

Presented by  
Team Unofficial Intelligence

# How to Prepare for a Season

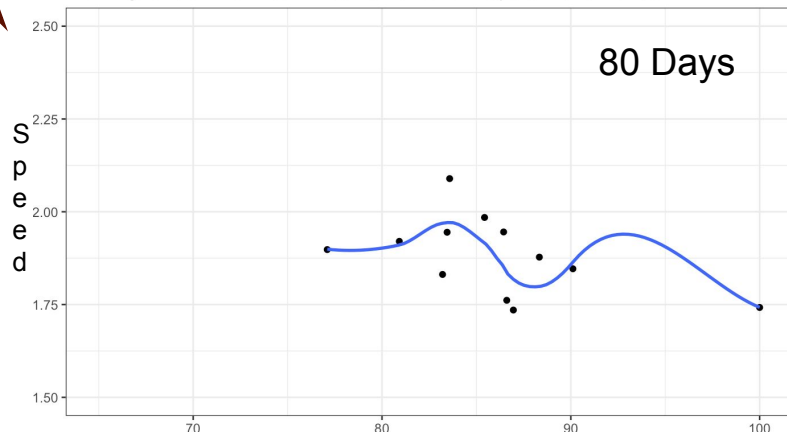
Yifan Ma / Nichole Yao / Yanwan Zhu  
Rachel Yan / Kelly Shen / Elaine Ye



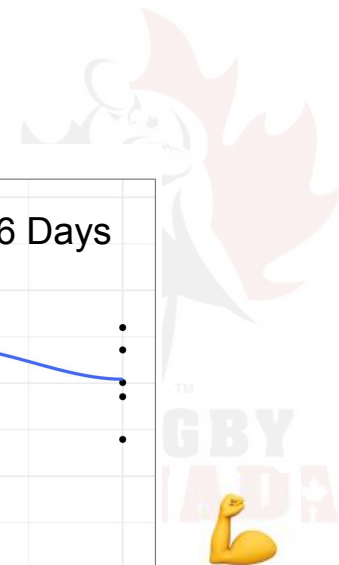
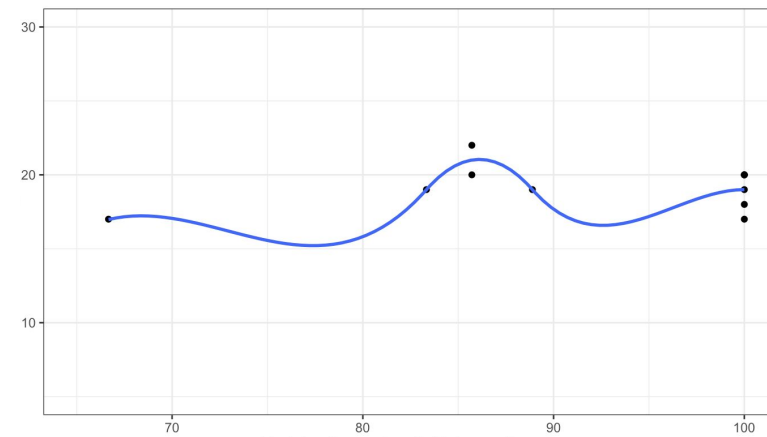
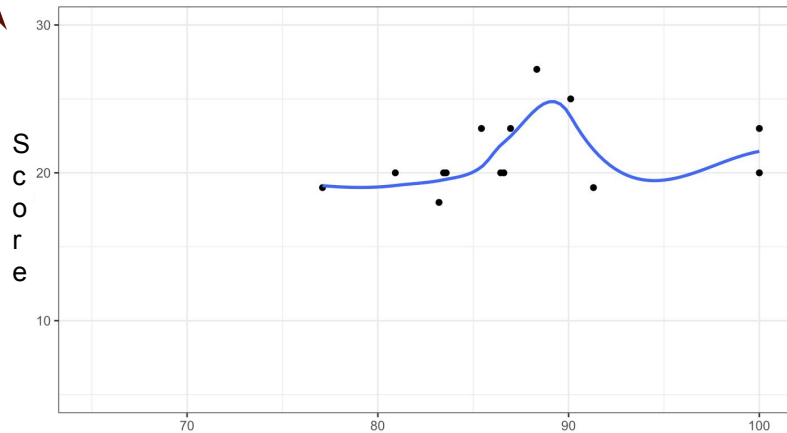
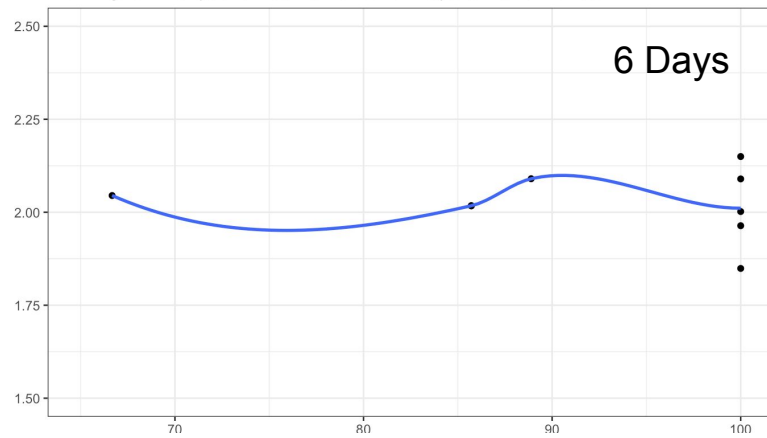
# Effect of In-season Training on Speed



Training for Commonwealth Tournament and Players' Performance

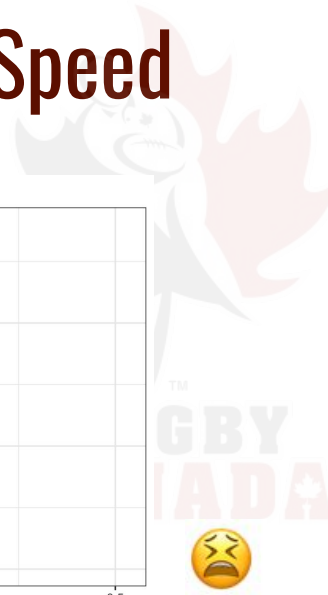
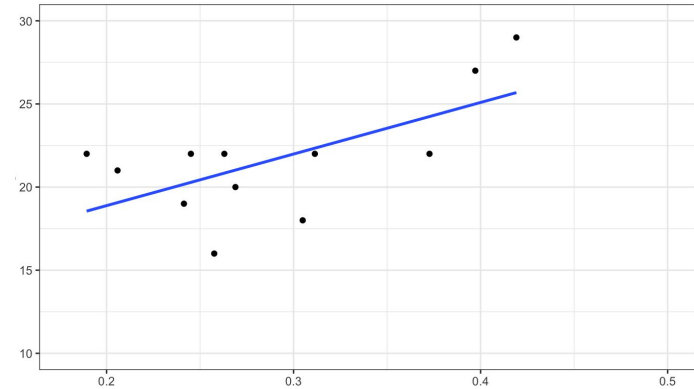
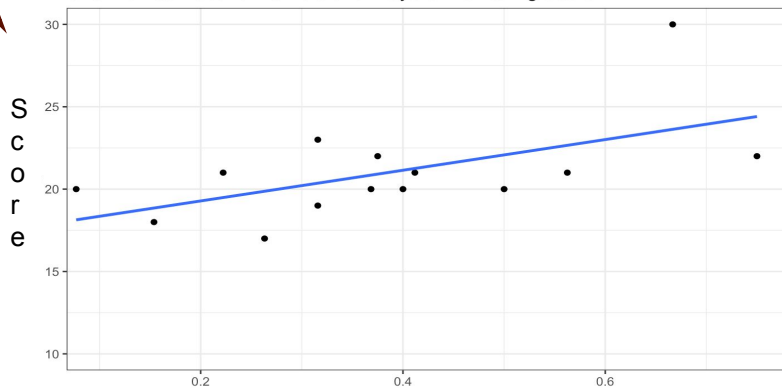
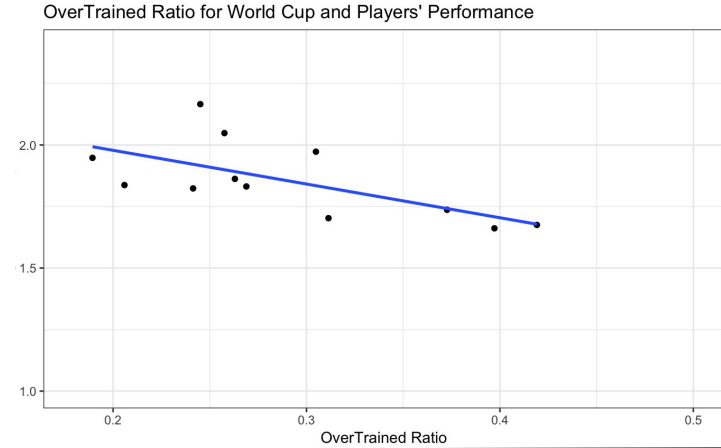
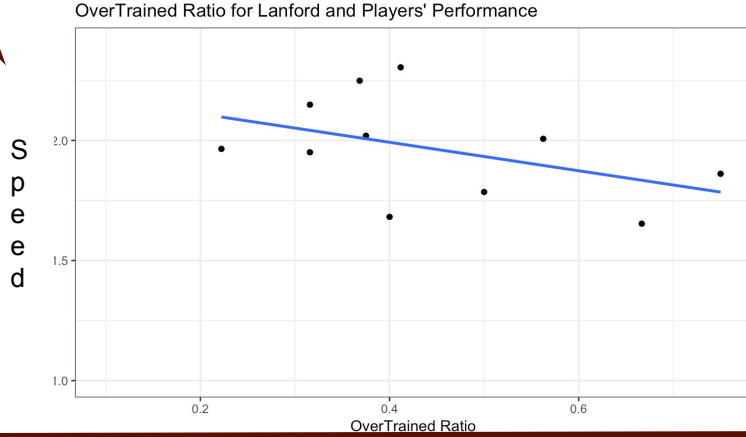


Training for Kitakyushu Tournament and Players' Performance



# Effects of Overtraining on Player's Wellness / Speed

In-season Training from 4.23 to 5.11 & from 6.10 to 7.20



# Conclusions

- Full time training may not lead to better performance (measured by speed).
- Training full time in-season does not lead to increase in wellness (measured by monitoring score).
- Be cautious about deciding training intensity while preparing in between tournaments
  - Intense training → Players feeling good
  - Intense training ~~✗~~ performing well

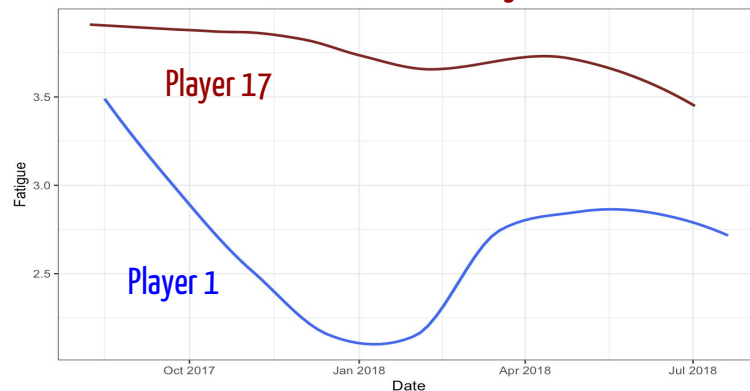


# Bonus Scene: The Hidden Figure, PLAYER 17

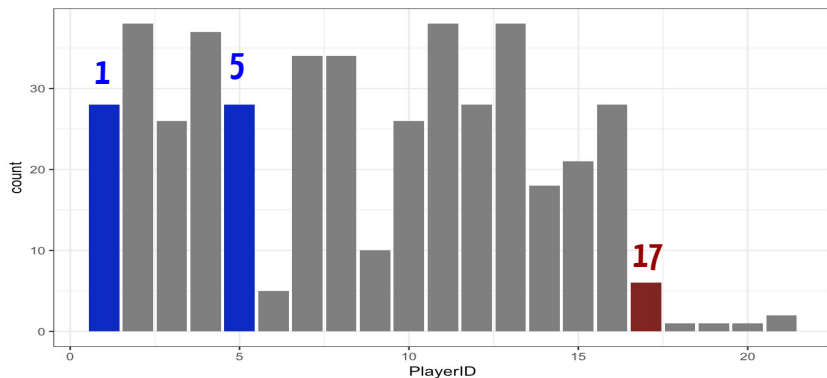
## Training Readiness of Player 17



## Freshness Level of Player 17



## Games Played by Each Player



## Weighted Average Speed of Player 1, 5 & 17

