

Submitting performance data to the RCA-Athlete-Tracker data base.

To support RCA's goal of better athlete tracking and data management, we have recently undergone some updates to the *Athlete Tracker Database*. These changes allow RCA more flexibility regarding how and what information can be collected on athletes development. With these updates there are also some changes to how athletes are required to submit data into the database.

The following outlines the major changes and how to enter data. Submissions will be grouped in one of the following categories.

ASSESSMENT: an ASSESSMENT is one (1) test or monitoring function that we are collecting data against. There may be multiple pieces of data that we collect for the assessment. For example a single 2k test or your anthropometric measures are assessments.

ACTIVITY: an ACTIVITY is a group of assessments. This can be multiple submissions of the same assessment (3 x 6000m workout) or a number of different assessments submitted at the same time (**RADAR**. Anthro's / Peak Power / 1 minute / 2k / 6k).

How to submit

Assessments: submission steps.

- 1) Log into your RCA-Athlete-Tracker profile
- 2) From the "Sporting" tab -> select "ASSESSMENT"
- 3) In the new window -> select "NEW ASSESSMENT"
- 4) From the "DATA ASSESSMENT" drop down, select the assessment you would like to submit data against.
- 5) Enter as much data as you have for that specific Assessment.

Activity: Submission Steps. (IE RADAR)

- 1) Log into your RCA-Athlete-Tracker profile
- 1) From the "Sporting" tab -> select "ACTIVITIES"
- 2) In the new window -> select "NEW ACTIVITY"
- 3) From the "ACTIVITY" Drop down select the activity you would like to submit data against.
- 4) In the "ACTIVITY DATE" field add the date of the last completed assessment that is part of that Activity.
- 5) Start completing all other data fields required.

When submitting to an activity there will be a number of "tabs" in your browser, each one specific to an individual assessment or test. When entering data, submit all data for one assessment, then select the next tab and submit all data, then the next tab, etc. Once all tabs have been selected and filled out then click on the "SUBMIT" button at the bottom.

DO NOT select submit at the end of each tab.