

To whom this may concern,

In the past 40 hours, Team “R You Ready” investigated different factors of Canada’s rugby team performance across many of different metrics. To accurately measure the success of the team, we used a daily average of the point differentials of each of the games and a win/loss ratio by day to in order to quantify the team’s performance both by overall result and by point spreads. Our findings suggest that the team’s average reported rate of perceived effort the day before a game and the team’s average reported fatigue the day of the game most prominently predict the point differentials between Canada’s team and its opponent by about -9 points and 13.5 points each respectively. Additionally, the team’s win/loss ratio significantly rises and falls depending their average daily load in the week leading into the tournament and whether they had a game the day before (however, this factor is likely due to playing more difficult teams later on in tournaments).

Furthermore, Canada has expressed a desire to better understand the effects of fatigue on its players. In our findings, the reported fatigue level of the players proved a significant role in the team’s performance, and was heavily correlated to sleep hours (but not sleep quality) and whether they played a game the day before. Average rate of perceived effort over the past week and average daily loads were also significant predictors of fatigue. When considering improving the team’s average fatigue metric by changing training loads, we must recall that average daily load in the week leading into the tournament had a significant impact on the win ratio. Moving forward, team “R You Ready” suggests ensuring players sleep well and rest only the day before games to better increase the team’s performance by decreasing fatigue, but to train hard in the days prior.

Sincerely,

*Charles Patterson, Carter Koehler, and Alexis Jones*