

GAMETRAKA APP

USER GUIDE



SIGN UP TO GAMETRAKA

- 1 Go to www.gametraka.com and fill out the form on the page. If you have a code, add it to join your team.
- 2 Click **Join** at the bottom and fill out the additional information on the next page to continue.

CONNECT TO THE APP

- 1 Download the 'Gametraka' Application from the App Store (compatible with iOS and Android). Use your login details to sign in, otherwise, create an account by clicking [here](#).
 - i. Tap **Register Here** at the bottom of the screen.
 - ii. Fill in the details or sign up on your computer (see previous section).
- 2 Add the GPS device to the app before recording real-time data.
 - i. Tap **Settings** (the 'wheel cog') located on the top right of the home screen (Fig 1).
 - ii. Tap **Devices Management** followed by **Add New Device** (Fig 2).
 - iii. Enter the device number for your device, found on the back of your GPS (Fig 3).
 - iv. Give the device a nickname – you are now ready to monitor your performance!

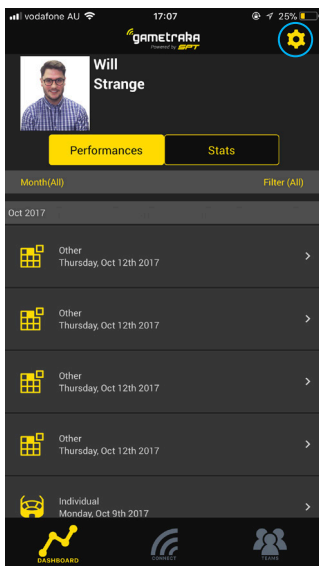


FIG 1

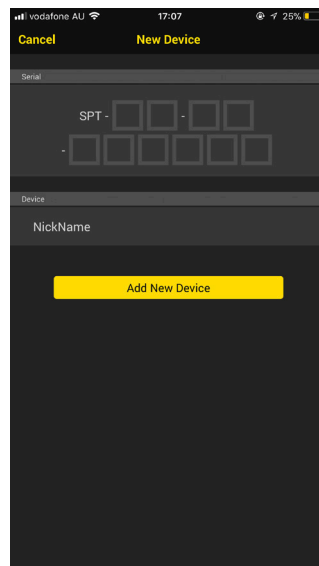


FIG 2



FIG 3

SEE REAL TIME DATA ON THE APP

- 1 Turn on Bluetooth.
- 2 Tap **Connect** at the bottom of the screen (Fig 4).
The app will start scanning for your device. You will be able to see current performances after approximately 5-15 seconds.

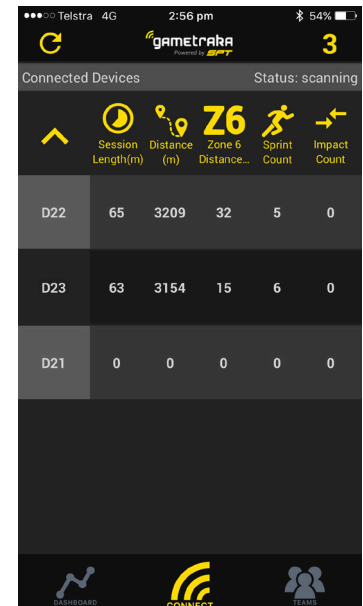
To save a performance to the Gametraka profile, it needs to be downloaded by Bridge on a computer. The app will not be able to do this.

Once the device has been connected to the iOS or Android application through Bluetooth, Fig 4 will appear with real-time data for session length, Distance, Zones, Sprint counts and Impact counts.

Tapping **Refresh** on the top left of the screen will refresh all of the devices and their logged performances.

The number to the top right of the screen represents how many units are connected to the app via Bluetooth.

FIG 4



TROUBLE SHOOTING REAL TIME DATA

In cases where the GPS is not connecting to your phone, try the following:

- i. Check Bluetooth is active on the phone.
- ii. Check range (10m).
- iii. Make sure no walls are obstructing signal.

CREATE A TEAM ON THE APP

- 1 From the home page, tap **Teams** followed by the icon (Fig 5) on top right of the screen. Tap **New** on the Select Team page and fill out the details. You will receive an invite code for players in your team.
- 2 To join an existing team, tap **Join Team** on the Select Team page and use the invite code supplied from your team's administrator.

PERFORMANCE ON THE APP

On the Performances page (Fig 6), the most recent performances will be viewed at the top of your list with a brief description (opponent, date). Training days will also be labelled. From here, individual performances can be viewed, showing matches, individual performances and so on.

After tapping one of your individual performances, you will see another page (Fig 7). Distance, Intensity, total Time, Top Speed and Sprint Efforts will be present. Further down, Run, Jog and Walk splits, 5 or 1-minute intervals and Zone Running are listed. These metrics are explained at the end of this document.

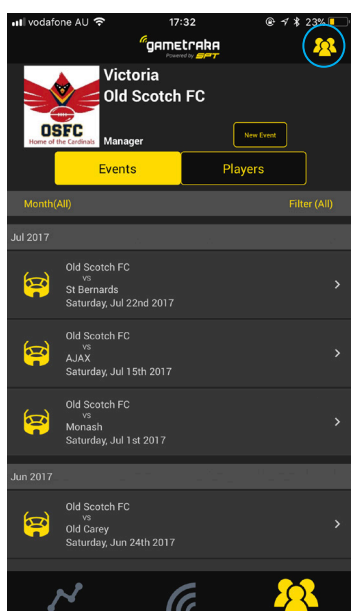


FIG 5

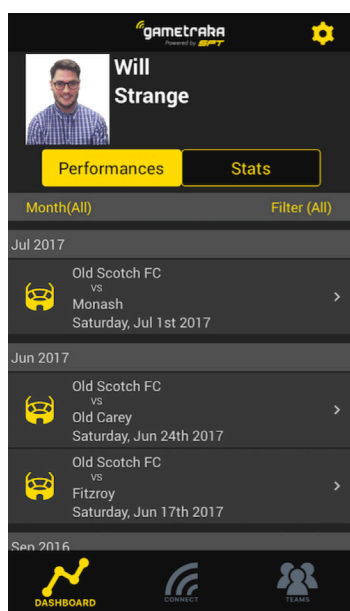


FIG 6

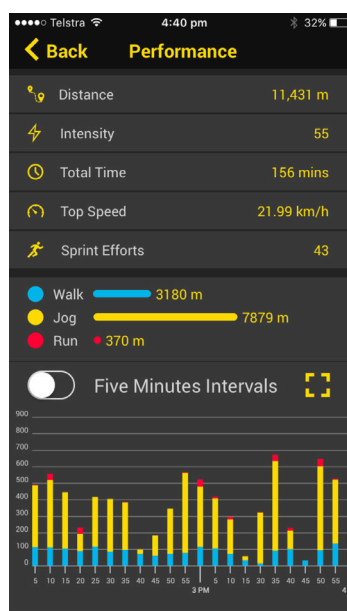


FIG 7

ABOUT GAMETRAKA METRICS

GameTraka Metrics identify useful measures for assessing player performance. A brief description of each metric is below:

Total Distance	Number of kilometres travelled.
Time	Total time of the performance.
Top Speed	Highest velocity reached.
Sprint Efforts	Number of times velocity was above a specific threshold for more than 1 second.
Walk, Jog & Run	Total distance categorised into activity type.
Intensity	An accumulative algorithm which factors frequency, magnitude and length of high velocity movements.
Zone Running	Distance travelled in a relevant speed zone or band.
Work Rate	Total distance travelled, relative to performance time.
Impacts	Moderate-Heavy (5.0-8.0 G Forces) / Heavy-Severe (+8.1 G Forces).
Hard Running	Distance travelled at a velocity of 4.5 m/s or greater.
5-minute Intervals	A break down of performance in 5-minute blocks of walking, jogging and running.
Heat Maps	Time spent in particular areas of the field or ground.

For detailed descriptions on each metric, [click here](#).

For troubleshooting and additional SPT GPS and GameTraka support, [click here](#).

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