HAWKIN DYNAMICS CLOUDGUIDE



1 Logging Into the Cloud

Enter the login credentials for your account. After login, you'll be directed to the **Team Management** page. On this page you can select which team you'd like to view, create a new team, and manage access to your teams. 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 under a specific team.





2 Dashboard

After you've inputted your credentials and clicked "View Team" you will be directed to the Cloud Dashboard. Here you can see your team and athletes, filter athletes by group or team, view individual sessions, and export data. A "Session" is defined as any day on which data was collected.

Havkin Dynamics x	▶ ##Mindynamics.com/teams/ou/30hcHwldw38b	UCSoNaNBurt/dashboard					 • • • •	
🚯 HawkinDyna	Dashboard	Manage	Activity Feed	15 Scoreboard				
0	ID Demo Team	Filter All Tests		I V NEW FILTER				v
MIN	10 Demo Team	Tests					Test Count 6	658
Sessions		Athlete	Type	Key Metric	Tags		Date	_
Date		Andrew Travia	Free	Peak Force 1051 N			Jul 3rd, 19 09:13:07am	
July 5th, 2019	1	Andrew Travis	Free	Peak Force 1044 N			Jul 3rd, 19 09 12 05am	
July 3rd, 2019	1	Andrew Travis	Free	Peak Force 1102 N			Jul 3rd, 19 09:11:57am	
July 2nd, 2019	1	Carl Sorry	GMU	Jump Height 0.3 m			Jul 3rd, 19 09:00:16am	
July 1st, 2019	<u>+</u>	Carl Sorry	Free	Peak Force 1088 N			Jul 3rd, 19 09:00:07am	
lune 28th, 2019	±	Cal Sorry	Free	Peak Force 1074 N			Jul 3rd, 19 09:00:03am	
lune 27th, 2019	±	Californy	Free	Peak Force 1093 N			Jul 3rd, 19 09:00:00am	
June 26th, 2019	1	S Cat Sorry	Free	Peak Force 1051 N			Jul 3rd, 19 08:59 55am	
June 25th, 2019	<u>+</u>	Carl Sorry	Free	Peak Force 1051 N			Jul 3rd, 19 08:59:53am	
June 24th, 2019	1	Cat Serry	Free	Peak Force 1046 N			Jul 3rd, 19 08:59 51am	
June 22nd, 2019	<u>+</u>	at Sorry	Free	Peak Force 1048 N			Jul 3rd, 19 08:59:49am	
June 21st, 2019	<u>+</u>	🖒 Carl Sorry	Free	Peak Force 1052 N			Jul 3rd, 19 08:59:44am	
June 20th, 2019	<u>+</u>	Andy B	Free	Peak Force			Jul 3rd, 19 00:59:21am	
June 19th 2019	<u>.</u>			EXPORT 6658				_



3 Manage Team

To manage your team, Click the "Manage" button on the upper navigation bar. On this page you can add new athletes individually or en masse via an excel import, create and manage groups, and edit athlete information.

🤃 Hawkin				Dashboard	😫 Manage	Activity Feed	il. Scoreboard	e
0	HD Demo Team	٥	Athletes Q					
MATION	no beno ream		Athlete	Position	Last	ested		Ac
Groups Q		0	💮 Rich Quinniplac	Guard	April 3r	1, 2019		,
roup	Members	Actions	😨 Rehard F	Sales	Februa	y 14th, 2019		1
orwords	6	a /	Rehie Marcos	no position	Februa	y 20th, 2019		
awkin Dev	22	=/	💮 Rohnda	Forward	Januar	306, 2019		
mo Basketball	6	a /	Sam		Januar	2nd, 2019		
9CA 2018	11		Shergo Kundi	Gatf	Februa	y 18th, 2019		
ow Population Group	4	a./	Can Stuart		June 2	th, 2019		
nt	1		S Ted Locy		Februa	y 188, 2019		ļ
			S Tevin C		Januar	2nd, 2019		1
			C Thomas Dendrien		Februa	y 180, 2019		,
			<u></u> тіт		Februa	y 13th, 2019		ļ
			Tommy		June 2	nd, 2019		
			(L) Tommy		Februa	y 7th, 2019		

4 Activity Feed

To view data as it comes into the system, click the "Activity Feed" button on the upper navigation bar. The activity feed will populate in real-time as tests come in (as long as the phone running testing is connected to a network). You can view metrics for tests in the bottom right portion of the screen, edit which metrics are displayed by clicking the gear icon in the upper corner of the metric box, edit the z-scores to compare against any athlete.

5 Edit Metrics

To edit metrics, click on the gear icon in the middle right section of the screen—this will bring up the metric settings page. You can adjust which metrics are displayed for each test type. Rest assured, all metrics will still calculate for every test—this feature only edits which metrics are displayed. On subsequent exports of calculated values, only the metrics you select will be included in excel documents exported from the system.



Hawkin Dynamics x +			- a ×	
← → C △ ● https://doud.hawkindynamics.com/settings/metrics			er 🚖 🌄 💿 🖬 🥥 🗄	
🚯 HawkinDynamics			Θ	
Test Metric Settings Globally configure what test metrics are	Countermovement Jump	ALL NONE EAVE		
shown for each test type.	Avg. Braking Force	Avg. Braking Power (3)	Arg. Braking Velocity ()	
Use Imperial System	-			
Test Types	Avg. Landing Force ()	Avg. Propulsive Force 🕥	Aug. Propulsive Power 🕥	
Type	Avg. Propulsive Velocity	Avg. Relative Braking Force 🕢	Arg. Relative Braking Power 🕃	
CNJ Rebound	-			
Counternovement Jamp	Avg. Relative Propulsive Force ①	Avg. Relative Propulsive Power ()	Backing Impulse ()	
Drop Jump	Braking Net Impulse 🕢	Braking Phase 🕢	Braking Phase % 🔘	
Fere Run	Broking RFD ()	Countermovement Depth ()	Flight Time ()	
Isometric Test	Impulse Ratio	Landing Stiffness 🕢	LIR Aug. Braking Force 🕢	
Multi Rebound	LIR Avg. Braking RFD ()	Lift Avg. Landing Force (3)	LiR Avg. Propulsive Force 🕢	
Squat Jump				
	LIR Braking Impulse Index ()	LIR Landing Impulse Index ()	LJR Peak Braking Force 🕢	
	LIR Peak Landing Force ①	LIR Peak Propulsive Force 🕕	LIR Propulsive Impulse Index ()	
	Peak Braking Force 😮	Peak Braking Power 🕢	Peak Landing Force 🕢	
	Peak Propulsive Force 🕢	Peak Propulsive Power 🛈	Peak Relative Braking Force 🛈	
	Peak Relative Braking Power 🕢	Peak Relative Propulsive Force 🕢	Peak Relative Propulsive Power ()	



6 Scoreboard

Click on the "Scoreboard" button in the upper navigation menu to see how your athletes compare for different metrics. You can filter the scoreboard by metric, with tags, by jump type, and either all time or for a specific session/custom date range. To make the scoreboard populate you must first make sure you select a date range, test type, metric, and any tags (if applicable).

HawkinDynam	ics		Dashboard	🖪 Manage 🛛 🗛	Activity Feed d. Scoreb
board ne			🗂 🛓 🗌 Countermovement Jump	U Jump Height	∨ Teps.
Ras	had D	Ben V	latson		Ash
	1st		2nd		3rd
	0.7 m	A.c.	0.59 m	A PRIM	0.58 m
Caesa	r Gomez	Cas	ey D	OI	iver W
0	4th	\sim	5th		6th
\bigcirc	0.57 m		0.56 m		0.56 m
Carl	Sonny	D	an	Richi	e Marcos
\mathbf{S}	7th	()	8th		9th
	0.5 m		0.48 m		0.48 m
Andrew Travis		Alde	en W	Te	evin C
	10th	C.2-1	11th	\sim	12th
	0.47 m		0.46 m		0.45 m
Da	in H	Jas	on M	Antoni	io Roberts
	13th		14th		15th

7 Tags

To edit which tags are available for data collection, click on the icon in the upper right hand corner of the screen and select "Tags." On this page you can add new tags, and edit/disable active tags for use in the Hawkin Capture App. This function gives you an option to exclude weight and exclude from Aggregates—it is recommended that you "Exclude Weight" any tags that involve loaded movement so that it doesn't throw off the running system weight for an athlete.

Hawkin Dynamica x +					- D >
← → C △ ● https://cloud.hewkindynemics.com/tej	5				* 🐴 🛛 🖬 🔕 🗄
🚯 HawkinDynamics					e
Tagsq					+
Name	Description	Exclude Weight	Exclude From Aggregates	Disabled	Edit
Squit		False	False	False	1
Skater Jump		False	False	True	1
Hang Clean		False	False	True	/
Harrating		False	False	False	/
Upper Body		True	True	False	/
45 lbs		True	True	True	1
Mid Thigh Pull		True	True	False	/
Eyes Closed	An eyes closed condition for any test	False	False	False	1
45KG		True	True	True	1
High Pull		True	True	True	1
Single Leg - Right		True	True	False	/
Excluded		True	True	False	/
Weighted - 20%		True	True	True	/
Weighted - 10%		True	True	True	1
test		True	True	True	1
Arm Swing		True	True	False	1
93 KG		False	False	True	1
45 KG		False	False	True	1
Push Up		True	True	True	1

