



## ADE MVP Development

OVERVIEW

20141217



# BIG PICTURE

## **A DIGITAL EDGE**

Is a web based SaaS product which will first be targeted at seriously competitive individual figure skaters.

## **MVP FOCUS**

Serious Competitive Individual Figure Skaters in the United States who compete in Regional or higher competitions (Sectionals, Nationals, JR Worlds, Worlds, Olympics). These skaters typically spend 10's of thousands to 100's of thousands of dollars per year depending on their age and level of competition. They are most active from approximately age 7 to age 18 with some starting earlier and select few who continue to be competitive into their 20's.

## **MARKET SIZE AND POTENTIAL**

There are approximately 3,000 – 4,000 of these athletes in the United States. We anticipate our MVP product to have enough functionality to prove useful for these skaters to pay a monthly fee to track and analyze the data related to their training in a secure self-contained web based software. Additionally we anticipate that with proper planning we can also create enough of an MVP that the coaches of these athletes will also be paying customers (both for access to their athlete data as well as specific Scheduling features we will include). This could increase the total paid user base by 1,000 – 1,750 (there are over 5,000 registered coaches in the United States).

Longer term we anticipate this simple MVP has potential to grow into other aspects of figure skating in the US and would also apply to countries outside of the US with competitive and recreational figure skaters. The areas of growth include:

- Less Competitive Events Individual Skating (perhaps 1,000 or more)
- Individual Ice Dance (relatively small – several hundred skaters and coaches)
- Pairs Skating (relatively small – several hundred skaters and coaches)
- Pairs Ice Dance (relatively small – several hundred skaters and coaches)
- Adult individual skaters (approximately another 2,000 – 3,000 skaters)
- Synchronized Skating (a larger market with slightly different strategy but the US market is 15,000 – 18,000 competitive participants on 100's of teams)
- Learn to Skate (mass market – this could generate more than 80,000 skaters between the ages of 7 to 18. Product would be decidedly different and likely an advertising driven product instead of subscription)
- Globally there are other markets which will have groups similar or identical to the above with varying relative percentage of participants. We are still working on specific accurate numbers of these athletes in other countries but it could easily represent tens of thousands additional potential users.



# BIG PICTURE

## **Software Functionality**

The software serves to connect the athlete to their coach or multiple coaches (sometimes as many as 9-12 different coaches and consultants will provide services to one athlete in preparation for serious competition.) The core modules as we see them today are:

- LiveScore™: Ability for coaches to score their athletes in practice program runs
- Historical Data Entry: Ability for athlete to track historic competition scores and analyze the data
- Daily Log or W.O.W Factor™: Athletes track all aspects of their On-Ice and Off-Ice training, as well as, key Health and Mood tracking elements
- Coach Notes and Assignments: Coaches make notes on “corrections” needed for each aspect of skaters development as well as assign drills, exercises, or other work
- Shared Discussion Board and Scheduler: A private online tool that streamlines all the more mundane but time draining aspects of coordinating all inputs to a competitive skaters life.
- Detailed analytics and management of key data points to improve performance and make skating life more organized

## **Our Philosophy is: Excellence Through Awareness™**

We know that these athletes spend 20+ hours per week training in both practice and lesson time both “On-Ice” (practical time on the playing field of figure skating) and “Off-Ice” (physical fitness, specialized drills and exercises, as well as, dance, music, and other arts. Figure skating is a combination of Sport (physically demanding) and Art (ability to integrate the technical into visually appealing and compelling “performances”) and is therefore often called one of the SPARTS for SPORT-ART.

## **Our Motto is: Serious Data for Serious Skaters™**

We strive to provide the tools for these athletes, their coaches, and their parents to accurately track Performance, Intensity, and Volume of training both on and off the ice to optimize their training routines. Providing such a tool will allow many benefits to the team:

- Cost savings for maximum effort with minimum time spent in costly instruction or lengthy practice time
- Mitigate the risk of injury by accurately tracking the efforts and identifying where injury is most likely to occur and/or see patterns that lead to injury
- Bring analytical focus to milestones and achievements that can be based more on emotion than logic at times
- Coordinate the highly hectic and archaic team communication of assignments, issues, opportunities, schedules, sickness, injury, costumes, music, travel, car pooling, school work, family holidays, and all other things currently tracked on paper, in various email boxes and text and voice messages, word documents, and spreadsheets.



# WHAT IS IN PLACE

Currently there are two separate web sites running as part of the A Digital Edge MVP

1. Marketing site: [www.adigitaledge.com](http://www.adigitaledge.com)
2. Beta User site: [beta.adigitaledge.com](http://beta.adigitaledge.com)

Additionally, Daily Log data is collected by three FormAssembly online web page forms that is processed into multiple reports using Zoho Reports

## MARKETING SITE – [www.adigitaledge.com](http://www.adigitaledge.com)

### OBJECTIVE:

- Forward facing marketing tool for potential new users
- Give overview of the ADE benefits
- Drive traffic to sign-up for demo
- Take payments for sign-up

### WHAT'S WORKING

- Basic branded overview provided for three target users (Coaches, Athletes, and Parents)
- Team overview
- Sign-up form
- Has generated over 700 unique users and 1,800 page views from 36 US states since April 15 (approximately 100 per month)

### HOSTING

- GoDaddy hosted
- Built with Foundation 5
- Some PHP scripts to send email
- Google Analytics

### WHAT'S NEEDED

- Current sign-up form is being spam attacked and needs a solution to stop this from occurring. Receive hundreds of bogus submissions per day.
- Need to create an “explainer” video (animated overview of the key selling points of product)
- Eventually could have more “product” focus instead of “benefits” focus
- Would like to offer PDF and VIDEO content as primers and pre-sales qualification information (provided only to those who leave emails)
- Would like to have automated request for Demo
  - Individual: Coach, Athlete, Parent
  - Family: An athlete and their parent(s)
  - Families: Multiple athletes and parents
  - Team: Coach, Athlete, and Parent
  - Groups: Single coach, multiple athletes, and parents
  - Larger: Multiple coaches, athletes, and parents
- Better site analytics
- Integration with InfusionSoft
- Payment gateway (Stripe) with user flow from browser to subscriber
- Statistics from the beta or private site displayed (ie: “Over 10,500 hours of On-Ice training tracked this year”)



# WHAT IS IN PLACE

## BETA SITE – beta.adigitaledge.com

### OBJECTIVE:

- MVP Proof of Concept
- Attract paid users for Beta testing and data set collection, feature roll-out
- Attract investors to show that we can deliver and users will embrace product
- Prioritize rollout of features and functions using Lean Startup Methodology and tracking

### WHAT'S WORKING

- Establish New User Account
- Link Coach and Athlete Account (done manually in backend)
- User profile pages: names, phones, coaches names/phones, skates, ID#s etc
- Baseline data (test history, jumps, spins, fitness)
- LiveScore 1.0 (Programs)
- Historic Competition Entry
- Goal Tracking (text boxes grouped by category)
- Coach Notes (text fields grouped by different parts of on-ice skating)
- Dashboard: very basic to show future functionality only not final

- GO TO beta.adigitaledge.com
- To have a look at functionality

USER	LOGIN	PASSWORD
Coach	info@adigitaledge.com	coachdemo1
Athlete	team@adigitaledge.com	novicedemo1

### HOSTING

- Believe it's on some Amazon servers
- Git Hub Repository (managed by Kent)
- LAMP + redis
- Foundation 5
- Proprietary PHP from Kent

### WHAT'S NEEDED

- LiveScore must be updated to include new Rules – in discussion with current coder to complete this
- Historical data entry must be updated to include new Rules – in discussion with current coder to complete this
- Fitness baseline must be expanded to allow for tracking 4 (January, April, July, October) to 6 (January, March, May, July, September, November). Should be able to set targets, track changes, track if made target.
- Coach Note – needs to be updated to match what is being done in Daily Logs. Add ability to include an ASSIGNMENT of a drill or an exercise
- Goals – may need revision
- Profile and Dashboard: Either by pulling data from Historic or entering something in profile. Need to establish a "START OF SEASON" to include "day/week in season"
- Scheduler (Basic): Ability to enter an event or multi-day event (same function as BaseCamp with addition of ability to "classify" as Competition, School, Family, etc. More advanced would be coaches ability to share calendar entries by different groups: by level, by type of athlete, by a "team", by coaches only...
- Scheduler (Advanced): Coaches tool to manage appointment times, track attendance, notify of billing cycle due dates or past due billing. The coach would be able to define days of week and times of days they work, assign qualifiers to timeslots (A, B, C, D), assign labels to athletes (A, B, C, D) so for example only A kids on her roster get first choice of an available A slot, then it's offered to B, etc. Ideally, open timeslots would generate notifications to appropriate athletes, parents, or coaches. Should be easy to manage schedule 1x per week for 20 minutes and then update throughout the week on the fly.



# WHAT IS IN PLACE

## DAILY LOGS – ENTRY using Form Assembly

### OBJECTIVE:

- Beta development did not get to Daily Logs as other functions were prioritized
- Athletes track their daily volume of training in three separate forms:
  - On-Ice 2.0: <http://www.tfaforms.com/270145>
  - Off-Ice: 2.0: <http://www.tfaforms.com/272493>
  - Health and Mood 2.0: <http://www.tfaforms.com/272516>
- Temporary solution

### WHAT'S WORKING

- Forms worked but with many difficulties
- Requires repetitive entry
- Slow performing, error prone, and ugly but functional

### HOSTING

- FormAssembly.com

### WHAT'S NEEDED

- Move Daily Logs from FormAssembly to Beta site
- Consolidate On-Ice and Off-Ice forms to a Session by Session with conditionals if they choose On-Ice or Off-Ice training
  - A working model of the Session by Session Form was created using FormAssembly. This is far from perfect but was used to communicate how the Session by Session form would work  
<http://www.tfaforms.com/323415>
  - Additional pages that follow also attempt to illustrate each conditional section and the possible entries
  - Kent was also provided a CSV file for Daily Logs as planned not sure if this would be useful but it is available
- Reporting is a VERY laborious, time consuming, and unsustainable process . Needs to be streamlined
  - I have done sample reports by
  - Transferring CSV to an XLS file
  - Making a lot of manual adjustments to the XLS file to create a Master Table of Daily Log data for On-Ice and Off-Ice
  - Separating these into individual athlete master tables
  - Uploading the individual master tables to Zoho Reports
  - Generating Reports that can be individually shared with each athlete for On-Ice, Off-Ice, and Health and Mood
- All daily logs must be designed for MOBILE SCREENS first iPhone, iPad Touch, iPad Mini, and iPad will be most commonly used devices. This is web based app and not a iOS or Android app for this Proof of Concept version.



# WHAT IS IN PLACE

## DAILY LOGS – REPORTING – Using ZOHO Reports

### OBJECTIVE:

- Form Assembly exports to a CSV
- This is loaded and massaged into XLS
- In order to

### WHAT'S WORKING

- We have done some working prototyping of Reports using Zoho Reports
- <https://reports.zoho.com/ZDBDataSheetView.cc?DBID=100420000000002119>
  - Utilization Example
  - ON-ICE Example
  - OFF-ICE Example
- <https://reports.zoho.com/ZDBDataSheetView.cc?DBID=1004200000000099001>
  - Health and Mood Example

### HOSTING

- Zoho Reports

### WHAT'S NEEDED

- Work on process of getting to Zoho Reports
- Work on final designs for these 4 reports
- Streamline for each individual athlete
- Allow for overview of multiple athletes to be analyzed



# DAILY LOGS

## SAMPLE ROADMAP – NEXT 25 PAGES

### OBJECTIVE:

- This outline to Kent was sent to show sections of the FORMS needed to be built in Daily Logs
- A Spreadsheet (CSV) of fields can also be provided
- Additionally we have a functional sample of some of the functionality of the form here:  
<http://www.tfaforms.com/323415>
- This was created using FormAssembly which does not allow us to make it really function correctly but was for discussion purposes.





# Login to With Who

Login

This does not solve  
the Utilization  
Question

Dashboard

Daily Log

Programs

Historical Data

Coach Notes

Add  
Session

No On-Ice Day

Add  
Health and Mood

No Off-Ice Day

Today?

Previous Date

On-Ice Session

Off-Ice Session

WHAT

Lesson  
Practice  
Class  
Competition  
Test  
Show/Exhibition  
Teaching

WHAT

Lesson  
Practice  
Class  
Teaching

What time did session start?

HR

MIN

AM or PM

How long was session? (Minutes)

05	20	45	90
10	25	60	105
15	30	75	120

WITH WHO

Lesson or Class or Competition or Test or  
Show / Exhibition

Head Coach  
Assistant Coach  
MIF Coach  
Choreographer  
Ice Dance Instructor  
DartFish Coach  
Pole Harness Coach  
**Other Coach/Specialist (TEXT BOX)**

Practice or Show/Exhibition or Teaching  
Solo  
With Friends

Need to figure out  
how to do 1 session  
with multiple coaches

Need to discuss  
"OTHER"

WITH WHO

Lesson or Class

Head Coach  
Assistant Coach

Dance Instructor  
Weight Trainer  
Fitness/CrossFit Coach  
Pilates Instructor  
Yoga Instructor  
Physical Therapist  
Sport Psychologist  
Nutritionist

**Other Coach/Specialist (TEXT BOX)**

Practice or Teaching  
Solo  
With Friends



# COACH NOTE - General

On-Ice Session

ON WHAT

Coach Note

Warmups

Jumps

Spins

Steps

Programs

Skating Skills

MIF

Ice Dance

Coach Note General

Choose Coach Note From List

How long was activity? (Minutes)

05	15	25	35	45	55
10	20	30	40	50	60

RATE OF PERCEIVED EXERTION (RPE)

1	2	3	4	5
---	---	---	---	---

SPECIFIC DETAILS / CORRECTIONS YOU FOCUSED ON

TEXT BOX

SAVE AND ADD ANOTHER ACTIVITY

SAVE AND END



# WARMUPS

On-Ice Session

ON WHAT

Coach Note

Warmups

Jumps

Spins

Steps

Programs

Skating Skills

MIF

Ice Dance

Stroking Warmup

Choose UD or Add New

Name

Description

Jump Warmup

Choose UD or Add New

Name

Description

Spin Warmup

Choose UD or Add New

Name

Description

Program Warmup

Choose UD or Add New

Name

Description

How long was activity? (Minutes)

05	15	25	35	45	55
10	20	30	40	50	60

RATE OF PERCEIVED EXERTION (RPE)

1	2	3	4	5
---	---	---	---	---

SPECIFIC DETAILS / CORRECTIONS YOU FOCUSED ON

TEXT BOX

SAVE AND ADD ANOTHER ACTIVITY

SAVE AND END



# JUMPS

On-Ice Session

ON WHAT

Coach Note

Warmups

Jumps

Spins

Steps

Programs

Skating Skills

MIF

Ice Dance

Coach Note

From DB

Aspects are Tricky

Jump Exercise

Name

Description

Uncaptured Element

Stag Jump  
1 Foot Axel  
Inside Axel  
Toeless Lutz  
Split Flip  
Split Lutz  
Mazurka  
Split Jump  
Split Falling Leaf  
Walley

Or Add USER  
DEFINED FIELD

Name

Description

Solo Jump

From DB (24)

Two Jump Combo

From DB (192)

Three Jump Combo

From DB (1536)

Two Jump +SEQ

From DB (96)

Three Jump +SEQ

From DB (192)

ATTEMPTS

1	3	5	7	9	11
2	4	6	8	10	TO 50

LANDED

1	3	5	7	9	11
2	4	6	8	10	TO 50

How long was activity? (Minutes)

05	15	25	35	45	55
10	20	30	40	50	60

RATE OF PERCEIVED EXERTION (RPE)

1	2	3	4	5
---	---	---	---	---

SPECIFIC DETAILS / CORRECTIONS YOU FOCUSED ON

TEXT BOX

SAVE AND ADD ANOTHER ACTIVITY

SAVE AND END



# SPINS

On-Ice Session

ON WHAT

Coach Note

Warmups

Jumps

Spins

Steps

Programs

Skating Skills

MIF

Ice Dance

Coach Note

From DB

Spins

Aspects are Tricky

Spin Exercise

Name

Description

Uncaptured Element

Deathdrop  
Butterfly  
Illusion  
Canonball  
Non-basic Spin -- Forward Entry  
Non-basic Spin -- Backward Entry  
**USER DEFINED FIELD (TEXT FIELD)**

MY SHORT PROGRAM SPIN LIST

My SP Spin in 1 Position  
My SP Combo Spin  
My SP Fly Spin

MY LONG PROGRAM SPIN LIST

My LP Spin in 1 Position  
My LP Combo Spin  
My LP Fly Spin  
My LP Optional Spin

OTHER SPINS FROM SOV TABLE

Need to fix so that it works like Session  
by Session 1.0

ENTIRE SPIN  
SECTION  
SHOULD BE  
THOROUGHLY  
REVIEWED  
WITH  
KATHERINE

How long was activity? (Minutes)

05	15	25	35	45	55
10	20	30	40	50	60

RATE OF PERCEIVED EXERTION (RPE)

1	2	3	4	5
---	---	---	---	---

SPECIFIC DETAILS / CORRECTIONS YOU FOCUSED ON

TEXT BOX

SAVE AND ADD ANOTHER ACTIVITY

SAVE AND END



# STEP SEQUENCES

On-Ice Session

ON WHAT

Coach Note

Warmups

Jumps

Spins

Steps

Programs

Skating Skills

MIF

Ice Dance

Coach Note

From DB

Step Sequences

Aspects are Tricky

Short Program Steps

StSq  
ChSq

Long Program Steps

StSq  
ChSq

This section overlaps with what is being done in PROGRAMS  
Need to resolve this situation with conversation  
Can discuss with Pat

How long was activity? (Minutes)

05	15	25	35	45	55
10	20	30	40	50	60

RATE OF PERCEIVED EXERTION (RPE)

1	2	3	4	5
---	---	---	---	---

SPECIFIC DETAILS / CORRECTIONS YOU FOCUSED ON

TEXT BOX

SAVE AND ADD ANOTHER ACTIVITY

SAVE AND END



# PROGRAMS

On-Ice Session

ON WHAT

Coach Note

Warmups

Jumps

Spins

Steps

Programs

Skating Skills

MIF

Ice Dance

Choose level or not?

Choose Type (Long or Short)?

Do these pull from LiveScore?

Choose Show or Exhibition?

Choose Test?

What about these that don't get entered in LiveScore?

What about program work done BEFORE program entered in LiveScore?

Coach Note

From DB

Aspects are Tricky

Full Run Through

Clean  
Fair  
Poor

Sections of Program

1  
2  
3

Program Jumps

Specific Jump Pattern

Program Spins

Specific Spin Pattern

Program Steps

Specific Step Pattern

Choreography

This IS the same as STEP SEQUENCE section above how to reconcile?

How long was session? (Minutes)

05	15	25	35	45	55
10	20	30	40	50	60

SPECIFIC DETAILS / CORRECTIONS YOU FOCUSED ON

SAVE AND ADD ANOTHER ACTIVITY

SAVE AND END



# SKATING SKILLS

On-Ice Session

ON WHAT

Coach Note

Warmups

Jumps

Spins

Steps

Programs

Skating Skills

Coach Note

From DB

Drills

Aspects are Tricky

Does not align with Coach Note: Must talk to Adam

Leveled Steps

Progressives  
Chasses  
Cross Rolls  
Edge Pulls  
Toe Steps  
Mohawks  
Choctaws

Exercises

Puck Exercises

**OTHER - USER DEFINED (NAME; DESCRIPTION)**

Name

Description

Stroking

**USER DEFINED (NAME; DESCRIPTION)**

Name

Description

Stroking Extension  
Stroking Alignment (Head, Hips, Heels)  
Stroking Load  
Stroking Power  
Stroking Quickness  
Stroking Change of Edge (Power Pull)

Leveled Turns

3 Turns  
Brackets  
Counters  
Rockers  
Loops  
Twizzles

Drills

Ladders

**OTHER - USER DEFINED (NAME; RESULT and LABEL)**

Name

Result

Label (Units for Drill)

Crossovers

RoL Forward  
LoR Forward  
RoL Backward  
LoR Backward

Uncaptured Maneuvers

Outside Spread Eagle Right  
Outside Spread Eagle Left  
Bauer Left  
Bauer Right  
RFO Spiral  
LFO Spiral  
RFI Spiral  
LFI Spiral  
RBO Spiral  
LBO Spiral  
RBI Spiral  
LBI Spiral

**OTHER - User Defined Field**

Name

Description

How long was session? (Minutes)

05	15	25	35	45	55
10	20	30	40	50	60

SPECIFIC DETAILS / CORRECTIONS YOU FOCUSED ON

SAVE AND ADD ANOTHER ACTIVITY

SAVE AND END





# MIF

## On-Ice Session

### ON WHAT

Coach Note

Warmups

Jumps

Spins

Steps

Programs

Skating Skills

MIF

Ice Dance

Coach Note

From DB

Level From DB

Aspects are Tricky

Needs to match Coach Note

### Level

Pre-Preliminary  
Preliminary  
Pre-Juvenile  
Juvenile  
Intermediate  
Novice  
Junior  
Senior

### Pre-Juvenile

Forward and Backward Perimeter Stroking  
Forward Outside / Backward Inside 3-Turns  
Forward Inside / Backward Outside 3-Turns  
Forward and Backward Power Edge Pulls  
Backward Circle Eight  
Five Step Mohawk Sequence

### Juvenile

Forward Power Circle  
Backward Power Circle  
Eight-Step Mohawk Sequence  
Forward and Backward Cross Strokes  
Backward 3-Turns  
Forward Double 3-Turns

### Intermediate

Backward Double 3-Turns  
Spiral Sequence  
Brackets Sequence  
Forward Twizzles  
Inside Slide Chasse Pattern

### Novice

Inside 3-Turns / Rocker Choctaws  
Forward and Backward Outside Counters  
Forward and Backward Inside Counters  
Forward Loops  
Backward Rocker Choctaw Sequence  
Backward Twizzles

### Junior

Forward and Backward Outside Rockers  
Forward and Backward Inside Rockers  
Power Pulls  
Choctaw Sequence  
Backward Loop Pattern  
Straight Line Step Sequence - R>L  
Straight Line Step Sequence - L>R

### Senior

Sustained Edge Step  
Spiral Sequence  
Backward Outside Double Three / Quick Rockers  
Backward Inside Double Three / Quick Rockers  
Serpentine Step Sequence - R>L  
Serpentine Step Sequence - L>R

### Pre-Preliminary

Forward Perimeter Stroking  
Forward Perimeter Stroking  
FO Basic Consecutive Edges  
FI Basic Consecutive Edges  
BO Consecutive Edges  
BI Consecutive Edges  
Forward R & L Spirals  
Waltz Eight

### Preliminary

Forward Crossovers  
Backward Crossovers  
Consecutive Outside and Inside Spirals  
Forward Power 3-Turns  
Alternating Forward 3-Turns  
Forward Circle Eight  
Alternating Backward Crossovers to Backward Outside Edges

SUB-ASPECTS PER LEVEL – MUST  
MATCH COACH NOTE

### How long was session? (Minutes)

05	15	25	35	45	55
10	20	30	40	50	60

### SPECIFIC DETAILS / CORRECTIONS YOU FOCUSED ON

SAVE AND ADD ANOTHER ACTIVITY

SAVE AND END



# Ice Dance

On-Ice Session

ON WHAT

Coach Note

Warmups

Jumps

Spins

Steps

Programs

Skating Skills

MIF

Ice Dance

Coach Note

From DB

Dance Level

Dance Name

Aspects are Not Defined

Needs to match Coach Note

Dance Level

Preliminary  
Pre-Bronze  
Bronze  
Pre-Silver  
Silver  
Pre-Gold  
Gold  
International

Bronze

Hickory Hoedown  
Willow Waltz  
Ten-Fox

Pre-Silver

Fourteenstep  
European Waltz  
Foxtrot

Sliver

American Waltz  
Harris Tango  
Rocker Foxtrot

Pre-Gold

Kilian  
Blues  
Paso Doble  
Starlight Waltz

Gold

Viennese Waltz  
Westminster Waltz  
Quickstep  
Argentine Tango

International

Austrian Waltz  
Cha Cha Congelado  
Finnstep  
Golden Waltz  
Midnight Blues  
Ravensburger Waltz  
Rhumba  
Silver Samba  
Tango Romantica  
Yankee Polka

Preliminary

Dutch Waltz  
Canasta Tango  
Rhythm Blues

Pre-Bronze

Swing Dance  
Cha Cha  
Fiesta Tango

How long was session? (Minutes)

05	15	25	35	45	55
10	20	30	40	50	60

SPECIFIC DETAILS / CORRECTIONS YOU FOCUSED ON

SAVE AND ADD ANOTHER ACTIVITY

SAVE AND END



# WARM UP

## Off-Ice Session

### ON WHAT

Warmups

Stretching

Off-Ice Jump Work

Off-Ice Program Work

Fitness

Dance

Pilates

Yoga

Physical Therapy

Visualization / Sport Psych

Skating Theory (Discussion)

Musical Instrument

Other

### OFF-ICE Warmup

User Defined or Add New

Name

Description

### How long was activity? (Minutes)

05	15	25	35	45	55
10	20	30	40	50	60

### RATE OF PERCEIVED EXERTION (RPE)

1	2	3	4	5
---	---	---	---	---

### SPECIFIC DETAILS / CORRECTIONS YOU FOCUSED ON

TEXT BOX

SAVE AND ADD ANOTHER ACTIVITY

SAVE AND END

# STRETCHING (Cool Down)

Off-Ice Session

ON WHAT

Warmups

Stretching

Off-Ice Jump Work

Off-Ice Program Work

Fitness

Dance

Pilates

Yoga

Physical Therapy

Visualization / Sport Psych

Skating Theory (Discussion)

Musical Instrument

Other

OFF-ICE Stretching

User Defined or Add New

Name

Description

How long was activity? (Minutes)

05	15	25	35	45	55
10	20	30	40	50	60

RATE OF PERCEIVED EXERTION (RPE)

1	2	3	4	5
---	---	---	---	---

SPECIFIC DETAILS / CORRECTIONS YOU FOCUSED ON

TEXT BOX

SAVE AND ADD ANOTHER ACTIVITY

SAVE AND END

# OFF-ICE JUMP WORK

Off-Ice Session

ON WHAT

Warmups

Stretching

Off-Ice Jump Work

Off-Ice Program Work

Fitness

Dance

Pilates

Yoga

Physical Therapy

Visualization / Sport Psych

Skating Theory (Discussion)

Musical Instrument

Other

LAND HARNESS

Specific Jump

AIR ROTATIONS

Specific Number???

SPINNER

???

JUMP WALK  
THROUGH

Specific Jump

Can discuss  
with Pat  
before  
beginning

How long was activity? (Minutes)

05	15	25	35	45	55
10	20	30	40	50	60

RATE OF PERCEIVED EXERTION (RPE)

1	2	3	4	5
---	---	---	---	---

SPECIFIC DETAILS / CORRECTIONS YOU FOCUSED ON

TEXT BOX

SAVE AND ADD ANOTHER ACTIVITY

SAVE AND END



# OFF-ICE PROGRAM WORK

Off-Ice Session

ON WHAT

Warmups

Stretching

Off-Ice Jump Work

Off-Ice Program Work

Fitness

Dance

Pilates

Yoga

Physical Therapy

Visualization / Sport Psych

Skating Theory (Discussion)

Musical Instrument

Other

Short Program Walk Through

Long Program Walk Through

How long was activity? (Minutes)

05	15	25	35	45	55
10	20	30	40	50	60

RATE OF PERCEIVED EXERTION (RPE)

1	2	3	4	5
---	---	---	---	---

SPECIFIC DETAILS / CORRECTIONS YOU FOCUSED ON

TEXT BOX

SAVE AND ADD ANOTHER ACTIVITY

SAVE AND END



# FITNESS

## Off-Ice Session

### ON WHAT

Warmups

Stretching

Off-Ice Jump Work

Off-Ice Program Work

Fitness

Dance

Pilates

Yoga

Physical Therapy

Visualization / Sport Psych

Skating Theory (Discussion)

Musical Instrument

Other

### Plyometrics

USER Defined Field

Name

Description

### Cardio

Run Warmup  
Run Sprints  
Run Long Distance  
Bike  
Elliptical  
Swim  
User Defined Field

Name

Description

Distance

### Balance / Coordination

USER Defined Field

Name

Description

### Strength Training

User Defined Field

Name

Description

### How long was activity? (Minutes)

05	15	25	35	45	55
10	20	30	40	50	60

### RATE OF PERCEIVED EXERTION (RPE)

1	2	3	4	5
---	---	---	---	---

### SPECIFIC DETAILS / CORRECTIONS YOU FOCUSED ON

TEXT BOX

SAVE AND ADD ANOTHER ACTIVITY

SAVE AND END



# DANCE

Off-Ice Session

ON WHAT

Warmups

Stretching

Off-Ice Jump Work

Off-Ice Program Work

Fitness

Dance

Pilates

Yoga

Physical Therapy

Visualization / Sport Psych

Skating Theory (Discussion)

Musical Instrument

Other

Dance

Ballet  
Ballroom  
Modern  
Hip Hop  
Jazz  
Tap  
Cultural  
User Defined Dance

Name

How long was activity? (Minutes)

05	15	25	35	45	55
10	20	30	40	50	60

RATE OF PERCEIVED EXERTION (RPE)

1	2	3	4	5
---	---	---	---	---

SPECIFIC DETAILS / CORRECTIONS YOU FOCUSED ON

TEXT BOX

SAVE AND ADD ANOTHER ACTIVITY

SAVE AND END





# PILATES

Off-Ice Session

ON WHAT

Warmups

Stretching

Off-Ice Jump Work

Off-Ice Program Work

Fitness

Dance

Pilates

Yoga

Physical Therapy

Visualization / Sport Psych

Skating Theory (Discussion)

Musical Instrument

Other

Pilates

How long was activity? (Minutes)

05  
10

15  
20

25  
30

35  
40

45  
50

55  
60

RATE OF PERCEIVED EXERTION (RPE)

1

2

3

4

5

SPECIFIC DETAILS / CORRECTIONS YOU FOCUSED ON

TEXT BOX

SAVE AND ADD ANOTHER ACTIVITY

SAVE AND END



# YOGA

Off-Ice Session

ON WHAT

Warmups

Stretching

Off-Ice Jump Work

Off-Ice Program Work

Fitness

Dance

Pilates

Yoga

Physical Therapy

Visualization / Sport Psych

Skating Theory (Discussion)

Musical Instrument

Other

Yoga

How long was activity? (Minutes)

05	15	25	35	45	55
10	20	30	40	50	60

RATE OF PERCEIVED EXERTION (RPE)

1	2	3	4	5
---	---	---	---	---

SPECIFIC DETAILS / CORRECTIONS YOU FOCUSED ON

TEXT BOX

SAVE AND ADD ANOTHER ACTIVITY

SAVE AND END

# PHYSICAL THERAPY

Off-Ice Session

ON WHAT

Warmups

Stretching

Off-Ice Jump Work

Off-Ice Program Work

Fitness

Dance

Pilates

Yoga

Physical Therapy

Visualization / Sport Psych

Skating Theory (Discussion)

Musical Instrument

Other

Treatments

User Defined Field

Name

Description

Exercises

User Defined Field

Name

Description

How long was activity? (Minutes)

05	15	25	35	45	55
10	20	30	40	50	60

RATE OF PERCEIVED EXERTION (RPE)

1	2	3	4	5
---	---	---	---	---

SPECIFIC DETAILS / CORRECTIONS YOU FOCUSED ON

TEXT BOX

SAVE AND ADD ANOTHER ACTIVITY

SAVE AND END



# SPORT PSYCHOLOGY (VISUALIZATION)

Off-Ice Session

ON WHAT

Warmups

Stretching

Off-Ice Jump Work

Off-Ice Program Work

Fitness

Dance

Pilates

Yoga

Physical Therapy

Visualization / Sport Psych

Skating Theory (Discussion)

Musical Instrument

Other

Sport Psychology (Visualization)

How long was activity? (Minutes)

05	15	25	35	45	55
10	20	30	40	50	60

RATE OF PERCEIVED EXERTION (RPE)

1	2	3	4	5
---	---	---	---	---

SPECIFIC DETAILS / CORRECTIONS YOU FOCUSED ON

TEXT BOX

SAVE AND ADD ANOTHER ACTIVITY

SAVE AND END



# SKATING THEORY (DISCUSSION)

Off-Ice Session

ON WHAT

Warmups

Stretching

Off-Ice Jump Work

Off-Ice Program Work

Fitness

Dance

Pilates

Yoga

Physical Therapy

Visualization / Sport Psych

Skating Theory (Discussion)

Musical Instrument

Other

Skating Theory

How long was activity? (Minutes)

05  
10

15  
20

25  
30

35  
40

45  
50

55  
60

RATE OF PERCEIVED EXERTION (RPE)

1

2

3

4

5

SPECIFIC DETAILS / CORRECTIONS YOU FOCUSED ON

TEXT BOX

SAVE AND ADD ANOTHER ACTIVITY

SAVE AND END

# MUSICAL INSTRUMENT

Off-Ice Session

ON WHAT

Warmups

Stretching

Off-Ice Jump Work

Off-Ice Program Work

Fitness

Dance

Pilates

Yoga

Physical Therapy

Visualization / Sport Psych

Skating Theory (Discussion)

Musical Instrument

Other

Musical Instrument

User Defined or Add

Name

How long was activity? (Minutes)

05	15	25	35	45	55
10	20	30	40	50	60

RATE OF PERCEIVED EXERTION (RPE)

1	2	3	4	5
---	---	---	---	---

SPECIFIC DETAILS / CORRECTIONS YOU FOCUSED ON

TEXT BOX

SAVE AND ADD ANOTHER ACTIVITY

SAVE AND END



# OTHER

## Off-Ice Session

### ON WHAT

Warmups

Stretching

Off-Ice Jump Work

Off-Ice Program Work

Fitness

Dance

Pilates

Yoga

Physical Therapy

Visualization / Sport Psych

Skating Theory (Discussion)

Musical Instrument

Other

Other Off-Ice Activity

User Defined List or Add

Name

### How long was activity? (Minutes)

05	15	25	35	45	55
10	20	30	40	50	60

### RATE OF PERCEIVED EXERTION (RPE)

1	2	3	4	5
---	---	---	---	---

### SPECIFIC DETAILS / CORRECTIONS YOU FOCUSED ON

TEXT BOX

SAVE AND ADD ANOTHER ACTIVITY

SAVE AND END



# HEALTH AND MOOD

## Off-Ice Session

### How is your health today?

- 1: Shouldn't Be Here
- 2: TLC Needed
- 3: Not Great
- 4: Functional
- 5: Feeling Fine**

NOTE: Text Box

### How is your health today?

- 1: Can't Move
- 2: Tight
- 3: Normal Read to Work**
- 4: Loose
- 5: Jello

Where: Text Box

### Are you injured?

- 1: Can't Skate
- 2: Single Element Only
- 3: Cautious**
- 4: Normal wear and tear
- 5: No injury

Details: Text Box

### Hydration

Water (OZ): Text box or graphic

Sport Drink (OZ): Text box or graphic

SAVE AND ADD ANOTHER ACTIVITY

SAVE AND END