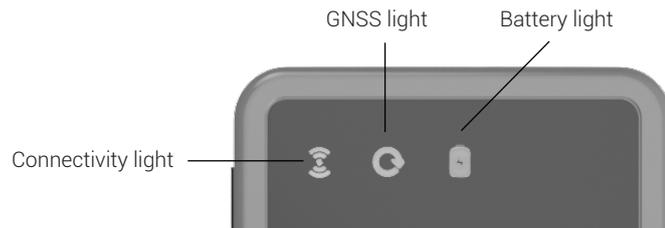# SPT2 GPS
USER GUIDE

GAMETRAKA
USER GUIDE

SPT™

CHARGE
THE GPS DEVICE

1 Connect the GPS to the computer (or external power source) via the USB cable. The GPS will be charged in approximately 60 minutes.
- The **GPS is fully charged** when the battery light turns to a solid blue (Fig 1).

USE
THE GPS DEVICE

GNSS light   Battery light

Connectivity light

1 Turn on the GPS by holding the multi function button for 1-2 seconds.
- The **GPS is on** when both the GNSS and connectivity lights are flashing together and the battery light flashes on its own (Fig 2).

2 Record a performance by securing the GPS in the SPT chest piece during physical activity.∗
- The **GPS is recording data** when the GNSS light turns green, the battery light turns green and the connectivity light flashes (Fig 3).
- The **GPS is low on data space** when the GNSS light starts to flash (Fig 4).
- The **GPS has low battery** when the battery light turns red (Fig 5).

3 Once finished, switch the GPS off by holding the multi function button for four seconds.
- The **GPS is off** once all the lights are off.

FIG 1   FIG 2   FIG 3   FIG 4   FIG 5

GPS is fully charged   *GPS is on*   *GPS is recording*   *GPS is low on data*   *GPS has low battery*

∗ The GPS will not be able to get a signal indoors or next to tall buildings.
   The GPS should not be full of data before use.

ADDITIONAL GPS
LIGHT INDICATORS

- The **GPS is charging** *when the battery light flashes blue.*
- The **GPS has less than 2 hours of battery life** *when the battery light flashes.*
- The **GPS is searching for more satellites to connect to** *when GNSS light is solidly red.*
- The **GPS only has 50% of data space left** *when the GNSS light flashes orange.*
- The **GPS is full of data space** *when the GNSS light flashes red.*
- The **GPS is connected and pairing with another device** *with the connectivity light is solidly blue.*
- The **GPS is broadcasting bluetooth** *when the connectivity light flashes blue.*

USE THE
BRIDGE APPLICATION

Bridge is an app that links computers to the GPS. This process needs to be completed in order to view, access and monitor the data recorded in the previous step.

1   Click here to download Bridge and install it on your computer.
(Compatible with Windows 10+ or Mac OS X v10.12+).

2   Plug the GPS into a computer (make sure the GPS is on) and open Bridge.
       i. Click **Download** - this will save a data file (carrying a .gps filename extension) into a folder
         on your desktop called 'SPT GPS Data'.
      ii. Once the download procedure has finished, erase the GPS to keep memory from getting full.

3   Create an account on www.gametraka.com (see next step).

SIGN UP
TO GAMETRAKA

1   Go to www.gametraka.com and fill out the form on the page.
If you have an invite code, add the code to join a team.

2   Click **Sign Up** on the right and fill out the additional information on the next page to continue.

UPLOAD A FILE
TO GAMETRAKA

1   Click **Upload** in the middle of the top navigation bar.

2   Click **Upload File** and select the **.gps** files on your computer that have been created by the Bridge application. It is possible to select multiple files.

3   The files will begin uploading in the panel on the left of the screen.
- They will go through 3 states - Uploading, Processing, Saving.
- Once Saving has completed, a short summary of the file will appear in the middle panel.

The following steps show how to assign the files to a Player and an Event.

ASSIGN A FILE
TO GAMETRAKA

1   Locate the file in the middle panel of the page. Select the Player that this file is for.
- As a Manager you can select any player in your Team.
- As a non-Manager you can only select yourself.

2   If an event already exists in the system, then select which event the file is for. If there are not any events, create a new event:
  i.   Click **Create a new event.**
  ii. Select which team you are creating this event for.
  iii. Select the Type (Game, Training or Other).
  iv. Select the Date.
  v.   Select the Location (Home, Away or Other).
  vi. Add an optional comment/opponent.
  vii. Click **Save.**

3   Once you've selected a Player and Event, click **Assign**. Performances will now be ready to view.

TEAMS
EXPLAINED

GameTraka allows players to be compared with one another. Every player in a team should have their own individual account (even in cases where the number players in a team exceed the amount of GPS units). There should not be multiple accounts per GPS device.

Team coaches or managers are able to upload GPS files into other user accounts that are in their team. Once each player has their own account they will be able to view the data for specific players. Their data will be saved and will always be attributed to them. Coaches/managers may also be administrators for more than one team.

As a player, you can add your own performances in all the teams that you belong in.
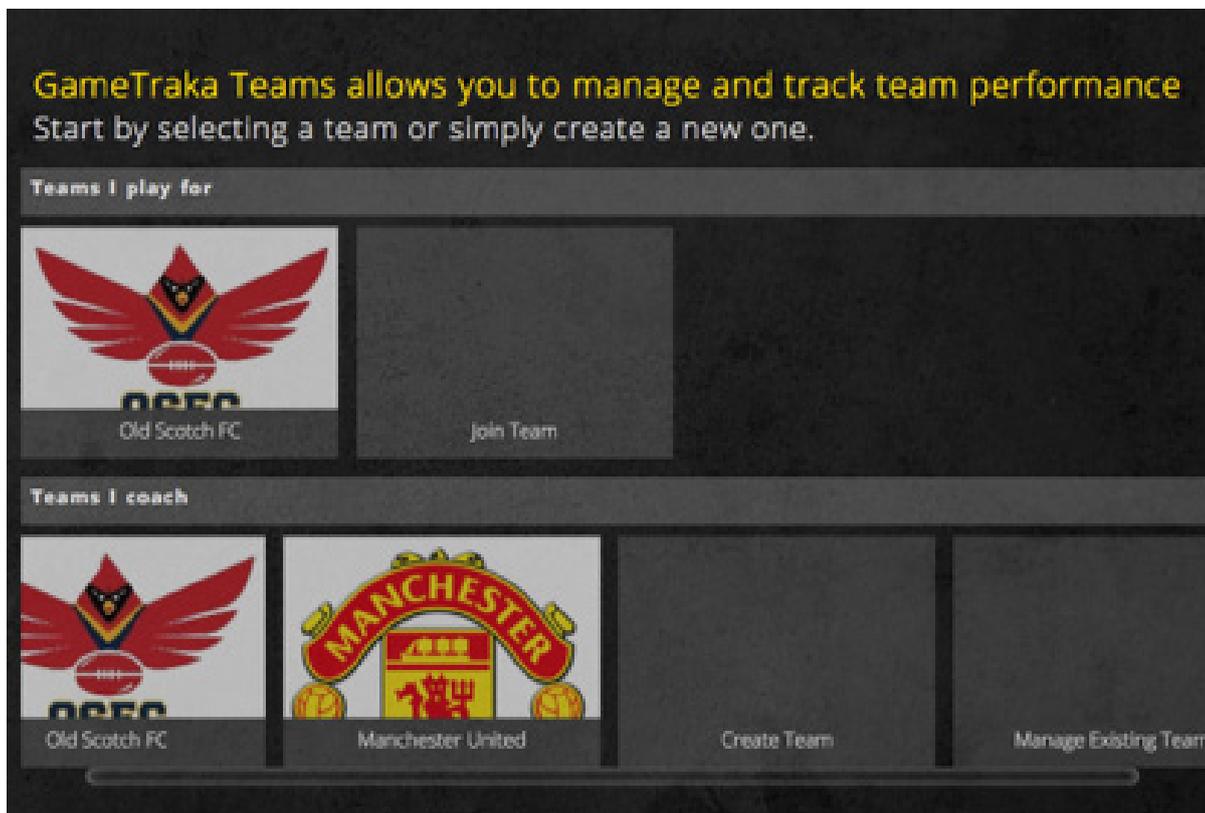
CREATE A TEAM
IN GAMETRAKA

1 Using the navigation at the top, click **Teams.**
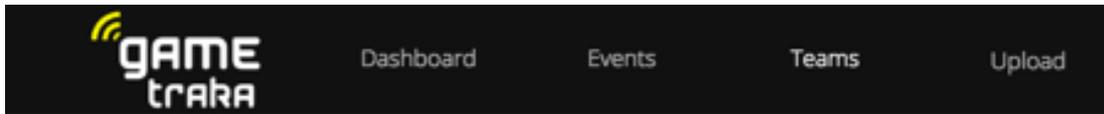
2 Navigate to **Create Team**. Fill out the information and **Submit.**

3 Add a team manager (administrator).
You need to be the team manager to add more managers, here are the steps:
  i.   Click **Teams** in the top menu.
  ii. Click on the team you manage and click **Settings** on the left-hand side of the page.
  iii. Scroll down to the **Manager Invite** section.
  iv. Enter the email address of the manager you would like to invite. Click **Invite**.

It is also possible to make a player a manager by going to the **Management** table, and clicking the **X** under the **Manager** field, for the player you want to assign.

ADD TEAM MEMBERS
IN GAMETRAKA

GameTraka works best when each player in your team has their own account. Players can be invited to join teams via email or an invite code. To invite via email or invite code:

1 Go to your Team Page by clicking **My Team** in the top menu.
In the centre column, there is a Team Summary box with your team information.
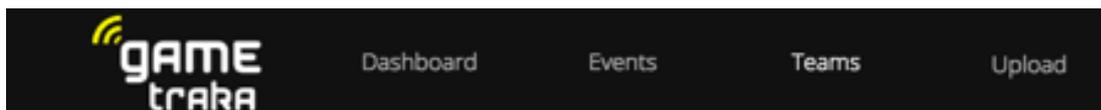
2 In the left-hand side column there is a Invite players box that has your team information in it.
To invite players with an invitation code, copy the code (4NLGPZ in the example below) and give that to your players.
To invite players via email, enter the players' email in the **E-mail** box.
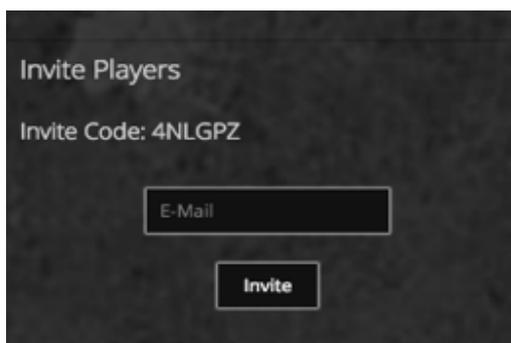
PERFORMANCE
EXPLAINED

My Performances is a personal summary of activity.

History: A list of performances over time. Clicking on the buttons at the bottom of the graph will show Distance, Intensity, Top Speed or Zone 6. Clicking on the bars illustrate a detailed breakdown.

Personal Bests: This shows personal bests for Total Distance, Intensity, Top Speed and Zone 6. These values are updated every time a performance is uploaded with a better score.
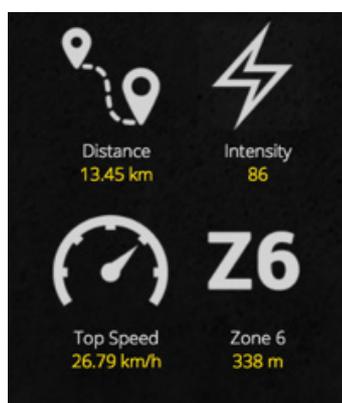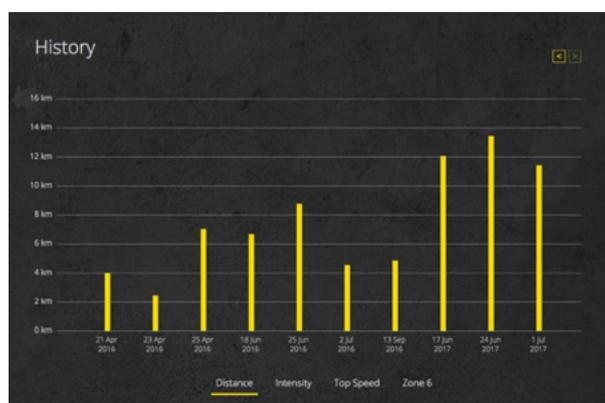
ADD SEGMENTS
IN A PERFORMANCE

GameTraka allows segments to be added either **automatically** or **manually**.

Adding segments automatically is useful if you are unsure about when a game started or stopped - the tools will make an estimate which can then be adjusted later. This is the fastest way to add segments to an event.
Adding segments manually allows complete control over where game halves (or quarters, or periods) start and end.

To add segments automatically:

1   Navigate to the Events page.
        Choose a team and click on the event of the performance you want to create a segment for.

2   Click **Generate Segments** and GameTraka will use algorithms to determine where segments
        should be created for your event.

To add segments manually:

1   Navigate to the details of any performance and click on a performance.

2   On the left side bar, click **Create Segments**. An editing tool will open (Fig 6)
        i.   Click **Add a New Segment** to create a custom segment.
            OR click **Quick Add** to create a segment of a pre-determined size.

    Creating a new custom segment will highlight the whole performance.
        i.   Change the selection by dragging either end of the selector.
            OR edit the 'Start' or 'End' times manually. An editing window will open (Fig 7).
        ii. Ensure the segment has a name.
        iii. Click **Finish** when you're done.

FIG 6
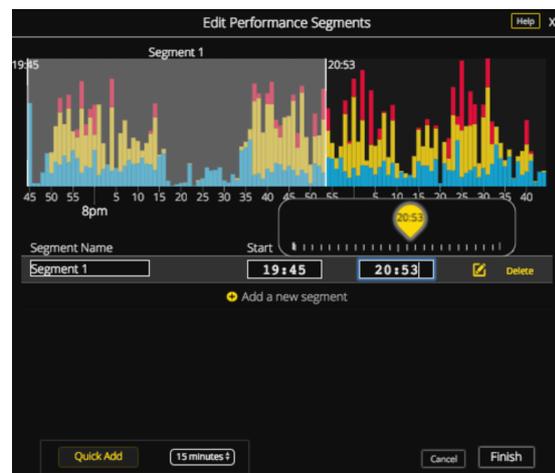
FIG 7

TRIM SEGMENTS
IN A PERFORMANCE

1   Navigate to the detailed view of your performance by clicking on a performance.
    Click **Trim** in the left hand control panel. A window will appear with the editing tools.

Using the editing tools:

2   Click and drag to select a segment to cut out. Multiple selections can be selected.
       • Double click on a selection to bring it back.
       • Hovering on **View Selection** will show the sections that are being removed.

3   Once you are happy with your selection, click **Delete** to permanently remove it.

TOGGLING
IN A PERFORMANCE

The Toggle feature allows users to break down their performances into specific time intervals and speeds.

To Toggle between time intervals:

1   Navigate to the details of any performance and click on a performance.

2   In the right hand corner of the stacked graphs, (Fig 8) click the Toggle towards **5 min** to see a breakdown of performance in 5-minute intervals. Conversely, click the Toggle towards **1 min** to see a breakdown of your performance in 1-minute intervals.

To Toggle between speed thresholds:

1   Navigate to the details of any performance and click on a performance.

2   Scroll down to the Heatmap section (Fig 9). In the right hand corner of the Heatmap, Toggle towards **Zone** to see performance distances broken down into 6 speed zones – Zone 1 to Zone 6. Conversely, Toggle towards **Speed** to see your performance distances broken down into Walk, Jog, Run and Sprint.
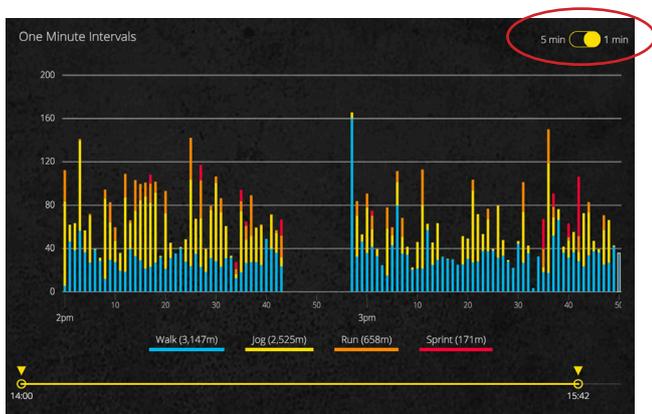

FIG 8

FIG 9

USING
HEATMAPS

Heatmaps show a bird's eye view of how much time an athlete has spent on a particular section of the field.
To view Heatmaps for a performance:

1   Navigate to the details of any performance and click on a performance.

2   Scroll down to the bottom of the page to view the Heatmaps section. Use the Toggle feature (described in the previous section) to view Heatmaps and speed zones or Walk, Jog, Run and Sprint efforts.

It is also possible to view Heatmaps based on the quarters or halves of a game or training session by scrolling up and selecting a Quarter or Half in the Segments section.

Green areas indicate that a very short amount of time has been spent in that the area of the field.
Yellow areas indicate that a short amount of time has been spent in that the area of the field.
Orange areas indicate that a long amount of time has been spent in that in the area of the field.
Red areas indicate that a very long amount of time has been spent in that the area of the field.
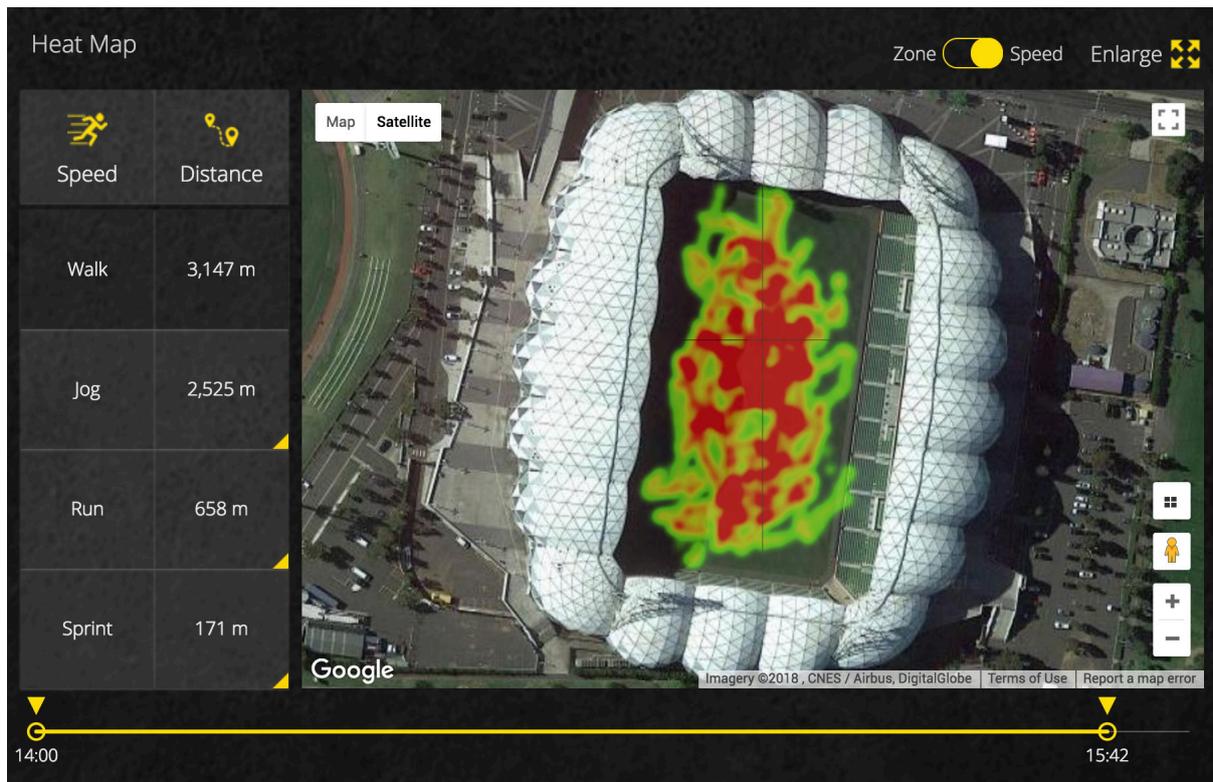
ABOUT GAMETRAKA
METRICS

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 throughout the performance.

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.