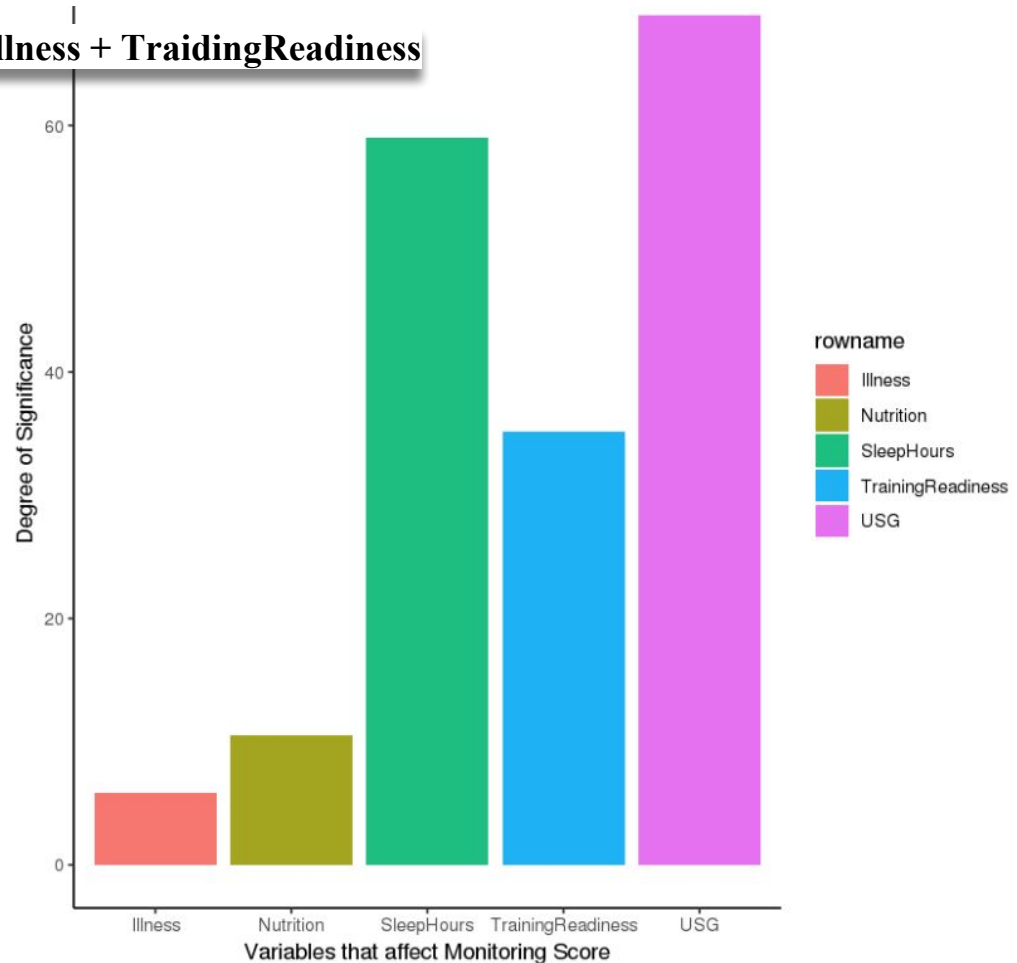
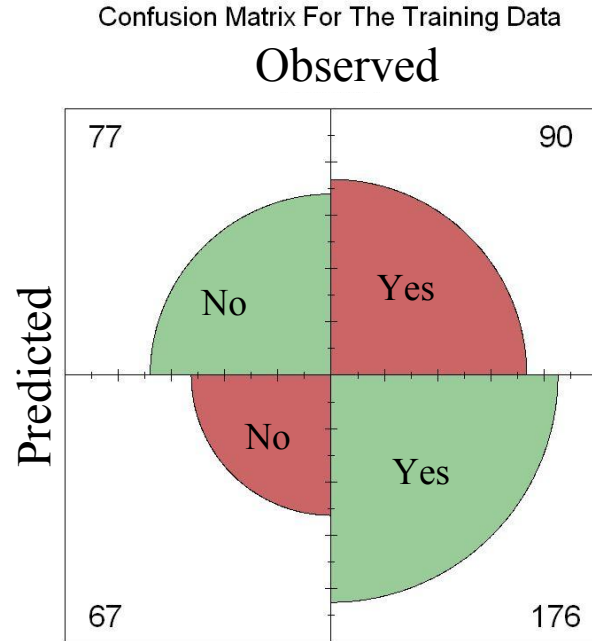


Wellness in the Canadian Women's Rugby Sevens Team

*DataFest 2019
The Snack Team*

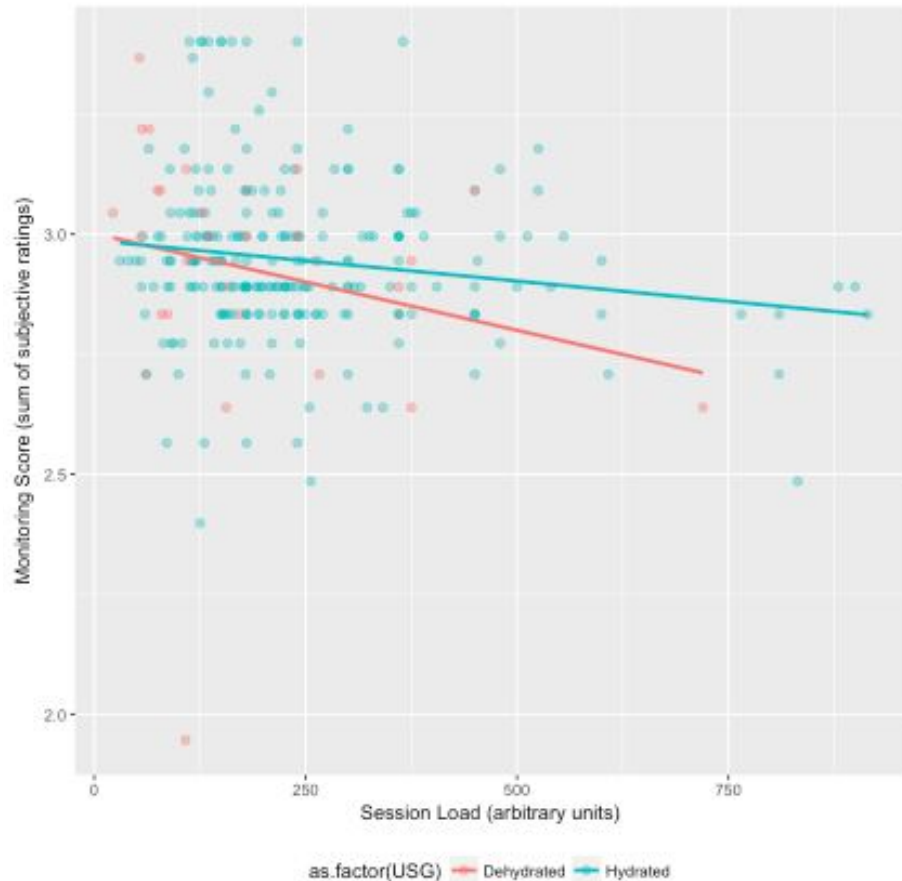
What factors affect the athletes' general feeling of wellness?

Model: Wellness \sim USG + SleepHours + Nutrition + Illness + TraidingReadiness

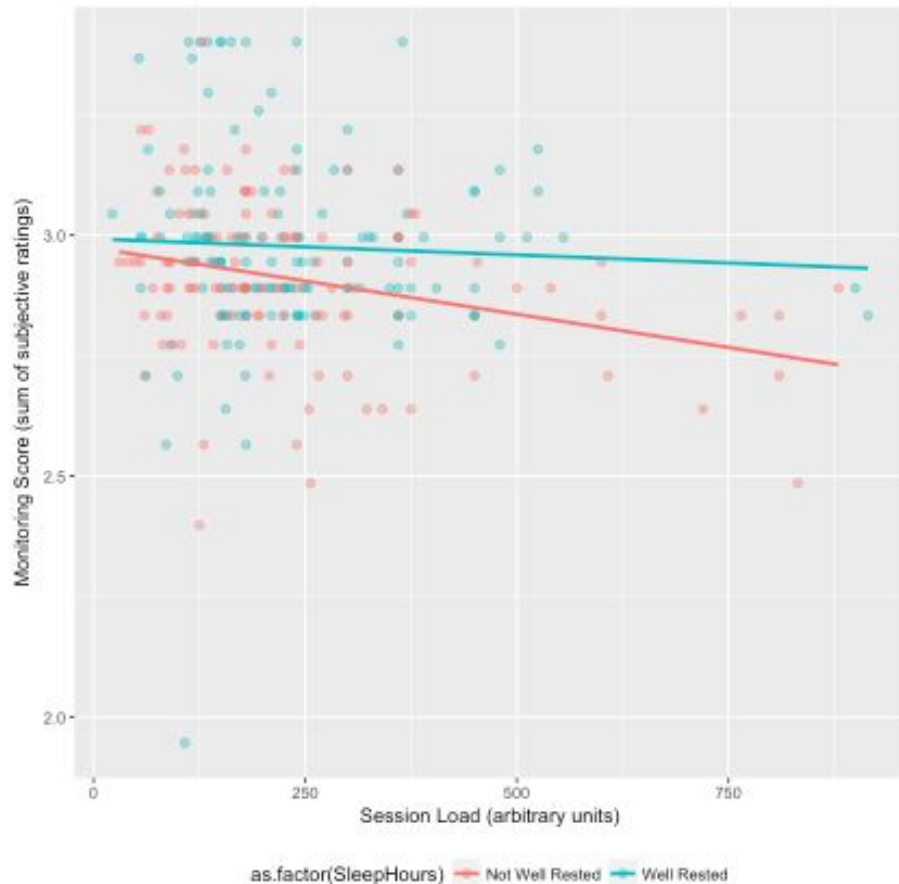


How Feelings of Wellness decrease with Training Load

If the players are dehydrated or not

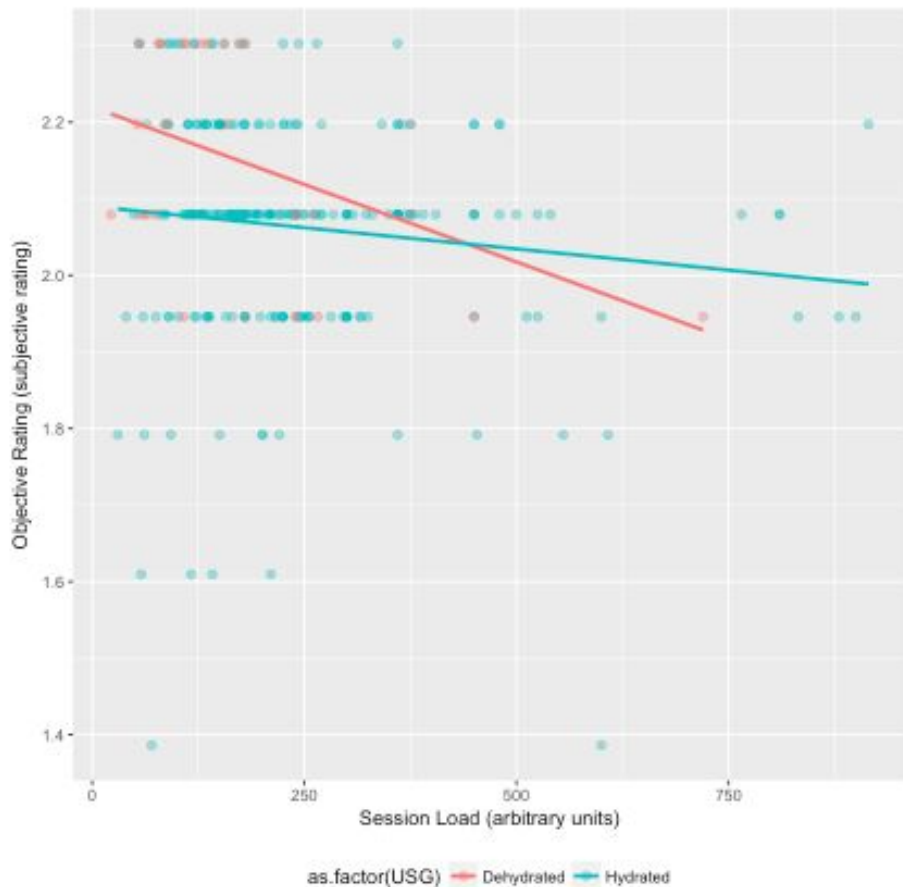


If the players have slept or not

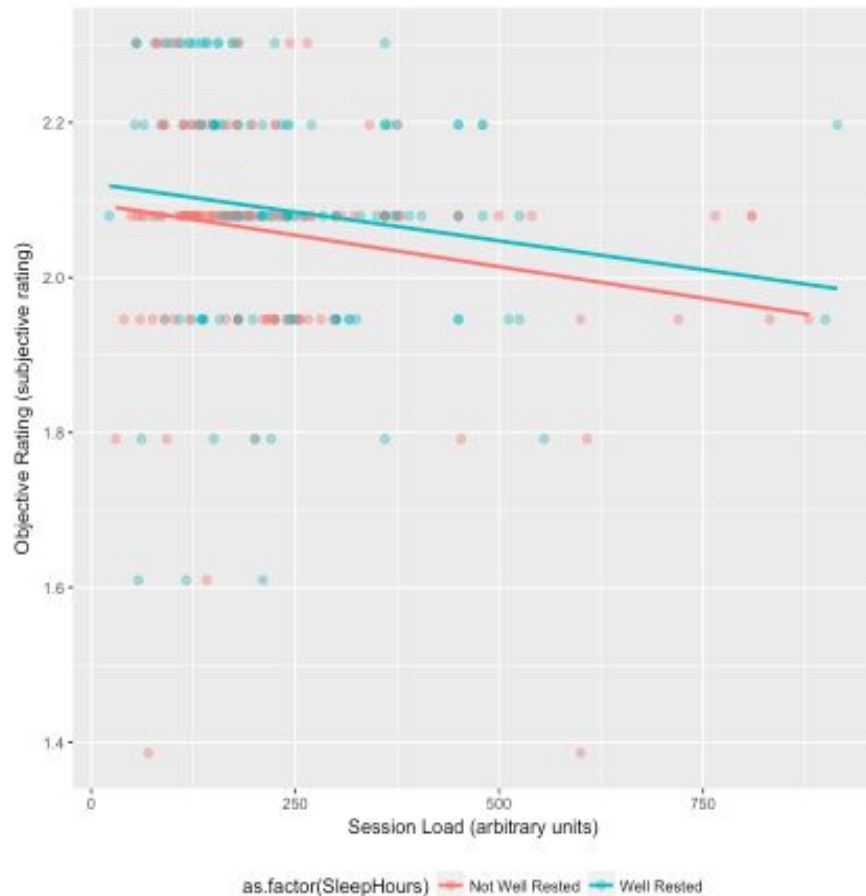


How Training Achievement decreases with Training Load

If the players are dehydrated or not



If the players have slept or not



What We Found

- Both sleep hours and dehydration affect how player feel
- Only dehydration affects how the players perform in training
- Players are more aware of their lack of sleep than their lack of hydration

Future Steps

- Further quantify amount slept and dehydration to provide a guideline on optimal drinking and sleeping habits.
- Look at game data instead of training data, so we can use a measurement of achievement that is based on more objective data.

