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Tracking Athlete Wellness. Preliminary report.

Developing simple, repeatable, and reliable methods for monitoring athlete wellness is an important goal for trainers, athletes, and coaches. Such measures not only have the potential to predict fatigue related declines in athlete performance, but also the potential to assess risk of injury. In this talk, we will discuss two efforts currently underway in the athletic department at our university aimed at addressing this issue: tracking self-reported athlete health statistics through qualitative surveys and tracking quantitative force-time jump statistics through SpartTracTM's patented software. We will present results of one case study with the men's water polo team in which self-reported health statistics were highly correlated with team effort, but not necessarily with team execution, and conclude by discussing some of the promising features of working with the more quantitative SpartTracTM measurements. (Received September 13, 2016)