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1. **Create an Account**  
After installing **QSA RPE©** you will need to create an account.  

![Register button](image)

You will need to click on the **Register** button.  
Alternatively, Quantum Sports Analytics can create you an account, and communicate you your Login and Password. You can ask for a specific Login name if needed.

2. **Login**  
Once you have your credentials, enter your Login name and Password, and hit **Login**.  
Note: you have the possibility to Login quicker next time by checking the **Remember me** box under the password line.

3. **My Account**  
If you have a **Team** account, you can create a Team. The maximum number of Teams you can create depends on your subscription details, but in theory there are no limits.
On **My Account** screen, you can select the **questions** you want to ask your players. All questions are selected by default.

On the same screen, you can access information:
- About your **membership**
- About **Quantum Sports Analytics**

Finally, you can also **Log Out**.

4. **Create a Team**

Simply press the **+** button.

You will then access the team creation page.

<table>
<thead>
<tr>
<th>Team Name</th>
<th>Borussia Dortmund</th>
</tr>
</thead>
<tbody>
<tr>
<td>Team logo</td>
<td>logodortmund.jpg</td>
</tr>
<tr>
<td>Sport</td>
<td>Football</td>
</tr>
</tbody>
</table>

Add a **Team Name, Logo** (if you have a picture to upload) and select the **Sport**. Selecting the Sport will have an impact later when creating Players.

Validate this page to go back to **My Account**.

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5. **Create a Player**

After a Team is created, you can add **Players** to it. To do so, go to the **Profiles** section:

![Profiles section](image)

Simply press the + button:

![Profiles + button](image)

You will need to enter the following information:

- **First name**
- **Last name**
- **Sport**: automatically filled by the Sport chosen on the Create a Team screen
- **Position**: choose a position within the available options (choices depend on Sport chosen)
- **Team Name**: automatically filled by the Sport chosen on the Create a Team screen
- **Date of Birth**
- **Age**: (automatically calculated)
- **Email**: player email address
- **Picture**: player picture (if any)

Validate to create your player and come back to **Profiles**. You can then create as many **Players** as allowed by your subscription for your **Team**.

6. **Training**

   A. **Create a Training Session**

You land on the **Training History** screen.
You can see past training sessions and add a new one.

To add a new session, simply press the + button:

Enter the following information:
- **Date**
- **Time**: from (hour) to (hour)
- **Duration**: will be automatically calculated (in minutes)
- **Training type**: select a training type in the list
- **Description**: add a text to give more details about your session

Validate to create the session and come back to the **Training history** section.
Your new session is now available to use!

### B. Pre-training use

Before training, select today’s training and click on **Pre-training**.

- You can then hand out the application to your players, and they can answer the Pre-training questions!
  - Players will answer to questions on sleep, DOMS, fatigue, stress, mood and recovery

### C. Post-training use

After training, select today’s training and click on **Post-training**.

- You can then hand out the application to your players, and they can answer the Post-training questions!
  - Players will answer to the RPE question (“how difficult was today’s session?”)
  - If a player is absent: the coach can access the player form and select “Did not attend” and add a reason!

### 7. No Training today?

**Rest** is essential in training. You need to record every session where no session was held.

To do so, you need to create a new Training, and, on the creation screen, enter:
- **Date**
- Then click on **No session** to automatically register a blank session – Rest values will be assigned to all your players at once!
8. **Dashboards**

A. **Main page**

On the Main page, you will find your Team and the indexes for each player. Each index is calculated and is a direct application of the Foster* method.


- **Load Stress index**: how a player accepts the training charge compared to his own training charge over the past calendar week. Find out instantly whether your player training is “Adapted”, going Low to Too Low, or inversely, High to Too high! Adapt you training in consequence to optimize your player performance.

  ![Load Stress Index](image)

  - TOO LOW
  - LOW
  - ADAPTED
  - HIGH
  - TOO HIGH

- **Recovery index**: how a player recovers from the last training session. If recovery is not good enough, average, or good, you will see that instantly!

  ![Recovery Index](image)

  - VERY GOOD
  - GOOD
  - AVERAGE
  - BAD
  - VERY BAD

- **Well-being index**: how a player feels. If anything is wrong, it is maybe time for a chat with your player!

  ![Well-being Index](image)

  - VERY WELL
  - WELL
  - AVERAGE
  - BAD
  - VERY BAD

Also, find out instantly Injured, Sick players! As well as the ones who are absent for other reasons!
These indexes and values are automatically updated (you need a Wi-Fi connection).

B. Player views
To know more about a player, click on him to enter his particular dashboard profile!

i. Player vs. Player
The Player vs. Player view shows the evolution of the Player 3 indexes over time. You can see historical values for each index (line charts).

ii. Player vs. Team
The Player vs. Team view shows the evolution of the Player sleep, DOMS, fatigue, stress, mood and recovery over time. In dotted line, you can see the Team average for these parameters, to have an instant Player vs. Team comparison over time!

9. Help

![Help Icon]

The help section displays definitions (questions asked, link to this user guide, and more).