
HAWKIN

D Y N A M I C S

USER MANUAL



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COLLECT DATA IN THE HD MOBILE APP

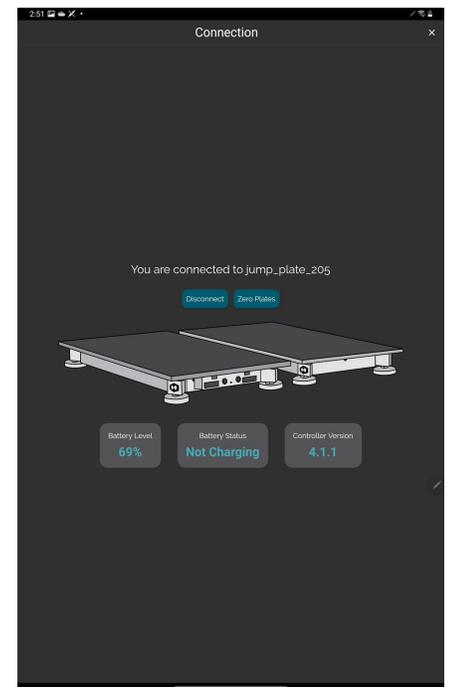
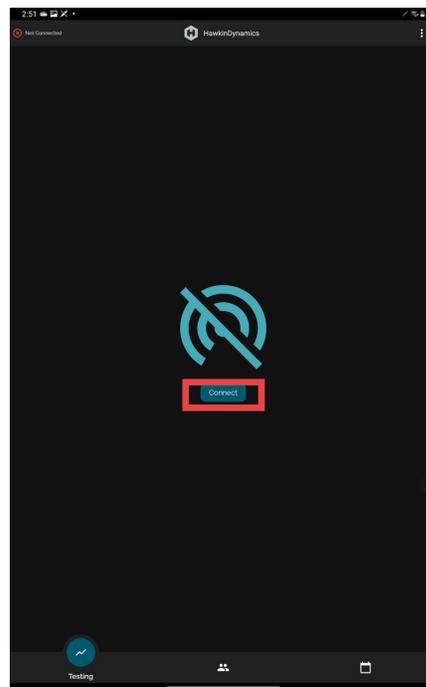
LOGGING IN:

1. Enter the login credentials for your account.

(**NOTE:** Please ensure your device has an internet connection when you first login.)



2. After you log in you will be directed to the Managing Connection page. On the testing screen, tap the blue "connect" button in the middle of the testing screen. The "Connection" dialog will pop up showing available plates (**NOTE:** make sure your force plates are powered on and in "pairing mode").

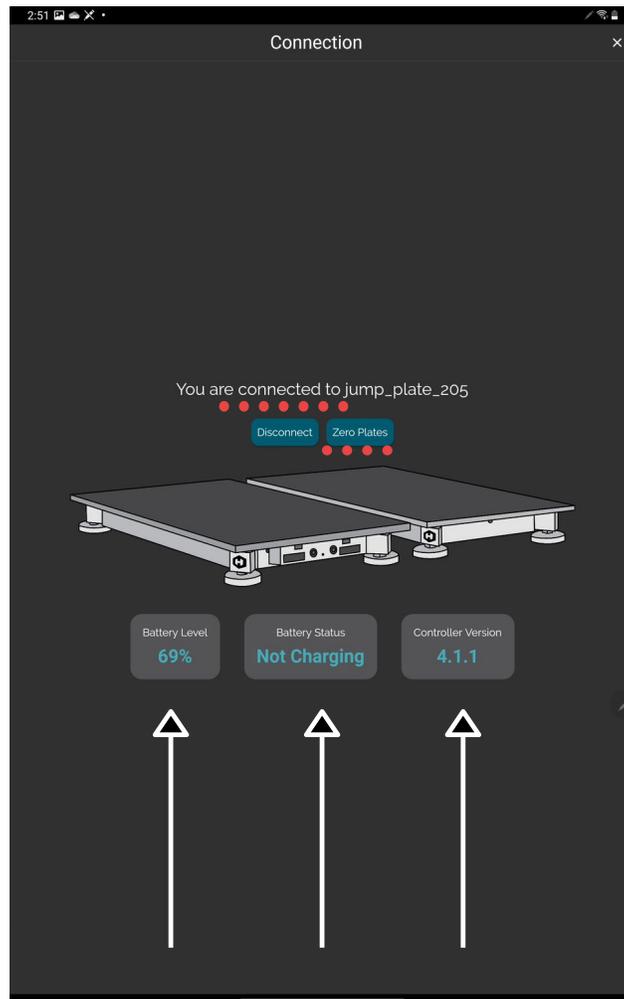


COLLECT DATA IN THE HD MOBILE APP

MANAGE CONNECTION:

3. Tap on the set of plates to which you'd like to connect and wait to establish a connection.

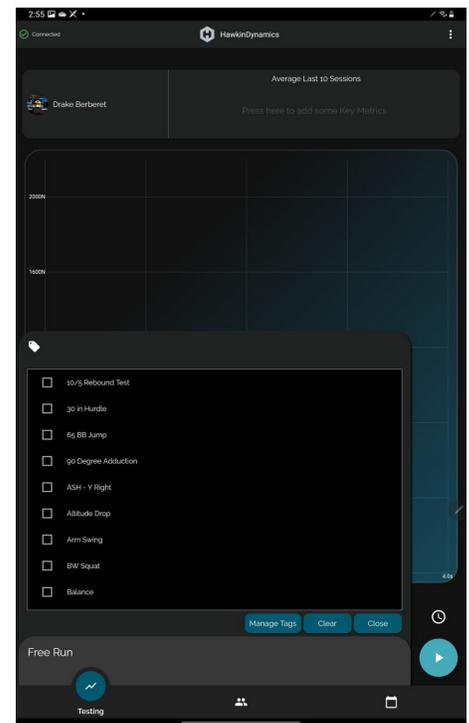
Once the connection is established, the "Manage Connection" dialog will show the plates' status as "Connected" and will show the current battery status, battery level percentage, and controller version. You will also be able to zero the plates from here.



COLLECT DATA IN THE HD MOBILE APP

TESTING:

4. Once you have connected to your plates, you are ready to begin testing. Slide out of the “Manage connection page” and select the test type by **tapping the test name** in the bottom left corner of the testing screen. Choose/change the athlete you are testing by **tapping the athletes name** in the top left corner. (**NOTE:** If not all of your athletes are showing up, move back to the Team Management screen and make sure you've selected the correct athlete group).



COLLECT DATA IN THE HD MOBILE APP

TESTING:

5. After selecting the correct test type and athlete, instruct the athlete to stand still on the plates, press the "Play" button in the bottom right of the testing screen, and **wait for the beep**. If you want to set a timer press the **clock icon** above the blue "Play" button and set a time. After a 1s quiet phase, the app will make a beep sound and the screen will flash, indicating the athlete can begin movement. (**NOTE:** Test protocol varies for different types of tests; i.e. drop jump does not require the athlete to stand on the plates before the test begins).

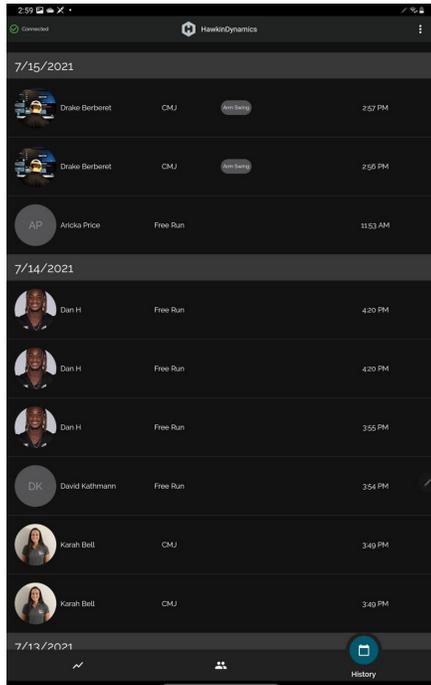


6. Once the test has completed, results will show immediately. To save the test, tap the blue "save" button in the bottom right, and to delete the test click the red "discard" button in the bottom left. You can scroll down and see all the metrics calculated for the test.



COLLECT DATA IN THE HD MOBILE APP

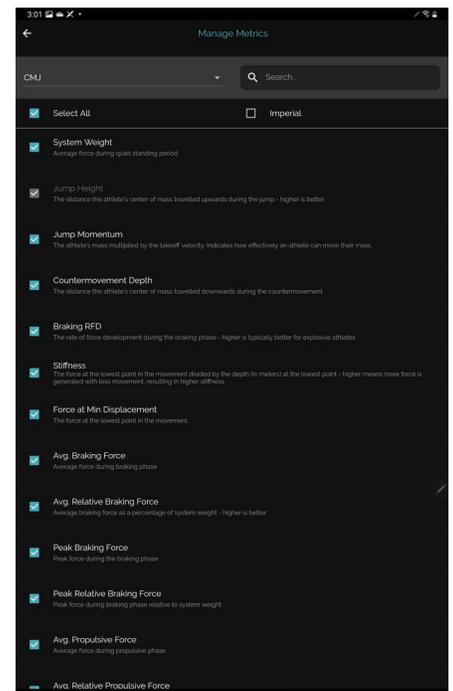
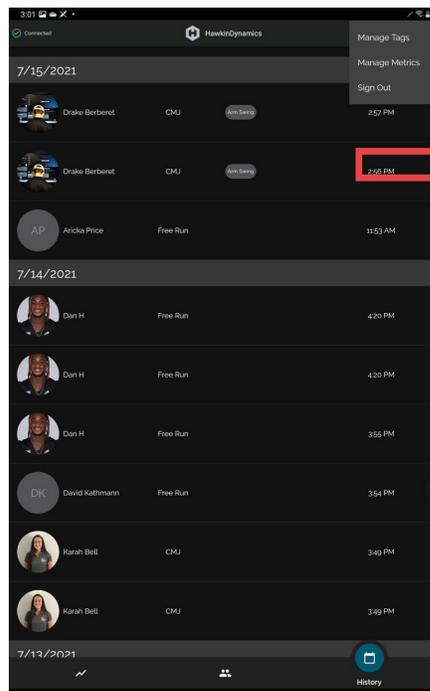
REVIEWING RESULTS:



7. To look at the test after saving it, select the “**history**” icon on the bottom right of the screen. Select the test you want to view.

METRICS:

8. To filter the metrics displayed on the app, tap the three dots on the top right corner and choose “**Manage Metrics**,” select your metrics, and press the back arrow in the top left corner.



FAILED RESULTS



9. With the latest update of the Hawkin Dynamics App, we will now show you the force traces for failed tests so that you can effectively communicate to your athletes why they might be having a difficult time achieving passing results.



Overview

The Hawkin Cloud portal is your main tool for analyzing, reporting on, and exporting collected data. The cloud features a centralized selection bar and cascading windows for different actions - this allows you to analyze data and build reports for the team, groups, or individual athletes from one fixed navigation bar.

To use the cloud, first select whether you're interested in viewing data for a team, group, or individual athlete (highlighted in RED)

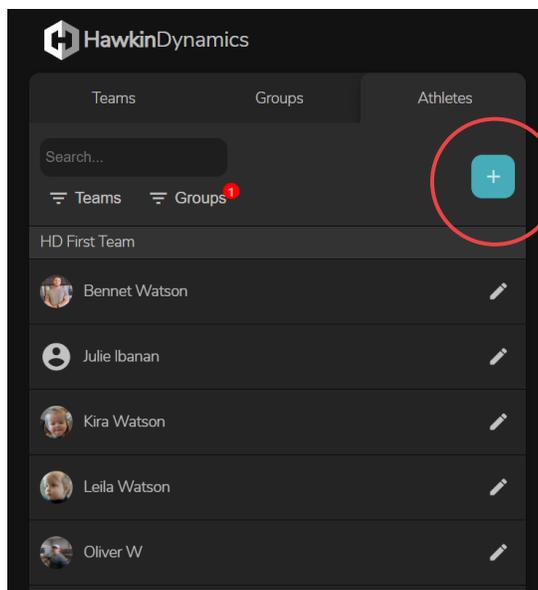
To view tests, click on the "Tests" tab (highlighted in BLUE) and to build reports, click on the "Analyze" (highlighted in GREEN).

The screenshot displays the Hawkin Dynamics web application interface. At the top left, the logo and name 'HawkinDynamics' are visible. The top right contains utility links: 'Live Testing', 'Scoreboard', 'Support', and a settings gear. A navigation bar below the header features three tabs: 'Teams', 'Groups', and 'Athletes', all highlighted with a red border. The main content area is divided into three sections:

- Left Panel:** A search bar and a list of entities. 'HD First Team' and 'Calibration Squad' are listed with edit icons. A 'ROSTERS' button is at the bottom.
- Center Panel:** Titled 'HD First Team', it features an 'Analyze' button (highlighted in green) and a 'Tests' tab (highlighted in blue). Below is a table of test results with columns for Athlete, Key Metric, Date, and Edit. The table lists several 'Drake Berberet' entries with metrics like 'Jump Height' and 'CMJ Arm Swing'. An 'EXPORT' button is at the bottom.
- Right Panel:** Titled 'Sessions', it shows a list of dates from June 3, 2021, to June 16, 2021, with the number of tests for each date and a download icon.

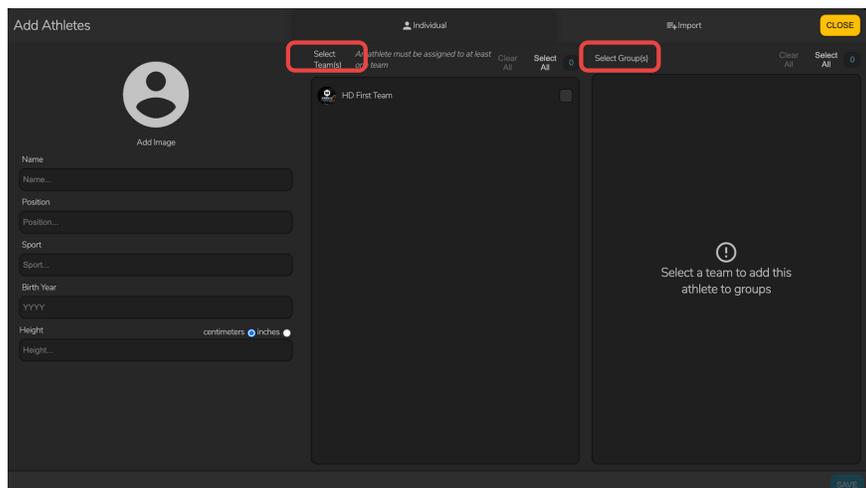


Adding Teams, Groups, and Athletes



1. Select Team, Group, or Athlete
2. Click the Plus Icon to add a new team, group or athlete.
3. Follow the workflow depending on what you're setting up. You can add demographic information for athletes, add athletes to a new group, and populate a new team with groups and athletes. Click save on the bottom right corner, and then the yellow close tab on the upper right corner.

Please note that only Organizational Administrators can create new teams and manage access. New user accounts can be added to each team by clicking the "Manage Access" button in the settings icon in the upper right corner.

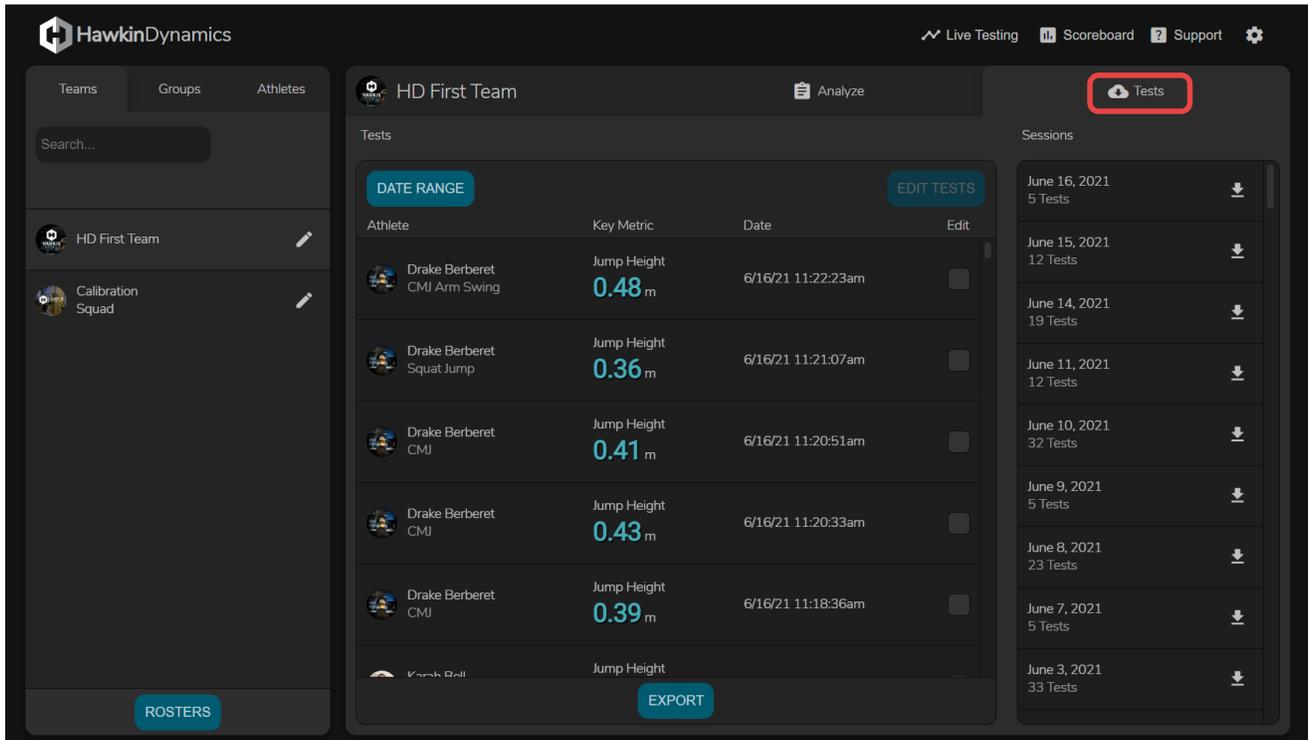


Understanding Groups

Groups serve two main purposes in the Hawkin Dynamics system - they serve as a way for you to filter athletes at the time of testing, and as comparison populations. Data only flows to groups AFTER they have been created, athletes can be members of multiple groups, and group aggregates will be maintained even if all members are removed from the group. If you have questions or need help setting up your groups, please contact us support@hawkindynamics.com

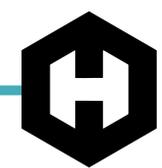
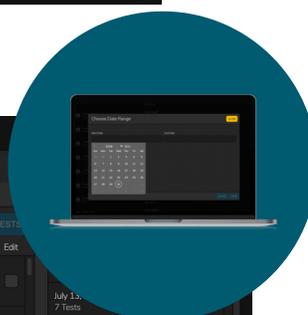
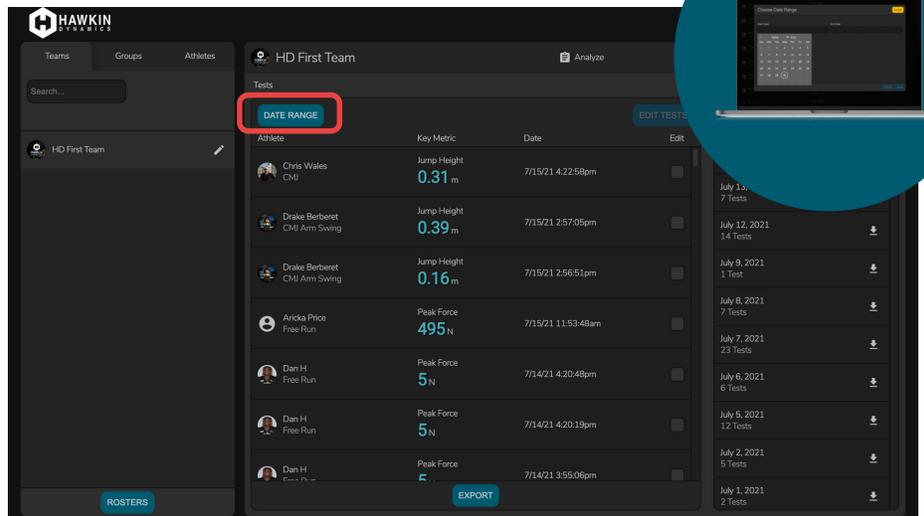


Reviewing Tests



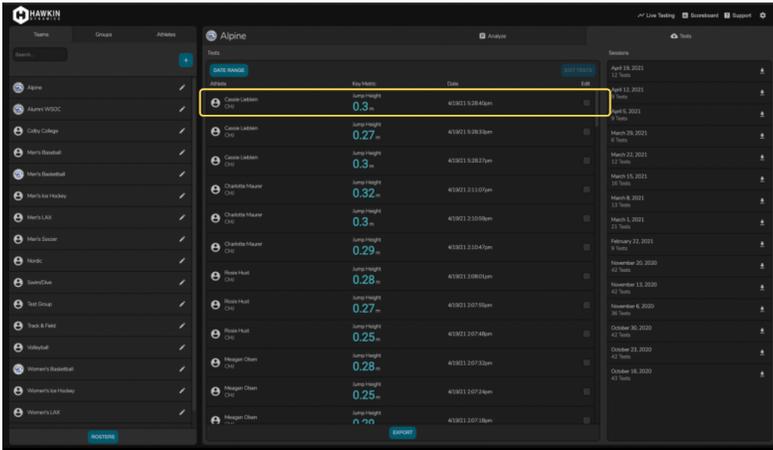
TESTS PAGE VIEW:

The tests are organized chronologically. To change this, click **date range** and filter which days you'd like to view. Click save and close once you have finished.



TESTS

REVIEWING A SINGLE TEST:



Clicking on a **individuals test** will allow you to visualize the test results on a force curve graph and show when change is occurring with the HD flagging system

HD FLAGGING SYSTEM:

YOU SELECT THE COMPARISON POPULATION FOR MONITORING > CHOOSE SELF & LAST 5 SESSIONS



- 0-1 STD (NO FLAG)
 - NO MEANINGFUL CHANGE
- ≥ 1 Standard Deviation improvement from the mean (YELLOW)
 - ↓ ↑
- ≥ 2 Standard Deviation improvement from the mean (GREEN)
 - ↑
- ≥ 2 Standard Deviation regression from the mean (RED)
 - ↓



TESTS

Click any **metric** to view a trend report for that specific metric. Filtering the date range is an option for this feature as well.



Visualize the curve:

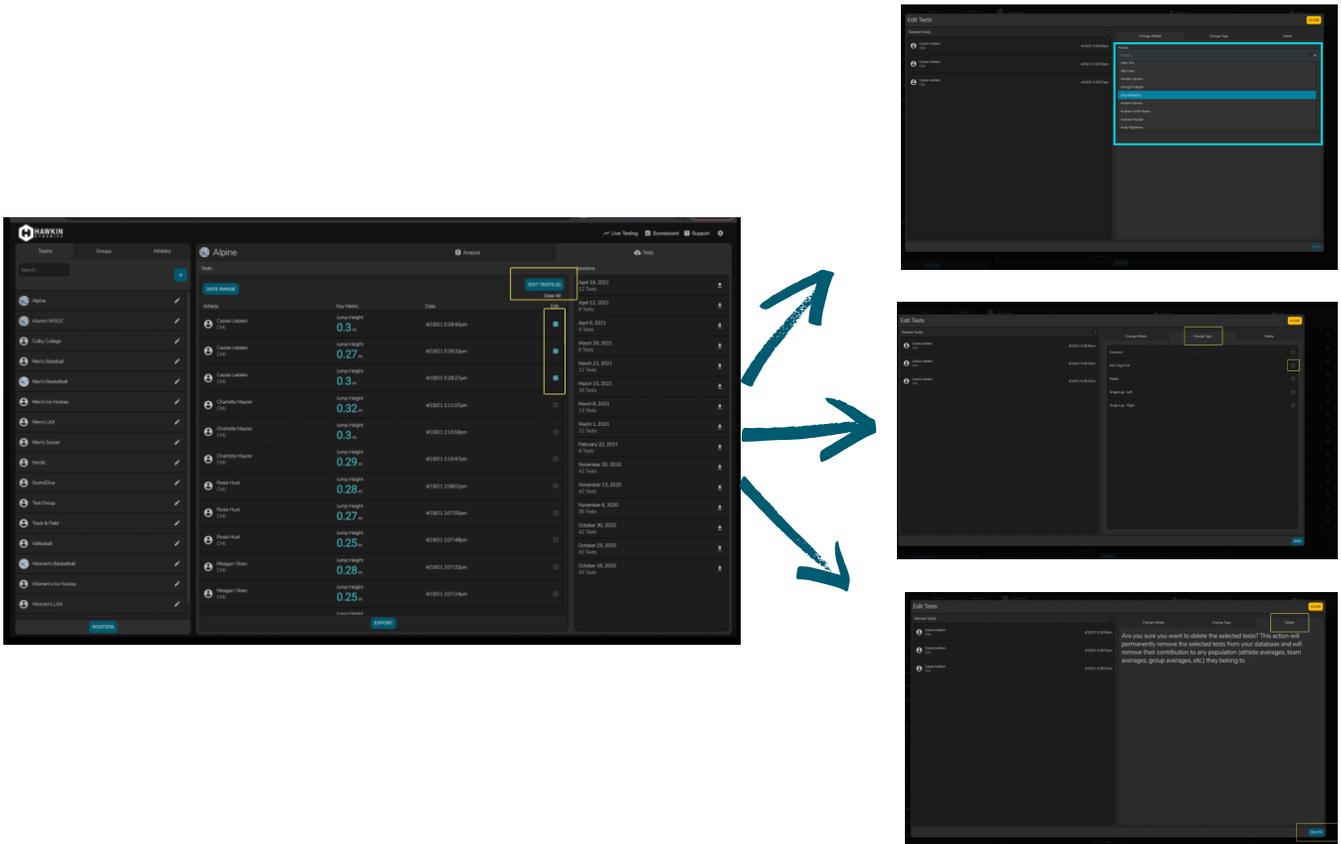
At the top left of the graph you can choose to view the force alone; or add in **velocity**, **displacement**, or **power**. You can also hover over the graph with the cursor to dive in deeper with more information.



TESTS

EDITING A TEST:

CHANGE ATHLETE, CHANGE TAGS, OR DELETE A TEST



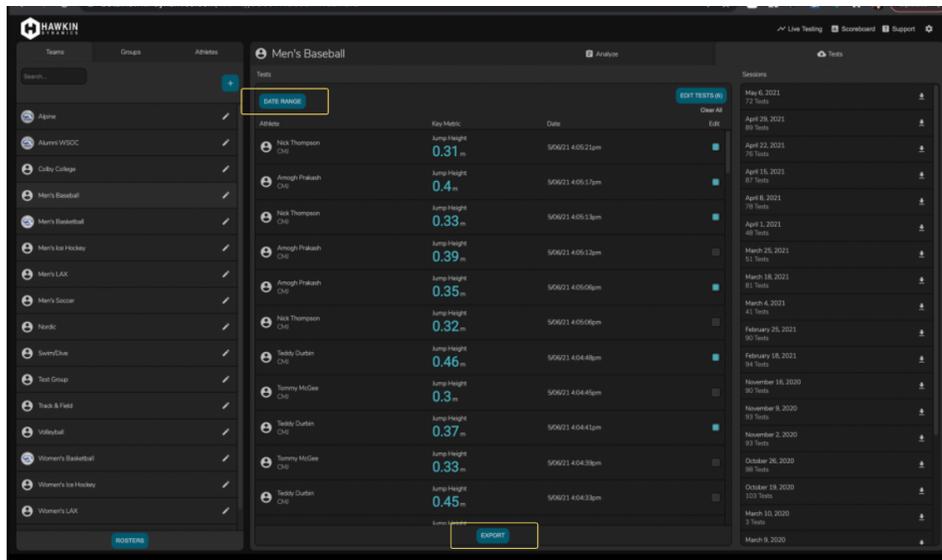
Click the box to check which test you want to edit (or click multiple boxes to edit more than one). Click "edit test" to change the athlete, tag, or delete the test.



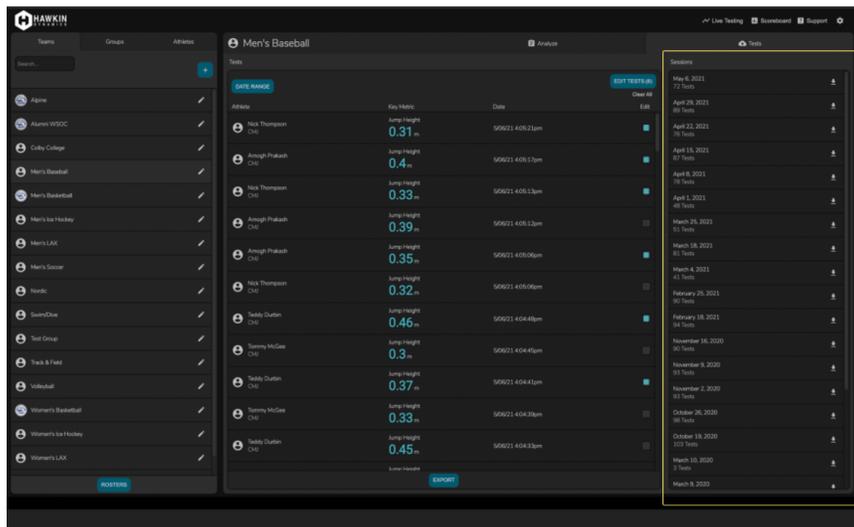
TESTS

EXPORTING A TEST:

Choose a date range and press "export", and have all of your tests exported into excel files filtered by test type.



Choose averages, tests, or both



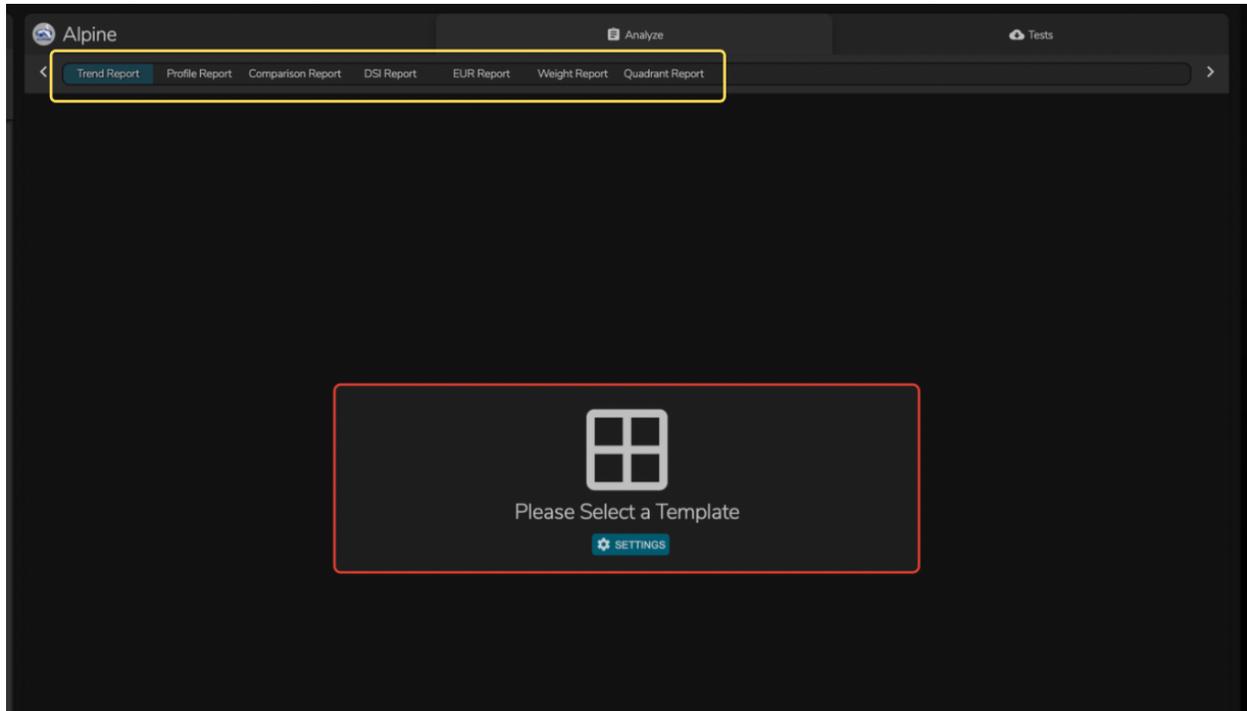
OR export a batch of tests from a session:



Choose the session and click the download button



ANALYZE REPORTS



PDF

***ALL REPORTS ARE
PRINTABLE
FOR QUICK
DISSEMINATION
ACROSS
YOUR ORGANIZATION.**

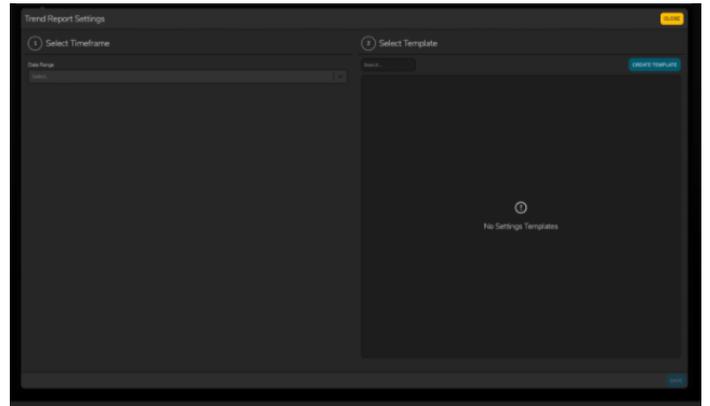
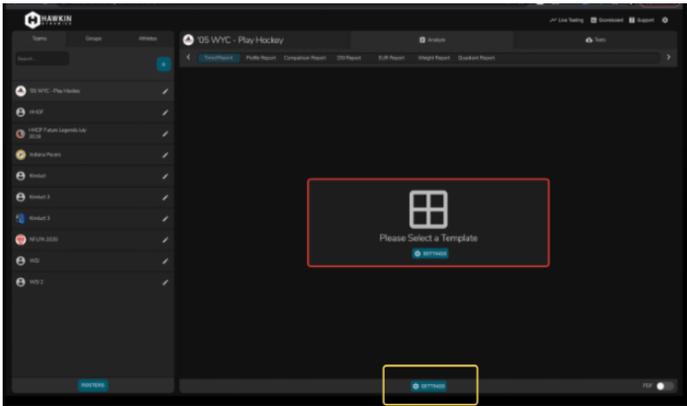
1. TREND REPORT (SCATTER PLOT W/
TREND LINE)
2. PROFILE REPORT (RADAR & BAR
CHART)
3. COMPARISON REPORT (TABLE W/ BAR
CHART)
4. DSI REPORT (SCATTER PLOT W/ TABLE)
5. EUR REPORT (SCATTER PLOT W/
TABLE)
6. WEIGHT REPORT (TABLE W/ FLAGGING)
7. QUADRANT REPORT (QUADRANT PLOT
W/ RANKING)



ANALYZE REPORTS

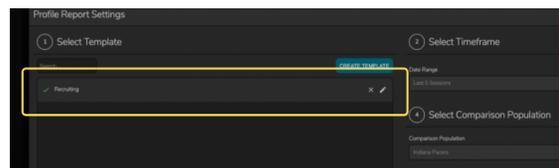
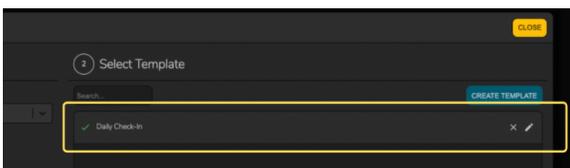
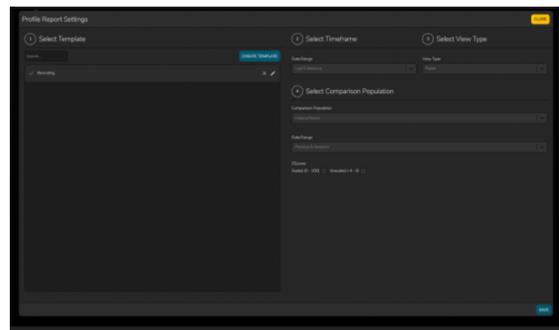
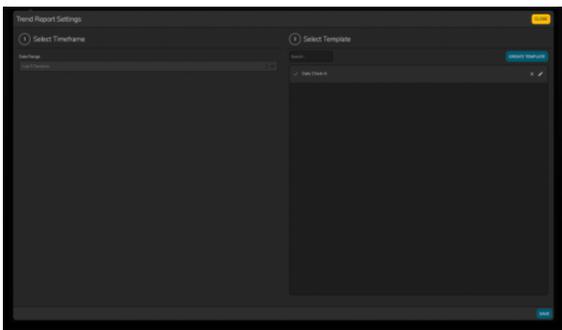
CREATING A REPORT: Click the settings button and **design** your report.

Create a template. Fill out the template information and add the metrics you want to analyze.



- DAILY MONITORING
- RECRUITING
- OFF-SEASON BUCKETING
- RETURN TO PLAY

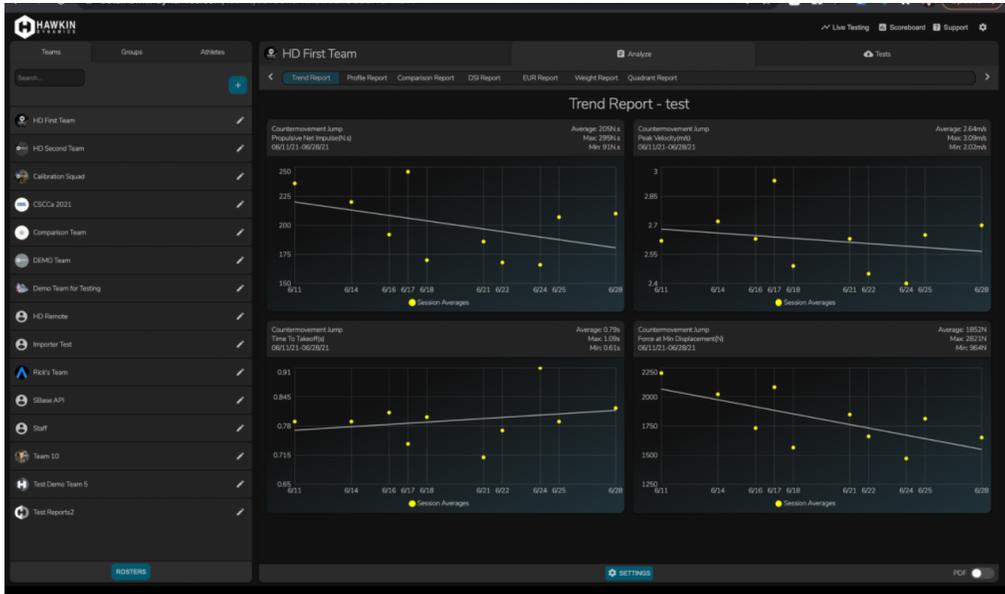
TEMPLATES:



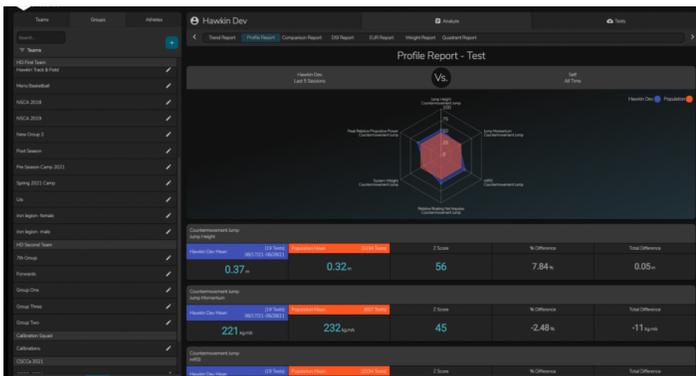
ANALYZE REPORTS

TREND REPORT:

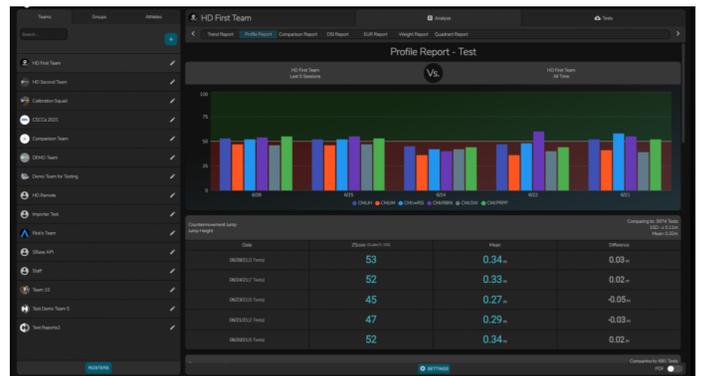
Scatter plot with a trend line. Average of the metric within the session.



PROFILE REPORT: Radar and Bar chart



RADAR



BAR



ANALYZE REPORTS

COMPARISON REPORT: Table with a bar chart.

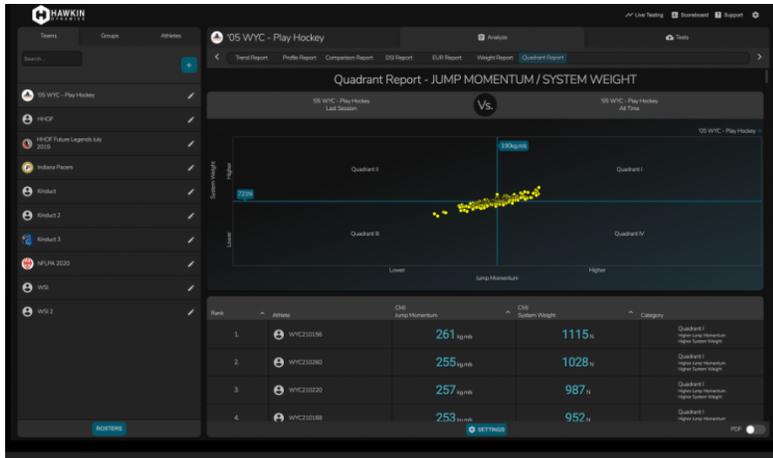


DSI REPORT: Scatter plot with table.



ANALYZE REPORTS

QUADRANT REPORT: Quadrant plot with ranking



EXAMPLE COMBINATIONS:

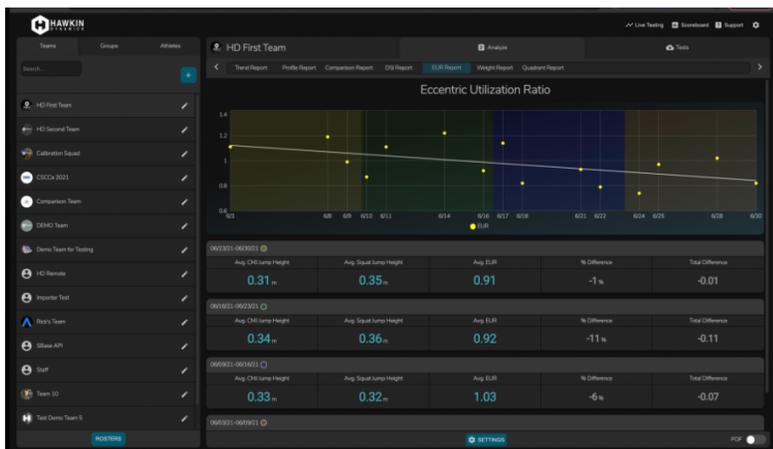
Jump Height ----> Time to Takeoff

Jump Momentum ----> System Weight

Jump Momentum ----> Braking Net Impulse

Peak relative Force -----> Modified RSI

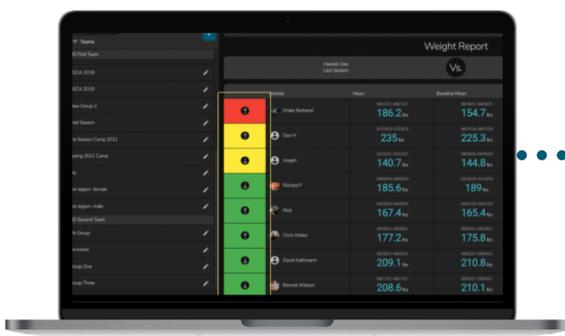
EUR REPORT: Scatter plot with table



ANALYZE REPORTS

WEIGHT REPORT: Table with flagging

Athlete	Mean	Baseline Mean	Change	Change %
Drake Barberet	186.2 lbs	154.7 lbs	31.5 lbs	20.4%
Dan H	235 lbs	225.3 lbs	9.7 lbs	4.3%
Joseph	140.7 lbs	144.8 lbs	-4.1 lbs	-2.8%
Richard F	185.6 lbs	189 lbs	-3.4 lbs	-1.8%
Nick	167.4 lbs	165.4 lbs	1.9 lbs	1.2%
Chris Wales	177.2 lbs	175.8 lbs	1.4 lbs	0.8%
David Kalfmann	209.1 lbs	210.8 lbs	-1.7 lbs	-0.8%
Bennet Watson	208.6 lbs	210.1 lbs	-1.4 lbs	-0.7%
Oliar W	239.9 lbs	238.3 lbs	1.6 lbs	0.7%



- 0 - 1.9% CHANGE (GREEN)
- 2.0 - 4.9% CHANGE (YELLOW)
- +5.0% CHANGE (RED)

*ARROWS CORRESPOND WITH CHANGE OF DIRECTION

BODYWEIGHT COLOR KEY



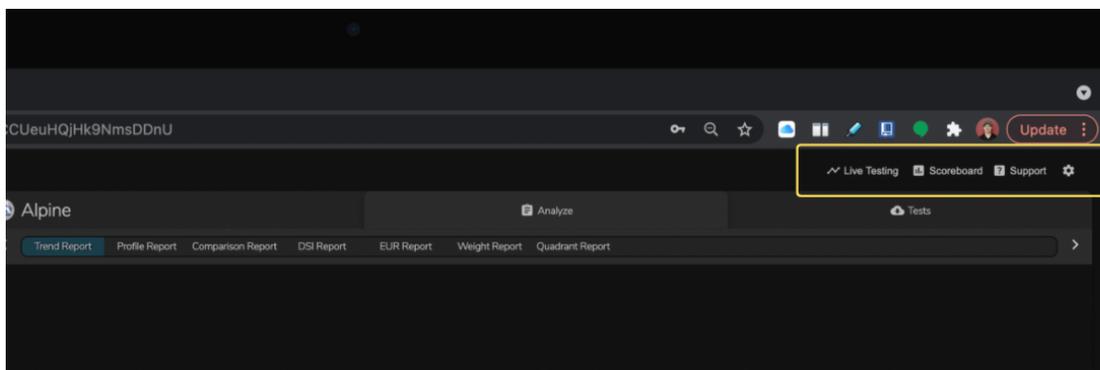
OTHER FEATURES

LIVE TESTING: See tests as they come

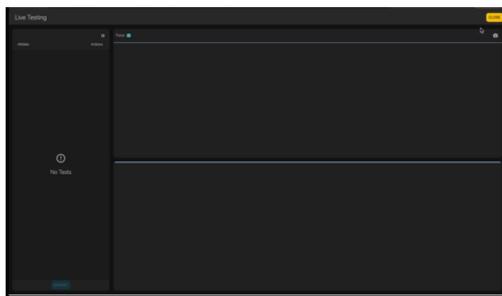
SCOREBOARD: Rank athletes per metric

SUPPORT: Help from us

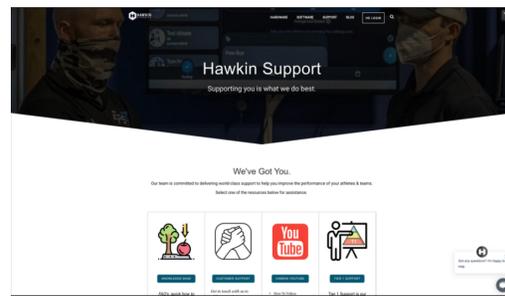
SETTINGS: Change/manage metrics, tags, users, emails, and logout.



LIVE TESTING



SUPPORT



SCOREBOARD



SETTINGS

