APP development

All functionalities from the existing platform plus additional features listed below:

- Implement new athlete and coach sign up – connect this with payment methods: selection criteria:
- For Athletes: Type of membership- Name- Email address- Username- Password
- Implement training session specific reports. How much weight has been lifted during each session? Results show the exact amount of weight in KG/IB, per exercises per set (for athletes and for coach)
- Implement ability to choose pre -set (by the platform) testing protocols
- Implement the ability to use pre-set (By the platform) screening protocols
- Ability to generate and download reports testing protocols and other data in the following forms: PDF, CVS Excel spreadsheet
- Ability to share the reports via social media or email
- Implement pages for each of the 20 sports containing the following sections: Description of the sport; Needs analysis; Testing; Types of programs; Link to membership selection page
- Implement workout completed button to the workout display section- this helps athletes to skip all of the exercises and mark the workout as completed
- Implement share workout with a coach or teammate – only if member of the team
- Change the UI workout display. Athletes should be able to see the entire workout and the exercises before starting their workout
- Change the Athletes UI- dashboard design
- Athlete / coach portal messenger (coach can send a message out via website or athletes receives this on his app)- only if member of the team
- Calendar notifications – coach, should be able to set a calendar (events, etc.) for their athletes, this should be linked with athlete's portal
- Athletes should be able to print their programmes (no images of the exercises just a list-PDF or other forms)
- Push notifications – alerts on incomplete training, upcoming events and competitions
- Coaches feedback - ability to record specific movement or skill for further analysis by a coach
- Integration with other devices GPS trackers & HR monitors
- Sports psychology- ability to assess mental well-being state plus follow up activities to improve the current state
- Sports psychology – ability to assess anxiety – follow up activities which aim to improve the current state of anxiety (pre-competition, school, work).

Additional website development:

- Implement new athlete and coach sign up – connect this with payment methods: selection criteria:

- **For Athletes: Type of membership- Name- Email address- Username- Password:**

- **For Coaches: Type of Membership- Name- Email address- Username- Password**

- Change the navigation bar if signed in "coach" type user dashboard: Programme builder; exercises library; programme library.

- Implement training session specific reports. How much weight has   been lifted during each session? Results show the exact amount of weight in KG/IB, per exercises per set (for athletes and for coach)

- Implement the ability for a "coach" type user to add teams and players. Currently, only the website admin is able to do this.

- Implement ability for a "coach" type user to choose pre -set (by the platform) testing protocols

- Implement the ability to use new screening protocols that can only be seen and used by this particular coach: Screening protocols should have the following attributes "name of the protocol; comments."

- Ability to generate and download reports testing protocols and other data in the following forms: PDF, CVS Excel spreadsheet

- Ability to share the reports via social media or email

- Implement pages for each of the 20 sports containing the following sections: Description of the sport; Needs analysis; Testing; Types of programs; Link to membership selection page

- Implement workout completed button to the workout display section- this helps athletes to skip all of the exercises and mark the workout as completed

- Implement share workout with a coach or teammate

- Change the UI workout display. Athletes should be able to see the entire workout and the exercises before starting their workout

- Change the Coach / Athletes UI- dashboard design

- Athlete / coach portal messenger (coach can send a message out via website or athletes receives this on his app)

- Calendar notifications – coach, should be able to set a calendar (events, etc.) for their athletes, this should be linked with athlete's portal

- Coaches and athletes should be able to print their programmes (no images of the exercises just a list- PDF or other forms)

- Push notifications – alerts on incomplete training, upcoming events and competitions

- Coaches feedback - ability to record specific movement or skill for further analysis by a coach

- Integration with other devices GPS trackers & HR monitors

- Sports psychology- ability to assess mental well-being state plus follow up activities to improve the current state

- Sports psychology – ability to assess anxiety – follow up activities which aim to improve the current state of anxiety (pre-competition, school, work).

Coaches portal

- Coaches can build their testing protocols (**this functionality already exists**), all testing protocols should be linked with videos of the test. Coaches also should be able to print testing protocols (no images just a list- PDF or other forms)

- Coaches can use our pre-set testing protocols (all tests should be linked with the videos of the tests). Coaches also should be able to print testing protocols (no images just a list- PDF or other forms)

- Team workout/whiteboard:

- The coach should be able to assign a team to a workout

- The coach should be able to view all the players on the screen (this is the scenario when coach wants to display the profiles of the entire team on the large screen such as TV)

- Athletes will be able to use the whiteboard functionality to:
1. Mark their attendance
2. Enter their well-being scores
3. Bodyweight on the day
4. A weight lifted for each set/exercise
5. Number of reps lifted during each set
6. The intensity of each set and the entire workout

- Coaches leader board:

- The coaches should be able to see who is the best performer across the team:

- Overview of the gym workout (see individually how athletes performed in their weight session, who lifted the most and the heaviest weight. This then needs to be split into individual exercises across the entire team, and across days/ week/months/season)

- Same functionality as above for the following criteria:

- Attendance – how many sessions athletes attended/missed – across all gym session/training specific session- Coach should be able to add criteria to their list if they want to

- Attendance of additional activities (this functionality already exists- and is developed as a record of the sessions)

- Field statistics:

  - Number of scores per player

  - Number of passes per player

  - Number of attacks per player

- - Number of defenses per player

- criterion should also be available to adjust/ create by the coach. Stats to be collected per game/ week/ month/ season

- Award notification (best performer announced across the team)

- Backroom notification: (Who is out due to injury, how long for, when to expect a player to be back, etc.) this can be done as a tick box" injured/ rehab/ back to play with a comment box for medical staff to add additional information regarding the injury status. Also, stats   for this section: how many times a particular person was out due to injury

- Coaches library- Coach can take a video of the exercises and post to the players to watch. This can be done in the form of a short video of "e.g basketball dribbling " with a comment box at the bottom of the screen. (I guess this may be an issue from the storage   point of view, right? Also, is there a way to prevent any unethical or moral behaviors? Like posting inappropriate pictures or videos?)

- Feedback: a coach can watch and comment on the videos of the exercises or the sporting specific drill (for example ball passing) which have been sent by an athlete.

Task which has been mentioned in the old doc-

TEAM ATHLETES PORTAL: athletes who have been assigned by a coach.

A mirror image of the coaches portal with all the functionalities assigned by a coach.

- Programme view
- Calendar
- Messenger
- Feedback room

Less Important Tasks

- Motion tracker- ability to record fundamental movement patterns such as squats, deadlifts, bench press etc. to be analysed by an intelligent built- in movement tracker. Athletes will receive instant feedback and correction suggestions based on the results- outside source code form other company – just implementing their code

- Nutrition feedback– built-in nutrition tracker, meal and fluid recommendations (based on athletes requirements); ability to track body weight and BMI