

GPS System User Guide



Turning on GPS unit

- To start data collection simply press the 'on' button on the front of the GPS unit
- The light should turn green if it has a strong GPS signal
- If it flashes green it means that the signal is weak and that you need go to a better area to collect data



Downloading Data

- Using the PC in the Mock MRI lab, load the Team AMS software
- You will be presented with the following screen



The screenshot displays the Team AMS R1 2012.9 software interface. The main window is titled "Downloads" and shows a grid of 20 numbered buttons (1-20) for selecting data. Below the grid, a tree view shows the file structure for "SPI-ProX2 10", including "Configuration" and "Sessions". The "Sessions" folder is expanded, showing four session entries with their respective dates and times. At the bottom, a table lists the downloaded data with columns for View, Downloaded, Session Time, Interval, Player, and Session.

View	Downloaded	Session Time	Interval	Player	Session
Age - Yesterday					
Vista	19/11/2014 13:46:17.4	02/03/2014 14:08:39.0	01:01:13.600	SPI-ProX2 10	20140302140839
Vista	19/11/2014 13:46:22.4	09/03/2014 13:49:08.0	01:10:03.000		20140309134908
Vista	19/11/2014 13:46:27.3	13/03/2014 15:01:56.0	01:07:52.400		20140313150156
Vista	19/11/2014 13:46:36.9	31/07/2014 19:33:08.0	02:11:15.600		20140731193308
Vista	19/11/2014 13:46:45.6	06/09/2014 10:01:32.0	02:10:11.800		20140906100132
Vista	19/11/2014 13:55:52.9	09/03/2014 13:44:09.0	01:50:33.000	SPI-ProX2 14	20140309134409
Vista	19/11/2014 13:55:53.5	19/11/2014 13:51:26.0	00:02:14.800		20141119135126

Downloading data

- Before starting to download, only push in fully the units that you have collected data on
- In the image to the right only unit 10 is fully inserted
- This makes it easier to find on the software and faster to download
- Note: once all the data is downloaded push all the units back into their docks to ensure they charge



Downloading data

- The unit should highlight in green. Note that the numbers relate to the dock that the unit is in not the number on the unit itself
- Then click download all

The screenshot shows the 'Downloads' section of the Team AFS R1 2012.9 software. The interface includes a sidebar with navigation options like 'Code', 'Analysis', 'Players', 'Downloads', and 'Sessions'. The main area displays a dock with units numbered 1 to 20. Unit 10, 'SPI-ProX2 10', is highlighted in green. Below the dock, a tree view shows the session structure for 'SPI-ProX2 10', including 'Configuration' and 'Sessions'. A table at the bottom lists downloaded sessions with columns for View, Downloaded, Session Time, Interval, Player, and Session.

View	Downloaded	Session Time	Interval	Player	Session
Age: Yesterday					
Vista	19/11/2014 13:46:17.4	02/03/2014 14:08:39.0	01:01:13.600	SPI-ProX2 10	20140302140839
Vista	19/11/2014 13:46:22.4	09/03/2014 13:49:08.0	01:10:03.000		20140309134908
Vista	19/11/2014 13:46:27.3	13/03/2014 15:01:56.0	01:07:52.400		20140313150156
Vista	19/11/2014 13:46:36.9	31/07/2014 19:33:08.0	02:11:15.600		20140731193308
Vista	19/11/2014 13:46:45.6	06/09/2014 10:01:32.0	02:10:11.800		20140906100132
Vista	19/11/2014 13:55:52.9	09/03/2014 13:44:09.0	01:50:33.000	SPI-ProX2 14	20140309134409
Vista	19/11/2014 13:55:53.5	19/11/2014 13:51:26.0	00:03:14.800		20141119135126

Viewing data

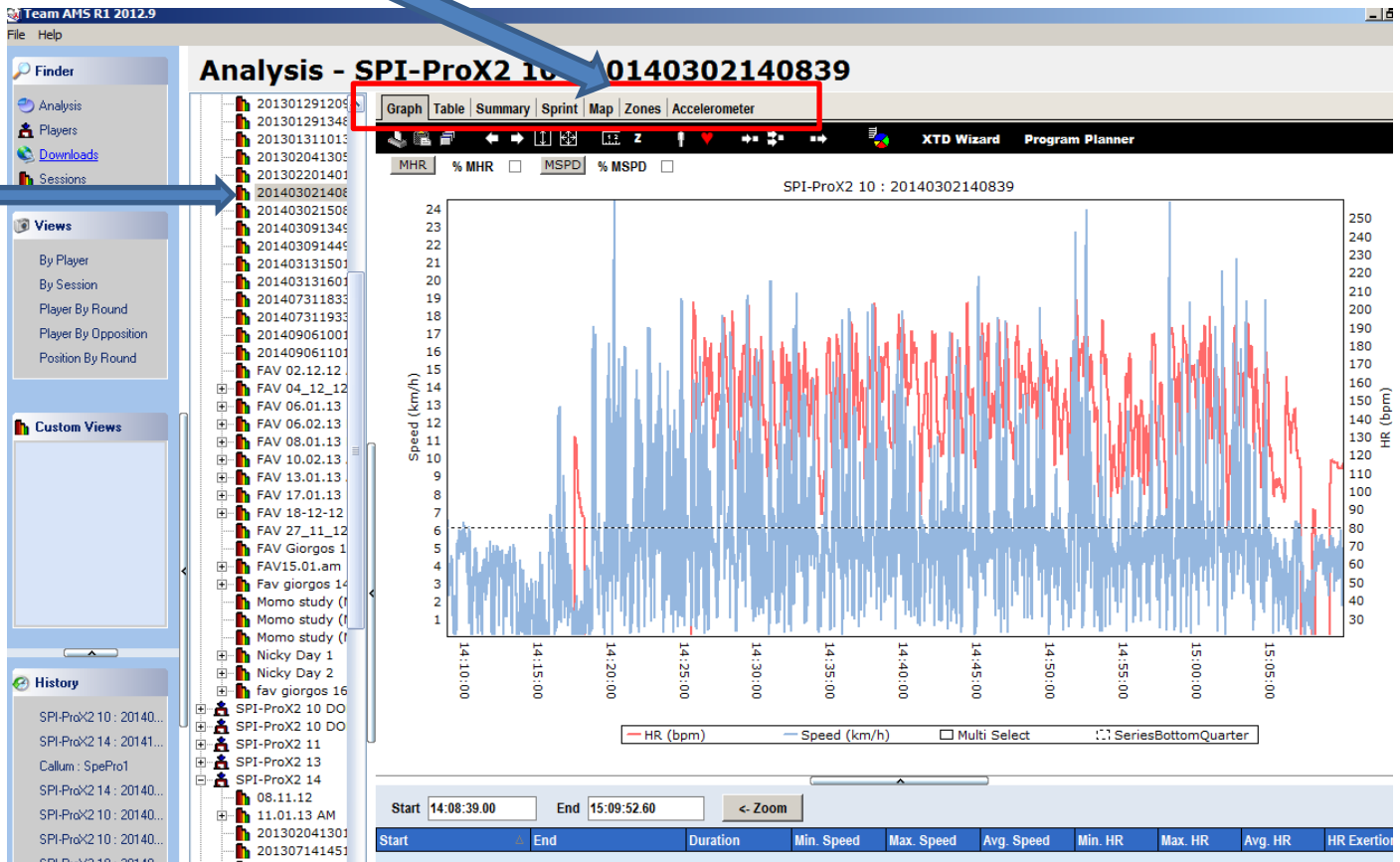
- All data is dated and time stamped
- Simply click 'view' on the session you wish to look at from the list

The screenshot shows the 'Downloads' window in the Team AFS R1 2012.9 software. The window has a menu bar with 'File' and 'Help'. Below the menu bar is a toolbar with icons for 'Download', 'XTD Wizard', and 'Program Planner'. The main area is divided into a left sidebar and a main content area. The sidebar contains 'Finder' (Analysis, Players, Downloads, Sessions), 'Views' (By Player, By Session, Player By Round, Player By Opposition, Position By Round), and 'Custom Views'. The main content area shows a tree view of the file system with 'SPT-ProX2 10' expanded to show 'Configuration' and 'Sessions'. The 'Sessions' folder contains five entries, with the first one selected. Below the tree view is a toolbar with 'Download All', 'Delete All', 'Restore', and checkboxes for 'Delete after Download', 'Confirm Deletion', and 'Enable Docking Station'. At the bottom is a table with columns: View, Downloaded, Session Time, Interval, Player, and Session. The table contains several rows of data, with a blue arrow pointing to the 'View' column of the third row.

View	Downloaded	Session Time	Interval	Player	Session
Age - Yesterday					
View	19/11/2014 13:46:17.4	02/03/2014 14:08:39.0	01:01:13.600	SPT-ProX2 10	20140302140839
View	19/11/2014 13:46:22.4	09/03/2014 13:49:08.0	01:10:03.000		20140309134908
View	19/11/2014 13:46:27.3	13/03/2014 15:01:56.0	01:07:52.400		20140313150156
View	19/11/2014 13:46:36.5	31/07/2014 19:33:08.0	02:11:15.600		20140731193308
View	19/11/2014 13:46:45.6	06/09/2014 10:01:32.0	02:10:11.800		20140906100132
View	19/11/2014 13:55:52.9	09/03/2014 13:44:09.0	01:50:33.000	SPT-ProX2 14	20140309134409
View	19/11/2014 13:55:53.5	19/11/2014 13:51:26.0	00:03:14.800		20141119135126

Raw Data

- After clicking on view you will see a graph of all the GPS data captured
- To see other tabs select from: graph, table, summary, sprint, map, zones, accelerometer



Here shows which set of data has been selected to view/analyse

Raw Data

- You can view the raw data that is collected by the GPS unit by selecting the 'table' tab
- You can export this to excel, but this is a huge data set so you may want to pinpoint/use the average data in the other tabs

The screenshot displays the 'Team AMS R1 2012.9' software interface. The main window title is 'Analysis - SPI-Pro (2 10 : 20140302140839)'. A red box highlights the 'Table' tab in the navigation menu, which is also pointed to by a red arrow. The 'Table' tab is active, showing a data table with columns: Time, Cumulative, HR, Zone, Speed, Zone, Distance, X, Y, Sats, and an empty column. The table contains 20 rows of data, starting from 02/03/2014 14:08:39.000. On the left side, there is a 'Finder' panel with 'Analysis', 'Players', 'Downloads', and 'Sessions' options. Below it is a 'Views' panel with options like 'By Player', 'By Session', 'Player By Round', 'Player By Opposition', and 'Position By Round'. At the bottom left, there is a 'Custom Views' panel. A blue vertical line is drawn over the 'Table' tab and the first column of the data table.

Time	Cumulative	HR	Zone	Speed	Zone	Distance	X	Y	Sats	
02/03/2014 14:08:39.000	00:00:00.000	0	1	5.580	1	0.0	38.4	48.9	T 5	
02/03/2014 14:08:39.067	00:00:00.067	0	1	5.665	1	0.1	38.6	49.2	T 5	
02/03/2014 14:08:39.133	00:00:00.133	0	1	5.750	1	0.2	38.7	49.3	T 5	
02/03/2014 14:08:39.200	00:00:00.200	0	1	5.836	1	0.3	38.5	49.1	T 5	
02/03/2014 14:08:39.267	00:00:00.267	0	1	5.697	1	0.4	38.8	49.4	T 5	
02/03/2014 14:08:39.333	00:00:00.333	0	1	5.558	1	0.5	38.9	49.5	T 5	
02/03/2014 14:08:39.400	00:00:00.400	0	1	5.419	1	0.6	38.7	49.3	T 5	
02/03/2014 14:08:39.467	00:00:00.467	0	1	5.539	1	0.7	38.9	49.6	T 5	
02/03/2014 14:08:39.533	00:00:00.533	0	1	5.658	1	0.8	39.0	49.8	T 5	
02/03/2014 14:08:39.600	00:00:00.600	0	1	5.778	1	0.9	38.9	49.5	T 5	
02/03/2014 14:08:39.667	00:00:00.667	0	1	5.917	2	1.0	39.1	49.9	T 5	
02/03/2014 14:08:39.733	00:00:00.733	0	1	6.055	2	1.2	39.2	50.1	T 5	
02/03/2014 14:08:39.800	00:00:00.800	0	1	6.193	2	1.3	39.0	49.8	T 5	
02/03/2014 14:08:39.867	00:00:00.867	0	1	5.795	1	1.4	39.3	50.0	T 5	
02/03/2014 14:08:39.933	00:00:00.933	0	1	5.397	1	1.5	39.4	50.1	T 5	
02/03/2014 14:08:40.000	00:00:01.000	0	1	4.999	1	1.6	39.2	50.0	T 5	
02/03/2014 14:08:40.067	00:00:01.067	0	1	5.360	2	1.7	39.5	50.2	T 5	
02/03/2014 14:08:40.133	00:00:01.133	0	1	5.721	2	1.8	39.6	50.3	T 5	
02/03/2014 14:08:40.200	00:00:01.200	0	1	6.082	2	1.9	39.4	50.2	T 5	
02/03/2014 14:08:40.267	00:00:01.267	0	1	5.841	1	2.0	39.7	50.4	T 5	
02/03/2014 14:08:40.333	00:00:01.333	0	1	5.599	1	2.1	39.8	50.6	T 5	

Inserting Zone Parameters

- You can edit zones that the subject was running at for example
- Select 'Insert zone'
- Name it
- Simply alter the values for each zone you want to categories and click 'apply to zone'

The screenshot displays the 'Zones' tab in the Team AMS R1 2012.9 software. The main window title is 'Analysis - SPI-ProX2 10 : 20140302140839'. The interface includes a sidebar with 'Finder', 'Custom Views', and 'History'. The main area shows a list of sessions and a 'Speed Zone Ranges' table. A red box highlights the 'Speed Zone Ranges' table, and a blue arrow points to the '+ Insert Zone' button. Another blue arrow points to the 'Apply to Zone' button.

		Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Zone 6	Upper
Max Speed	% Speed	0	12	22	28	38	46	100
50.0	Speed	0.0	6.0	11.0	14.0	19.0	23.0	50.0

Speed Zone Name	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Zone 6	Upper
Team Sports	0	10	12	13	13.1	14	300
Jogging & Running	5	6	12	14	18	24	300
SPI IQ Absolutes	0	6	10	16	23	29	39
SC study	0	2	7	14	17	21	24
Nicky Netball	0	4	7	10	13	16	30
SpePro	0	6	8	12	15	18	30
New Zone 1	0	6	8	12	15	18	30
Dilshad	0	5	10	15	20	25	30
Adam Speed	0	6.5	12.5	17.5	49	49.5	50
FAV study	0	0.5	5	7	9	11	15
New Zone 2	0	6.5	12.5	17.5	49	49.5	50
Will Heywood Hockey	0	6	11	14	19	23	50
Jake SSG	0	8	12	17	19	23	50
New Zone 3	0	8	12	17	19	23	50

Data Summary

- The summary tab gives you an array of averages recorded during the test
- You can toggle between distance, speed, heart rate, acceleration and time splits

Team AMS R1 2012.9
File Help

Analysis - SPI-ProX2 10 : 20140302140839

Graph | Table | **Summary** | Sprint | Map | Zones | Accelerometer

XTD Wizard | Program Planner

Summary | Distance | Speed | Heart Rate | Acceleration/Deceleration | Splits by Time | Splits by Distance

Athlete Name: SPI-ProX2 10
Start Time: 14:08:39 02/03/2014
Interval: 01:01:13

Session Name: 20140302140839
End Time: 15:09:52 02/03/2014
Analysis Zone: Will Heywood Hockey

	Minimum	Maximum	Average	Distance
Speed	0.0 km/h	24.5 km/h	5.9 km/h	Total 6024.1 m
Heart Rate	66 bpm	205 bpm	148 bpm	Zonal 6024.1 m
				MSPD 25.0 km/h
				MHR 180 bpm

Athlete Group:
Track Condition:

Notes:
Weather Conditions:
Temperature °C:

Group Notes:

Summary of Zones

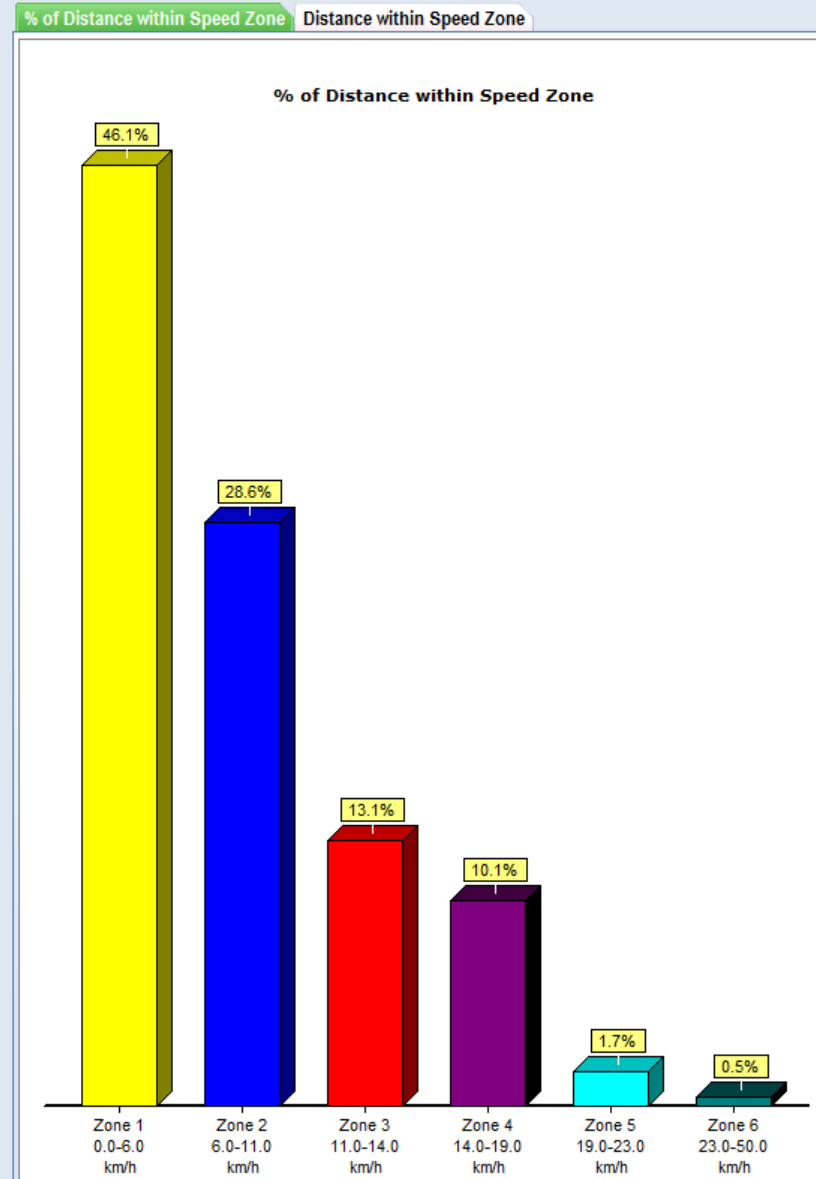
Summary Distance Speed Heart Rate Acceleration/Deceleration Splits by Time Splits by Distance

Distance within Speed Zone

Zone	Lower	Upper	Distance	%	Entries
1	0.0	6.0	2779.4 m	46.1	758
2	6.0	11.0	1723.6 m	28.6	985
3	11.0	14.0	780.2 m	13.1	335
4	14.0	19.0	400.6 m	10.1	122
5	19.0	23.0	100.2 m	1.7	21
6	23.0	50.0	100.2 m	0.5	7

Distance within Zones

Total Zonal Distance



- You can see the distance and percentage of distance covered at each speed zone
- You can see the same graphical data for speed and heart rate etc by choosing a different tab

Finishing Analysis

- Once you have finished with your analysis and downloading of the data, make sure that all the units are pushed firmly into the charging docks and that the charging dock is left turned on so that they remain fully charged