

Quantifying Excellence

Don Decker, MS, MSCC Zach Witherspoon, MS, SCCC



WHY?

HOW?



Why EliteForm?

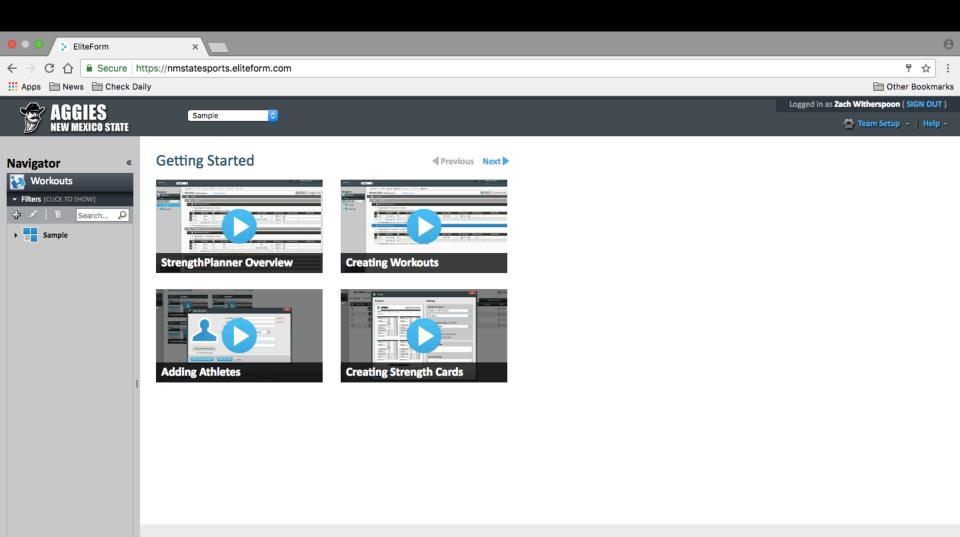
- Objective vs. Subjective
- Teaching
- Efficiency
- Accessibility
- High Tech



Why EliteForm?

User Friendliness

 In The Office
 On The Floor
 After The Session



Recent News

Athletes

🚮 Reports

Creighton's Championship Center brings wow factor for recruits How Chip Kelly is using tech to make the Philadelphia Eagles fly A data-driven approach to training Kansas' Hudy, high-tech weight room secret weapon

Contact Us

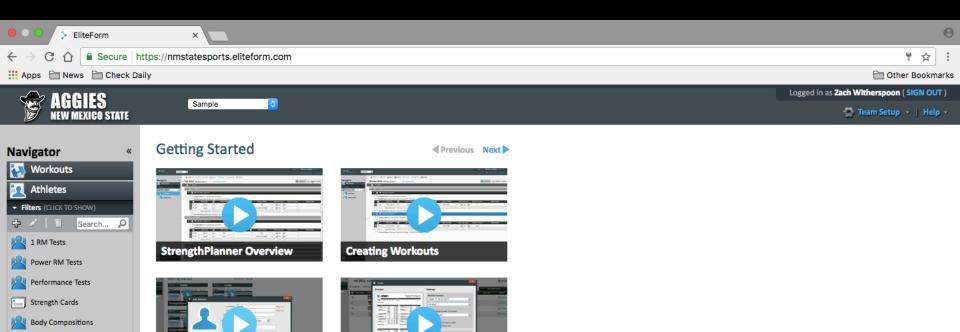
support@eliteform.com 1-866-865-1336

EliteForm	×	θ
← → C ☆ 🔒 Secure ht	ttps://nmstatesports.eliteform.com	투 ☆ :
Apps 📄 News 📄 Check Da	ily	Cther Bookmarks
AGGIES NEW MEXICO STATE	Sample 🗘	Logged in as Zach Witherspoon (SIGN OUT)
	다 Add マ 🕜 Edit 🕞 Copy 🖺 Paste 📃 Create Superset 📲 Undo Superset 🗃 Delete	
Navigator « Workouts	Sample - Sunday, January 1 All Changes Saved. Cycle 1	WORKOUT STRENGTH CARDS
→ Filters (CLICK TO SHOW)	Week 1	
Sample	🔻 🔲 📰 Monday, January 2	
Cycle 1	 Image: Coaches Note (Private Between Coaches) Image: Athlete Note (Shared Between Coaches & All Athletes) 	
	1 Main Workout	
	EXERCISES 🔂 SETS X REPS REP INFO 🔂 LOAD (1 RM%) REST (m:s) TARGET	DIRECTIONS
	Select \$vercise v 00:00 ~ \$	
	Choose a Bench Press	
	Power Clean SETS x REPS REP INFO 🄂 LOAD (1 RM%) REST (m:s) TARGET	DIRECTIONS
I		
	Enter a Strength Card Note Title here	



EliteForm	×											Θ
	https://nmstatesports.e	eliteform.com										* :
Apps 📄 News 📄 Check Da											🛅 Other Boo	
AGGIES NEW MEXICO STATE												
	C∄ Add ▼ 🖉 Ed	lit 🕒 Copy 🔒 P	aste 🖹 Cr	reate Superset 🛛 📲 l	Undo Superset 🛛 🗍 Delet	te						
Navigator «	Sample - Sunday, J	January 1 A	All Changes Sa	aved.								I CARDS
Workouts Filters (CLICK TO SHOW)	▼ ■ ■ Cycle 1									_		
↔ Priters (CECK TO SHOW)	🔻 🔲 🗮 Week 1											
Sample	🔻 🔲 🔳 Mo	nday, January 2										
Cycle 1		s Note (Private Betwe										
		Note (Shared Betwee	en Coaches &	* All Athletes)								
	1 🔲 Main V											
		EXERCISES Power Clean	₽ 	SETS x REPS 3x2	REP INFO	e	LOAD (1 RM%) 60/65/70	REST (m:s)	TARGET	T 1.9	DIRECTIONS	
		Bench Press		3x2 3/3/ <mark>2</mark> /2/2		<u> </u>	65/75/80/-/-	3:00	PV-1₹	1.9		5
		Back Squat		5/3/1			65/75/80	2:00	AV-1\$		Get your depth!	5
	€ □ 🖉	DB Row	-	4x5	each arm			00:00	- +			\supset
l I		Select Exercise	-					00:00) - \$			
	Choose an Ex	kercise Group	•									
		EXERCISES		SETS x REPS	REP INFO	÷	LOAD (1 RM%)	REST (m:s)	TARGET	r	DIRECTIONS	
		Select Exercise	-					00:00	- +			
	► 🗟 Enter a S	Strength Card Note T	itle here	(Prints below th	the exercises on the Stren	gth Cards)						

Reports



Creating Strength Cards

Pete, Pistol

Recent News

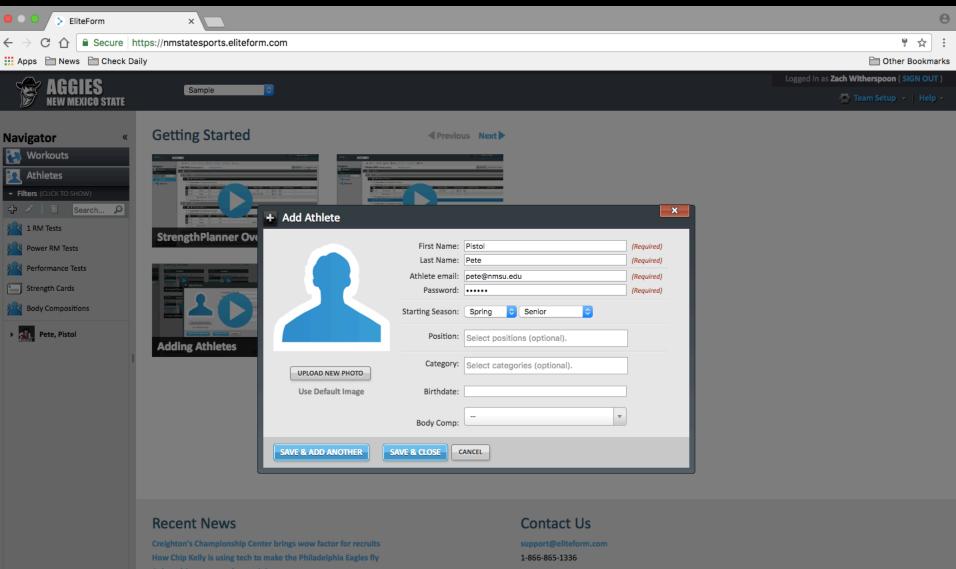
Adding Athletes

Creighton's Championship Center brings wow factor for recruits How Chip Kelly is using tech to make the Philadelphia Eagles fly A data-driven approach to training Kansas' Hudy, high-tech weight room secret weapon

Contact Us

support@eliteform.com 1-866-865-1336



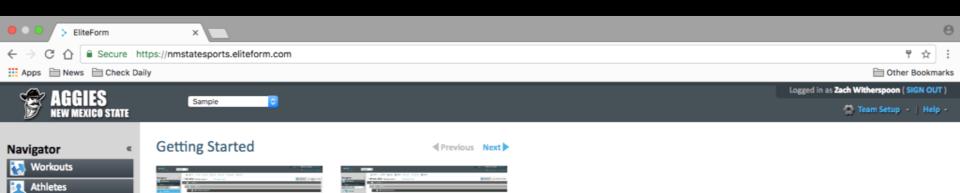


A data-driven approach to training

Reports

Kansas' Hudy, high-tech weight room secret weapon

EliteForm	×						Θ
← → C ☆ 🔒 Secure ht	ttps://nmstatesports.eliteform.c	om					키 ☆ :
Apps 📄 News 📄 Check Da	ily						🗎 Other Bookmarks
ACCIES							Logged in as Zach Witherspoon (SIGN OUT)
REW MEXICO STATE	Sample						🌺 Team Setup 👻 Help 👻
Navigator «	1 RM Tests All Chan	ges Saved.					
Workouts	Search All Athletes 🔎 Arra	nge By: Last Name First Name	Year in School				
Athletes	Date: 2017/04/2	Back Squat	Bench Press	Power Clean	Body Weight	Area of Correction	l
➡ Filters (CLICK TO SHOW)	Pete, Pistol	Best Prescribed: 500	400	300	Body Weight	Area or correction	
🕂 🖉 🔲 Search 🔎	Senior AGGEES	Current Prescribed: 500	400	300	200		
1 RM Tests	AGGIES	New:				v	
Power RM Tests							
Performance Tests							
Strength Cards							
Body Compositions							
Pete, Pistol							



Reports

- Athlete Session Summary
- Best Velocity
- Lowest Velocity
- Velocity/Power/Volume
- Daily Exercise
- PowerRM Comparison
- PowerRM Trending
- Competition Leaderboard
- 1RM Comparison
- Body Weight
- Performance Tests
- Usernames/Emails

StrengthPlanner Overview

Adding Athletes



Recent News

Creighton's Championship Center brings wow factor for recruits How Chip Kelly is using tech to make the Philadelphia Eagles fly A data-driven approach to training Kansas' Hudy, high-tech weight room secret weapon

Contact Us

support@eliteform.com 1-866-865-1336

Report View

														Alternation		A	
						(/24.xlsx (Rea	d-Only)				<u> </u>		
۲) 🋅 🕅		🖶 🔏	ê 🖪 🕯	🖗 🙆 • 🖾 •	Σ • ⊉৬ • (¥• 🕢 🕯	100%	- 🕐						Q- Search in	Sheet	
	A Home	e La	yout Tal	bles C	harts SmartA	Art Formula	as Data	Review	Developer								へ 奈
	Edit			For			Alignment	÷	Nur	nber		_	Format		Cells	I	Themes
	₹	Fill 🔻	Arial		10 • A A			💊 Wrap Text 🔻	General	•	<u> </u>	Normal	Bad	Good		• A	a
	Paste 🥥	🗸 Clear 🔻	B I	U	• <u></u>	• = =		Merge 🔻	* %	00, 0, ≎ 0, ≎ 00, €	Conditional Formatting	Neutral	Calculation	Check Cell	Insert Delete	Format Th	nemes Aa∗
	E17		: 🛛 🔿	∫ <i>fx</i> Ba	ack Squat												
-	A		B 6:16:08.035524	Last Name	e First Name Tre	Exercise Power Clean	Set Number			Actual Weight 160	Avg Velocity 1.42	Peak Velocity 2.1	Avg Power 1012.59	Peak Power Ad 1497.12	ctual Rest Positions	Categories Offense, Zach	Q Freshman
28		6	6:16:08.035524		Tre	Power Clean		2	0.7	160	1.47	2.12	1045.64	1508.41	0 WR	Offense, Zach	Freshman
29	6. C	6	6:16:08.035524		Tre	Power Clean				160		2.09	980.27	1489.19	0 WR	Offense, Zach	Freshman
30		6	8:12:50.269750		Tre	Bench Press	2			250		0.41	218.61	455.21	0 WR	Offense, Zach	Freshman
31		0					2			250		0.41	361.59		0 WR		
32		0	8:12:50.269750		Tre	Bench Press								587.05		Offense, Zach	Freshman
33		3			Tre	Bench Press	1			250		0.42	194.37	467.28	0 WR	Offense, Zach	Freshman
34		3			Tre	Bench Press	1		1	250		0.53	302.96	589.66	0 WR	Offense, Zach	Freshman
35		8	1:10:26.589146	-	Josh	Bench Press	2			255		0.52	257.02	584.96	0	Offense	Freshman
36	******	###### 1 8	1:09:22.070146	Aganon	Josh	Bench Press	2	! 1	1	255	0.33	0.55	374.96	620.76	0	Offense	Sophomore
37	******	##### 1 8	1:09:22.070146	Aganon	Josh	Bench Press	1	2	1	255	0.33	0.51	371.02	575.53	0	Offense	Sophomore
38	*******	##### 1 8	1:08:03.598146	Aganon	Josh	Bench Press	1	A 1	1	255	0.34	0.48	386.39	539.54	0	Offense	Freshman
39	******	##### 1 8	1:08:03.598146	Anderson	Darius	Bench Press	2	2	1	345	0.39	0.79	600.53	1209.54	0	Defense, Akeem	Freshman
40	########		1:08:02.116359	Anderson	Darius	Bench Press	2	! 1	1	345	0.31	0.64	470.66	979.33	0	Defense, Akeem	Freshman
41	#########	###### 1 3	1:07:46.030751	Anderson	Sebastion	Back Squat	3	2	0.8	325	0.4	0.68	573.97	978.27	0	Offense, Derek	Freshman
42	#########	###### 1	1:07:03.814915	Anderson	Sebastion	Back Squat	3	1	0.8	325	0.53	0.93	766.99	1339.03	0	Offense, Derek	Freshman
43	anananan		1:06:30.503199	Anderson	Sebastion	Back Squat	2	2	0.8	325	0.49	0.91	708.22	1311.03	0	Offense, Derek	Freshman
43	anananan	3	1:06:30.503199	Anderson	Sebastion	Back Squat	2	. 1	0.8	325	0.56	0.92	803.66	1325.84	0	Offense, Derek	Freshman
	******		1:06:25.804146	Anderson	Sebastion	Back Squat	1	2	0.8	325	0.4	0.6	572.33	871.94	0	Offense, Derek	Sophomore
45	########		1:06:25.804146	Anderson	Sebastion	Back Squat	1	1	0.8	325	0.54	0.91	777.12	1313.01	0	Offense, Derek	Sophomore
46	########	8	1:06:19.051977	Anderson	Darius	Bench Press	1	2	1	335	0.39	0.76	586.38	1134.19	0	Defense, Akeem	Freshman
47		9	1:06:00.288178	Anderson	Darius	Bench Press	1	1	1	335	0.46	0.7	681.76	1050.08	0	Defense, Akeem	Freshman
48	*****	1	1:06:00.288178		Sebastion	Bench Press	2	2	1	305		0.94	431.81	1270.36	0	Offense, Derek	Freshman
49		1	1:05:42.645379		Sebastion	Bench Press	2	1	1	305		1.08	458.59	1462.15	0	Offense, Derek	Junior
50		8	1:05:23.341379		Sebastion	Bench Press	-		. 1	305		0.92	397.83	1252.85	0	Offense, Derek	Junior
51		8			Sebastion			2				0.82	523.5	1106.57	0	Offense, Derek	
			1:05:17.280262 AllReps	Anderson +	Sepasion	Bench Press				305	0.39	0.62	023.5	1100.07	v	Oriense, Derek	r esnman
2		Normal Vie	w Filter	Mode						Sum=0	•						



Competition

- Individual Competition

 Red/Green/Gold

 Position Groups/ Levels
- Offense vs. Defense
- Team vs. Standard
 - 70% Olympic Movements
 - 80% Strength Movements



VALIDATION OF A MOTION CAPTURE BASED RESISTANCE TRAINING PLATFORM

AlISTRACT

space, woold-bellent raising harbors, directly plate profer raise risk apprint protect Sector of \$10 cars -many PERSON 1 when had not they be the to married course many police but out posts an or chief to the process galaxy many from taking come from the second takes and section of \$1.4.4 (Scene) allow proping. They i \$1 are 1701-11 hauff. 10.10.1 1018 and man 1017 - 10.87 - children's participate is the study AD potentic man-agement is the functionized Witer Committee part in the study ingeneration for both participation. investing performance and Damag in manage law, good of the end backing constants and another in chicag case officient case in Find and 1000 (Starf on Case). (II) the productive decision in applicat particular or shall be applied and the second seco the support the product of specific devices in the local devices of the conditions for him of agreement hadrons condition complex. In the face contage was obtained to be \$1.00.00 common \$7. and \$1.00.00 common \$7. beam efficiency related. (5) And the second se To make ideas die old oppel o opplite make, de Raffanit ontes open ations of a philosophile approximate the basis of a second part of the ness of one of the March is share a set that the contract interaction from many contract manufacture of the second states of the second states and House its safety manages of managements as property in commission for their sterior terms have been described and the radiants in the 1.50 to conferenced effective flow spectra into anti-colore the Act "Margh" is exploded from an ed exercise AN AVERAGE AND A POST OF THE PARTY.

INTRODUCTION

- High robusts containers is some for board down to their regions product manufactory on print as to the camping.
- Enseme continuous ourse cativo ago.¹
- · by oning polit mends press, rough and the intelligendary
- Toos as attemp property, commonly accounted concentre mentions for order are obserprene responses to tomas.
 In source the order press particular.
- I be send enough a specifiest multile send then the state is a large
- Colectionately, the common modules lies the concernation implementation of schedup based not-same maining are limited on written measurement hardware and seculi laws from subment
- Through the bade from any contribution time.
 - Carpo Hankagh
 The form three if here of here if
 - · Destination of the second second
 - · Annes Barthon (B. a. Annelisements Bartho
 - · mage chicacolitic functioneration (Read)
- APR 1870 48
- To stamptor within the official state find well water within previously within 11 MYR water hereits and an interpretation.

CONTRACTOR OF STREET,





Meyer S1, Allen RB2, Keeley DW2, Witherspoors Z1, and Decker R22

¹ Department of Control Angle and Moore New Workshow One Control of the Original Control of Control Angle Angle and Angle angle angle angle angle angle angle angle angle a

METHODS.

Technique in:

- Fighterin: Bornaul-collegine offices referenced a perioper lotte approal only
 Automot their
 - We can be a first a set of the se

Contraction Coloredu

- · come and company of the second
- Report 1 advantation day is placed other to make the
- Contrast supervise susceptive participants
- Construingetting performance dispetition.
 Construint dispetition second to be second to be
- · Coloreste
- -
-

Chancer Subgert Syspectral

If MI periods new, approved price to apply activities by the appropriate ballicities of USA a UNIMARY.

· Coperimonal Rocar

- Come accumption prime plane more that a party of a root month particular the Pattern Prime Long.
 Weight Theorem Prime Prime.
- B from the first second of participants, the two constitutes interacting approximation for the collification on an ending to a solution interaction of a
- In the role office assess more patients or patients of entropy to be proportional increases a citie interfacement information particular.
- Responses of the included inferences the first coupling of selection, and/or of sponsessors at an assistant at a

+Court Collimitors

- Com antici, moldram meneral de inte minite accine in ite menalle maceiteà. Interne
- Influence contrary, the future process and contraries and former with the unitary processing in the lay.
- Lo shows an drashing for interpretations the proof to many the relevant incursion business where.
- The objective are collected in each equilibre areas if are performed its day of data activation.

Restricted Anotheria

- # Onliness and another some Delite valuation for such as some interested.
- Technical according one could us in cases where the about to all and presenter couldness with metal address.
- Parent suprement in coprision manifest scruticity with bolt such and subliment by schools cancer of distributions. In feat partners.
- How difference and you care carded out to counting the magnitude Addression for har reduction assessed a two systems.



Figure 1 Designs dependent of process spreaments have a present to had measures and endower problem.

RESULTS

- Enterroritan Paranti Agreement Labor Stepleard in Figure 31
- Weinstein Paul Village 18 IPL appropriate factorize optimizer
- Colonization Public Induction 1784 Physique and Technical Applications
- · therman A ange totacity 1 1/ Programment for even synthesis
- Valuationan Accessos Valuation \$4 (24) approximate from proceedings
- Tuber 1

train crimputals differences any Arean limited and Kita, Ironte

	Taxable Control of Con	Transa and	Survey Statute	Second Second
100000	1000	1078	1.85	0.00
	1000			8.75
		1.00	1.07	1.07
1.000			8.0	

Nation Containing a gradient of the set of point the set of the se

CONCLUSIONS

- Interesting spectral with particle systems and to be seen one and annual where when particle We want of smaller.
- Biofrond commit collaboration applific cage of applifics of charles public converge a fields and on or
- The second proceeding some signed is the product data developed in the development of the second seco
- Incomposition to a second statement of the second se
- CONTRACTOR STRUCTURE ACCOUNTS TABLE TAR. MILLION IN PARTY.
- Standard difference was by a investigant distribution comparison attances wheth other.
- This segment is also used requiring the second secon

PRACTICAL APPEIR ATTEMS

- Insurance supersonance inducted derivitied reach second an Ira word the discinguismanication and making of unitarity facual continue programs in configure contexts.
 - Comparison by allow the expedient variant regiments within a decayth minimum variant.
 - Has not ide approaches for solidity robotic based industry proingly and drug.
 - Free of an antipadity of Alexand, office the increased complex frames, any processing the proceeding to many the antipadity and and and an antipadity.
 - Continement is maintained observation provide the average.
 - Collector & hole opportunities and standards difference for an decorrect that constitute conditions which the compared to estimate entering.
 - Anticipal risk to regime halos fail angles relates of control

REFERENCES

- 1. However, et al., March & Spectra Days (MI) (A. Son Stat.
- Caller, M.A. and Physics RestAnable 1981. IN: VILLEY.
- 1. State and the Approximation of the state
- Hanness M., Changel Condition, 201, Non-126.
 Internet and Annual Social Systems From 2001 1 (201).



Evaluating Bar/Speed

Percentage	Peak Velo (m/s)	Percentage	Avg Velo (m/s)
60	2.1	60	0.7
65	2	65	0.65
70	1.9	70	0.6
75	1.8	75	0.55
80	1.7	80	0.5
85	1.65	85	0.4
90	1.55	90	0.3



Why EliteForm?

Equalizes Staff Experience

 Each coach has the ability to hold every athlete to the same standard, regardless of experience.



Is it worth the investment?