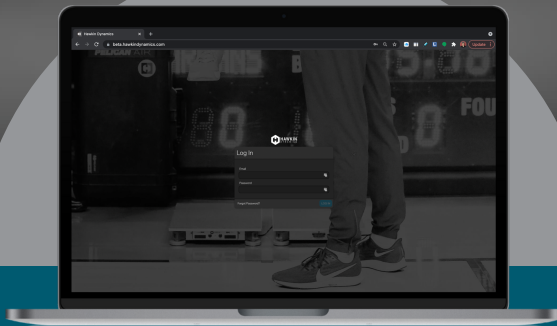




HAWKIN
D Y N A M I C S

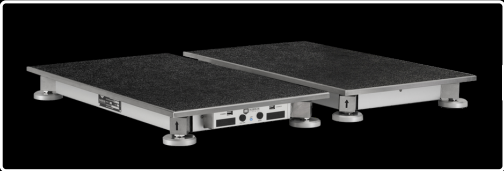
C L O U D R E P O R T I N G
2 0 2 1 - 2 0 2 2



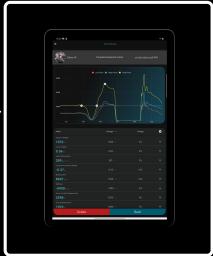
WORKFLOW



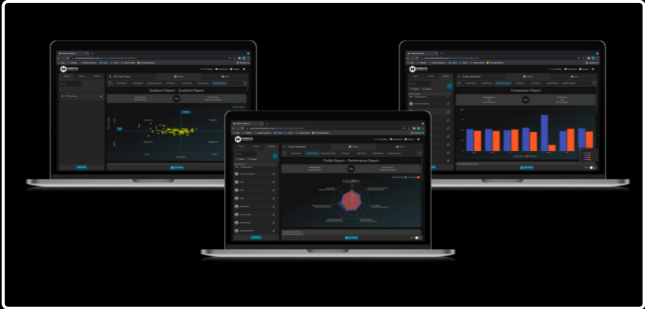
ASSESS



COLLECT



CLOUD MANAGEMENT

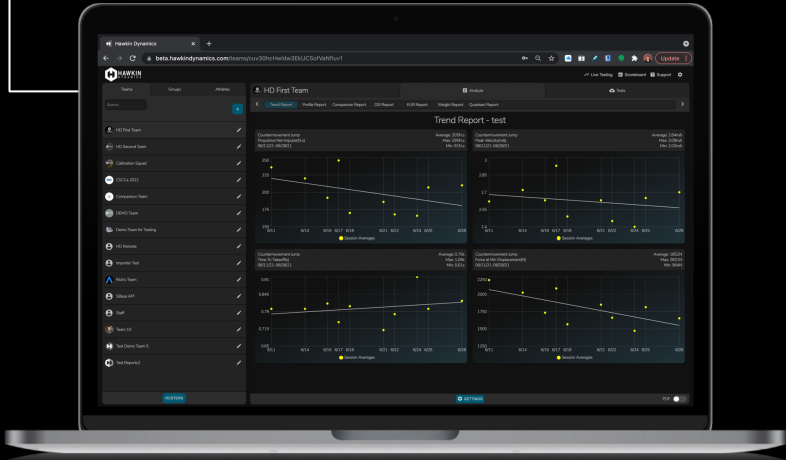


REPORT





TREND REPORT



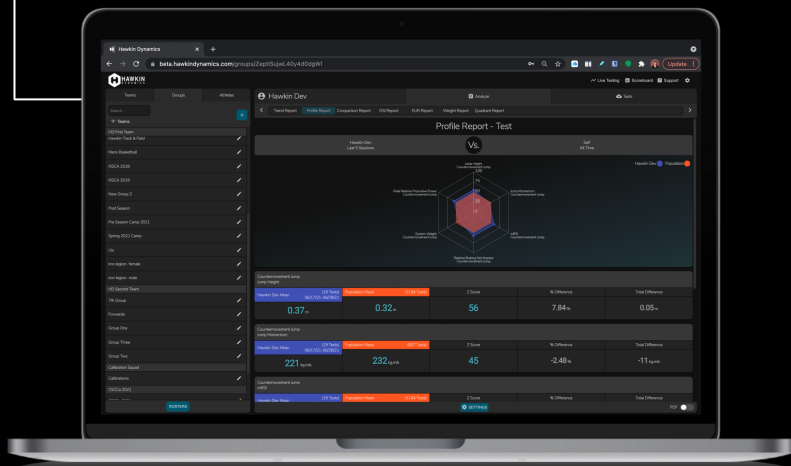
WHAT IS IT?

The Trend Report is a staple in the HD Cloud App. This report is used most frequently to monitor athletes, and to report back to key staff members (i.e. coaches, athletic trainers, physical therapist, doctors). It is simply a scatter plot of each session with a trend line.





PROFILE REPORT (RADAR VIEW)



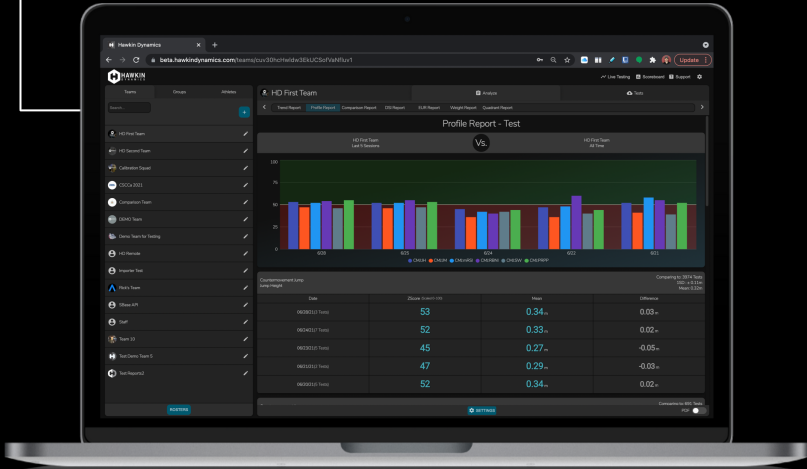
WHAT IS IT?

The Radar View Profile Report is most commonly used as a way to Benchmark athletes, or compare the same athlete between two timepoints. This is most commonly used at the start of the season/year, midway through, and at the end. It can also be used in recruiting.





PROFILE REPORT (BAR VIEW)



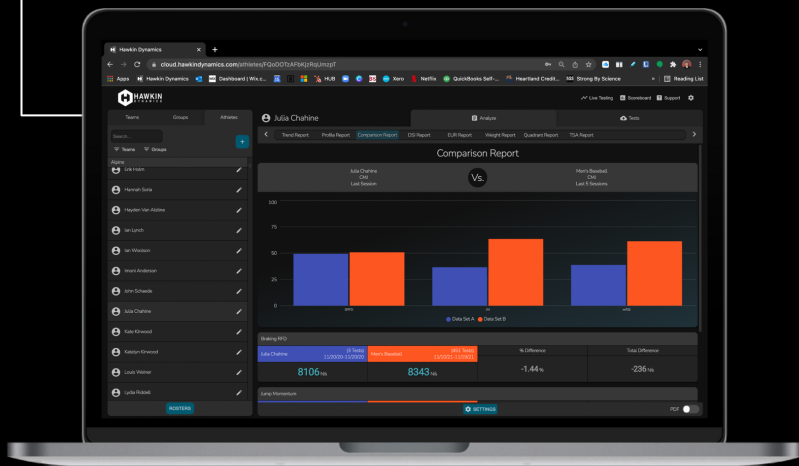
WHAT IS IT?

The Bar View Profile Report is used in the same scenario as the Radar View, however with this view you can piece together changes in physical characteristics overtime. Each bar is given a score 0-100. A value of 100 is the best for the population, whereas 50 is the mean, 0 worst.





COMPARISON REPORT



WHAT IS IT?

The Comparison Report is most commonly used in the Return To Play setting. This report allows a practitioner to quickly select two date ranges, multiple assessments, and compare the two visually (i.e. bars), and with percent difference calculations. Basic, yet extremely effective.





DYNAMIC STRENGTH INDEX



WHAT IS IT?

The DSI Report looks at the ratio of the Countermovement Jump and Isometric Mid Thigh Pull peak force values and plots it overtime. Historically, the Isometric Mid Thigh Pull has been used in this ratio, however other Isometric tests can also be used.





ECCENTRIC STRENGTH UTILIZATION



WHAT IS IT?

The EUR Report looks at the ratio of the Countermovement Jump and Squat Jump jump heights and plots it overtime. This is a quick way to access an athlete's ability to use their stretch shortening cycle effectively. There is a lot of research behind this ratio.





WEIGHT REPORT

The screenshot displays the HawkIn Dynamics Weight Report interface. The table shows the following data:

| ATHLETE | Weight (kg) | Baseline Weight (kg) | Change (kg) | Change (%) |
|----------------|-------------|----------------------|-------------|------------|
| Chris Boshart | 186.2 | 154.7 | 31.5 | 20.4 |
| Chris | 235 | 225.3 | 9.7 | 4.3 |
| Joseph | 140.7 | 144.8 | -4.1 | -2.8 |
| Michael | 185.6 | 189 | -3.4 | -1.8 |
| Mike | 167.4 | 165.4 | 1.9 | 1.2 |
| Chris Stokes | 177.2 | 175.8 | 1.4 | 0.8 |
| David Luthardt | 209.1 | 210.8 | -1.7 | -0.8 |
| Samuel Johnson | 208.6 | 210.1 | -1.4 | -0.7 |
| Chris W | 239.9 | 238.3 | 1.6 | 0.7 |

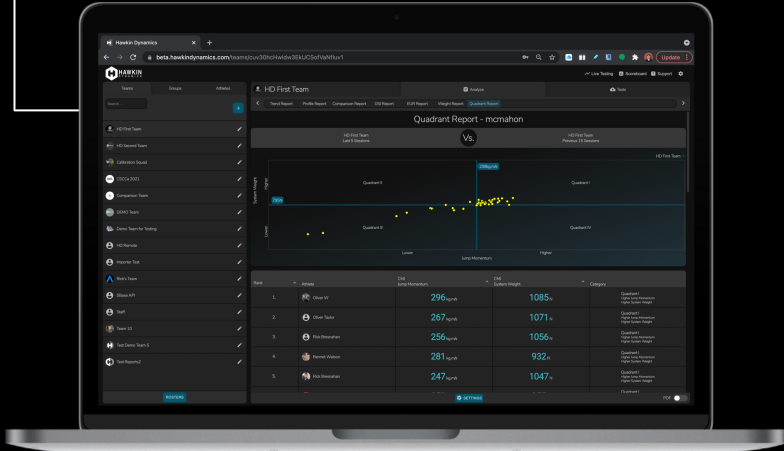
WHAT IS IT?

During each jump assessment on the HD Force Plates there is a "Stand Still" period, also known as the Quiet Phase. During this period, we calculate the bodyweight of the athlete. We then highlight athletes that are above a 5% change in red, 2-5% change in yellow, and <2% green.





QUADRANT REPORT



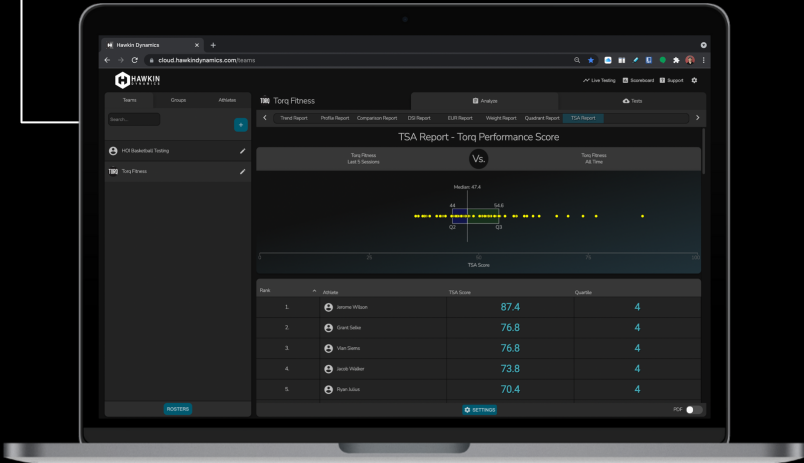
WHAT IS IT?

The Quadrant Report allows you to select two metrics & plot them in a scatter plot against one another. After the metrics are selected and date ranges, we add a "cross" in the middle that is the average of each metric on the x and y-axis. This creates 4 Quadrants or "Training Buckets".





TOTAL SCORE OF ATHLETICISM



WHAT IS IT?

The TSA Report is very similar to the Profile Report. In this report, you select metrics as you would in the Profile Report, however now the system aggregates each individual metric score together in relation to the population to give you a composite score (0-100) & rank.



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