Training Optimization & Win Maximization
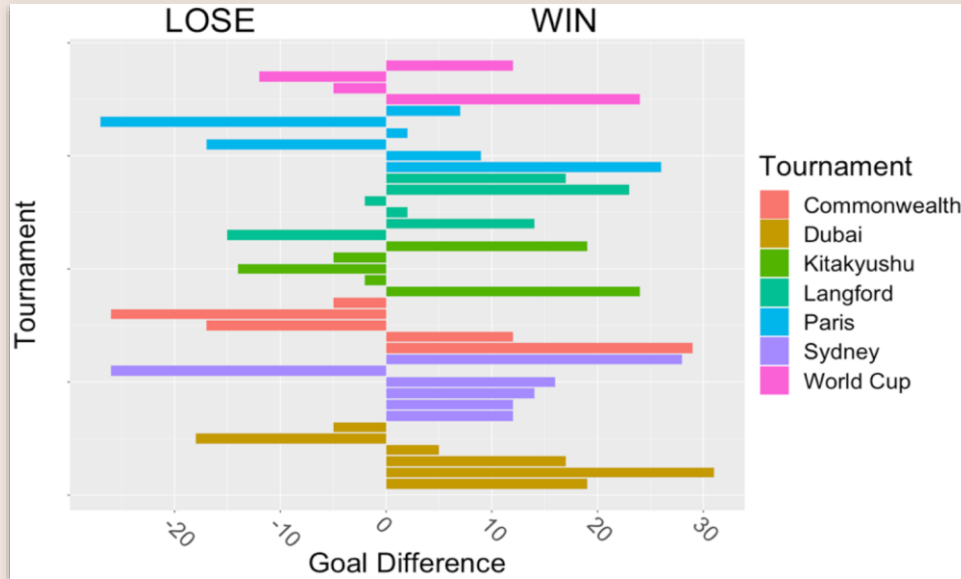
The Surprisingly Average Five

Xingyuan Gao, Xin Hu, Xiguang Liu, Nori Moy, and Han Xu
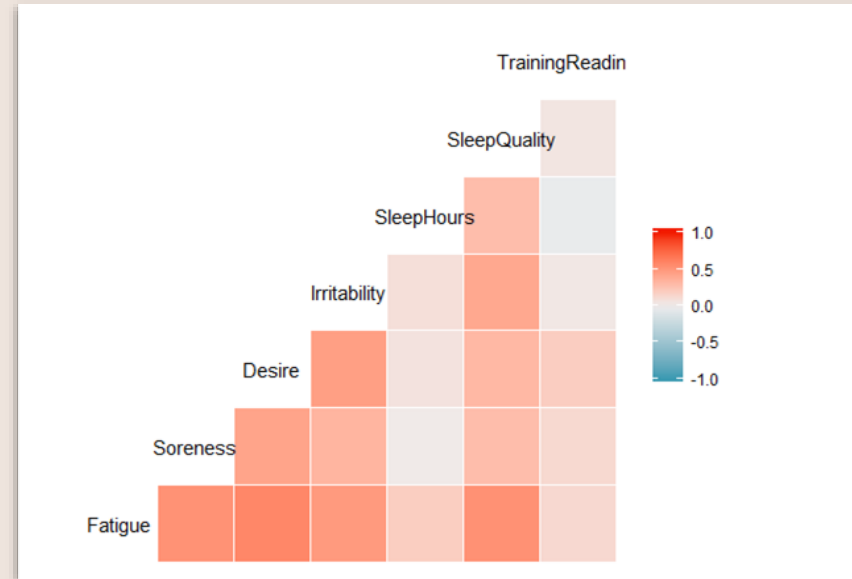
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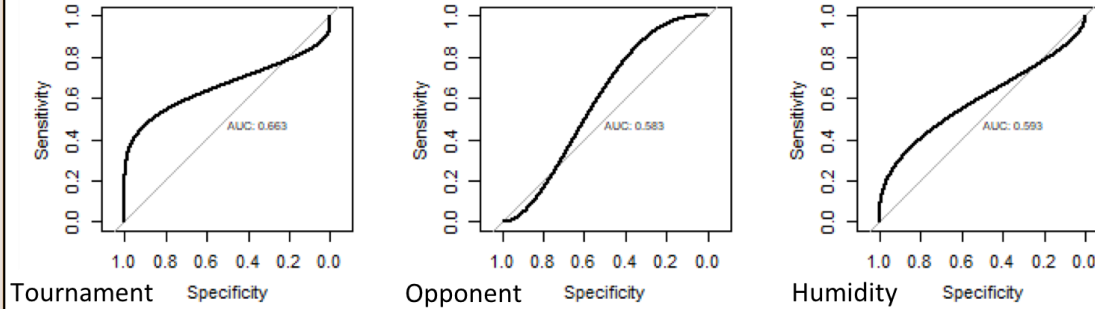RÉSEAU DES INSTITUTS DU SPORT

Team Canada Performance

Correlation Table

Sleep Hours > Desire > Irritability > Sleep Quality > Soreness > Fatigue

Individual Variable ROC Curve

Unit Change	Increase/Decrease in the odds of Winning
10% ↑ Game Readiness	0.2 % decrease
10% ↑ Humidity	0.13% decrease
Game order in tournament	0.23% decrease
1 ºF ↑ Temperature	0.15% increase
Marginal decrease in opponent ranking	0.06% increase