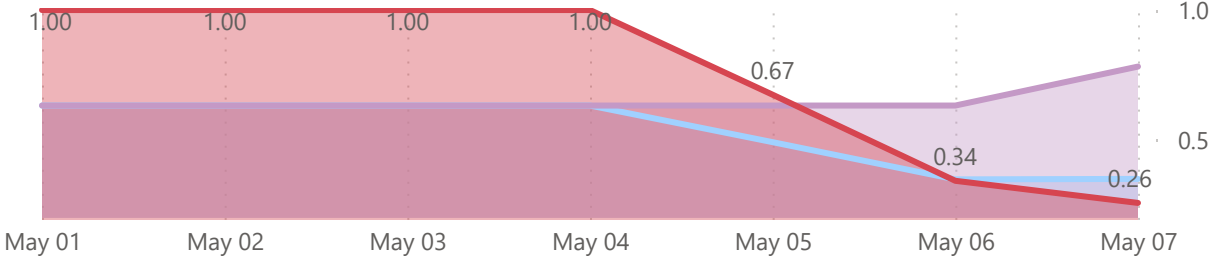## Week of May 22th (Total Distance)

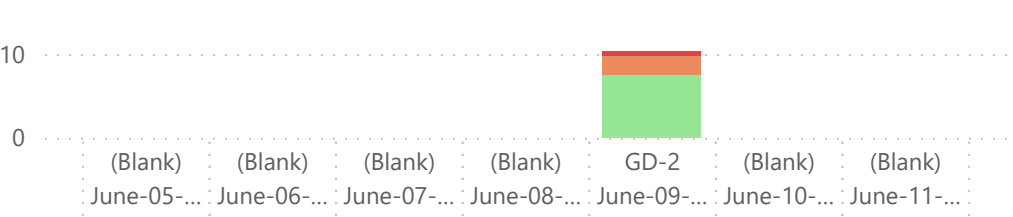## Acute: Chronic Workload Ratio

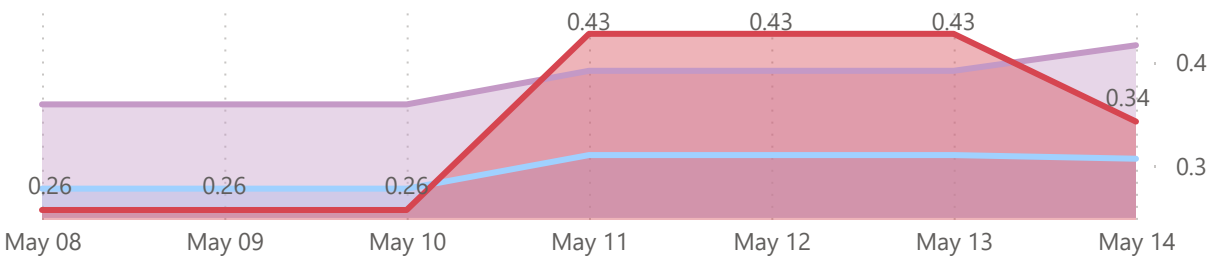## Week of May 29th (Total Distance)
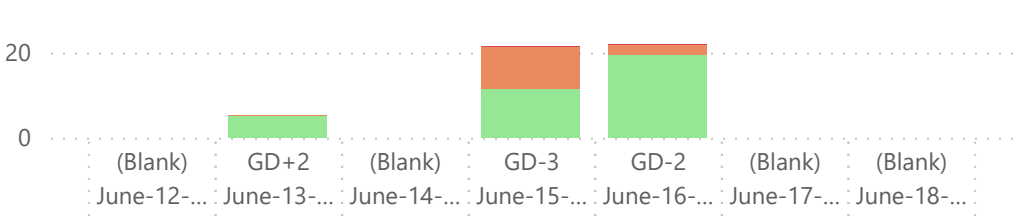

Acute: Chronic Workload Ratio
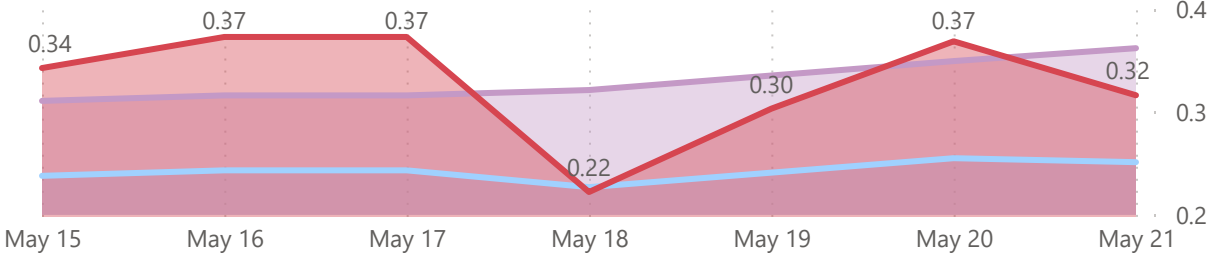

Week of Jun 5th (Total Distance)

Acute: Chronic Workload Ratio

Week of Jun 12th (Total Distance)

Acute: Chronic Workload Ratio

Individualized Player Report

Max Speed (m/s)

12.00

1600m run time (mm.sec)

6.54

Average Game Time (min)
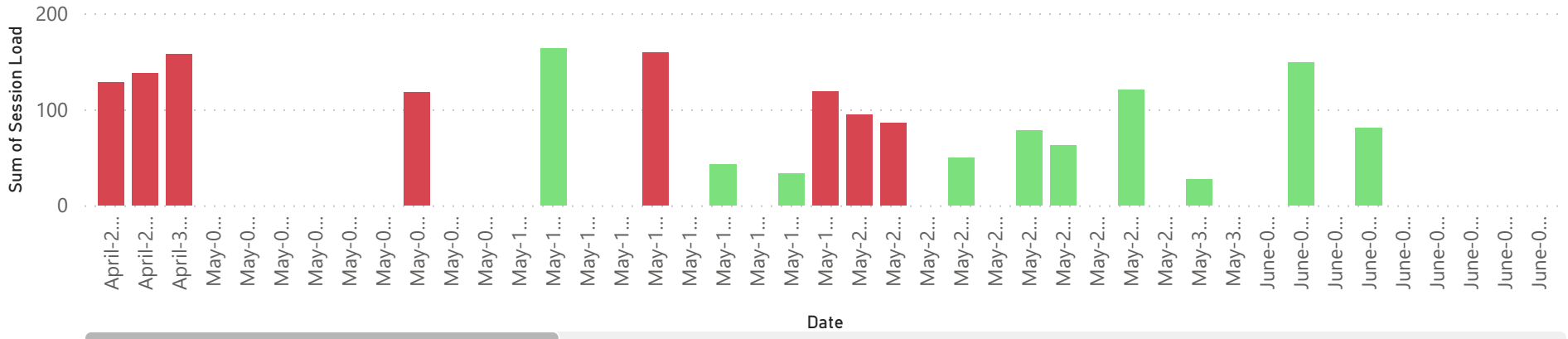
48.02

Player Name ⌄
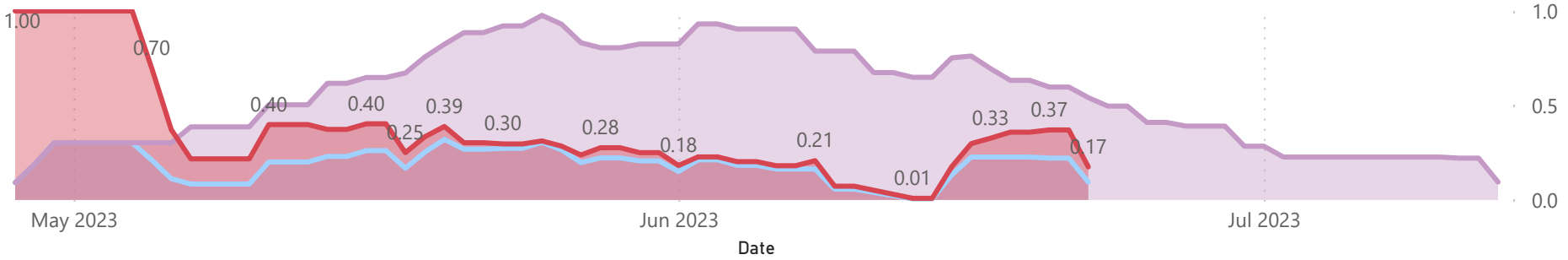
Audrey Unga ⌄

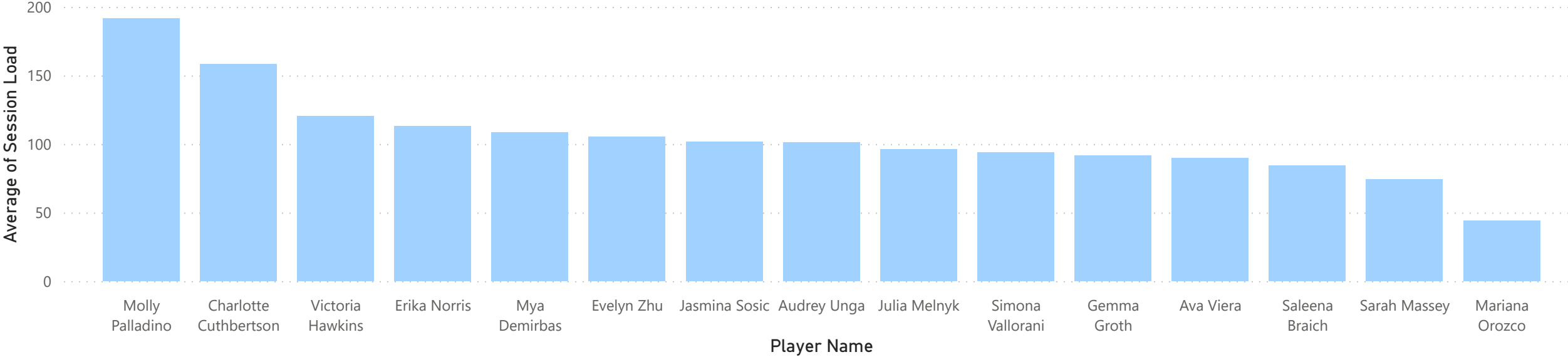**Date** ⌄

28/04/2023 📅

08/09/2023 📅

Sum of Session Load by Date

Acute: Chronic Workload Ratio

Average of Session Load by Player Name

Average of Session Load

Player Name	Value
Molly Palladino	~192
Charlotte Cuthbertson	~158
Victoria Hawkins	~120
Erika Norris	~113
Mya Demirbas	~108
Evelyn Zhu	~105
Jasmina Sosic	~101
Audrey Unga	~101
Julia Melnyk	~96
Simona Vallorani	~94
Gemma Groth	~92
Ava Viera	~90
Saleena Braich	~84
Sarah Massey	~74
Mariana Orozco	~44

Average distance per session by speed zone

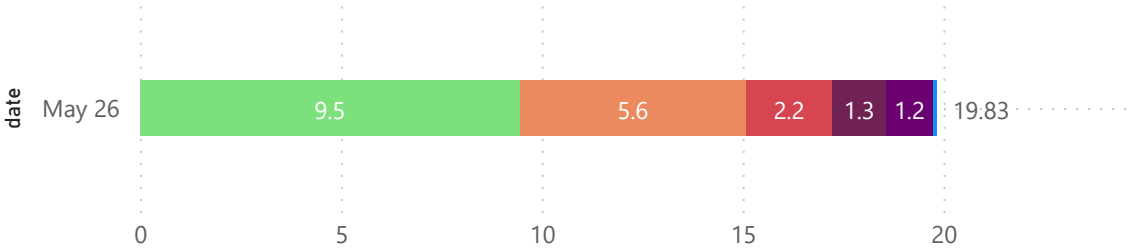| name	total	zones
Victoria Hawkins	4.51	2.0 / 1.7 / 0.5
Evelyn Zhu	3.64	1.9 / 1.1 / 0.5
Erika Norris	3.79	1.6 / 1.4 / 0.5
Jasmina Sosic	3.60	1.5 / 1.3 / 0.5
Charlotte Cuthbertson	3.70	1.5 / 1.1 / 0.6 / 0.3
Mya Demirbas	3.25	1.5 / 1.0 / 0.5
Saleena Braich	3.03	1.5 / 1.0 / 0.4
Gemma Groth	2.87	1.4 / 0.9 / 0.4
Sarah Massey	2.60	1.3 / 0.8 / 0.4
Simona Vallorani	2.75	1.2 / 0.8 / 0.4
Ava Viera	2.62	1.1 / 0.8 / 0.4
Julia Melnyk	2.51	1.1 / 0.8 / 0.4
Audrey Unga	2.48	1.0 / 0.8 / 0.4
Molly Palladino	2.89	1.0 / 0.9 / 0.5
Mariana Orozco	1.37	0.7 / 0.4

May-26-2023 (Fri)
[GD -2]

Team Distance Covered in Game by SpeedBand

date | May 26: 9.5 | 5.6 | 2.2 | 1.3 | 1.2 → 19.83

Comparison to Previous Game Distance

106.00
39.98
67.39   126.24

| name		
Victoria Hawkins	1.38 / 0.77 / 0.17 / 0.16	2.60
Evelyn Zhu	1.28 / 0.83 / 0.32 / 0.15 / 0.13	2.71
Saleena Braich	1.21 / 0.69 / 0.25 / 0.14	2.41
Erika Norris	1.19 / 0.91 / 0.27 / 0.13	2.64
Sarah Massey	1.08 / 0.45 / 0.25 / 0.14 / 0.14	2.07
Mya Demirbas	0.96 / 0.59 / 0.30 / 0.16	2.13
Simona Vallorani	0.92 / 0.54 / 0.24 / 0.17	1.98
Audrey Unga	0.78 / 0.52 / 0.20 / 0.15	1.73
Julia Melnyk	0.58 / 0.25	1.09
Mariana Orozco	0.14	0.47
Molly Palladino		

Player Name	Sum of Sprints Count	Sum of Sprints Distance (km)	Sum of Session Load ▼	Average of RPE
Erika Norris	13	0.30	92.50	
Evelyn Zhu	14	0.30	91.80	
Victoria Hawkins	12	0.30	87.00	
Mya Demirbas	14	0.30	83.10	9.20
Saleena Braich	12	0.30	81.60	5.60
Sarah Massey	14	0.30	79.80	
Simona Vallorani	14	0.40	76.50	6.70
Audrey Unga	13	0.30	62.90	
Julia Melnyk	9	0.20	52.60	5.90
Mariana Orozco	12	0.30	40.60	
Molly Palladino	0	0.00	0.00	
Total	**127**	**3.00**	**748.40**	**6.85**

Comparison to Previous Game Count
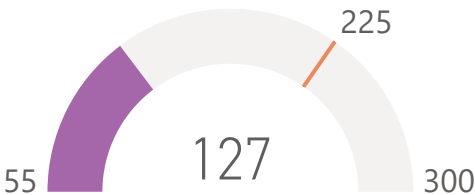
225
127
55   300

Comparison to Previous Game Sprint Distance

4.87
3.00
0.70   6.90

Comparison to Previous Session Load

1.51K
748.40
453.90   2.23K

Compare to previous GD-3

Sum of Sessi... | 500 | (blue bar) May 26
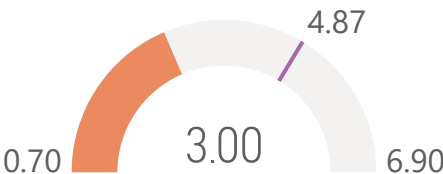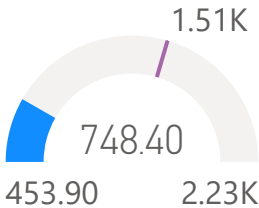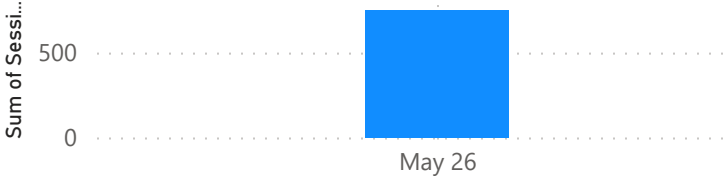
Week of May 22nd(Total Distance)

GD+1 May-22... | GD+2 May-23... | (Blank) May-24... | GD-3 May-25... | GD-2 May-26... | GD-1 May-27... | GD May-28...
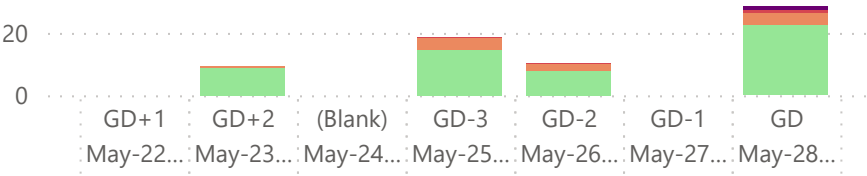
May-28-2023 (Sun) vs FC Durham
OPDL Cup
[TIE]

Team Distance Covered in Game by SpeedBand
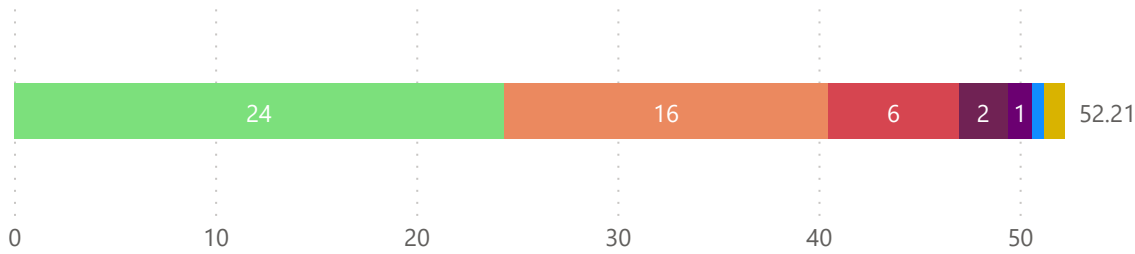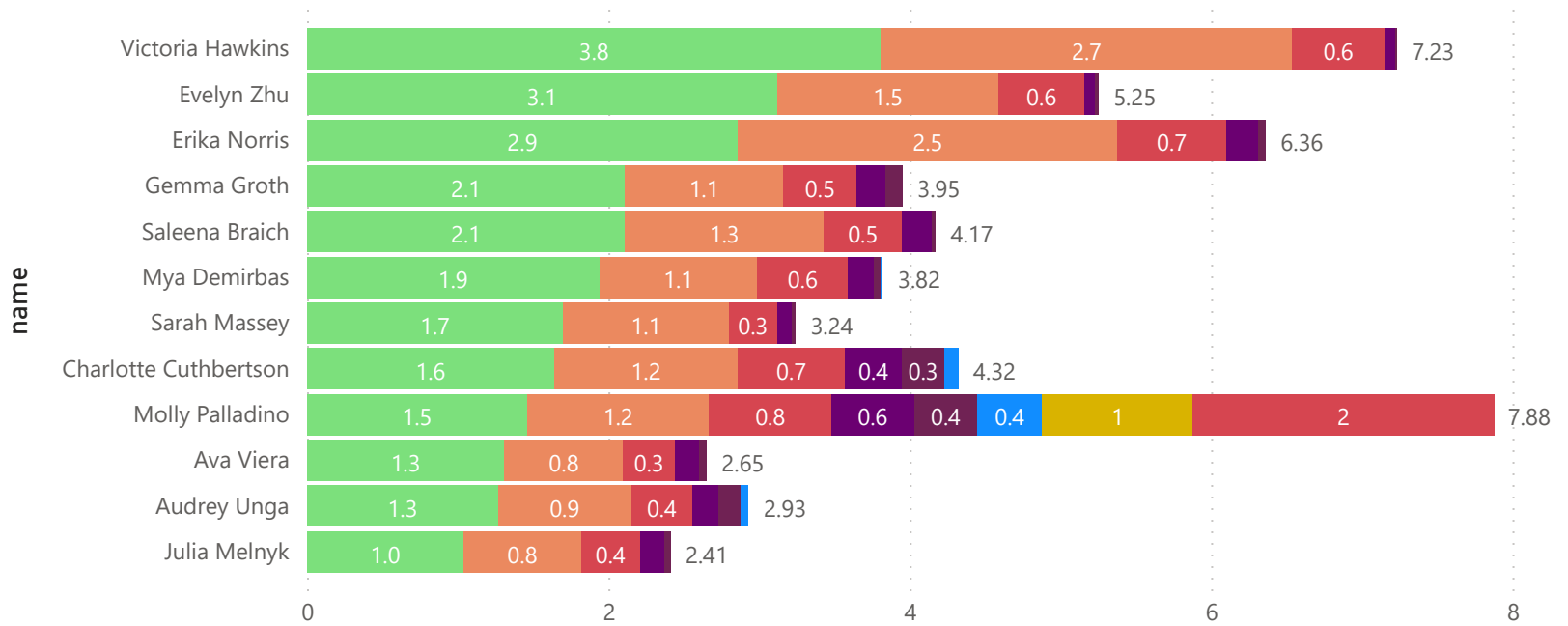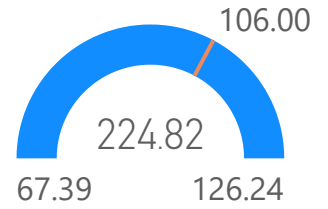
24	16	6	2	1		52.21

Comparison to Previous Game Distance

106.00
224.82
67.39   126.24

name				
Victoria Hawkins	3.8	2.7	0.6	7.23
Evelyn Zhu	3.1	1.5	0.6	5.25
Erika Norris	2.9	2.5	0.7	6.36
Gemma Groth	2.1	1.1	0.5	3.95
Saleena Braich	2.1	1.3	0.5	4.17
Mya Demirbas	1.9	1.1	0.6	3.82
Sarah Massey	1.7	1.1	0.3	3.24
Charlotte Cuthbertson	1.6	1.2	0.7 / 0.4 / 0.3	4.32
Molly Palladino	1.5	1.2	0.8 / 0.6 / 0.4 / 0.4 / 1 / 2	7.88
Ava Viera	1.3	0.8	0.3	2.65
Audrey Unga	1.3	0.9	0.4	2.93
Julia Melnyk	1.0	0.8	0.4	2.41

Player Name	Sum of Sprints Count	Sum of Sprints Distance (km)	Sum of Session Load	Average of RPE
Molly Palladino	30	1.60	1,868.20	8.60
Charlotte Cuthbertson	34	1.00	212.70	9.10
Audrey Unga	17	0.50	120.70	10.00
Gemma Groth	17	0.40	114.60	8.70
Mya Demirbas	17	0.40	108.10	9.30
Ava Viera	14	0.30	78.30	7.50
Erika Norris	15	0.30	157.70	10.00
Julia Melnyk	14	0.30	77.10	8.40
Saleena Braich	19	0.30	104.20	8.60
Evelyn Zhu	7	0.10	104.10	9.30
Sarah Massey	8	0.10	73.10	8.30
Victoria Hawkins	7	0.10	138.10	8.40
Mariana Orozco				4.80
Total	**199**	**5.40**	**3,156.90**	**8.08**

Comparison to Previous Game Count

225
199
55   300

Comparison to Previous Game Sprint Distance

4.87
5.40
0.70   6.90

Comparison to Previous Session Load

1.51K
3.16K
453.90   2.23K

May-30-2023 (Tue)
[GD +2]

NOVANTA

Team Distance Covered in Game by SpeedBand

date				
May 30	6.8	6.8	1.5	15.36

Comparison to Previous Game Distance

106.00
35.48
67.39   126.24

name				
Victoria Hawkins	0.90	0.82	0.12	1.85
Erika Norris	0.66	0.62	0.18	1.48
Charlotte Cuthbertson	0.56	0.54	0.17	1.29
Evelyn Zhu	0.54	0.47		1.10
Mya Demirbas	0.54	0.47	0.12	1.15
Audrey Unga	0.52	0.55	0.14	1.23
Saleena Braich	0.51	0.48	0.12	1.15
Sarah Massey	0.49	0.48	0.10	1.12
Julia Melnyk	0.47	0.63	0.16	1.31
Ava Viera	0.43	0.46	0.13	1.07
Molly Palladino	0.43	0.45		0.98
Gemma Groth	0.39	0.43		0.88
Mariana Orozco	0.31	0.38		0.75
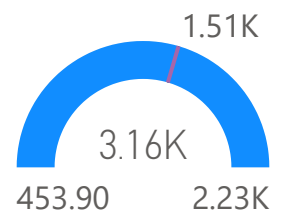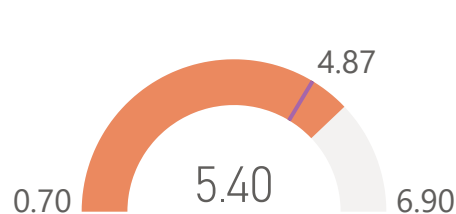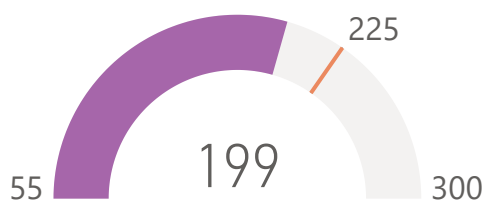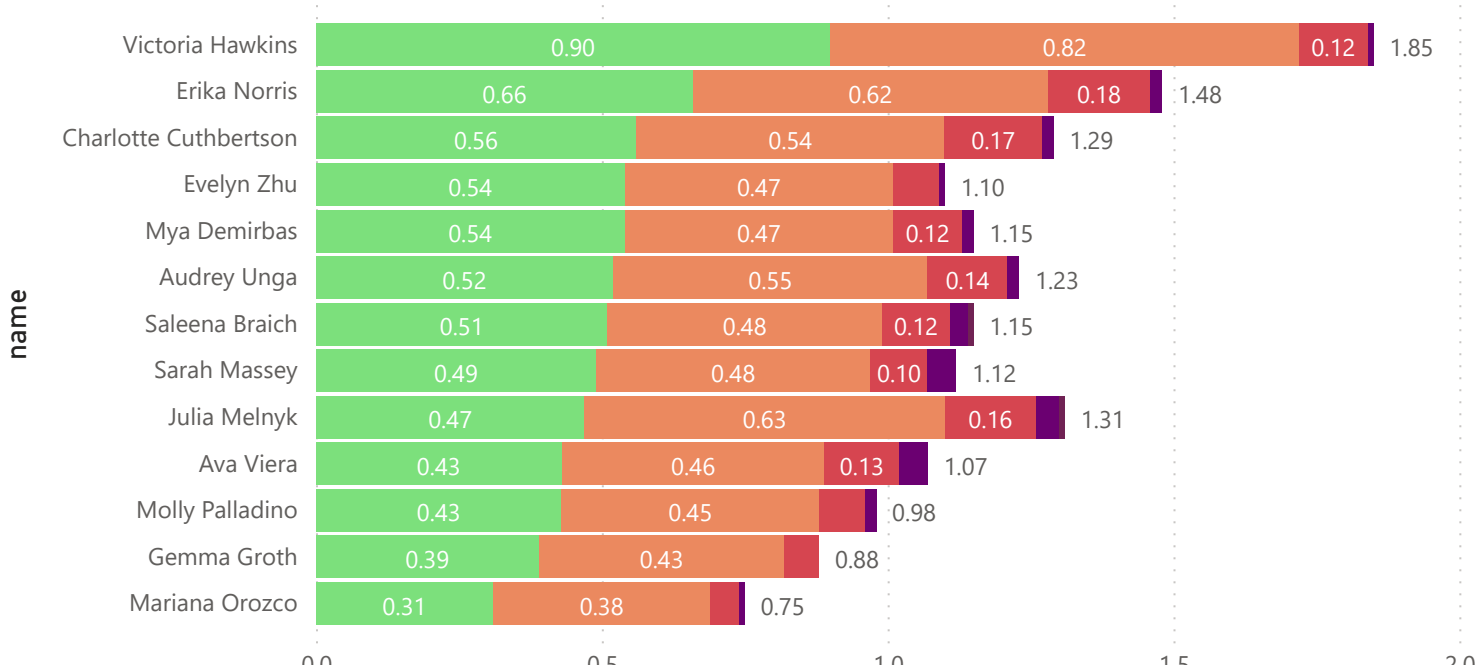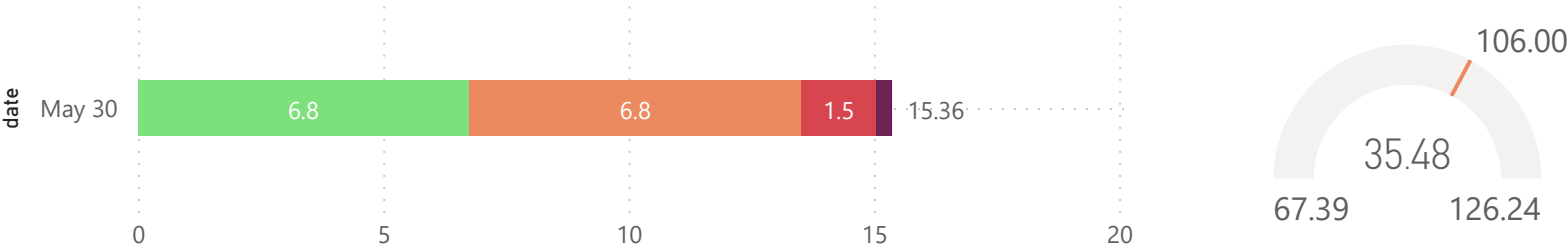
Player Name	Sum of Sprints Count	Sum of Sprints Distance (km)	Sum of Session Load	Average of RPE
Julia Melnyk	3	0.10	35.10	5.40
Victoria Hawkins	1	0.00	34.20	7.20
Erika Norris	0	0.00	32.70	
Charlotte Cuthbertson	1	0.00	28.50	3.30
Ava Viera	5	0.10	28.00	5.80
Saleena Braich	2	0.00	27.40	5.60
Audrey Unga	2	0.00	27.30	10.00
Sarah Massey	5	0.10	26.40	
Mya Demirbas	3	0.00	25.40	9.70
Molly Palladino	2	0.00	21.70	3.10
Evelyn Zhu	1	0.00	21.10	5.90
Gemma Groth	0	0.00	16.80	3.20
Mariana Orozco	2	0.00	15.80	5.60
Total	**27**	**0.30**	**340.40**	**6.33**

Comparison to Previous Game Count
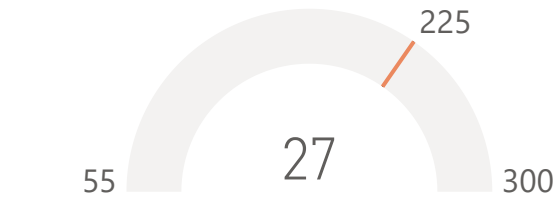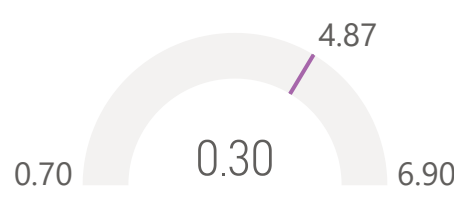
225
27
55   300

Comparison to Previous Game Sprint Distance

4.87
0.30
0.70   6.90

Comparison to Previous Session Load

1.51K
340.40
453.90   2.23K

Compare to previous GD+2

Sum of Sessi...
500
May 16   May 23   May 30

Week of May 29nd(Total Distance)

40
20
GD+1   GD+2   GD+3   GD-3   GD-2   (Blank)   GD
May-2... May-3... May-3... June-... June-... June-... June-...

NOVANTA

NOVANTA

Team Distance Covered in Game by SpeedBand

Comparison to Previous Game Distance

date | Jun 2023: 10 | 5 | 4 | 7 | 1 | 28.27

(gauge) 106.00 — 51.84 — 67.39 — 126.24

name

name						total
Victoria Hawkins	1.10	0.66	0.29	0.66	0.20	2.92
Erika Norris	0.91	0.47	0.27	0.61	0.16	2.43
Saleena Braich	0.91	0.50	0.30	0.68		2.47
Charlotte Cuthbertson	0.88	0.68	0.31	0.59	0.24	2.72
Gemma Groth	0.81	0.51	0.59	0.44		2.38
Evelyn Zhu	0.77	0.32	0.30	0.71		2.21
Mya Demirbas	0.77	0.36	0.33	0.68		2.25
Julia Melnyk	0.72	0.31	0.28	0.66		2.08
Molly Palladino	0.71	0.51	0.32	0.68		2.30
Simona Vallorani	0.71	0.33	0.35	0.67		2.16
Sarah Massey	0.70	0.36	0.59	0.42		2.10
Ava Viera	0.67	0.45	0.32	0.67		2.25
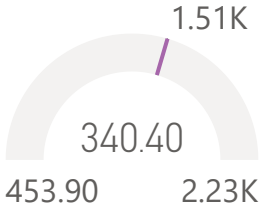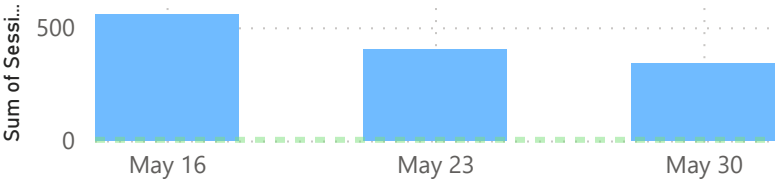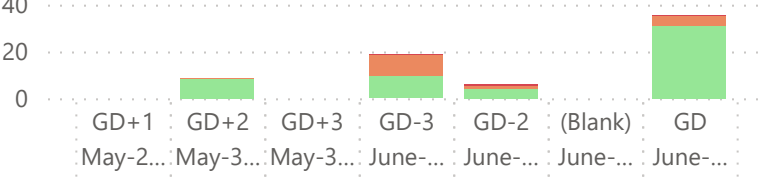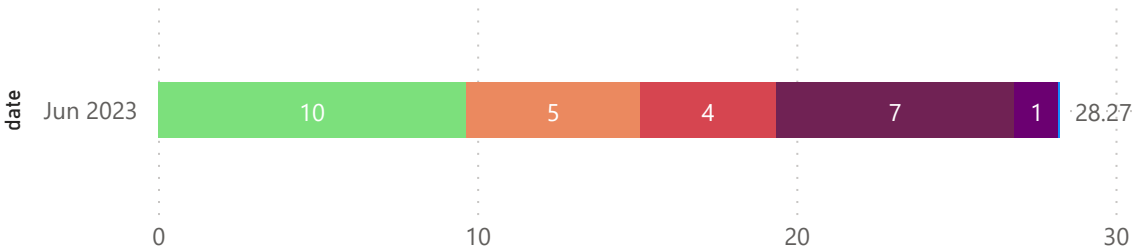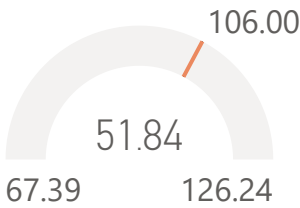
Player Name	Sum of Sprints Count	Sum of Sprints Distance (km)	Sum of Session Load ▼	Average of RPE
Charlotte Cuthbertson	30	1.10	164.90	5.57
Victoria Hawkins	22	1.00	159.00	8.10
Ava Viera	24	1.00	138.40	7.00
Erika Norris	21	1.00	138.30	
Evelyn Zhu	22	1.00	133.80	7.10
Mya Demirbas	24	1.00	132.40	6.10
Simona Vallorani	24	1.00	132.30	7.10
Saleena Braich	21	0.90	130.50	6.30
Molly Palladino	24	1.00	130.10	4.90
Julia Melnyk	24	1.00	127.00	7.80
Gemma Groth	20	0.70	107.90	7.70
Sarah Massey	18	0.60	102.60	6.20
Mariana Orozco				5.30
Total	**274**	**11.30**	**1,597.20**	**6.45**

Comparison to Previous Game Count
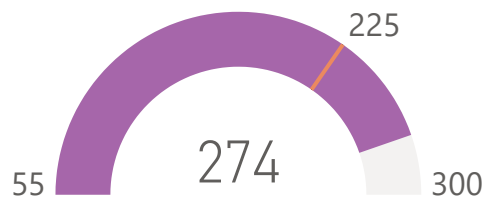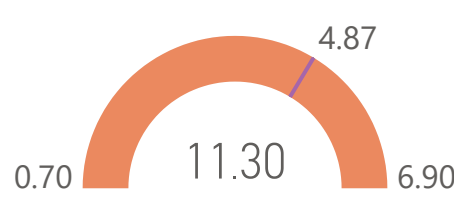
(gauge) 225 — 274 — 55 — 300

Comparison to Previous Game Sprint Distance

(gauge) 4.87 — 11.30 — 0.70 — 6.90

Comparison to Previous Session Load

(gauge) 1.51K — 1.60K — 453.90 — 2.23K
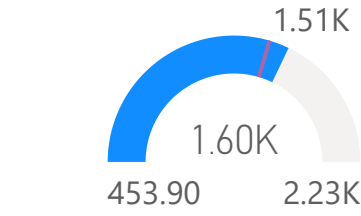
Compare to previous GD-3
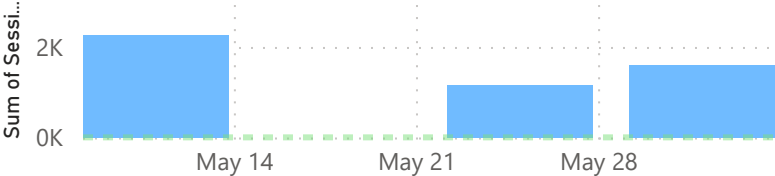
Week of May 29nd(Total Distance)

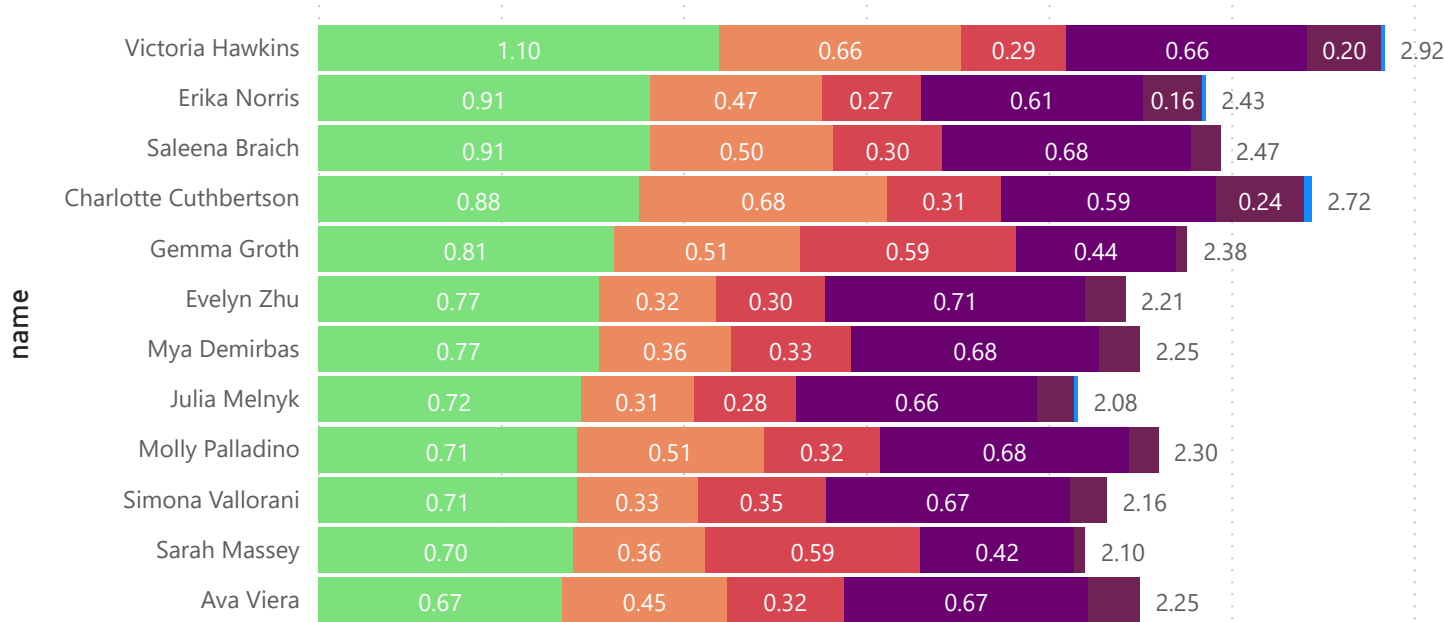# June-2-2023 (Fri)
[GD -2]

Team Distance Covered in Game by SpeedBand

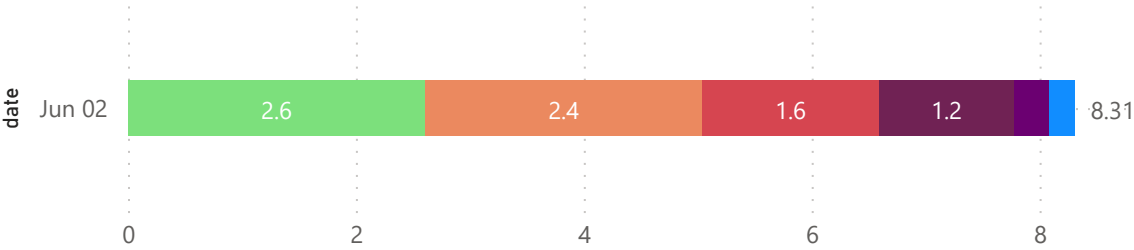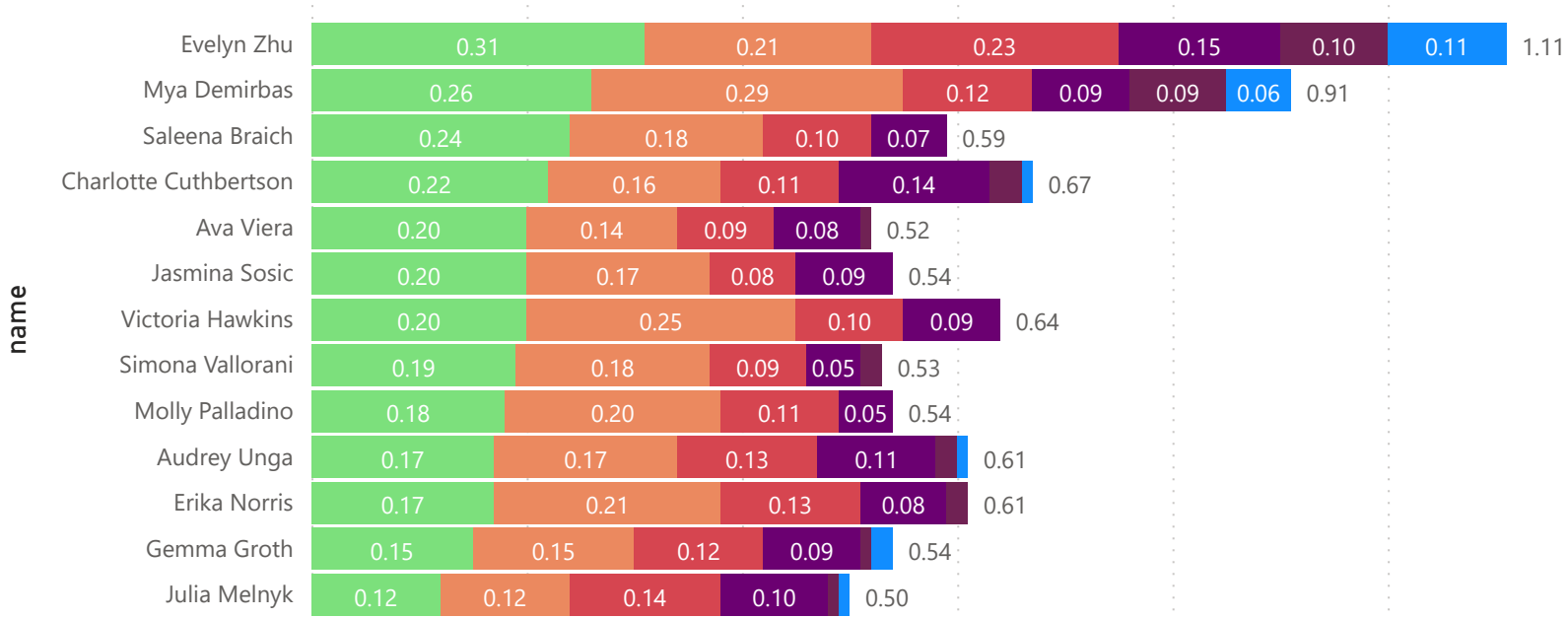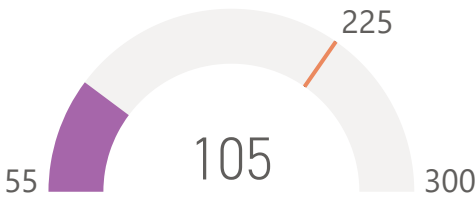### Comparison to Previous Game Distance

date					
Jun 02	2.6	2.4	1.6	1.2	8.31

106.00

21.99

67.39   126.24

name						
Evelyn Zhu	0.31	0.21	0.23	0.15	0.10	0.11	1.11
Mya Demirbas	0.26	0.29	0.12	0.09	0.09	0.06	0.91
Saleena Braich	0.24	0.18	0.10	0.07	0.59
Charlotte Cuthbertson	0.22	0.16	0.11	0.14	0.67
Ava Viera	0.20	0.14	0.09	0.08	0.52
Jasmina Sosic	0.20	0.17	0.08	0.09	0.54
Victoria Hawkins	0.20	0.25	0.10	0.09	0.64
Simona Vallorani	0.19	0.18	0.09	0.05	0.53
Molly Palladino	0.18	0.20	0.11	0.05	0.54
Audrey Unga	0.17	0.17	0.13	0.11	0.61
Erika Norris	0.17	0.21	0.13	0.08	0.61
Gemma Groth	0.15	0.15	0.12	0.09	0.54
Julia Melnyk	0.12	0.12	0.14	0.10	0.50
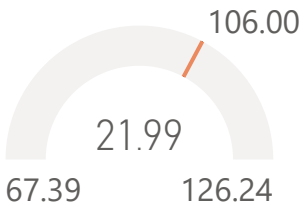
Player Name	Sum of Sprints Count	Sum of Sprints Distance (km)	Sum of Session Load	Average of RPE
Evelyn Zhu	14	0.50	329.20	
Mya Demirbas	7	0.10	222.00	7.40
Charlotte Cuthbertson	11	0.10	172.30	
Gemma Groth	5	0.10	168.30	
Julia Melnyk	7	0.10	157.70	
Audrey Unga	6	0.50	149.10	
Erika Norris	10	0.10	26.20	
Victoria Hawkins	8	0.10	23.90	0.80
Ava Viera	8	0.10	21.10	1.00
Jasmina Sosic	9	0.10	20.10	0.70
Simona Vallorani	7	0.10	20.00	0.80
Saleena Braich	6	0.10	19.20	0.40
Molly Palladino	7	0.10	19.00	0.70
Mariana Orozco				5.60
Total	**105**	**2.10**	**1,348.10**	**1.98**

Comparison to Previous Game Count
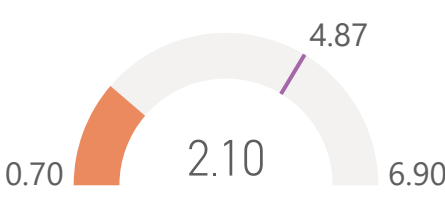
225

105

55   300

Comparison to Previous Game Sprint Distance

4.87

2.10

0.70   6.90

Comparison to Previous Session Load

1.51K

1.35K

453.90   2.23K
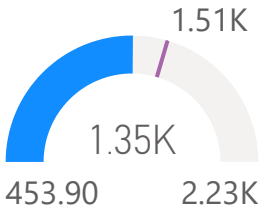
Compare to previous GD-3
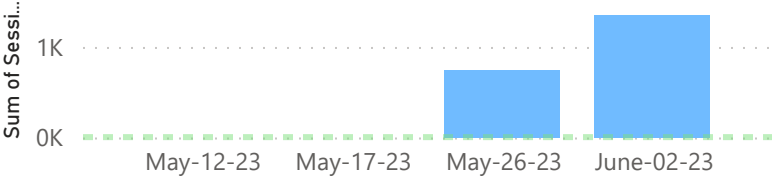
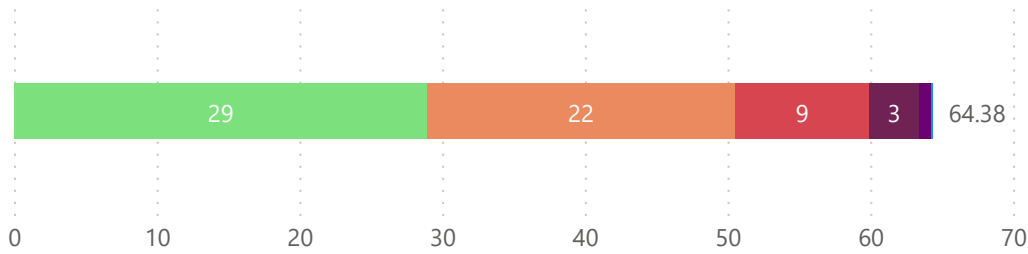
Week of May 29nd(Total Distance)
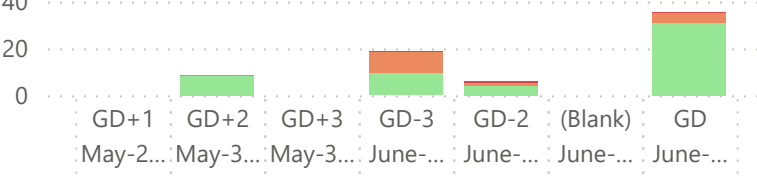
Jun-04-2023 (Sun) vs Vaughan SC
OPDL Match Day 3
[Lose]

Team Distance Covered in Game by SpeedBand
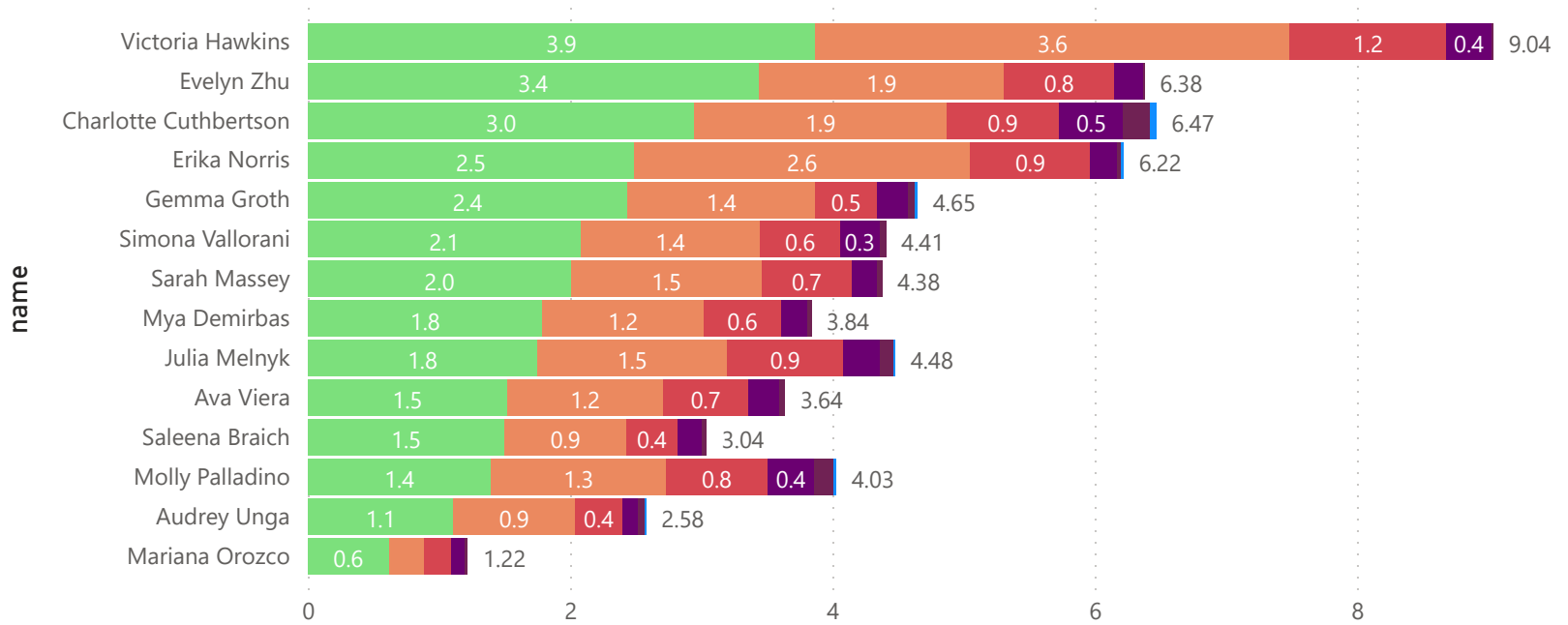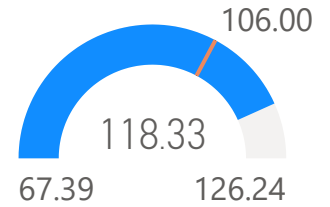
29	22	9	3	64.38

Scale: 0, 10, 20, 30, 40, 50, 60, 70

Comparison to Previous Game Distance

106.00
118.33
67.39 — 126.24

name				
Victoria Hawkins	3.9	3.6	1.2	0.4	9.04
Evelyn Zhu	3.4	1.9	0.8		6.38
Charlotte Cuthbertson	3.0	1.9	0.9	0.5	6.47
Erika Norris	2.5	2.6	0.9		6.22
Gemma Groth	2.4	1.4	0.5		4.65
Simona Vallorani	2.1	1.4	0.6	0.3	4.41
Sarah Massey	2.0	1.5	0.7		4.38
Mya Demirbas	1.8	1.2	0.6		3.84
Julia Melnyk	1.8	1.5	0.9		4.48
Ava Viera	1.5	1.2	0.7		3.64
Saleena Braich	1.5	0.9	0.4		3.04
Molly Palladino	1.4	1.3	0.8	0.4	4.03
Audrey Unga	1.1	0.9	0.4		2.58
Mariana Orozco	0.6				1.22

Scale: 0, 2, 4, 6, 8

Player Name	Sum of Sprints Count	Sum of Sprints Distance (km)	Sum of Session Load	Average of RPE
Charlotte Cuthbertson	45	1.00	228.40	9.00
Molly Palladino	33	0.70	165.80	5.00
Victoria Hawkins	25	0.60	226.20	6.00
Ava Viera	23	0.50	113.80	8.10
Julia Melnyk	24	0.50	157.90	8.40
Simona Vallorani	28	0.50	127.40	8.60
Gemma Groth	22	0.40	124.00	9.00
Audrey Unga	13	0.30	80.30	6.30
Erika Norris	19	0.30	170.30	
Evelyn Zhu	19	0.30	145.30	8.20
Mya Demirbas	18	0.30	106.70	7.70
Saleena Braich	18	0.30	83.30	4.90
Sarah Massey	18	0.30	120.90	
Total	**314**	**6.20**	**1,888.60**	**7.42**

Comparison to Previous Game Count
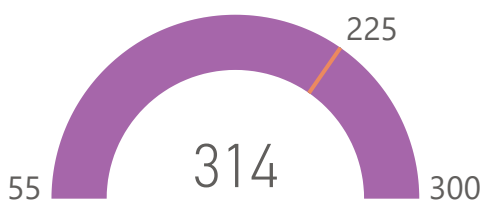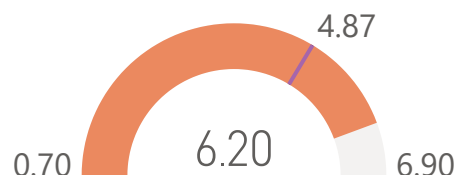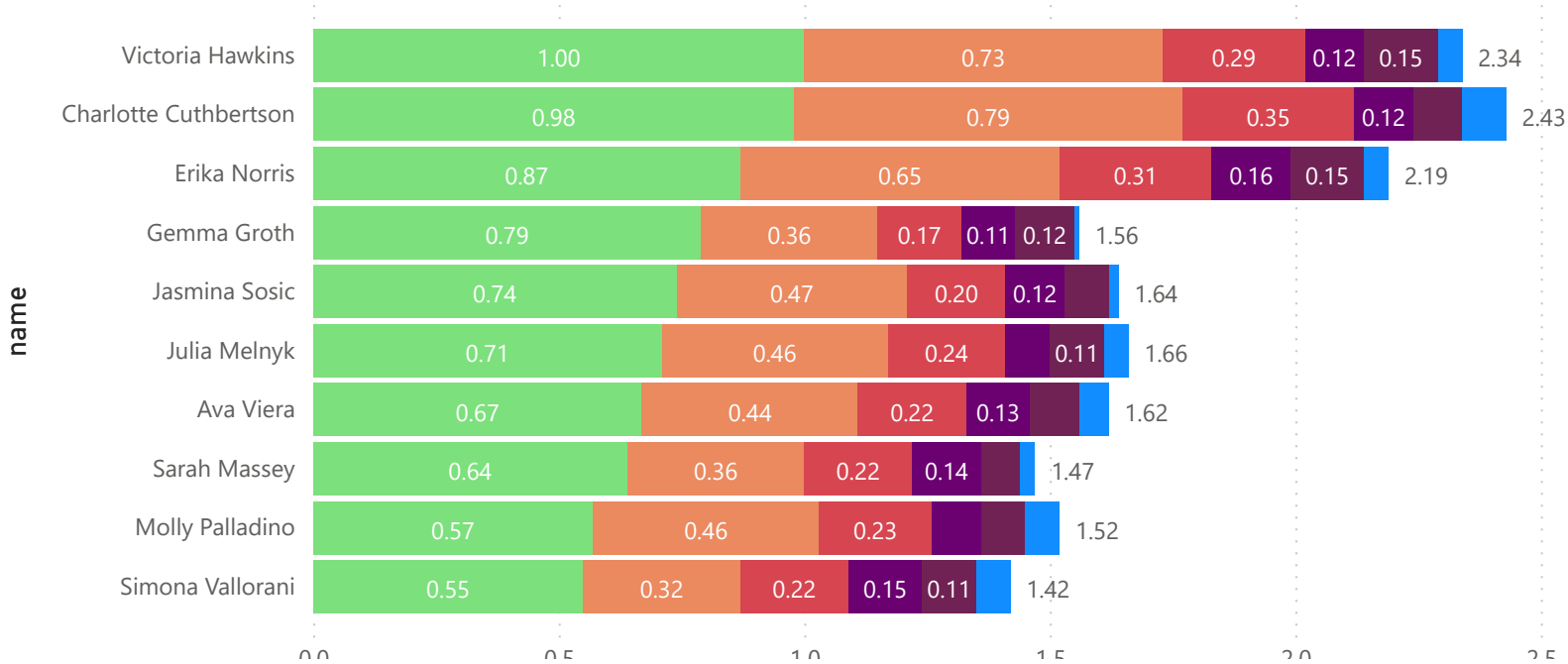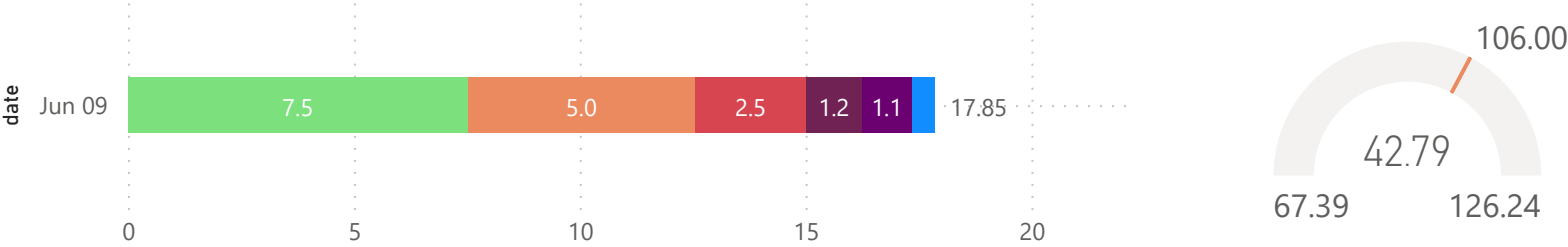
225
314
55 — 300

Comparison to Previous Game Sprint Distance

4.87
6.20
0.70 — 6.90

Comparison to Previous Session Load

1.51K
1.89K
453.90 — 2.23K

June-09-2023 (Fri)
[GD -2]

NOVANTA

NOVANTA

Team Distance Covered in Game by SpeedBand

date

Jun 09 | 7.5 | 5.0 | 2.5 | 1.2 | 1.1 | 17.85

0   5   10   15   20

Comparison to Previous Game Distance

106.00

42.79

67.39   126.24

name

Victoria Hawkins	1.00	0.73	0.29	0.12	0.15	2.34
Charlotte Cuthbertson	0.98	0.79	0.35	0.12		2.43
Erika Norris	0.87	0.65	0.31	0.16	0.15	2.19
Gemma Groth	0.79	0.36	0.17	0.11	0.12	1.56
Jasmina Sosic	0.74	0.47	0.20	0.12		1.64
Julia Melnyk	0.71	0.46	0.24	0.11		1.66
Ava Viera	0.67	0.44	0.22	0.13		1.62
Sarah Massey	0.64	0.36	0.22	0.14		1.47
Molly Palladino	0.57	0.46	0.23			1.52
Simona Vallorani	0.55	0.32	0.22	0.15	0.11	1.42

0.0   0.5   1.0   1.5   2.0   2.5
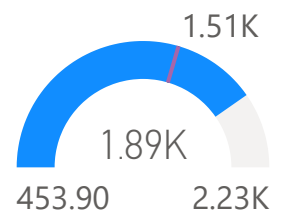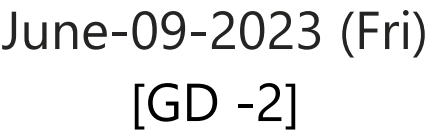
Player Name	Sum of Sprints Count	Sum of Sprints Distance (km)	Sum of Session Load ▼	Average of RPE
Charlotte Cuthbertson	16	0.40	116.60	
Erika Norris	18	0.40	103.30	
Victoria Hawkins	12	0.40	100.50	7.30
Simona Vallorani	14	0.40	86.70	5.50
Ava Viera	15	0.40	81.60	5.40
Molly Palladino	10	0.30	80.60	1.90
Julia Melnyk	10	0.30	76.50	6.40
Jasmina Sosic	10	0.30	68.20	4.60
Sarah Massey	11	0.30	66.90	
Gemma Groth	10	0.30	66.10	6.00
Audrey Unga				10.00
Total	**126**	**3.50**	**847.00**	**5.89**

Comparison to Previous Game Count

225

126

55   300

Comparison to Previous Game Sprint Distance

4.87

3.50

0.70   6.90

Comparison to Previous Session Load

1.51K

847.00

453.90   2.23K

Compare to previous GD-3

Sum of Sessi...

1K

0K
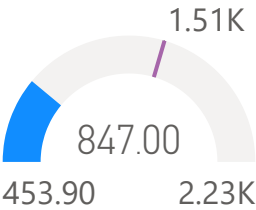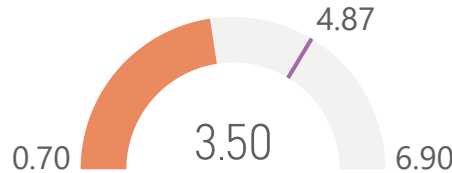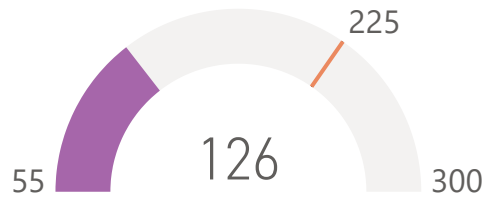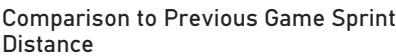
May-26-23   June-02-23   June-09-23
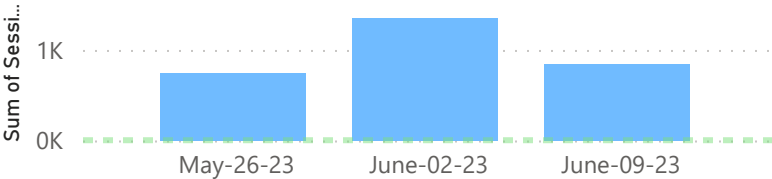
Week of June 5th (Total Distance)

10

0

(Blank) | (Blank) | (Blank) | (Blank) | GD-2 | (Blank) | (Blank)
June-... | June-... | June-... | June-... | June-... | June-... | June-...

June-13-2023 (Tue)
Training
[GD+2]
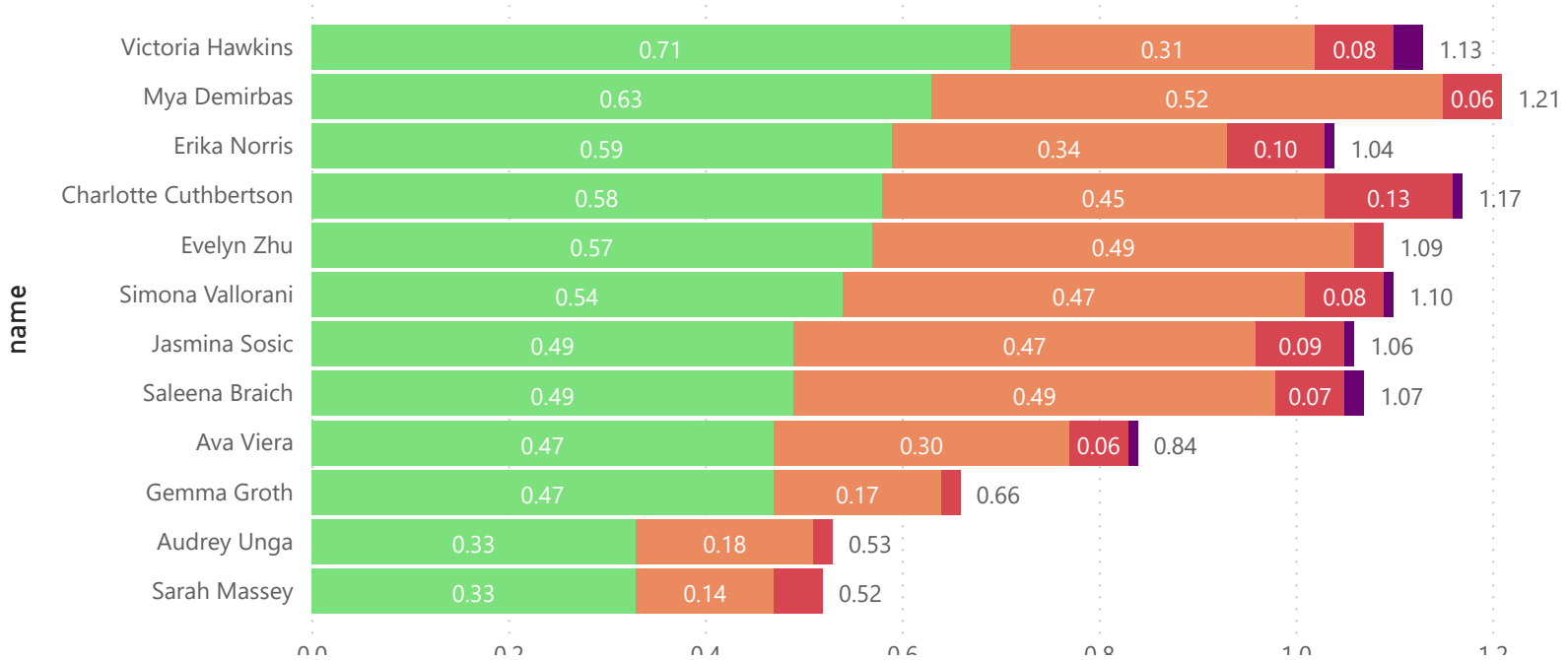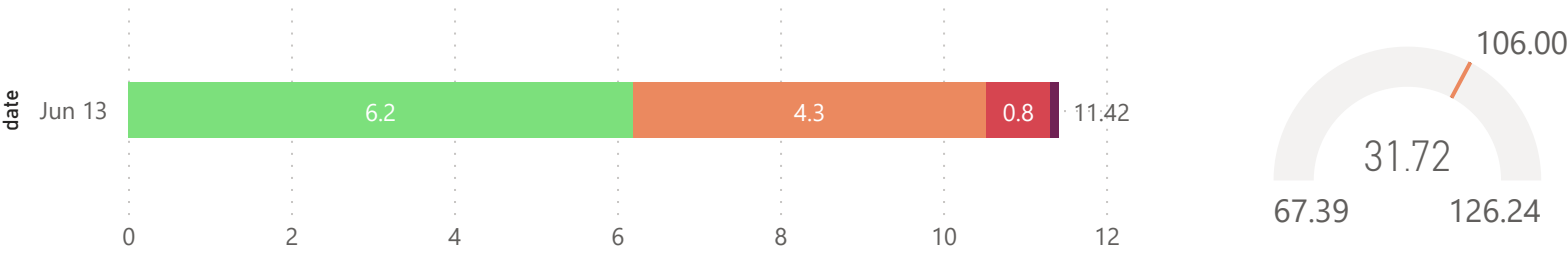
Team Distance Covered in Game by SpeedBand

date — Jun 13: 6.2 | 4.3 | 0.8 → 11.42

Comparison to Previous Game Distance

106.00
31.72
67.39 — 126.24

name				
Victoria Hawkins	0.71	0.31	0.08	1.13
Mya Demirbas	0.63	0.52	0.06	1.21
Erika Norris	0.59	0.34	0.10	1.04
Charlotte Cuthbertson	0.58	0.45	0.13	1.17
Evelyn Zhu	0.57	0.49		1.09
Simona Vallorani	0.54	0.47	0.08	1.10
Jasmina Sosic	0.49	0.47	0.09	1.06
Saleena Braich	0.49	0.49	0.07	1.07
Ava Viera	0.47	0.30	0.06	0.84
Gemma Groth	0.47	0.17		0.66
Audrey Unga	0.33	0.18		0.53
Sarah Massey	0.33	0.14		0.52

Player Name	Sum of Sprints Count	Sum of Sprints Distance (km)	Sum of Session Load	Average of RPE
Charlotte Cuthbertson	1	0.00	23.20	
Saleena Braich	1	0.00	21.00	
Erika Norris	1	0.00	20.80	
Jasmina Sosic	1	0.00	20.80	
Mya Demirbas	0	0.00	20.80	
Simona Vallorani	1	0.00	20.30	
Victoria Hawkins	2	0.00	20.20	
Evelyn Zhu	0	0.00	17.70	
Ava Viera	1	0.00	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**	**0.00**	**205.50**	

Comparison to Previous Game Count
225
8
55 — 300

Comparison to Previous Game Sprint Distance
4.87
0.00
0.70 — 6.90

Comparison to Previous Session Load
1.51K
205.50
453.90 — 2.23K

Compare to previous GD+2

Sum of Sessi... : May-16-23, May-23-23, May-30-23, June-13-23

Week of June 12th (Total Distance)
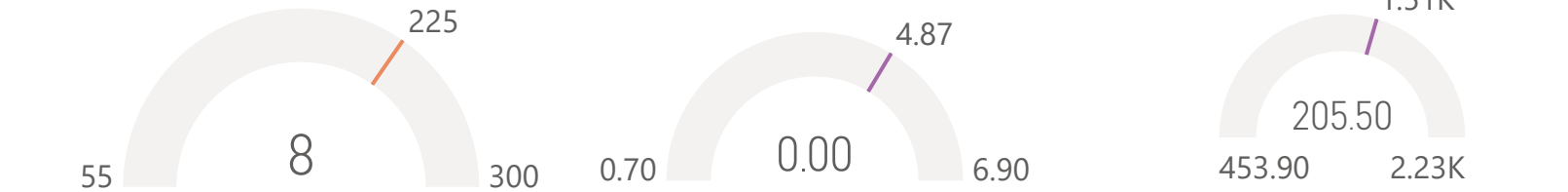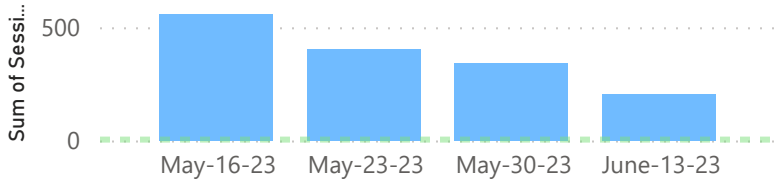
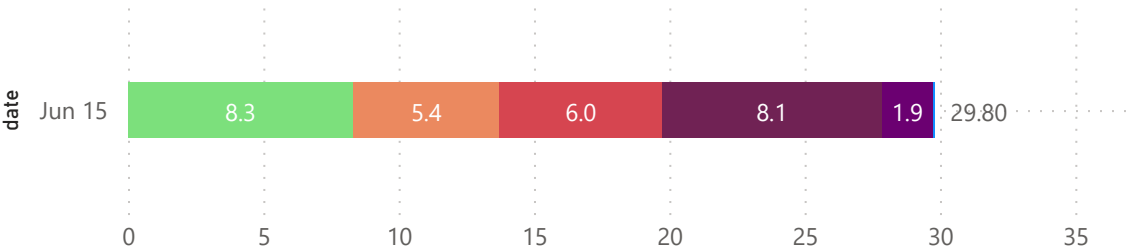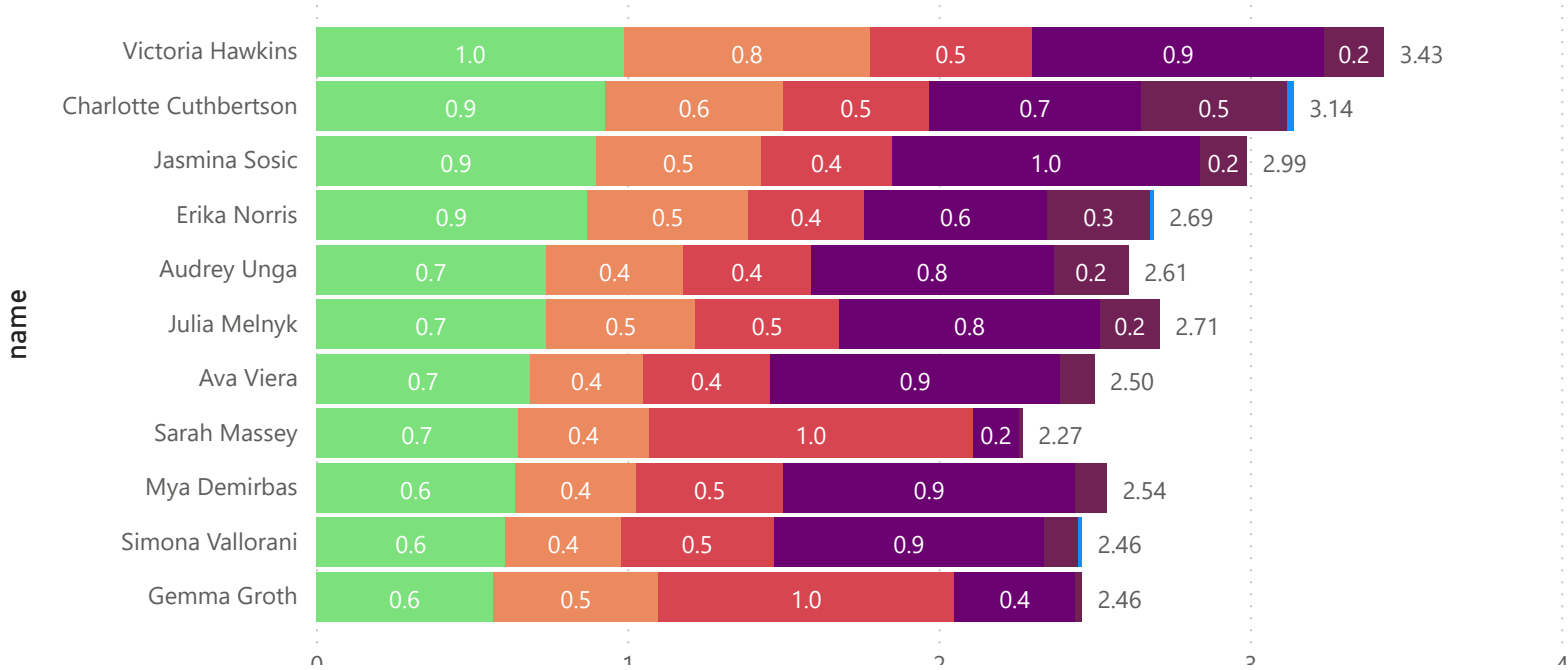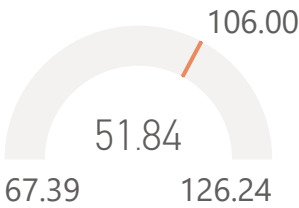(Blank) June-, GD+2 June-, (Blank) June-, GD-3 June-, GD-2 June-, (Blank) June-, (Blank) June-
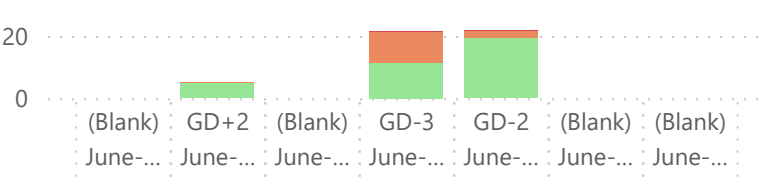
June-15-2023 (Tue)
Training
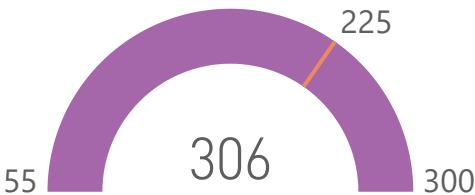# [GD-3]

Team Distance Covered in Game by SpeedBand

Comparison to Previous Game Distance

date — Jun 15: 8.3 | 5.4 | 6.0 | 8.1 | 1.9 — 29.80

| 0 | 5 | 10 | 15 | 20 | 25 | 30 | 35 |

106.00
51.84
67.39   126.24

name

Victoria Hawkins	1.0	0.8	0.5	0.9	0.2	3.43
Charlotte Cuthbertson	0.9	0.6	0.5	0.7	0.5	3.14
Jasmina Sosic	0.9	0.5	0.4	1.0	0.2	2.99
Erika Norris	0.9	0.5	0.4	0.6	0.3	2.69
Audrey Unga	0.7	0.4	0.4	0.8	0.2	2.61
Julia Melnyk	0.7	0.5	0.5	0.8	0.2	2.71
Ava Viera	0.7	0.4	0.4	0.9		2.50
Sarah Massey	0.7	0.4	1.0	0.2		2.27
Mya Demirbas	0.6	0.4	0.5	0.9		2.54
Simona Vallorani	0.6	0.4	0.5	0.9		2.46
Gemma Groth	0.6	0.5	1.0	0.4		2.46

| 0 | 1 | 2 | 3 | 4 |

Player Name	Sum of Sprints Count	Sum of Sprints Distance (km)	Sum of Session Load	Average of RPE
Charlotte Cuthbertson	40	1.50	227.20	6.00
Victoria Hawkins	30	1.40	201.40	7.50
Jasmina Sosic	27	1.40	186.30	7.80
Erika Norris	24	1.20	179.10	
Julia Melnyk	32	1.30	178.10	8.10
Audrey Unga	29	1.30	177.40	
Mya Demirbas	29	1.30	171.90	4.10
Simona Vallorani	32	1.30	166.80	
Ava Viera	32	1.30	166.30	5.20
Gemma Groth	24	0.70	120.10	6.50
Sarah Massey	7	0.20	93.90	
Total	**306**	**12.90**	**1,868.50**	**6.46**

Comparison to Previous Game Count
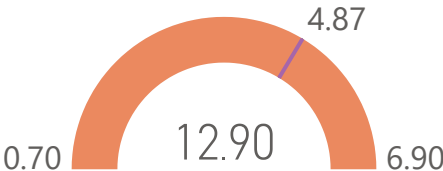
225
306
55   300

Comparison to Previous Game Sprint Distance

4.87
12.90
0.70   6.90

Comparison to Previous Session Load

1.51K
1.87K
453.90   2.23K

Compare to previous GD-3

Sum of S...
2K
0K
May... May... May... June... June...

Week of June 12th (Total Distance)
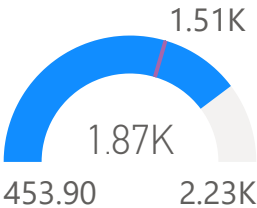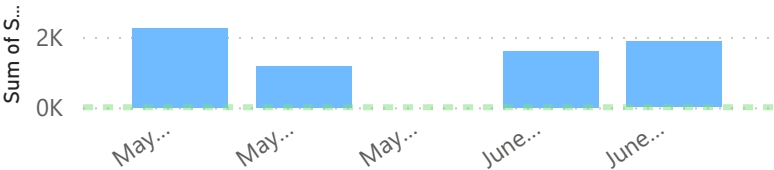
20
0
(Blank) June-... | GD+2 June-... | (Blank) June-... | GD-3 June-... | GD-2 June-... | (Blank) June-... | (Blank) June-...
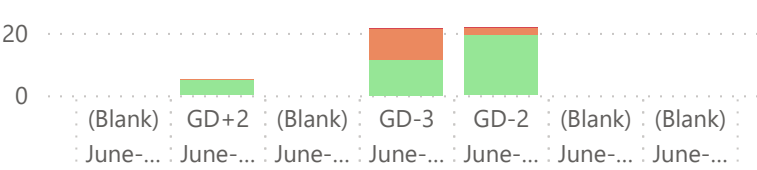
June-16-2023 (Tue)
Training
[GD-2]
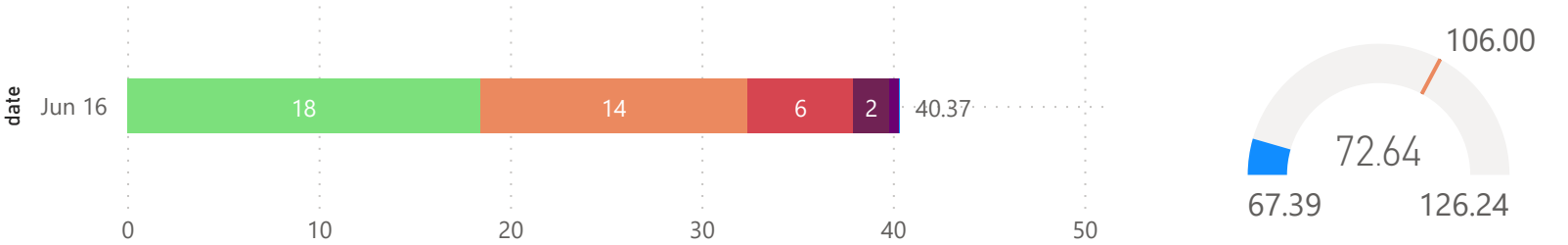
Team Distance Covered in Game by SpeedBand

Jun 16: 18 | 14 | 6 | 2 — 40.37

Comparison to Previous Game Distance

67.39 — 72.64 — 126.24 — 106.00

Player	Band 1	Band 2	Band 3	Band 4	Total
Victoria Hawkins	2.8	2.5	0.6		5.90
Evelyn Zhu	2.7	1.8	0.6		5.32
Erika Norris	2.1	2.0	0.7		4.90
Saleena Braich	2.0	1.5	0.6		4.32
Mya Demirbas	1.9	1.2	0.7		4.05
Charlotte Cuthbertson	1.8	1.1	0.6	0.4	3.95
Audrey Unga	1.5	1.1	0.6	0.3	3.50
Sarah Massey	1.4	0.8	0.4		2.61
Julia Melnyk	1.3	1.1	0.6	0.2	3.20
Gemma Groth	1.2	0.8	0.4		2.62
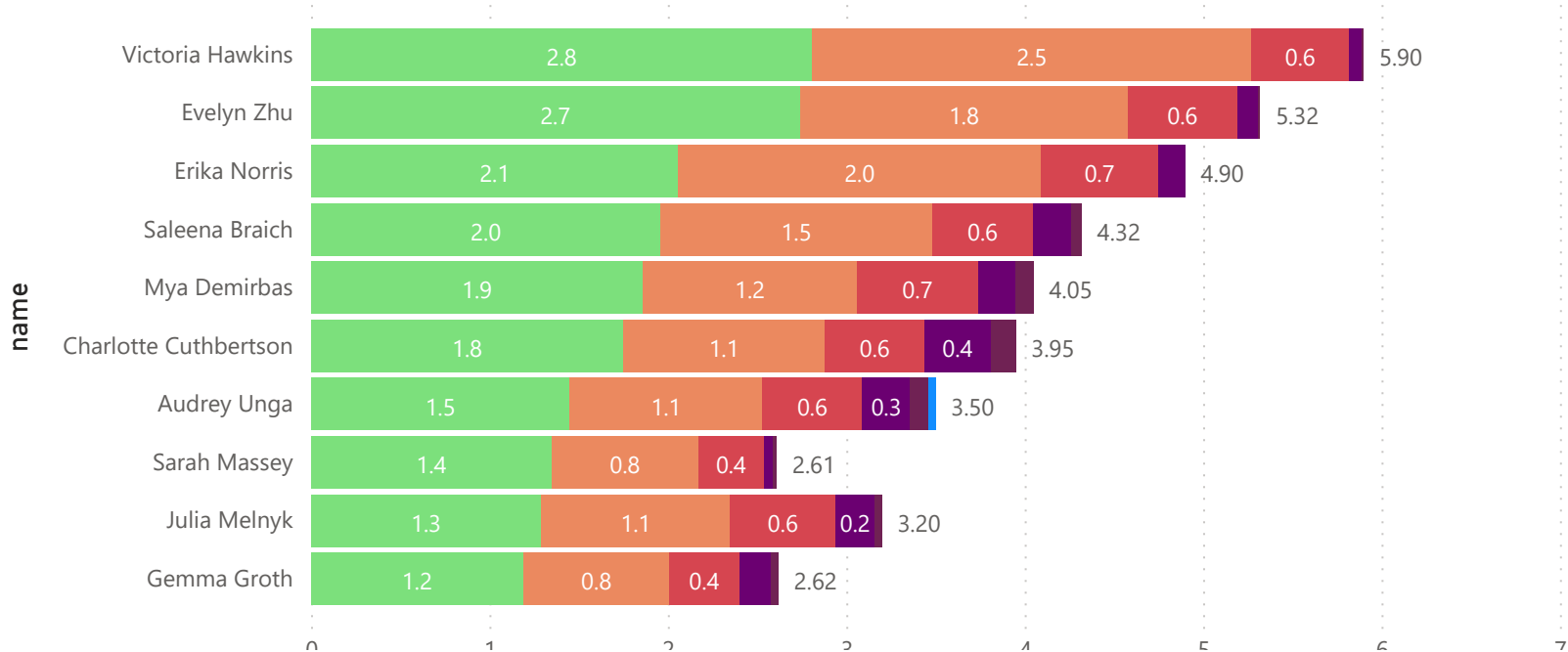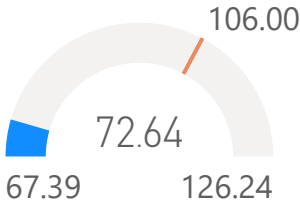
Player Name	Sum of Sprints Count	Sum of Sprints Distance (km)	Sum of Session Load	Average of RPE
Charlotte Cuthbertson	38	0.80	144.50	6.60
Audrey Unga	25	0.50	132.60	
Mya Demirbas	21	0.40	128.10	
Victoria Hawkins	6	0.10	121.40	6.10
Saleena Braich	18	0.40	121.00	8.20
Erika Norris	14	0.20	120.20	
Evelyn Zhu	10	0.20	116.40	7.40
Julia Melnyk	18	0.40	102.80	8.00
Gemma Groth	12	0.30	79.50	8.40
Sarah Massey	4	0.10	62.50	
Total	**166**	**3.40**	**1,129.00**	**7.45**

Comparison to Previous Game Count

55 — 166 — 300 — 225

Comparison to Previous Game Sprint Distance

0.70 — 3.40 — 6.90 — 4.87

Comparison to Previous Session Load

453.90 — 1.13K — 2.23K — 1.51K

Compare to previous GD-3

May-26-23, June-02-23, June-09-23, June-16-23

Week of June 12th (Total Distance)

(Blank) June-, GD+2 June-, (Blank) June-, GD-3 June-, GD-2 June-, (Blank) June-, (Blank) June-