
# micoach elite

Team System

User Manual

## Overview

miCoach Elite represents the latest advancement in performance monitoring. The state of the art system gives athletes and teams a powerful, yet easy to use tool to help them achieve and maintain peak physical performance and gain an edge on their competition.

Teams can now accurately plan, monitor, analyze and report on the performance of athletes with one integrated system.

The miCoach Elite Team System is designed to perform tasks that aid training and coaching staff, including:

- Provide real time insights during training
- Track total training impact and benefits
- Simplify the collection and management of data
- Add flexibility with a highly portable system

## How it works

miCoach Elite Team system uses a collection of technologies along with compact electronics, specialized fabrics/fibers and wireless communication to provide non-invasive monitoring of athletes in near real time.

adidas brings together GPS, WiFi, accelerometers, heart rate monitoring and other technologies along with an understanding of elite athletes and their training and developmental needs.

## What it measures

miCoach Elite was designed to take millions of points of data and boil them down to simple, intelligent feedback for coaches who want to understand how training is impacting athletes and their ability to perform.

**Metrics**

**Heart rate**
During a training session, a coach can use the live dashboard to monitor heart rate recovery making sure not to begin the next training interval until the majority of athletes are ready.

**Power**
This is a precise measure of how hard the athlete is working. Power training is widely used in cycling where it's been possible to measure by putting a meter on the bike. Advanced sensor technology and algorithms in the micoach elite system will now enable power to be used in football/soccer.

By combining Power and Heart Rate coaches now have a complete picture of how hard an athlete is working and how their body is responding to the work. This combination of metrics allows coaches to look at the overall efficiency of a player. Athletes that are putting out more work per heart beat are in better condition.

**Speed**
By monitoring speed a coach can see if the athletes are training at the level that's required to succeed in a game. When a coach plans a speed training session he can customize the live dashboard to view speed related data including peak speed, average speed and number of high intensity sprints. The ability to manage speed training carefully is essential to prevent overtraining and risk of injury.

**Distance**
The distance an athlete runs during a game or scrimmage can vary. A real time measure of distance allows a coach to set individual or team targets for distance and ensure that all athletes have met the goal. At the end of a scrimmage a coach can use the live app to check distance covered. Athletes that fell short of the target will continue to run.

**Acceleration/Deceleration**
These measures are critical in sports where rapid change of direction is required. Understanding the rate and frequency of accelerations and decelerations is an important part of overall training load.

**Field Position**
This allows a coach to see where the athletes have been on the field giving insight into tactical movements of the players.

## miCoach Elite Team System

The miCoach Elite system consists of five components.

**1. miCoach Elite PLAYER_CELL**

This small sensing device captures key metrics of athletic performance during training and on the field of play. Data is transmitted wirelessly and in near real time to the base.

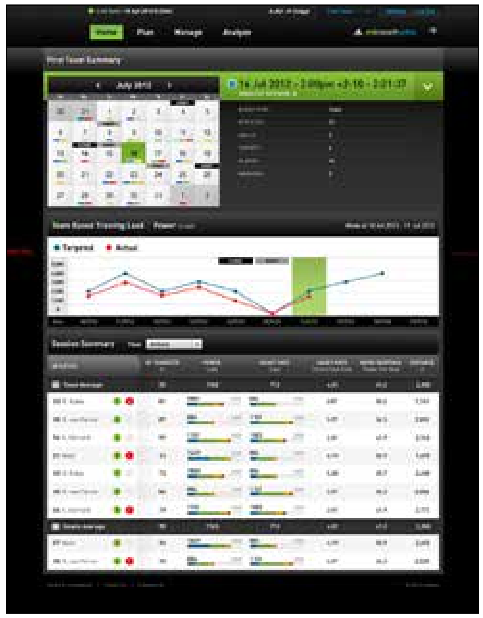
**2. Techfit Elite base layer**

Each athlete is outfitted with a sleeveless, medium compression base layer that works with the PLAYER_CELL. Specialized fibers are woven into the base layer to transmit data to the PLAYER_CELL. The base layer is available in a range of sizes for optimum fit and accurate data collection. The PLAYER_CELL rests between the shoulder blades so it does not interfere with training or game play.

**3. miCoach Elite Base Station**

The Base Station is a portable receiver that collects data from up to 30 PLAYER_CELLS and can transmit that data in near real time to the miCoach Elite Dash via WiFi. Data from three sessions can be stored locally on the base. When connected to the Internet, the base station uploads data to a team's secure web server for post-session analysis and reporting. The Base Station also serves as a storage and charging port for all the PLAYER_CELLS and iPads used with the Team System. The unit is portable, rugged and weather resistant.

## miCoach Elite Team System

### 4. miCoach Elite Dash

This app runs on a iPad connected to the Base via WiFi and allows for on-field planning and drill management. It also provides coaches and trainers data for live monitoring of athletes. Information on heart rate, speed, distance, acceleration and power can be viewed in near real time and through a range of user-selected formats. Both individual and team data can be reviewed through simple touch-screen commands.

### 5. miCoach Elite Web App

Analysis of training and game data is performed with tools located on the miCoach Elite website. Simple to use reporting tools provide insight into athletes' performance and workout intensity. The app enables users to load player data, track results through custom tools and share findings though easy to read reports. The app and all data is secure and accessible by authorized team personnel only.

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DETAILED IMAGE/DIAGRAM with KEY ITEMS HIGHLIGHTED. CALL OUTS FOR EACH.

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## miCoach Elite Dashboard app

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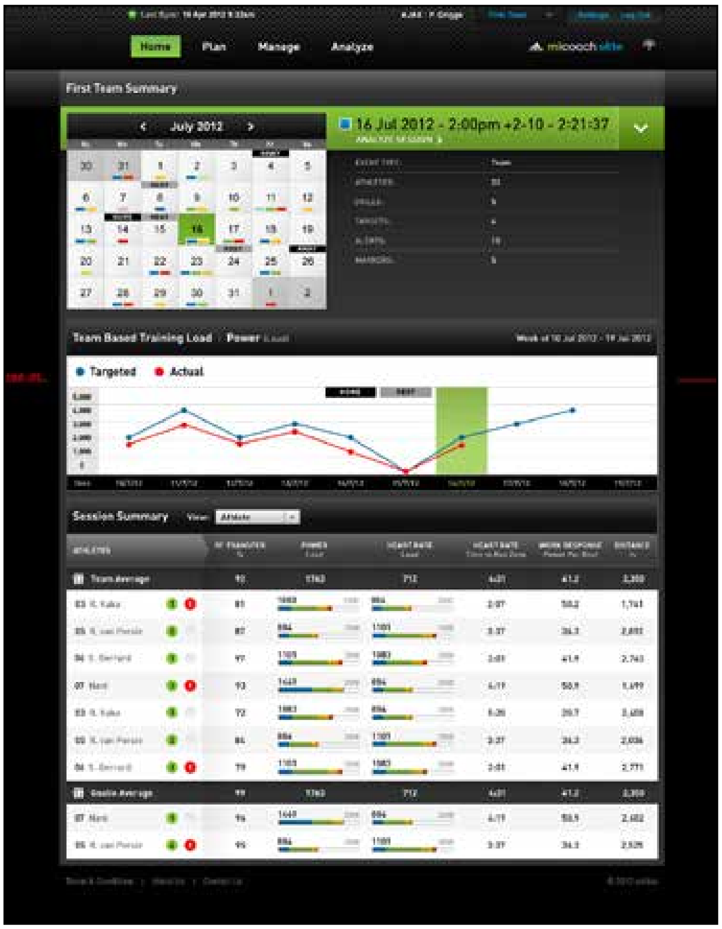

## System Set Up

### Powering the System


The Base Station operates on battery power or can be connected to a local power supply.

Before using the miCoach Elite Team System on battery power, the base station, PLAYER_CELLS and team iPads running the miCoach Elite Dashboard must be fully charged.

To charge the system, plug the power supply cord into a standard electrical outlet. The initial charge takes up to 00 hours. Each complete charge lasts between 00 and 00 hours of use.

When the Base Station is charging, the battery indicator lights will flash.

### Base Station


Unlatch and remove front and rear covers.

Plug base into a local power supply, if not running on battery.

Remove cap from antenna.

Attach the 16-pin cable to Pcone and the port on the back of the Base Station. The Pcone button displays two green lights when ready.

Raise antenna slightly to make it easier to attach the Pcone.

Extend the antenna to full height for best reception.

Turn the WiFi antennae on the front of the Base Station in an upward position.

## System Set Up

### PLAYER_CELL Charging


The PLAYER_CELLS charge when placed in the charging slots on the front of the Base Station.

While the Base Station is plugged into a power supply, all 30 charging slots are active.

If the Base Station is in battery mode, only the top two rows are active, as indicated by the green lights.

A red light means a PLAYER_CELL is charging.
When a PLAYER_CELL is fully charged, a green light will appear.

### PLAYER_CELL and Techfit Base Layer


Remove PLAYER_CELL from charging slot on Base Station.

Link the using PLAYER_CELL number with the athlete using the miCoach app.

Press the ON button. A green light will appear on the PLAYER_CELL.

Connect the PLAYER_CELL to the shirt and insert into the pocket.

### Base Layer Sensor Pads

To ensure accurate sensor operation, follow these guidelines for preparation before wearing the Techfit base layer.

If the athlete is warmed up and perspiring, no pre-wetting of sensor pad is required.

If the athlete is not warmed up but will exercise immediately, wet the sensor pad with water.

If the athlete is not warmed and will not exercise for 15 minutes or more, put any conductive gel on the sensor pad.

Once the sensors are prepared and PLAYER_CELL is in place, the athlete can put on the Techfit base layer.

## System Operation

Turn on the Base Station by pushing the power button on the front. The lights will change color and blink as the Base performs various system checks.

After the initial system check, the lights around the button will change color and blink depending on the system status. See the chart for light code details.

| LIGHT | STATUS |
|---|---|
| Solid Green | System ready. |
| Battery charged between 40% and 100%. | |
| Slow Blink Green | System ready. |
| Battery charged between 20% and 39%. | |
| Solid Red | System ready. |
| Battery charged between 10% and 19%. | |
| Fast Blink Red | System needs attention. |
| Solid Yellow | Battery charged less than 10%. |
| Connect to power supply immediately. | |



## Battery Indicator Lights

In addition to the power switch lights, the Base Station has a set of Battery Indicator Lights located on the upper right of the front.

## Activating the PLAYER_CELLS

Turning the PLAYER_CELL ON
Press and hold the button on the PLAYER_CELL. Release the button when the lights blink to signify system activation

Turning the PLAYER_CELL OFF
Press and hold the button on the PLAYER_CELL. When the lights stop blinking, the PLAYER_CELL has been turned off.

# micoach Elite Dashboard

## Overview

This app runs on a iPad connected to the Base via WiFi and allows for on-field planning and drill management. It also provides coaches and trainers data for live monitoring of athletes. Information on heart rate, speed, distance, acceleration and power can be viewed in near real time and through a range of user-selected formats. Both individual and team data can be reviewed through simple touch-screen commands.

Many functions can be performed with the Dashboard. The micoach Elite Web app provides the complete range of team and drill management functions.

### Gestures and Actions

The micoach Elite dashboard uses most common touch screen actions and commands. For a complete list of these commands, see the user guide for your specific tablet.

### Login

You must create a user ID and password with the micoach Web app before accessing the dashboard. See (section number/name/page#).

## micoach Elite Dashboard

**Home Screen**

[IMAGE OF HOME SCREEN WITH LABELS FOR KEY ITEMS]

Clock—Displays running time of a training session.

Navigation—Inactive until a session has begun.

Previous Session—Tap to view a summary from the most recent completed session.

Upcoming Sessions—This lists the upcoming sessions created using the micoach Web app.

Field Management—Tap to begin field set up or manage a list of locations.

Team Management—Tap to manage settings and profiles for the team and individuals.

Settings—Tap to manage dashboard preferences, notifications and viewing options.

Help—Tap at any point during a session and from any screen for on-screen instructions and explanations of options.
Previous Session Summary

This screen displays data from the most recent training session.

To view all athletes, tap and drag up and down to scroll.

To view all metrics, tap and drag the columns side to side to scroll.

To sort data, tap the column headers.

Tap the Back button to return to the home screen.

# micoach Elite Dashboard

## System Status

When all systems are powered and properly connected, you will see green lights. Any system with a red light needs attention. Check all connections. Once systems have been checked, tap the System Refresh button to rerun pre-session diagnostics.

Base Station Temp—If the Base Station becomes overheated, the system will shut down to prevent damage to internal components. Maximum temp is 0°F/0°C.

# micoach Elite Dashboard

## Navigation Menu

Tap any of the Navigation buttons to move to that screen.

| | |
|---|---|
| Home | Start and stop training sessions.<br>Check system status<br>View past session summaries |
| Access | Field Management<br>Team Management<br>Settings |
| Drills | View Drills<br>Add/Edit Drills<br>Start/Stop Drill Intervals |
| Grid View | Monitor live metrics in an at-a-glance grid of athletes. |
| List View | Monitor live metrics with a customizable list of athletes and metrics. |
| Location | View a heat map of athletes' movements. |
| Cells | Manage, assign and view the statue of PLAYER_CELLS. |
| Athletes | View a list of available athletes for viewing. |
| Markers | Add/Edit notes and other information for tracking training sessions. |
| Targets | Add/Edit goals for training sessions.<br>Set for team, groups or athletes. |
| Alerts | Add/Edit limits for training sessions.<br>Set for team, groups or athletes.<br>Set Up New Session |

When the System is ready, the Start button will be blue.

Press the start button to begin.

Follow the prompts to select a team, pre-loaded session or free session, location and intensity.

You can add a session note that will be useful when reviewing data after the session has ended such as weather conditions that might impact athletes or similar.

## micoach Elite Dashboard

# BEGIN SESSIONS

Once all selections have been made, you are ready to begin the session and collect data.

Push the start button to begin. The timer will start and the navigation buttons will become active.

# IN SESSION OPTIONS

**Drills**

Any pre-loaded drills created with the micoach Web app will appear. Select the drill you want to use or edit from the list.

If there are no drills in the Drill Manager, you can create them. Tap Add Drill and follow the prompts.

**Add Drill**

Use the menus to select a Category and description.

Set the duration of each active and rest interval, if any.

Tap the Next button to edit the drill details.

You can filter a team's list of drills by the trainer who created or uses that drill. Use the Filter pull down to select the trainer.

**Edit Drill**

Enter the information about number of athletes and field size.

For Games, you can select number of players, substitutes, goalies and other options.

Group List—Tap the group to assign it to a drill and see the athletes.

Add a group or edit an existing one using the Add/Edit buttons.

Tap each name to include in the group.

Name the group for easy reference.

Tap edit to change an existing group.

When all changes have been made, tap Done.

Use the Drill Note function to add drill instructions or other information useful when running a session.

## micoach Elite Dashboard

### Drill Manager

Once created, drills appear in the Drill Manager.

Tap a drill header to expand and view intervals for a drill. Press and hold to duplicate a drill.

Stop/Start—Tap the start and stop button to record data for a specific drill.

Drill Timer—Timer displays elapsed time and total time for drill.

Auto-Stop—You can choose to have a drill to stop and start automatically after the previous drill has ended or the current drill has reached its total time.

Intervals—A blue bar indicates a completed interval. A green bar indicates an interval in progress.

Edit Drill—Tap the edit button to edit intervals, assigned athletes and recovery blocks.

Completed Drill—A check will appear for any completed drill.

Drill Summary—Tap to view a summary report for a completed drill.

### Grid View

Once created, drills appear in the Drill Manager.

The Grid View provides a convenient overview of all athletes assigned to a session.

Tap column of the metric you wish to view.

Re-Order Grid—The grid can be displayed alphabetically or by metric value. Tap and hold to change.

Heart Rate Options—Press and hold the heart rate button to toggle between beats per minute and % of max.

Tap on any athlete’s tile to view his/her dashboard.

To choose unit preferences, go to Settings from the home screen.

## micoach Elite Dashboard

### Athlete Tiles

Each tile displays a different metric in near real time.

Tap any tile to display details on that athlete.

Power—Displays power load by zone and total load value.

Heart Rate—Displays current heart rate zone and live % of maximum heart rate. To set heart rate zone and maximum values, see section XX.

Speed—Displays distance by speed zone and total distance traveled. To set speed zones, see section XX.

Acceleration—Displays acceleration time in % positive and % negative.

Distance—Displays total distance. Center bar indicates team average. Green indicates percent over team average. Red indicates percent under.

# micoach Elite Dashboard

**Athlete View**

Tap any athlete tile to monitor his/her performance in detail and in near real time.

Select the metric tab to view each metric in the dashboard or select summary to view peak values and time in zone for each metric.

Tap the timeline at any point to view the metric value at a specific point. Tap Resume Live Update to return to live view.

Add Overlay—To view one metric in relation to team average or other metrics, tap the Add Overlay button and make a selection.

Session Timeline—Toggle between view options for the real time window.

Pause Chart—At any point, you can pause the chart for more detailed study. When ready, tap Resume Live Update and chart will continue with live updates.

**Selecting a Range**

You can select a range of time from the interval to view in expanded detail by using the Session Timeline.

Tap and slide your finger across the timeline to select the segment to view. A green bar will appear over the segments and the display will zoom to that range.

Tap and slide the green bar to view other segments.

Tap Resume Live Updates when done.

Target and Alert Indicators

Tap to view any targets or alerts set for the athlete.

For information about setting and monitoring Alerts and Targets, see (section number/name/page#).

To exit Athlete View, tap one of the main navigation buttons.

# micoach Elite Dashboard

### List View

The List View is the most customizable way to view live data. It can be changed during training sessions.

You can view up to four columns at a time. To add and remove columns, tap the customize button.

Tap and drag up and down to view the entire list of athletes.

Athletes—Tap any athlete to view his/her detailed dashboard.

Targets and Alerts—The numbers the number of Targets and Alerts that have not been reviewed. Tap the Athlete row to see details and review.

### Location

The Location screen shows a heat map of team activity. The more intense the color, the higher the frequency of activity in an area.

### Views

Select session or drill to define the time range for the heat map.

You can compare groups or athletes using the pull down lists.

### Master Time Chart

Select a drill or use the drag bars to select a time range to display.

Duration displays the length of time represented by the heat map.

## micoach Elite Dashboard

### Cells

This screen displays PLAYER_CELL status and assignments.

To assign a PLAYER_CELL to an athlete, drag the PLAYER_CELL from the pool of available cells on the right and drop it on the athlete's name.

The number of the current PLAYER_CELL assignment will appear with that athlete.

Tap the column headers to view details for all Active or Charging PLAYER_CELLS.

### Athlete

This button opens a list for adding or removing an athlete from the dashboard for a session.

Toggle on/off to change the athlete's current status.

Tap the athlete's name to go directly to his/her detail screen.

Any athlete in the OFF position will not be displayed.

Data will continue to be collected by all PLAYER_CELLS.

### Marker

This allows you to add notes and markers when anything worth noting happens during a session. This provides a reminder that can be reviewed after the session is over and data is being analyzed.

# micoach Elite Dashboard

## Targets

Targets are training session goals can be set for any metric and for the team, a group or individuals.

They are cumulative and represent the total amount of work done vs. the session plan.

Go to Settings to edit popups and notifications for Targets.

The black number indicates the number of athletes that share a target. The green number indicates the number of athletes who have achieved the target.

## To Set a Target

Tap the Target Button.

Tap Add.

Select the target type.

Select the value for that Target and the time in red (NEED INFO).

Tap Next when done.

Choose the player(s), group or the whole team to add the Target.

Select Done to save the Target.

Repeat as needed.

## To Edit a Target

Tap the Target Button.

Tap Edit.

Change the settings that need to be edited.

Tap Done to save the changes.

## micoach Elite Dashboard

**Alerts**

An Alert is an instant notification when a team, group or individual athlete reaches a value for any metric, except distance. Edit alert notification in Settings.

The number indicates how many times the alert has been triggered.

**To add an Alert**

Tap the Alert button.

Tap Add.

Select the type of Alert.

Select the value to trigger that alert.

Tap Next.

Assign the player(s), group or the entire team to add the Alert to their session.

Tap Done to save the Alert.

To Edit an Alert

Tap the Alert Button.

Tap Edit.

Change the settings that need to be edited.

Tap Done to save the changes.

# Web App

## OVERVIEW

The online micoach elite web app is the fully functional portal for managing information for the micoach elite system.

From the site you can plan sessions, manage athlete records and training content and analyze performance data.

While the micoach elite tablet-based app provides unmatched convenience and portability for on-site use, the web app offers complete functionality and should be the first place you go to enter data and manage your team.

## Log In

Login in using your User ID and Password.

To establish a User ID and password, [instructions on where that info comes from]

PASSWORD RETRIEVAL

If you forget your password, click the link and you will receive instructions on resetting your password.

## Home Page

The home page provides at-a-glance details for your team and will take you to the advanced functions of the system.

From the home page you can PLAN, MANAGE and ANALYZE team activity.

Click Home from any page to return.

Click the HELP button at any time for on-screen support.

## Web App

### First Team/Reserve Team

Use the pull down at the top of the page to toggle between the first team and reserves.

This option is available on all the sections of the web app.

### Settings

Click the Settings button to customize the settings.

### Calendar

The calendar displays past and upcoming sessions.

Click on any date to review a past session or to schedule a new one.

Click on the arrows on the left and right of the month to move to the date you need.

The area to the right of the calendar displays session information.

If a session has been scheduled, information about the athletes, drills, targets and other session data will be displayed.

If multiple sessions have been scheduled for a day, use the arrow on the right edge of the header to choose the session to view.

If so session has been scheduled, you will be prompted to plan that session

### Session Data Summary

You can view a summary of session data a week a time with actual and targeted levels.

### Session Summary

From the home page, you can view a session summary. Information is available for Athletes, Markers, Alerts, Targets and Drills. Use the pull down menu to select the view you need.

Settings

## Web App

User Account—Change your user email or password. All fields are required.

Display—Adjust the position of the navigation, direction of lists and whether athletes are listed by jersey number or last name.

Notifications—Choose the types of alerts you want to see while running a session.

Units—Select the units that you want the system to display and use.

Base Station—If your team has multiple base stations, you can switch from one to another using this option. Select the proper channel for each base station. The channel can be found [insert info here]

Heart Rate Predictor: [NEED INPUT]

Click SAVE to preserve your choices.

### Planning A Session

From the home page, click the PLAN button.
Or you can click PLAN A SESSION from the calendar summary.

Click on the date for the session.

If a session has been created, click the edit button to make changes.

If you want to add a session for that date, click ADD EVENT.

You will be taken to the EVENT SET UP PAGE.

### Event Set Up

You can choose the type of session, the duration, manage the athletes involved, set intensity level and make notes for future review.

Use the sliders or type in each field to set start time and session duration.

Use the pull-down menu to set intensity. The intensity level will appear in calendar view represented by a colored square.

To add or remove an athlete from a session

## Web App

Double click the athlete to move include or remove from the session.
You can also select the athlete by clicking on the name/image and using the arrow keys to add/remove from the session.

Click SAVE AND CONTINUE

**Create Drills**

The event details will be displayed at the top of the session summary.

Click the + to add drills to a session.

Choose the category.

Add a description for the drill and other information as prompted. Not all categories require the same information to be added.

Add Interval to select the duration of the drill.

Once you have created all the drills, click SAVE AND CONTINUE.

**Add Targets**

The following steps show how to create Targets.

If you do not wish to create targets, click SAVE & CONTINUE.

To create a target, click the + under the session summary.

Choose the metric for the target.

Choose whether you want to monitor time at a level or the frequency the athlete reaches that level.

Select the athlete or group(s) of athletes for this target. Double click the athlete to move from one column to another. You can also click on the athlete and use the arrow keys. To move the entire team, use the MOVE ALL buttons.

Repeat this process until you have created all the targets you require.

To edit a target, click the edit button.

When finished creating targets, click SAVE & CONTINUE.

## Web App

### Add Alerts

The following steps show how to create Alerts.

If you do not wish to create Alerts, click SAVE & CONTINUE.

To create a Alert, click the + under the session summary.

Choose the metric for the Alert.

Choose whether you want to monitor Absolute or Relative levels for the athlete.

Select the athlete or group(s) of athletes for this target. Double click the athlete to move from one column to another. You can also click on the athlete and use the arrow keys. To move the entire team, use the MOVE ALL buttons.

Repeat this process until you have created all the Alerts you require.

To edit an Alert, click the edit button.

When finished creating Alerts, click SAVE & CONTINUE.

### Review Session

The Review Session screen gives an overview of all options selected for a session.

When complete, click DONE.

The app will return you to calendar view.

### Calendar View

From this page you can view a month or a week at a time.

Filter your view by type of event: Competition, Rest or Team Session.

Click on any session to edit.

Choose the session from the pop up menu.

## Web App

**Manage**

The manage menus allow you to manage and edit Athletes, Users, Your Team, Cells and reivew Sync the Session History.

Select the tab for the information you wish to manage.

**Athletes**

Adding an Athlete

Click the + in the Athlete header bar.

Fill in each field to complete the athlete profile.

Select the player's health status.

**Uploading a photo**

Click the CHOOSE+ button to upload a photo of the athlete from your PC.

Click SAVE to return to the roster page.

**Managing An Athlete Profile**

Click on the athlete's name to enter the profile.

Make any edits needed.

Click SAVE to keep the changes.

Click back to return to the roster page.

**Deleting an Athlete**

Click on the athlete's profile.

Click the DELETE ATHLETE button under the photo.

Users

**Adding a User**

Click the + button in the Users header bar to add a new user.

Enter the information in each field.

Select the user's access level.

Administrator will have full privileges including the ability to add and remove users.

Basic users will be able to plan and manage sessions and other data but will not have access to the full functionality of the system.

Click SAVE to return to User Management screen.

**Editing a User Profile**

Click on the User name in the user list.

Edit the information.

Click SAVE to return to the user list.

If you do not want to make any changes, click BACK to return to the user list and leave the user information unchanged.

**Deleting a User**

Click on the User name in the user list.

Click DELETE.

Click SAVE to return to the user list.

Click BACK to keep the user profile and return to the user list.

**Resetting a Password**

Click on the User name in the user list.

Select Reset Password
You need the original password and the new one to make the change.

Enter the required information in each field.

Click SAVE to make the change. Click BACK keep the password and return to the user list.

Team

**Team Name**

Enter your team name in the box. This will appear on each page and report.

**Team Logo**

Click the CHOOSE+ button to upload a team logo from your PC.

**Setting Zones**

Each zone is color coded for easy reference.

Set each zone by entering the bottom threshold for each metric in the top row.

Set each load weight by entering a value for each metric in the bottom row.

Click SAVE when done managing Team information.

**Cells**

Each Cell has a serial number that must be paired with its Cell display number.

**To Add a Cell**

Click on the + button in the Cell list header.

Enter the cell display number (1-30).

Enter the XX-digit serial number found on the back of the Cell.

Click SAVE.

**To Delete a Cell**

Click on the View button for the Cell in the master Cell list.

Click DELETE CELL.

**To Change a Cell Display Number**

Click on the View button for the Cell in the master Cell list.

Change the display number for the cell with the matching serial number.

Click SAVE.

**Adding new Firmware**

As needed, you will be sent updates to the PLAYER_CELL firmware.

At that point, you will need to update the firmware so that it can be uploaded to the PLAYER_CELLS as they recharge.

To update the firmware that runs the Cells, click on ADD NEW FIRMWARE.

Click CHOOSE+ and locate the firmware file on your computer.
SYNC HISTORY

This section contains the status for each time you sync the PLAYER_CELLS with the micoach elite system.

If an error occurs, it will be noted in the Reason column.

Once the error is corrected, confirm by returning the Cells to the Base Station to sync.
Check the Sync History for a successful result.

## ANALYZE

Session Dashboard

**Choosing a Session**

Click on the date box to select a session date.

If there are multiple sessions for a date, you can choose the session to view by clicking on the session date/ time area of the header.

Customize Session Dashboard

**Adding a Widget**

Click the ADD WIDGET + button to select a widget to display.

Choose the data you need to review.

Choose the options from the pop-up menu to configure the chart.

Click CREATE.

Click CANCEL to return to the Session Dashboard.

**Moving Widgets**

You can customize the order of widgets buy clicking and dragging the header bars for each one. Move them up or down on the page.

**Editing Widgets**

Within each widget, there is a range of options to help you customize the data shown. Make the selections you need for team analysis.

To EDIT, PRINT or REMOVE a Widget.

Click the arrow on the right edge of the header bar.

Make your selection.

When printing, micoach elite web app will produce a pdf file that can be printed from any pdf viewer on your computer.

Session Analysis

**Choosing a Session**

Click on the date box to select a session date.

If there are multiple sessions for a date, you can choose the session to view by clicking on the session date/ time area of the header.

Select the Athletes, Metrics and Session/Drill you want to view.

Click DISPLAY.

**Adding an Overlay**

You can add an overlay from any other session to compare metrics.

Click the + button in the Overlay area of the chart.

Choose a range of dates that contains the session you wish to display.

Choose the metrics to display and any sub metric.

You can add up to four overlays.

To turn a layer on or off, click on the overlay button.

**To PRINT a chart.**

Click on PRINT to PDF.

When printing, micoach elite web app will produce a pdf file that can be printed from any pdf viewer on your computer.

Location Analysis

**Choosing a Session**

Click on the date box to select a session date.

If there are multiple sessions for a date, you can choose the session to view by clicking on the session date/time area of the header.

**Choose Session or Drill**

Choose a primary athlete to view or leave the box unchecked to view team performance.

To compare athletes, check the COMPARE TO box and select an athlete from the pull-down menu.

Use the slider in the timeline under the field graphic to select a specific point in the session.

In DRILL mode, the timeline is not active.

## micoach elite smart shirt

### Sizing

Best way to know what size to put on a player is to measure the circumference of his torso under his pectoral muscles.

If you do not have access to that measurement you can also estimate the shirt fit using height and weight. Consult the sizing chart.

### Fit

The heart rate sensors on the front of the Techfit elite smart shirt lay flat on the rib cage and don't shift around as the athlete moves. This is most effectively accomplished when the smart shirt fits like a second skin.

Athletes may request a larger shirt but if the sensors do not fit flat on the chest wall, they will not collect data consistently.

It is also important that the Techfit elite smart shirt be the base layer. The sensors must make contact with the skin to record heart rate.

### Startup

Depending on a player unique body chemistry, heart rate may be detected immediately on the Player_cell. However, many athletes may need a warm up period before the heart rate can be detected.

Pre wetting the sensors with tap water or electrogel can help reduce the length of the warm up period significantly.

Do not use more than fingertip-sized amount of gel to spread over the sensor.  Too much will cause the sensor to slide around and give a poor signal.

### Shirt Assignment

A specific Techfit elite smart shirt can be assigned to a player or a different shirt is used each each session. This is the kit manager's choice.

There is a writable label at the back inside hem of the shirt to assign a player to a specific smart shirt or identify each garment for tracking purposes.

[PHOTO/DIAGRAM of LABEL]

Removing the Smart Shirt
Since the Techfit elite smart shirt fits like a second skin, it can be more difficult to remove than a loosely fitting shirt, especially after a workout.

Do not pull from the neckline. Instead, please try one of these suggestions:

Pull up from the bottom hem of the shirt and remove, twisting the torso and shoulders as needed.

As another player to pull the shirt over the head while pulling from the back, bottom hem.

Care Instructions
To ensure the long life and durability of the Techfit elite smart shirts, please follow these care instructions:

Wash Guidelines
Remove micoach elite PLAYER_CELL from the pocket on the back of the Techfit elite smart shirt.
Wipe the micoach elite PLAYER_CELL off with a soft, dry cloth and set aside.
Wash the Techfit elite smart shirt as soon as possible after use—at least within a few hours. DO NOT let it sit wet overnight.
Machine wash with warm water, laundry detergent and hang dry
Do not bleach, iron the harness area or tumble dry
Air dry completely before packing in a bag

Troubleshooting
If you are not getting a heart rate signal, here are the first things to check:
Confirm sizing instructions have been followed. Does the shirt fit snugly? Is the sensor flat on the rib cage?
Make sure that the sensors are touching the chest wall— nothing should be between the Techfit elite smart shirt and the athlete.
Is the micoach elite PLAYER_CELL securely snapped in the pocket? Are both snaps tightly snapped?
Is the micoach elite PLAYER_CELL charged? Is it turned on?
Has the athlete warmed up? For some people, it takes a light sweat to get the signal to flow.
Is the harness still well attached to the shirt? No peeling of the edges?
If you are still having problems, we suggest trying a different micoach elite PLAYER_CELL to confirm it is actually the Techfit elite smart shirt.

If a different micoach elite PLAYER_CELL still does not give a heart rate signal and all other Troubleshooting steps have been tried, please send the problem Techfit elite smart shirt back to the development team for analysis. See page XXX for the address and shipping information.