

NTS Athlete Management System (AMS) – Lite[©] **(Version 1.03_2015)**

Athlete Users' Manual

June 2015

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INTRODUCTION

Welcome to AMS-Lite. This is a modified version of the Athlete Management System (AMS) used by Australian Canoeing (AC) High Performance Programs, but adapted specifically for use by Junior Elite Canoe/Kayak Athletes on AC National Talent Squads (NTS).

This manual is to help you navigate around the web site.

Note: AMS-Lite is specifically designed for use on a desktop or laptop computer using a modern (2015) internet browser (Chrome, Firefox, IE, etc.). The designer recommends use on the Chrome internet browser. AMS-Lite can be accessed using smart devices like iPads and iPhone, but maybe a little “fiddly”. It is hoped that in the future, an app can be built to make data entry and review a little easier on mobile devices.

The AMS-Lite is designed to monitor your **progress in training** as well as your **performances in major competitions, NTS time trials, and NTS strength and conditioning testing**. You will be responsible for keeping your training data updated and the Pathways staff will be responsible for maintaining your performance and testing data.

NAVIGATING AMS-LITE

Logging In

The website is accessed at <http://ntsmonitor.glennpyne.com>. Simply enter this into your browser URL and you will be taken to a Login page.

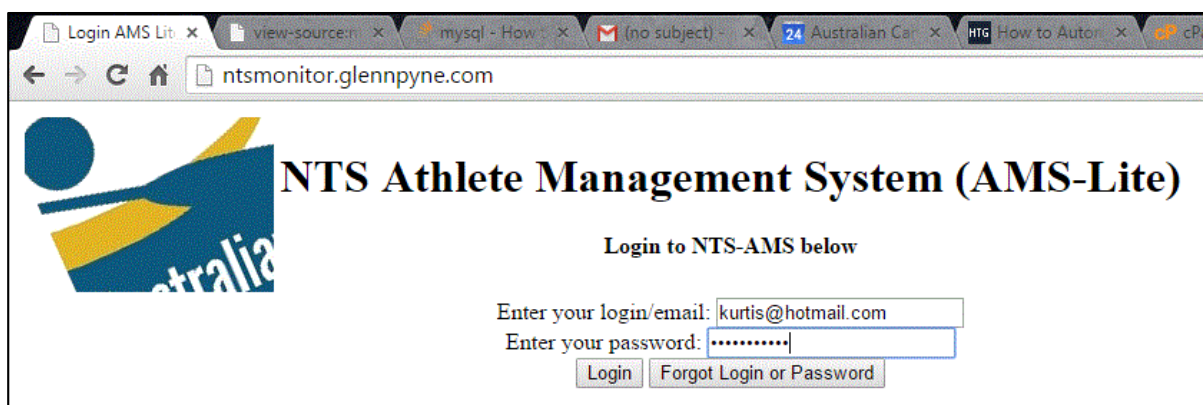


Figure 1: Login screen

It is a good idea to bookmark the AMS-Lite URL or save to your favourites so you can easily login in the future.

By now you should have been sent your login name and password via email. Your login name is the email address associated with your NTS application. If you have forgotten your password simply press the “Forgot Login or Password” button and complete the form by entering your email. If you are unsure which email address to use, please email melissa.hopwood@canoe.org.au to confirm your email address.

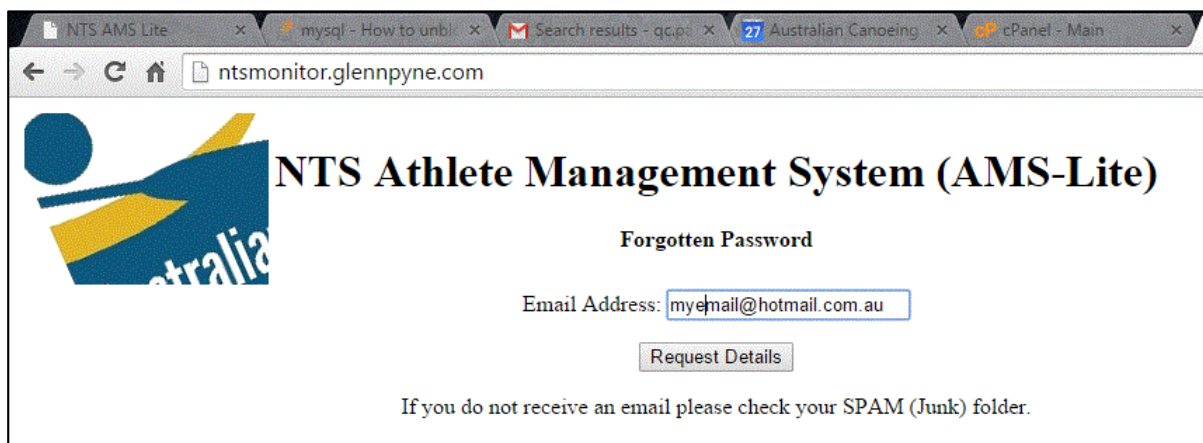


Figure 2: Forgot Login and Password screen

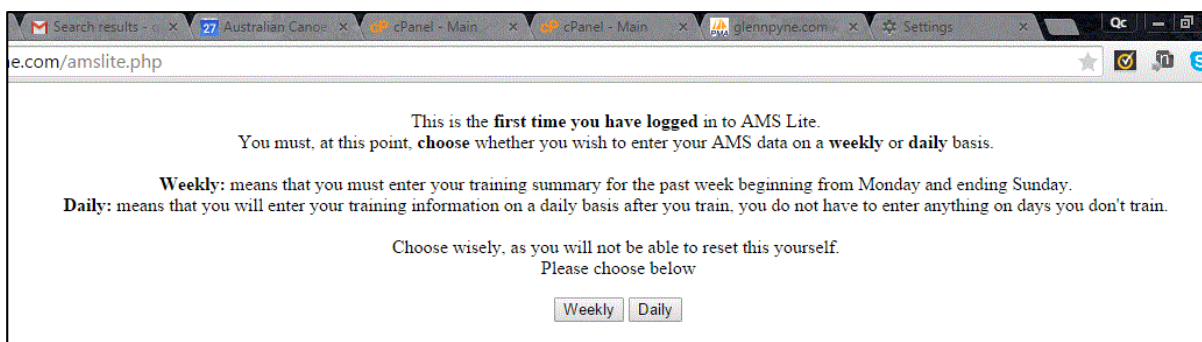
Note: You must have Cookies enabled on your browser for login to work. Also, you have 30 minutes of login time before the system will log you out and you will have to login again.

First Time Login

The first time you access AMS-Lite you will be asked how you would like to enter your training data. You have two choices:

Daily: Choose this option if you prefer to enter your data on a daily basis. This is what most top athletes do, including our AC U23 and Senior National Team members. However, we understand that this may not always be convenient, so you have the option to log your training data weekly.

Weekly: This is time saving as you only need to remember to enter the data once a week (preferably on the Sunday after your training week). In this option you will need to enter the total number of sessions for the week (e.g. 7 paddle sessions for a total distance of 52 km and 7.5 hrs of paddling). Please note, that if you choose to enter your data weekly you have to have a pretty good memory so that the data is accurate and meaningful!



Search results - x 27 Australian Canoe - x cPanel - Main - x cPanel - Main - x glennpyne.com - x Settings - x

e.com/amslite.php

This is the **first time you have logged** in to AMS Lite.
You must, at this point, **choose** whether you wish to enter your AMS data on a **weekly** or **daily** basis.

Weekly: means that you must enter your training summary for the past week beginning from Monday and ending Sunday.
Daily: means that you will enter your training information on a daily basis after you train, you do not have to enter anything on days you don't train.

Choose wisely, as you will not be able to reset this yourself.
Please choose below

Figure 3: Choose Daily or Weekly training diary update

AMS-Lite Home Page and Menu Bar

Once logged in you will be directed to the page that looks like that in *Figure 4*.

This Menu remains on the left side of the page regardless of where you navigate.

- A:** A welcome to you with your name
- B:** Press this button to add training information
- C:** You can view and/or update past training data by selecting a date here.
- D:** Once you have selected the date at C, click the "Select" button
- E: and F:** are for viewing your training data summary. Firstly chose a number of sessions you would like to summarise (F) and then click the "View" Button (E).
- G:** Use this button to access and edit your personal profile E.g. email address, phone number, change your password, upload a photo etc.
- H:** Takes you to the performance monitoring summary pages (competition results, NTS time trial data, NTS strength testing data).
- I:** Press this to logout.

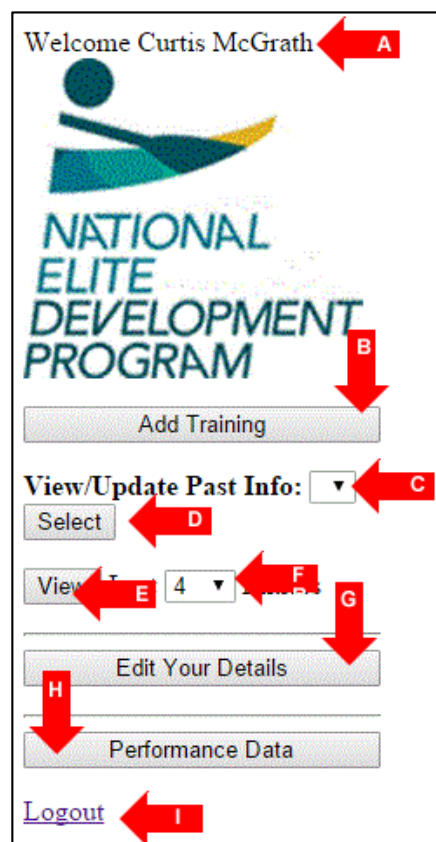


Figure 4: Menu selections

TRAINING DIARY

Entering a training session in the training diary (B)

There are 6 sections on your training diary entry page. Simply add the data as necessary. See *Figure 5* below.

Date <input type="text" value="18-06-15"/>		Hours Slept <input type="text" value="2 or less"/> Hours Slept
Total Paddling On Water Sessions <input type="text" value="0"/>	Strength & Conditioning # of Gym Sessions <input type="text" value="0"/> Sessions hours working in Gym (eg 2.5) <input type="text" value="0.0"/> Hrs	Other Sessions These are sessions from other activities you might do, eg. run, board, swim, AFL netball, etc # of Other Sessions <input type="text" value="0"/> Sessions Hours Other Sessions (eg 0.5) <input type="text" value="0"/> Hrs Types of Sessions (eg Board, Swim, etc) <input type="text"/>
Injuries or Illnesses? <input type="text"/>		

Figure 5: Adding session data

Week Beginning (or Date)

Choose a date, this could be a weekly entry (in which case choose the first Monday in the week) or a daily entry. The system will try and assume what date you want but please check it.

Average Hours/Night

On average (in weekly mode) how much sleep did you get per night. Or, if in daily mode, how many hours sleep did you get the night before your training sessions. Be honest!

Total Paddling

This section records details of your paddling sessions, for example you may have done 7 sessions, for 42 km in 6.5 hours. Please enter how many sessions, the total distance paddled, and the total hours paddled that day/week.

Total Strength and Conditioning

Enter details here for your gym /strength and conditioning sessions. Please enter how many strength and conditioning sessions and total duration of strength and conditioning sessions that day/week.

Total Other Sessions

Count up the number of sporting sessions you completed, other than paddling or strength and conditioning. This might be board sessions, swimming, running, soccer etc.

Please enter the total number of other sporting sessions and the total number of hours for all other sporting sessions combined.

Then, in the box underneath, provide more details of what type of sessions these were or any other relevant information (e.g. swimming – 4 hrs, Park Run – 1 hr, etc.).

Injuries or Illnesses?

This section is for you to add information about any injuries or illnesses that might be affecting your training. Simply mention some basic details of your injury and any action taken/necessary. E.g. “Suffering from some pain in right shoulder. Saw Dr, and she said ‘ice after training’”.

How do you feel about your training?

The next three sections (See *Figure 6*) ask you to rate how you felt about your sessions that day/week.

1. Did you feel **ready to train** at your best or where you a little flat?
2. Did you meet your **training goals** today/this week?
3. How about your **recovery**, was it sufficient and adequate (e.g. rest, active recovery, plunge pool, massage, etc.)?

Readiness To Train at Best

On average this week, out of 10, rate your level of 'Readiness to Train At Best'

1 = Unaware of session aims, No goals, Thinking unrelated to task, Poor management of energy/emotions, Poor management of time/logistics
10 = Clearly understood session aims, Set specific goals, Manage thinking/focus, Manage emotions/energy, Manage time/logistics



Training Goals

On average this week, out of 10, rate how effective you were at achieving your Training Goals

1 = Not effective at all, did not have any goals
10 = Very Effective



Recovery for Key Sessions

On average this week, out of 10, rate how effective you were at achieving all your Recovery Goals

1 = Not recovered at all
10 = Fully recovered



Figure 6: Sections on how you felt about your training

Rating of Perceived Exertion – RPE (How hard was the work you did? – according to you, not your coach)

Your rating of perceived exertion (RPE) is entered according to how challenging you found the session(s) that day/week (See *Figure 7*). Was it easy, a little hard, absolutely killing you?


Please consider how physically challenging the session was, as well as how mentally challenging the session was.

We know the ratings start at 6 but we didn't invent the scale 😊. Simply enter the number that best represents how hard you worked today/this week.

Rating of Perceived Exertion (RPE)

On average, how hard did you feel your sessions were over the week?

For example:
 6 = No exertion at all
 9 = Very Light
 11 = Light
 13 = Somewhat Hard
 15 = Hard
 20 = Absolutely exhausting



Easy --> <-- Exhausting

Comments about this week:

Save and Close

Figure 7: Perceived Rate of Exertion and Comments section

Comments Box

Underneath the RPE scale is a box for you to make comments about your day/week. Please write as much as you want to help your coach and AC staff to get a feeling for your training session(s).

E.g.: You might want to indicate whether you were feeling unwell, or if you worked extra hard in a gym session and it affected the next two days paddling. You might also want to record more details regarding the sessions you completed (e.g. 4 x 2km at 70%, etc.)

Press “Save and Close”. Don't forget this step or your data will not be entered into the database!

View/Update Past Training Diary Information (C & D)



Figure 8: Choose a date and view/change info already added

Use this section to view your past training diary entries, or to add, update, or correct any previous training diary entries.

Choose the date you want to view/edit then press “Select” (Figure 8).

You will be taken to a page that is just like the “Add new training diary” page, only your data for that date will be visible. If necessary, change/add any necessary details and then press the “Update and Close” button.

Viewing your Training Diary Summary Data (E & F)

Firstly, choose the number of sessions for which you want to view a summary (entries are sorted from the most recent session going backwards in time), and then press “View” (Figure 9).



Figure 9: Choose the number of sessions first then click “View”

Once you have done this, you are directed to the summary page. On this summary page you will find the data collated based on the information you have entered for the identified number of sessions. This summary page consists of 6 sections.

Summary of Training Table

This table summarises the training you completed during the selected period. You can see that the **Activity column on the left** is broken down into Paddling, Gym and Other. The numbers in the **Sessions** and **Hours columns** are given as absolute totals over the summary period, followed by percentages of your whole training load over this period in brackets.

To help explain this better, let’s use the example below in Figure 10. The Summary of Training Table in Figure 10 shows us that the athlete has done 18 sessions in total over the last 7 days/weeks (depending upon which data entry method was used). 14 of these (or 77.8%) were Paddling sessions, 2 (or 11.1%) were Gym sessions and 2 (or 11.1%) were Other sporting sessions.

The same can be seen in **the Hours column**.

The **Distance/Activity column** shows the total number of km paddled and the type of activities you have done in your “Other” sessions.

The Colours

The colours represent a traffic light system. Green is “good”, yellow is “OK” and red indicates “there might be a problem”. Note that the colour changes occur at what experienced coaches generally perceive is a reasonable training load. However, your coach may have you on a different training plan, with different training goals. **The recommendations are guides based on averages only.**

Please make sure you review your training diary summary with your coach so they can confirm with you if you are on the right track. Your coach knows best.

In the **“Notes” column** are some comments that are also automatically generated depending upon the numbers in your training data summary. Again, these are guides only. If you are unsure, talk to your coach!

The **“Athletes Comments” column** is a list, by date, of the notes you made when you filled out your training diary. This gives you a brief history as you go.

The **last row** of the table gives the **totals** for the summary period you have chosen. It also gives a calculation of the **average hours of sleep** you have recorded over the duration of the summary period.

What you and your coaches should be looking for is a **good balance** over all your activity.

Summary of training over last 7 sessions					
Activity	Sessions	Hours	Distance/Activity	Notes	Athlete Comments
Paddling	14(77.8%)	15.05(81.1%)	108.5 km	Sessions On Water: If more than 60% of your total sessions are spent in the boat, this is a good sign. Keep it up! Time On Water: Your time on water compared to other training is doing well, just make sure your number of sessions are consistent as well. Distance Paddled: Your distances here are a little short unless there is some recovery weeks. Your average distance/week has been 36km . A good average is about 50-60 km/week. Ask your coach if you are doing enough distance.	11-05-2015 Felt good this week only injured my elbows doing Chin Ups. 18-05-2015 Trained with Col down at SIRC. I paced with him on 2 x 5 x 2mins/1mins 19-05-2015 3 x 2k time trials. Did a PB in the first of 10:02, wanted to break 10 mins.
Gym	2(11.1%)	1.5(8.1%)	N/A	Sessions In Gym: It would appear that you do not have enough S&C sessions scheduled into your program or you are missing them. Please talk to your coach to see if this needs to be reviewed. Time In Gym: Alert! It would appear that as a percentage of your training time you are not doing enough S&C work. Please talk to your coach about this.	20-05-2015 3x5x 1min/1min 22-05-2015 1x2km at 70%, 1x1.5km @ 75%, 1x 1km @ 75%, 1x500m @ 80%, 1x200m @ 90%
Other	2(11.1%)	2(10.8%)	11-05-2015 Swimming 18-05-2015 19-05-2015 20-05-2015 22-05-2015 23-05-2015 25-05-2015	Other Sessions: You seem to be doing enough cross training or other spot sessions to remain balanced. Just check that you are not taking sessions away from paddling and gym work. Time in Other Sessions: You appear to be spending enough time in other sporting activities. Well done	23-05-2015 8 Km wash leads with Erin Baker 25-05-2015 2 sessions. Session 1: 8x4min/1min. Session 2: 10km straight run 2 laps of islands.
Totals	18 Sessions	18.55 Hrs	108.5 km	Sleep: 7.7 Avg hrs/night	Great! You seem to be getting plenty of rest.

Figure 10: Summary of training table

Paddling Data Summary

The Paddling data graph (Figure 11) is a summary showing the number of sessions, kilometres and hours paddled on a week by week basis.

Outside of special circumstances, what we typically look for here is a consistency between number of sessions, time, and distance paddled. Depending upon on the time of the season and the summary period under review, we would expect the blue and red columns to be of similar height to each other for any given training week, but an undulating pattern in the height of the columns from week to week. We would also expect to see the hours paddled line to follow a similar pattern to the undulating heights of the columns.

For example in *Figure 11* below, the week beginning April 27 might indicate that even though the number of sessions is consistent, the number of km and hours dropped off. This might have been a recovery week.

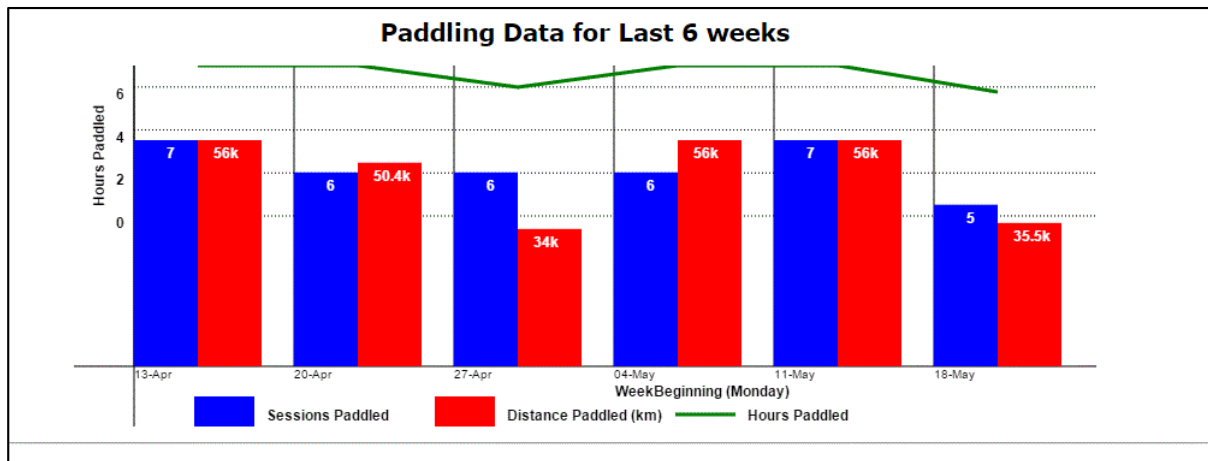


Figure 11: Paddling data summary

How you felt about your training

The next three graphs shown in *Figures 12, 13 and 14* summarise the data for readiness to train, training goals, and recovery. We are looking for a reasonably consistent line sitting towards the green section of the graph that shows that things are basically running smoothly.

However, if you are still training in times of illness or stress, we might expect that your readiness to train and recovery graphs could show a dip down into the yellow or even red.

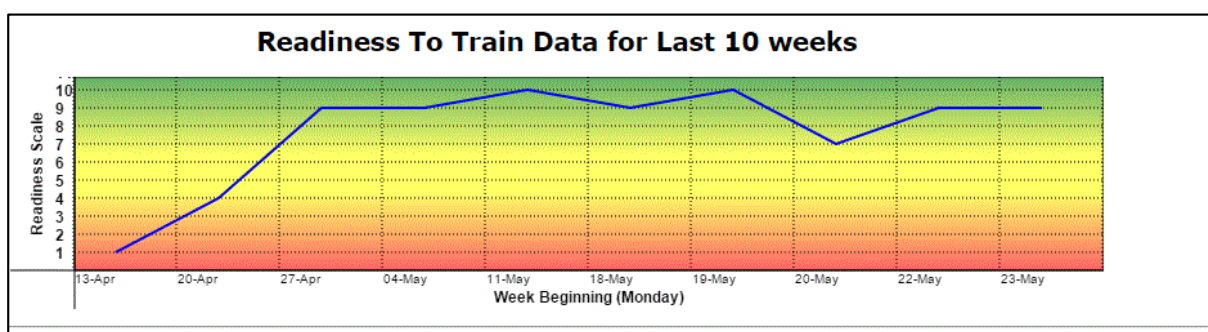


Figure 12: Readiness to Train summary

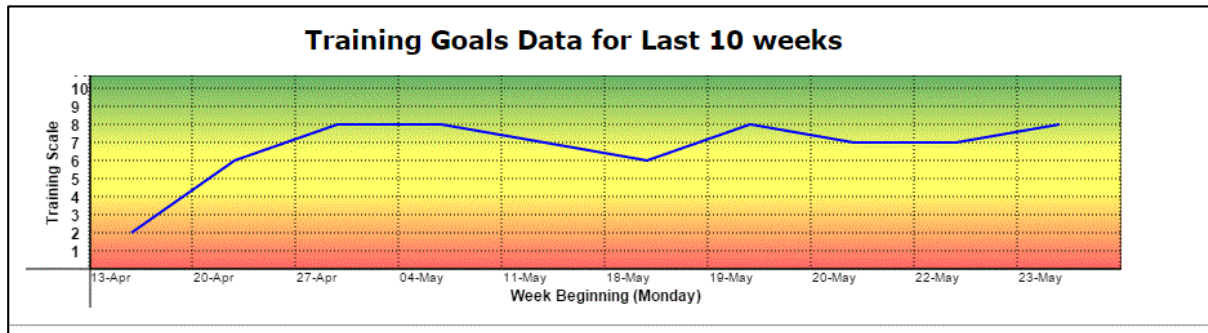


Figure 13: Training goals summary

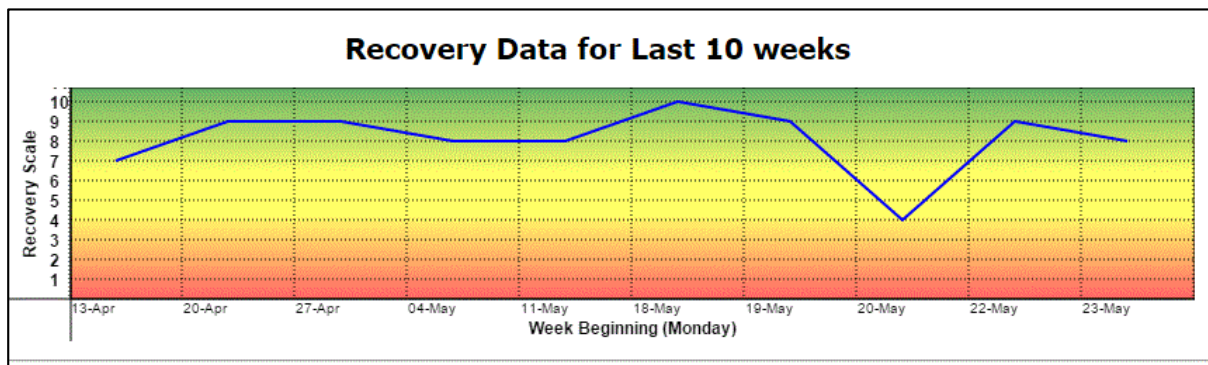


Figure 14: Recovery summary

Rating of Perceived Exertion (RPE) Summary

This graph, as seen in *Figure 15*, indicates how hard you felt you worked during the summary period. We would expect a variable pattern here as you move through your meso and macro cycles towards competition. It would be a worry if you were consistently in any one area for a continued period of time. This might demonstrate that you are training too hard on a continuous basis and your body or health might suffer. Nor do we wish to see it continually in the green as this means that training is too easy and you probably will not be improving!

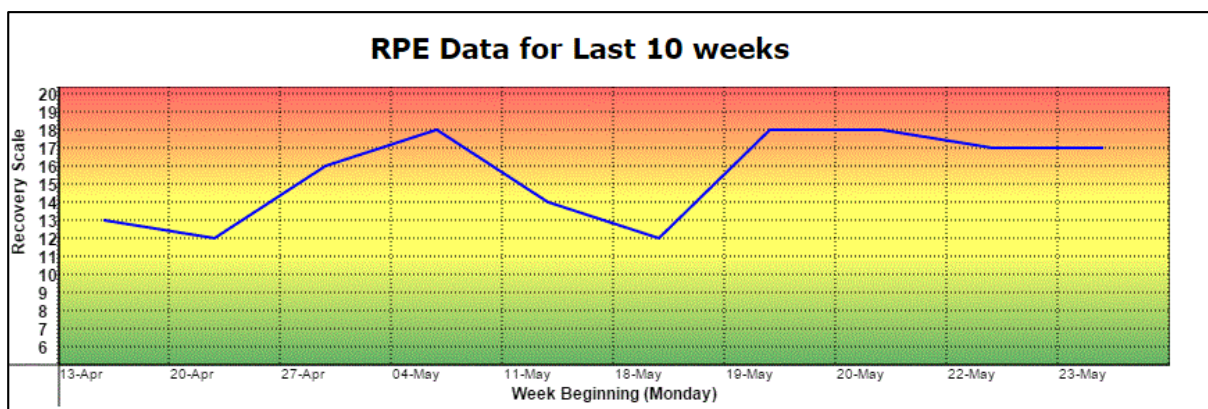


Figure 15: Perceived Rate of Exertion

YOUR PERSONAL PROFILE

Viewing and editing your personal details (G)

To view and edit your personal athlete profile, click on the “Edit your details” button from the side menu bar (G). Once this button is pressed you are taken to a page that allows you to see your personal information. You are able to edit and update most of this information, but some is locked for editing by the Australian Canoeing administrators (See Figure 16).

Update Athlete Profile


First Name: <input type="text" value="Glenn"/>	Last Name: <input type="text" value="Pyne"/>	Date of Birth: <input type="text" value="08-08-1957"/>
AddressLine1: <input type="text" value="12 Bottlebrush Lane"/> Address Line2: <input type="text"/> Suburb: <input type="text" value="Wongawallan"/> State: <input type="text" value="Queensland"/> ▼ Post Code: <input type="text" value="4210"/>	 <input type="button" value="Upload"/>	
Email: <input type="text" value="gpyne57@me.com"/>	Mobile Phone: <input type="text" value="0439779488"/>	Home/Parent's Phone: <input type="text" value="0755298075"/>
Club: <input type="text" value="Varsity Lakes Paddlers Club"/> ▼ Coach: <input type="text" value="Andrea King"/> ▼	Type: <input type="text" value="Admin"/> Password: <input type="password" value="....."/> Re-enter Password: <input type="password" value="....."/>	Notes: <div style="border: 1px solid #ccc; height: 50px; width: 100%;"></div>
Sex: <input type="radio"/> Female <input checked="" type="radio"/> Male	Athlete Information Current: <input checked="" type="checkbox"/> NTSAthlete: <input type="checkbox"/> Daily Entry: <input type="checkbox"/> Discipline: <input checked="" type="checkbox"/> Sprint <input type="checkbox"/> Slalom	Paddling Information: Paracanoe: <input checked="" type="checkbox"/> Kayak: <input checked="" type="checkbox"/> Canoe/Va'a: <input checked="" type="checkbox"/>
<input type="button" value="Update Me"/>		

Figure 16: Athlete Profile Page

Information you can modify or update:

- Your name – if it is wrong or misspelled
- Your date of birth
- Your address
- Your email – please keep this up to date; also note that if you change this your login name will change to the new email address
- Your mobile phone number
- Your home phone number – or parents' mobile number if you do not have a home telephone number
- Your Paddling Club
- Your Coach - If you do not see your Coach listed here please contact melissa.hopwood@canoe.org.au and we will make sure they are added to the list
- Your sex (male/female)
- Your password – note that you must enter your password twice in order to change your password
- A picture of yourself – note this can only be added on a computer, it does not work if you try and upload an image from your smart device
- The discipline you paddle – note you can only choose one discipline, so if you paddle more than one, please select your main discipline
- The type of craft you paddle

Please note that you are expected to treat this system with respect, any changes you make that alter the integrity of the system could result in disciplinary action being taken against you. Your information must be true and correct at all times.

PERFORMANCE DATA

Coming soon!

LOGOUT

At the end of your session be sure to logout via clicking the link at the bottom of the side menu (I).

Upon logging out, you will be directed to a page (see *Figure 17*) where you may choose to login again if you wish.

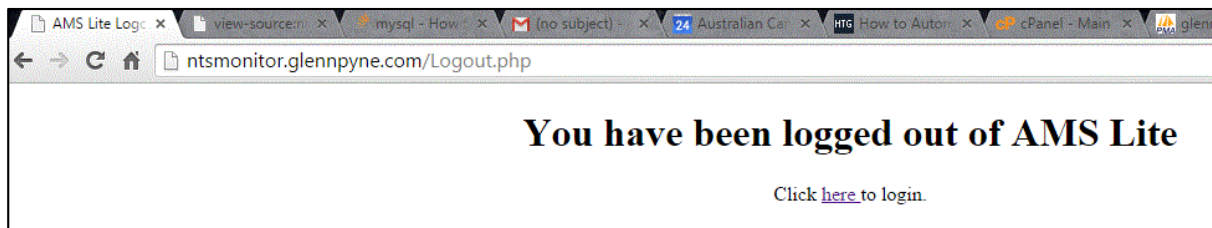


Figure 17: Logout screen

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