

Before: Manual Process

After: Assisted by TritonWear

Collecting Data & Giving Feedback



Data for 1, advice for all



Data for all, individual advice

Athlete Interaction



Show up, swim sets,
go home, repeat



Bring ideas, test in practice,
review data, repeat

Making Changes



Generic advice:
Swim harder, faster
turns, stronger pullouts



Precise strategy:
longer, stronger
strokes in 3rd lap

Results



Exhaustion,
Frustration,
Dis-engagement



Medals,
Broken records,
National qualifications



The use of the TritonWear technology helped us find inefficiencies in our swimmers we could not see otherwise. Changes made with this data helped lead to multiple Junior National Records being broken by my swimmers!

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