

Player Management System

Objective:

The Player Management System is a comprehensive platform designed to enhance player wellness, performance, and injury management within sports organizations. Divided into six key modules – Administration Panel, Selectors Panel, Player Panel, S&C Coach Panel, Physio Panel, and Support Staff Panel – the system integrates various features tailored to the needs of each user group.

1. **Administration Panel:** This module allows administrators to oversee the entire system, manage user access, configure settings, and generate comprehensive reports. It serves as the backbone of the platform, ensuring smooth operation and data integrity across all modules.
2. **Selectors Panel:** This module empowers selectors with detailed insights into player injury status, performance metrics, and historical data. It facilitates data-driven decision-making for team selection, ensuring that the best-informed choices are made for player line-ups and strategies.
3. **Player Panel:** In this module, players can input wellness data, track their training progress, manage injuries, and communicate directly with trainers and other staff. It provides a personalized interface for players to stay engaged with their development and recovery processes.
4. **S&C Coach Panel:** Strength and Conditioning (S&C) coaches can use this module to monitor player wellness, assign and adjust training programs, and track performance metrics. It allows for efficient communication with players and other staff members to ensure optimal training regimens.
5. **Physio Panel:** This module is designed for physiotherapists to manage injury data, track rehabilitation progress, and communicate treatment plans. It integrates seamlessly with other modules to provide a holistic view of each player's health status and recovery journey.
6. **Support Staff Panel:** This module offers tools for support staff to manage logistical aspects such as scheduling, travel arrangements, and equipment management. It ensures that all off-field activities are coordinated smoothly, supporting overall team functionality.

Modules:

1. Administration Panel
2. Selectors Panel
3. Player Panel
4. S&CC panel
5. Physio Panel
6. Support Staff Panel

Administration Panel

1. Account Management:

Administrators have a top-level view of all activities within the system, including data from the Selectors Panel, Player Panel, S&C Coach Panel, Physio Panel, and Support Staff Panel.

Create/Suspend Accounts: Administrators have the ability to create, manage, and suspend user accounts across all modules, ensuring that only authorized personnel have access to sensitive information.

Module Access: Administrators can assign roles and permissions, controlling who can access specific modules (Selectors Panel, Player Panel, S&C Coach Panel, Physio Panel, Support Staff Panel). This helps in maintaining data security and integrity.

2. Individual player profiles including all testing data and injury history.

Copy of SAMPLE KCA Testing Battery

- Administrators can view all tests entered by different panels within each player's profile.
- **Testing Data:** Administrators have access to a complete repository of all tests taken by each player. This data, entered by various other panels (S&C Coach, Physio, etc.), includes physical fitness tests, skill assessments, psychological evaluations, and more. The comprehensive view allows for tracking player progress over time.

- **Injury History:** Detailed records of past and current injuries are maintained for each player. This includes diagnostics, treatment plans, rehabilitation progress, and any notes from physiotherapists and medical staff. The history helps in understanding the player's medical background and making informed decisions about their care and training.

3. S&CC camp/tournament activity report. (activity, intensity, injury, niggles, recovery sessions, training sessions done).

Form - Daily S&C Coach's Log  **FORM - Daily S&C Coach's Log**

- Administrators can view logs entered by S&C Coaches, which typically include detailed records of activities during camps and tournaments.
- This data is accessible in two ways:
 - **Team Profile:** A comprehensive view of all activities, injuries, and training sessions at the team level, providing an overview of team performance and health during the camp or tournament.
 - **Individual Player Profile:** Data from the Daily S&C Coach's Log is also fetched and stored in each individual player's profile, ensuring that personal performance, training load, and injury records are updated and available for detailed analysis.

4. Physio treatment daily update.

5. MSK and daily IPS scores and findings.

- MSK -  **Copy of SAMPLE MSK-Injury Fitness Assessment**
- IPS Score -  **FORM - DAILY IPS**

6. Players activity/workload status.

DAILY ACTIVITY FORM SAMPLE -  **FORM - Daily Activity**


Daily Wellness -  **Copy of SAMPLE Master Wellness Form (Responses)**

SAMPLE - Session Summary/Session Tally Rohan SK Program

 **Copy of SAMPLE PLAYER 1 Program Template**

7. Injury management.

- **Injury Fitness Assessment - (Not Always Required)**

 Copy of SAMPLE Injury Fitness Assessment Initial Interview 2024 March(R...

- Trainers/S&C coaches oversee the systematic recording and management of player injuries within the system, encompassing the following functionalities:

1) Recording Injury Details:

- Trainers/S&C coaches can log player injuries into the system, capturing crucial information such as the type of injury, affected body part, severity, and date of occurrence.
- This comprehensive documentation provides a clear overview of player health status and injury history for informed decision-making.

2) Notification System:

- Upon recording an injury, automated notifications are dispatched to the affected player, prompting them to provide necessary medical documentation for thorough assessment and treatment planning.
- This streamlined communication process ensures that players promptly adhere to injury management protocols and facilitates timely intervention by medical professionals.

3) Injury Status Closure:

- Only the trainer/S&C coach who initially marked the injury or the system administrator retains the authority to close an injury status within the system.
- To close an injury status, players must undergo a fitness test or submit the requisite documents as specified by the trainer/S&C coach.
- This stringent closure process ensures that players are fully evaluated and medically cleared before resuming training or competitive activities, safeguarding against potential re-injury and promoting player welfare.

8. Camp/Tournament reports.

S&C Coach Team Weekly Report - Session Summary

 Copy of SAMPLE Daily Coaches Report (Responses)

S&C Coach Team Weekly Report - Skill Based Sessions

 Copy of SAMPLE Daily Coaches Report (Responses)

Form - Daily S&C Coach's Log  FORM - Daily S&C Coach's Log

9. Player performance insights.

 Copy of SAMPLE PLAYER 1 Program Template

10. GPS (catapult) insights.

- **Upload/Delete Files:** Administrators have the option to upload and delete GPS data files.
- Uploaded File should be available in both team profiles and individual player profiles

Selectors Panel

The Selectors Panel is designed to provide selectors with the necessary information to make informed decisions about player selection and team composition. The panel is read-only, meaning selectors can view important data but cannot take any actions or make changes.

1. Player individual profile. (View)

 **Copy of SAMPLE KCA Testing Battery**

2. Player status and workload. (View)

View the current status of each player, including availability for selection (active, injured, recovering, etc.).

Daily Coaches Report -  **Copy of SAMPLE Daily Coaches Report (Responses)**


3. Player performance insights. (View)

 **Copy of SAMPLE PLAYER 1 Program Template**

Player Panel

1. Player profile:

 [Copy of SAMPLE PLAYER 1 Program Template](#)

 [Copy of SAMPLE KCA Testing Battery](#)

Current Status, Testing Battery, Injury history, option to upload documents for injury.

- The Player Profile section contains comprehensive details about player:
 - **Personal Information:** Name, age, date of birth, position, and other relevant player demographics.
 - **Contact Information:** Email address, phone number, and emergency contact details.
 - **Medical History:** Any relevant medical conditions, allergies, or past injuries that may impact training or gameplay.
 - **Injury History:** Records of past performances, achievements, and accolades.
- **Profile Management:** Players can update their profile information as needed, ensuring that all details are accurate and up-to-date.

2. Injury History:

1. Recording New Injuries:

- Physiotherapists and S&C coaches can log new injuries.
- The system alerts relevant people and might change the player's status based on injury severity.

2. Requesting Tests or Treatments:

- They can ask for specific tests or treatments right in the injury record.
- This makes it easier to arrange necessary medical care for the player.

3. Creating Recovery Plans:

- They can make customized rehab programs or training sessions for injured players.
- These plans help players get better and return to playing.

4. Monitoring Progress:

- Physiotherapists and S&C coaches keep an eye on how players are recovering.
- They can adjust plans based on how players are doing.

5. Closing the Injury Record:

- When players are fully healed, Physiotherapists or S&C coaches can close the injury record.

3. Training plans:

Rohan - / Program Subsheet - [+ Copy of SAMPLE PLAYER 1 Program Template](#)

4. Exercise videos:

(Optional) Inside each exercise, a video or a link for reference.

5. Rehab plans.

Rohan - / Program Subsheet - [+ Copy of SAMPLE PLAYER 1 Program Template](#)

- In the Injury Module, both S&C coaches and Physiotherapists can create personalized rehab plans to help players recover from injuries. These plans are tailored to the player's specific injury and needs, including exercises, treatments, and therapies aimed at speeding up recovery. S&C coaches and Physiotherapists closely monitor the player's progress and adjust the plan as needed.

6. Nutrition plans.

Option to Upload File, and view

7. Daily wellness and load file.

Daily Wellness - [+ Copy of SAMPLE Master Wellness Form \(Responses\)](#)

(Work Load)Session Summary Subsheet -

[+ Copy of SAMPLE PLAYER 1 Program Template](#)

8. Daily activity tally.

Rohan Profile - Session Tally Subsheet- Session Summary Subsheet -

[+ Copy of SAMPLE PLAYER 1 Program Template](#)

9. GPS (catapult) insights.

- **Upload/Delete Files:** Administrators have the option to upload and delete GPS data files.
- Uploaded File should be available in both team profiles and individual player profiles

S&CC panel

1. Player profile.

2. Wellness and load.

Daily Wellness -  **Copy of SAMPLE Master Wellness Form (Responses)**

3. Player status and workload.

4. Training plan access.

- Ability to create training plans(Program) for players individually or in groups.
- Players can follow the assigned program sessions.
- After completing each program, players are required to submit daily results.

5. Training video access.

- There will be an option to add a video or reference link to each exercise inside Training/Rehab modules.

6. Chat options.

Chat with Support, selectors, other S&C, players

7. S&C calendar.

- The S&C Calendar feature allows Strength & Conditioning (S&C) coaches to create events and select other staff members, such as Physiotherapists and Players, as needed. All selected accounts will receive notifications in their calendars.

8. Pace bowlers load.

 **Pace bowlers workload book.xlsx**

9. Player performance insights.

Rohan Profile - Performance Insights -


 **Copy of SAMPLE PLAYER 1 Program Template**

Testing Battery - Copy of SAMPLE KCA Testing Battery

10. GPS (catapult) insights.

- **Upload/Delete Files:** Administrators have the option to upload and delete GPS data files.
- Uploaded File should be available in both team profiles and individual player profiles

11. Injury Fitness Assessment - (Not Always Required)

 Copy of SAMPLE Injury Fitness Assessment Initial Interview 2024 March(Respons...

Conducted by: Physiotherapists or S&C coaches.

Frequency: All players must complete at least one assessment per year.

12. Physio /S&CC handover.

- Physiotherapists and S&C coaches submit documents to each player at the end of the camp or tournament.
- **Document Type:** PDF.
- Physio and S&C Coaches should have the option to upload and view PDF documents for each player, facilitating the handover process effectively.

Physio Panel

1. Player MSK profile.

MSK -  **Copy of SAMPLE MSK-Injury Fitness Assessment**

2. IPS chart.

- IPS Score -  **FORM - DAILY IPS**

3. Injury or niggles history.

- can view both current and past injury histories, including details of treatments and rehab sessions undertaken.

4. Treatment history.

- can view previous injuries along with the treatments received.

5. Physio /S&CC handover.

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6. Pace bowlers load.

 **Pace bowlers workload book.xlsx**

Support Staff Panel

1. Player wellness and load results

Daily Wellness - [📄 Copy of SAMPLE Master Wellness Form \(Responses\)](#)

Rohan Profile - Session Tally Subsheet- Session Summary Subsheet -

[📄 Copy of SAMPLE PLAYER 1 Program Template](#)

2. Chat options.

- With players and S&C/Trainer

3. Camp/Session Planner:

- In the Staff Panel, users can create new camps or training sessions, specifying details like date, time, location, and agenda. They can add physios, S&C coaches, and players to these programs. Users can also edit existing camps or sessions as needed. Also can remove individual players from sessions or camps if they're not fit to participate.

4. Daily player availability status.

5. Player performance insights.

Rohan Profile - Performance Insights -

[📄 Copy of SAMPLE PLAYER 1 Program Template](#)

6. Pace bowlers load.

[📄 Pace bowlers workload book.xlsx](#)

Detailed Explanation of Reports

Report 1 = Daily Wellness & Load Monitoring

Daily Wellness -  **Copy of SAMPLE Master Wellness Form (Responses)**

Overview:

The Daily Wellness & Load Monitoring report is designed to provide a comprehensive overview of players' daily health and training load. This report helps trainers, S&C coaches, and players track and manage wellness and workload effectively, ensuring optimal performance and injury prevention.

Data Collection:

- **Daily Wellness Questions:** Similar to the Google form provided, players and trainers will answer a set of standardized questions.
- Trainers and S&C coaches can add additional questions to the wellness and load monitoring form as needed, tailoring the report to specific requirements.

Report Generation:

- Only trainers and S&C coaches are authorized to generate these reports, ensuring accuracy and consistency in the data.
- **Sharing Options:**
 - **Integrated Chat System:** Reports can be shared directly with players and selectors through the system's chat feature.
 - **Other Platforms:** Reports can be distributed via email or shared on social media platforms manually.
 - **Downloadable:** Reports are available for download in PDF format for easy access and distribution.

Report 2 = Daily S&C Coach's Log

Overview:

The Daily S&C Coach's Log is a comprehensive report designed to evaluate the team's strength and conditioning (S&C) activities on a daily basis. This report enables S&C coaches to assess the overall performance and wellness of the team, as well as individual players. It helps in tracking training progress, identifying areas for improvement, and ensuring optimal performance.

Data Collection:

- Similar to the provided Google form, S&C coaches will complete a set of standardized questions within the application after each session.
- S&C coaches can add additional questions
- S&C coaches can select multiple players when filling out the form

Report Generation:

- The report will feature the same set of graphs and charts provided in the sample
- **Team Module:** The data collected in the Daily S&C Coach's Log will be saved in the Team module, allowing for the generation of team-wide reports.
- **Player Profiles:** Individual player data from the log will be saved in each player's profile, enabling detailed individual reports.
- **Sharing Options:**
 - **Integrated Chat System:** Reports can be shared directly with players and selectors through the system's chat feature.
 - **Other Platforms:** Reports can be distributed via email or shared on social media platforms manually.
 - **Downloadable:** Reports are available for download in PDF format for easy access and distribution.

Report 3 = Daily Activity Form

Overview:

The Daily Activity Form is designed to document the activities, performance, and outcomes of training sessions for both individual players and the entire team. This report helps S&C coaches and trainers track progress, monitor activities, and make necessary adjustments to training plans.

Data Collection:

- Similar to the provided Google form, S&C coaches and trainers will complete a set of standardized questions within the application after each session.
- Trainers and S&C coaches can add additional questions.

Report Generation:

- When filling out the form, S&C coaches and trainers can select multiple players and input each player's results separately. This data is saved both in the team module and in each player's individual profile.
- The data collected in the Daily Activity Form will be saved in the Team module, allowing for the generation of comprehensive team-wide reports and Individual player data from the form will be saved in each player's profile, enabling detailed individual reports.

Sharing Options:

- **Integrated Chat System:** Reports can be shared directly with players and selectors through the system's chat feature.
- **Other Platforms:** Reports can be distributed via email or shared on social media platforms manually.
- **Downloadable:** Reports are available for download in PDF format for easy access and distribution.