



PLAYER MONITORING PROGRAM

UXi Rugby Institutes

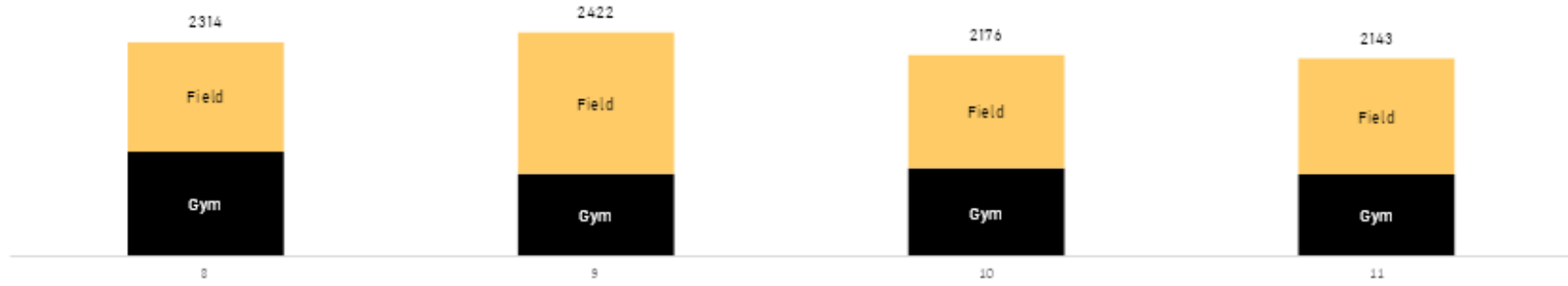
WELLNESS UPDATE

Name	Health	Sleep HR	Sleep Q	Mood	Stress	Fatigue	UB DOMS	LB DOMS	Readiness
Adam Wall	Green	9	3	3	4	3	0	0	4
Alexander Hill	Green	8	4	3	3	3	0	0	5
Andrew Harvey	Green	7	3	3	3	3	0	0	3
Anthony Saunders	Green	8	2	3	3	3	0	0	3
Anthony Taylor	Green	6	3	3	2	2	0	0	3
Brett Cross	Green	7	2	2	3	3	0	0	2
Brian Williams	Green	5	3	3	3	3	0	1	3
Bruce Sparks	Green	7	3	3	3	3	0	0	3
Bruce Vargas	Green	7	2	3	3	3	0	0	3
Daniel King	Green	7	2	3	3	3	0	0	3
Devin Smith	Green	6	3	3	3	3	0	0	3
Dominic Moore	Green	7	3	3	3	3	0	0	3
Donald Mathis	Green	6	3	3	2	2	0	2	3
Jeffrey Luna	Red	7	3	3	4	4	0	4	2
Joseph Kerr	Green	5	2	3	2	3	5	5	2
Keith Randall	Green	7	3	3	3	3	0	0	3
Mark Zamora	Green	8	3	3	3	2	0	0	4
Michael Briggs	Green	6	3	3	2	2	0	0	4
Michael Harvey	Green	8	3	3	2	2	0	0	3
Peter ONeal	Green	6	4	3	3	3	0	0	4
Randall Johnson	Green	6	4	5	3	3	0	0	4
Richard Kramer	Green	7	3	3	3	3	0	0	3
Todd Taylor	Green	7	3	3	3	3	0	0	3
William Perez	Green	7	3	3	3	3	0	0	3

TRAINING LOAD REPORT - WEEK 11

WEEKLY LOADS	8					9					10					11												
	Gym	Field	Club	TOTAL		Gym	Field	Club	TOTAL		Gym	Field	Club	TOTAL		Gym	Field	Club	TOTAL									
Adam Wall	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	600	4	540	0	0	1140						
Alexander Hill	5	1320	3	660	0	0	1980	5	960	4	1080	0	0	2040	5	1140	5	1200	0	0	2340	5	1020	4	1140	0	0	2160
Andrew Harvey	5	1260	3	720	0	0	1980	5	840	4	1080	0	0	1920	5	1140	5	1260	0	0	2400	5	1020	4	960	0	0	1980
Anthony Saunders	5	900	5	1080	0	0	1980	5	540	4	0	0	0	540	5	540	5	0	0	0	540	5	1140	5	960	0	0	2100
Anthony Taylor	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	360	4	540	0	0	900
Brett Cross	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	480	4	600	0	0	1080
Brian Williams	5	1620	3	840	0	0	2460	5	1260	5	1740	0	0	3000	5	1200	5	1380	0	0	2580	5	1140	4	960	0	0	2100
Bruce Sparks	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	420	4	300	0	0	720
Bruce Vargas	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	720	4	900	0	0	1620
Daniel King	5	1020	3	840	0	0	1860	5	900	4	1320	0	0	2220	5	960	5	1500	0	0	2460	5	720	4	1320	0	0	2040
Devin Smith	5	1020	3	600	0	0	1620	5	840	4	1200	0	0	2040	5	900	5	1380	0	0	2280	5	1020	4	1080	0	0	2100
Dominic Moore	5	1140	3	660	0	0	1800	5	960	4	1440	0	0	2400	5	1140	5	1380	0	0	2520	5	1200	4	1380	0	0	2580
Donald Mathis	5	1140	3	780	0	0	1920	5	960	4	1260	0	0	2220	5	780	5	840	0	0	1620	5	720	4	1080	0	0	1800
Jeffrey Luna	5	780	3	1080	0	0	1860	5	600	4	1860	0	0	2460	5	840	5	1680	0	0	2520	5	960	4	1680	0	0	2640
Joseph Kerr	5	840	3	660	0	0	1500	5	720	4	1080	0	0	1800	5	1020	5	1140	0	0	2160	5	900	4	480	0	0	1380
Keith Randall	5	900	3	360	0	0	1260	5	900	4	1500	0	0	2400	5	1140	5	1380	0	0	2520	5	1260	4	1140	0	0	2400
Mark Zamora	5	540	3	600	0	0	1140	5	540	4	1080	0	0	1620	5	540	5	1080	0	0	1620	5	1080	4	1200	0	0	2280
Michael Briggs	5	1440	3	660	0	0	2100	5	1020	4	1740	0	0	2760	5	780	5	1440	0	0	2220	5	1020	4	1200	0	0	2220
Michael Harvey	5	1320	3	600	0	0	1920	5	1080	4	1320	0	0	2400	5	1140	5	1260	0	0	2400	5	840	4	1020	0	0	1860
Peter Oneal	5	1260	3	1080	0	0	2340	5	720	4	1560	0	0	2280	5	660	5	600	0	0	1260	5	840	4	1140	0	0	1980
Randall Johnson	5	1140	3	540	0	0	1680	5	960	4	1380	0	0	2340	5	1080	5	1380	0	0	2460	5	1080	4	1320	0	0	2400
Richard Kramer	5	1080	3	720	0	0	1800	5	840	4	1440	0	0	2280	5	1080	5	1440	0	0	2520	5	1080	4	1380	0	0	2460
Todd Taylor	5	1320	3	720	0	0	2040	5	1440	4	1500	0	0	2940	5	1140	5	1380	0	0	2520	5	1140	4	1440	0	0	2580
William Perez	5	1260	3	540	0	0	1800	5	900	4	1140	0	0	2040	5	900	5	1500	0	0	2400	5	600	4	780	0	0	1380
AVERAGE	5	1136	4	1178	0	0	2314	5	894	4	1528	0	0	2422	5	954	5	1222	0	0	2176	5	890	4	1253	0	0	2143

Average Weekly Loads in Past 4 Weeks



PLAYER INTERACTIONS

Month 2

Name	Face to Face	Whatsapp	Phone Call	Email	On-field	S&C	Analysis/Understanding	Medical	Personal	Discipline	TOTAL
Adam Wall	2	0	0	0	0	1	0	1	0	0	2
Alexander Hill	1	1	0	0	0	0	0	1	1	0	2
Andrew Harvey	1	0	0	0	0	0	0	1	0	0	1
Anthony Saunders	3	0	0	0	1	1	0	1	0	0	3
Anthony Taylor	2	0	0	0	0	1	0	1	0	0	2
Brett Cross	3	1	0	0	0	2	1	1	0	0	4
Brian Williams	4	0	0	0	0	2	1	1	0	0	4
Bruce Sparks	2	0	0	0	0	1	1	0	0	0	2
Bruce Vargas	2	0	0	0	0	1	1	0	0	0	2
Daniel King	2	0	0	0	0	1	1	0	0	0	2
Devin Smith	2	0	0	0	0	1	1	0	0	0	2
Dominic Moore	2	1	0	0	0	1	1	1	0	0	3
Donald Mathis	5	1	0	0	1	3	1	1	0	0	6
Jeffrey Luna	5	0	0	0	1	3	1	0	0	0	5
Joseph Kerr	5	0	0	0	1	2	1	1	0	0	5
Keith Randall	3	0	0	0	1	1	1	0	0	0	3
Mark Zamora	3	0	0	0	1	1	1	0	0	0	3
Michael Briggs	3	0	0	0	1	1	1	0	0	0	3
Michael Harvey	3	0	0	0	3	0	0	0	0	0	3
Peter Oneal	3	0	0	0	1	1	1	0	0	0	3
Randall Johnson	3	0	0	0	1	1	1	0	0	0	3
Richard Kramer	3	0	0	0	1	1	1	0	0	0	3
Todd Taylor	3	0	0	0	1	1	1	0	0	0	3
William Perez	4	1	0	0	1	2	1	1	0	0	5
Total	69	5	0	0	15	29	18	11	1	0	74

Nature of Injuries		
New	15	75%
Recurrent	5	25%
Related	0	0%

Days Lost Due to Injury	
Average days out	31
Median days out	15
Most days out	83

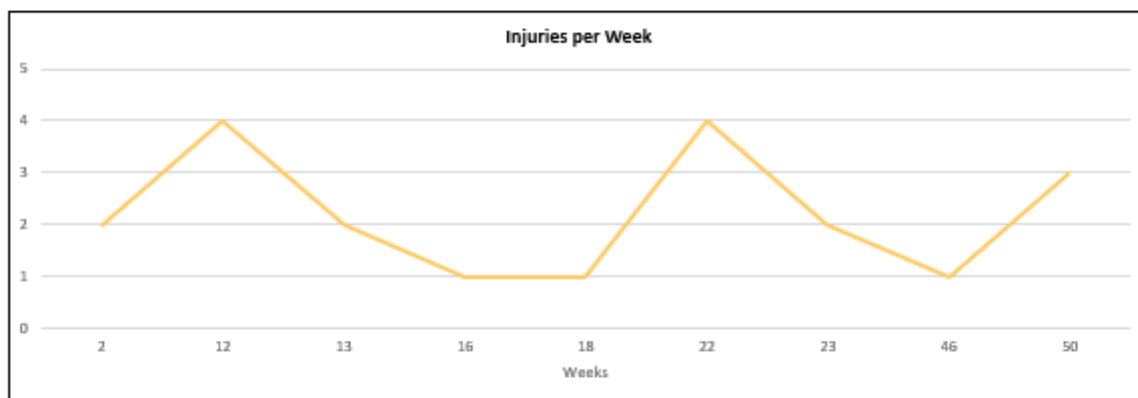
Injury event	N	%
Scrum	0	0%
Lineout	0	0%
Open Play	5	25%
Tackle	8	40%
Ruck	3	15%
Maul	0	0%
Kicking	0	0%
Running	2	10%
Other	2	10%
Total	20	100%

Injury type	N	%
Concussion	1	5%
SCI	0	0%
Broken Bone/ell	2	10%
Joint Injury	5	25%
Ligament Sprs	1	5%
Muscle Strain	2	10%
Muscle Cramp	0	0%
Tendon Injury	4	20%
Bruise/Contus	4	20%
Skin Abrasion	0	0%
Laceration	0	0%
Other	1	5%
Shin splints	0	0%
Total	20	100%

Body location	N	%
Head/Face	4	20%
Neck	0	0%
Sternum/Ribs	0	0%
Upper Back	0	0%
Stomach	0	0%
Lower Back	0	0%
Sacrum/Pelvis	2	10%
Shoulder/Coll:	2	10%
Upper Arm	1	5%
Elbow	0	0%
Forearm	0	0%
Wrist	0	0%
Hand	2	10%
Hip/Groin	0	0%
Front of Thigh	0	0%
Back of Thigh	1	5%
Knee	2	10%
Lower Leg	1	5%
Ankle	5	25%
Foot/Toe	0	0%
Total	20	100%

Where Injury Occurred		
Match	14	70%
Training	3	15%
Gym	0	0%
Other	3	15%

Severity of Injuries		
Slight	<2 days	2 ##
Minimal	<4 days	1 5%
Mild	<8 days	1 5%
Moderate	<28 days	7 ##
Severe	>28 days	9 ##



Anthony Saunders					
Location	Type	Mechanism	Area	Date	# Days Injured
Knee	Joint Injury	Other	Trainin	04/01/22	80
Ankle	Tendon Injury	Tackled	Match	04/06/22	58
Head/Face	Other	Head butt	Match	09/12/22	0

SKILL TESTING

Name	Grip	Hips	Turn Shoulder	Eye Contact	Follow	% SCORE
Adam Wall	2	2	1	1	1	70%
Alexander Hill	0	0	1	0	0	10%
Andrew Harvey	1	0	1	0	1	30%
Anthony Saunders	1	0	1	0	1	30%
Anthony Taylor	2	2	1	2	1	80%
Brett Cross	1	2	0	1	0	40%
Brian Williams	1	2	1	0	2	60%
Bruce Sparks	0	0	1	0	2	30%
Bruce Vargas	0	1	2	2	2	70%
Daniel King	2	2	1	0	2	70%
Devin Smith	0	1	1	1	0	30%
Dominic Moore	0	0	1	1	0	20%
Donald Mathis	2	1	2	1	0	60%
Jeffrey Luna	2	2	0	1	2	70%
Joseph Kerr	0	0	1	0	2	30%
Keith Randall	2	0	1	2	2	70%
Mark Zamora	2	1	2	1	0	60%
Michael Briggs	1	0	2	0	2	50%
Michael Harvey	1	0	0	0	2	30%
Peter ONeal	1	1	1	1	2	60%
Randall Johnson	2	2	0	0	2	60%
Richard Kramer	1	1	1	1	1	50%
Todd Taylor	2	2	0	0	1	50%
William Perez	2	0	1	2	1	60%

Handling

Carrying into contact

Tackle Tech

Breakdown

+

DEVELOPMENT REPORTS

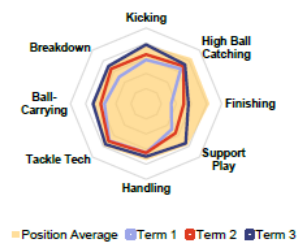


Joe Soap	
Outside Back	
Height	161cm
Weight	58kg
Field Attendance	96%
Gym Attendance	94%
Class Attendance	72%

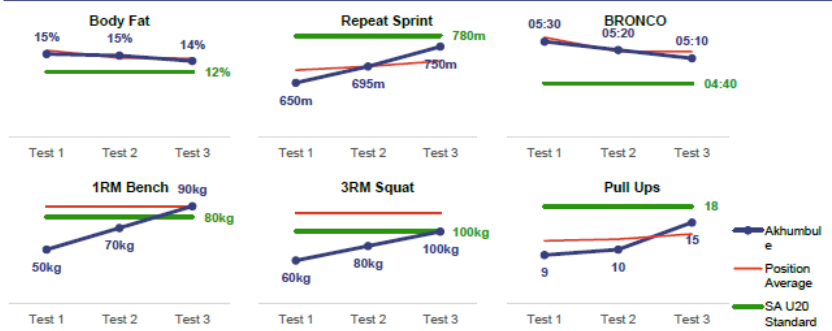


Rugby Development

General Skills	Test 1	Test 2	Test 3
Handling	65%	65%	70%
Tackle Tech	69%	70%	76%
Ball-Carrying	55%	60%	70%
Breakdown	50%	65%	70%
Position Specific	Test 1	Test 2	Test 3
Kicking	58%	65%	78%
High Ball Catching	65%	70%	73%
Finishing	33%	50%	56%
Support Play	48%	55%	74%



Strength & Conditioning Development



MATCH REPORTS

Joe Soap

Loose Forward

7 Total Analysed Matches	4 Institute: Matches
165 Institute: Time (mins)	10 Institute: Points Scored
3 Union & Club: Matches	145 Union & Club: Time (mins)
5 Union & Club: Points Scored	

ATTACK

26 Ball Touches	3.71 Ball Touches/Game	1 Linebreaks	0.14 Linebreaks/Game	4 Tackle Breaks	0.57 Tackle Breaks/Game
Total Carries		Total Passes		Total Offloads	
13		13		2	
1.86		1.86		0.29	

Carry Dominance

Pass Effectiveness

Offload Effectiveness

DEFENSE

4 Total Turnovers	0.57 Turnovers/Game	23 Total Tackles	3.29 Tackles/Game
2 @ Set Piece		1 Total Missed Tackles	
2 @ Tackle		0.14 Missed/Game	

Tackle Dominance

Tackle Completion

BREAKDOWN

14 Total Cleanouts	2.00 Average/game	27 Total Bridges	3.86 Average/game	3 Tot. Poach Attempts	0.43 Average/game	50 Total Arrivals	7.14 Average/game
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Cleanout Effectiveness

Bridge Effectiveness

Poach Effectiveness

35 Total Attacking BD Arrivals	13 Total Defensive BD Arrivals
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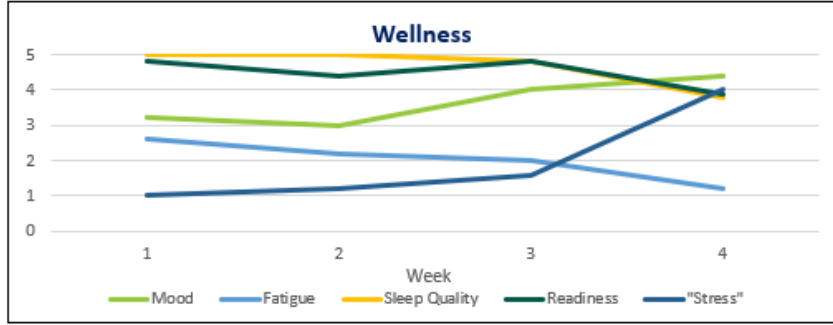
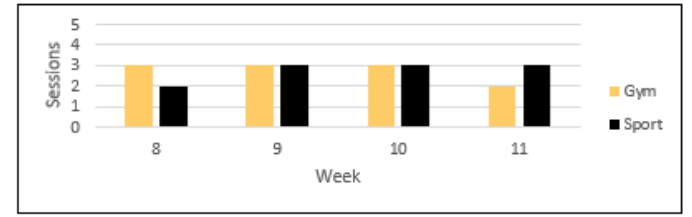
Inspiring Greatness, Through Sport to Life

PLAYER OVERVIEW



Adam Wall	
Prop	
Date	13/03
Week	11
Month	3
Term	1

TRAINING									
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEK	MONTH	TERM	YEAR
Gym	0	1	0	0	0	1	7	7	7
Field	0	1	0	1	0	2	6	6	6
Club	0	1	0	0	0	1	7	7	7
Union	1	0	1	0	0	2	2	2	2
TOTAL	1	3	1	1	0	6	22	22	22



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEK AVG
MOOD	3	4	3	4	2	3.2
STRESS	1	1	1	1	1	1.0
FATIGUE	2	2	4	3	2	2.6
SLEEP Q	5	5	5	5	5	5.0
SLEEP Hrs	6	7	6	8	8	7.0
READINESS	5	5	3	4	5	4.4
DOMS	0	0	1	0	0	0.2
DAILY LOAD	120	840	120	360	180	1620

TESTING					
	Baseline	T1	T2	T3	T4
Weight	100.0	102.0	104.0	102.0	
Body Fat %	26%	25%	26%	26%	
Rel. Bench	0.8	0.9	0.9	1.0	
Rel. Squat	1.1	1.2	1.2	1.4	
Pullups	0	2	2	4	
Vert. Jump	40 cm	42 cm	44 cm	44 cm	
Med Ball	4.2 m	4.2 m	4.4 m	5.0 m	
Repeat Sprint	440 m	460 m	465 m	480 m	
BRONCO	07:02	06:50	06:30	06:27	

INTERACTIONS WITH PLAYERS					
	Face to Face	Whatsapp	Phone Call	Email	TOTAL
On-field	1	1	0	0	2
S&C	2	0	0	0	2
Analysis/Under	2	0	0	0	2
Medical	1	2	1	0	4
Personal	0	2	0	0	2
Discipline	0	0	0	0	0
Red Flags	0	0	0	0	0
TOTAL	6	5	1	0	12

INJURY HISTORY				
Site	Type	Mechanism	Start	End
Ankle	Sprain	Running	01/12/2022	02/01/2023

INTERACTIONS WITH PARENTS				
PARENTS	Whatsapp	Email	Phone Call	Face to Face
Discipline	0	0	0	0
Medical	0	2	1	0
Personal	0	0	0	1

CONTACT DETAILS	
Player Cell	0791675398
Player Email	awall@gmail.com
Parents Cell	072992251; 0734442345
Parents Ema	gwall@gmail.com ; tedwall@outlook.com