

Welcome back, Coach

Here's what's happening with your teams today.

+ New team

↗ Track performance

👤

Teams

6

📅

Fixtures

12

📋

Programs published

4 / 7

🔗

Sessions

23

Upcoming fixtures				View all fixtures >	
	Chennai Falcons FC	VS		Bengaluru Strikers	📅 Sat, 24 May 16:00 ● League >
	U18 Eagles	VS		City Academy	📅 Sun, 25 May 10:00 🏆 Cup >
	Riverside FC U16	VS		Dynamos FC U16	📅 Sun, 25 May 15:30 ● League >
	Warriors FC Reserves	VS		United FC Reserves	📅 Mon, 26 May 18:45 ● League >

Recent activity

View all

📋

Strength & Conditioning program published for Riverside FC U16

2h ago

👤+

New player Arjun Nair added to U18 Eagles

5h ago

📅

Fixture vs City Academy updated to Sun, 25 May 10:00

6h ago

📈

Performance report generated for Riverside FC

1d ago

🔗

Session completed Match Review – U16

1d ago

Teams

Squads, club sides, academy groups and esports rosters

All sports

All statuses

New team

CHENNAI FALCONS  Chennai Falcons FC Football Active Age Group Senior Men Season 2024-25 14 members	EAGLES U18  U18 Eagles Football Active Age Group Under 18 Season 2024-25 14 members	RIVERSIDE FC  Riverside FC U16 Football Forming Age Group Under 16 Season 2024-25 14 members
WARRIORS FOOTBALL CLUB  Warriors FC Reserves Football Active Age Group Senior Men Season 2024-25 14 members	CITY ACADEMY  City Academy Basketball Active Age Group U18 Season 2024-25 14 members	COASTAL SHARKS  Coastal Sharks Esports Forming Age Group Open Season 2024-25 14 members



Chennai Falcons FC

Football • Senior • Season 2026 • Nehru Stadium

Edit

Archive

Roster (14)

Add member

Player	Role	Position	Jersey #	Status	
 Arjun Nair	Captain	Striker	9	Active	
 Rahul Menon	Player	Winger	11	Active	
 Vikram Iyer	Vice Captain	Midfielder	8	Active	
 Aditya Krishnan	Player	Defender	4	Active	
 Imran Khan	Player	Goalkeeper	1	Active	
 Sanjay Prakash	Player	Defender	5	Injured	
 Karthik Sharma	Player	Midfielder	10	In Progress	

Fixtures (3)

[View all](#)



Sat, 10 May 2026
7:30 PM

 Chennai Falcons FC

Nehru Stadium

VS



Bangalore United

Upcoming



Sat, 17 May 2026
7:30 PM

 Chennai Falcons FC

Hyderabad Arena

VS



Hyderabad City FC

Upcoming



Sun, 24 May 2026
7:30 PM

 Chennai Falcons FC

Nehru Stadium

VS



Kerala Blasters FC

Upcoming

Dashboard

Teams

Fixtures

Standings

Programs

Sessions

Performance

India Football Club
Pro Plan

Help & Support

Settings

New team

Team name

Enter team name

Sport

Football

Status

Forming

Age group

U-16 (Under 16)

Season

2024-25

Home venue

Jawaharlal Nehru Stadium, Bengaluru

Description

Add a short description about the team...

0 / 300

Tags

Bengaluru

Youth Development

Grassroots

Add tag and press Enter...

Add relevant tags to help organize and find this team easily.

Cancel

Create team

Dashboard

Teams

Fixtures

Standings

Programs

Sessions

Performance



Mumbai City FC

ISL

Mumbai, India

Overview

Squad

Staff

Stats

28

Members

24

Players

|

4

Staff

Search members...

All roles

Member



Greg Stewart

greg.stewart@mumbaicityfc.com



Lallianzuala Chhangte

chhangte.lal@mumbaicityfc.com



Mehtab Singh

mehtab.singh@mumbaicityfc.com



Mohammad Nawaz

nawaz.m@mumbaicityfc.com



TP Rehenesh



Mumbai City FC

Professional

Add member

Search users by name or email

arjun



Vignesh T.V

vignesh@burdenoff.com



Arjun Nair

arjun@burdenoff.com

Display name

Enter display name

Role

Player

Position

Select position

Jersey # (Optional)

Enter jersey number

Cancel

Add member

Role

Position

Jersey #

Player

Forward

10

Player

Winger

7

Player

Midfielder

18

Player

Defender

2

Player

Goalkeeper

1

🏠 Dashboard

👤 Teams

📅 Fixtures

🏆 Standings

📖 Programs

🔗 Sessions

📊 Performance

⚙️ Settings

❓ Help & Support

Training programs & drill libraries

Create, manage and share programs with your teams.

+ New program

🔍 Search programs...

⚽ All sports ▾

📊 All levels ▾

◯ All statuses ▾

⌵ Most recent ▾

Beginner

● Published



Pre-Season Conditioning

⚽ Football

8 weeks • 12 drills

CO

Coach Owen

Updated 2d ago

Intermediate

● Published



Speed & Agility Block

⚽ Football

8 weeks • 12 drills

JR

Coach Johnson

Updated 3d ago

Advanced

● Draft



Strength & Power Phase

🏋️ Strength

8 weeks • 12 drills

ML

Coach Lewis

Updated 1d ago

Elite

● Published



Goalkeeper Handling

⚽ Football

8 weeks • 12 drills

KP

Coach Price

Updated 5d ago

Beginner

● Published



Youth Fundamentals

⚽ Football

8 weeks • 12 drills

SN

Coach Singh

Updated 4d ago

Intermediate

● Draft



Small Sided Games

⚽ Football

8 weeks • 12 drills

AM

Coach Miller

Updated 6d ago

Advanced

● Published



Tactical Positional Play

⚽ Football

8 weeks • 12 drills

PC

Coach Carter

Updated 2d ago

Elite

● Draft



Sports Performance Mindset

🧠 Mental Performance

8 weeks • 12 drills

DR

Dr. Roberts

Updated 1w ago

<

1

2

3

...

8

>

Showing 1–8 of 56 programs

← Back to Programs

Pre-Season Conditioning

Football · Intermediate · 8 weeks

Published

May 20 – Jul 14, 2024

↕ Publish / Archive

Overview

Drills

Schedule

Athletes

Resources

Notes

Drills (12)

+ Add drill

Week 1

6 drills

#	Drill	Type	Duration	Intensity	Actions
1	Interval Sprints 5 sets × 6 reps · 30s work / 60s rest	Speed	24 min		...
2	Agility Ladder Drills 4 sets · 45s work / 45s rest	Agility	18 min		...
3	Bodyweight Circuit 3 rounds · 8 exercises · 40s work / 20s rest	Strength	28 min		...
+ Add drill					

Week 2

6 drills

1	Tempo Runs 4 sets × 800m · 2 min rest	Endurance	30 min		...
2	Change of Direction Drills 5 sets · 30s work / 30s rest	Agility	20 min		...

Book session

Schedule a new training or coaching session.

Coach

VT

Vignesh T.V (You)

Team *

Chennai Falcons FC

Athlete *

Arjun Nair · #9

Title *

Strength & Conditioning Session

Type *

In Person

Online

Hybrid

Program *

Pre-Season Strength Program

Scheduled at *

24 May 2025, Saturday · 07:00 PM

Duration (minutes) *

90

Location *

Falcons Performance Centre, Chennai, Tamil Nadu

Cancel

Book session

Dashboard

Teams

Fixtures

Standings

Programs

Sessions

Performance



1:1 Sprint Technique

Confirmed



Requested

Tue 8 Jul, 09:15



Confirmed

Tue 8 Jul, 14:30

3

Completed

Coach



Vignesh T.V

Sprints Coach



vignesh.tv@velocitytc.com

Athlete



Arjun Nair

Senior Athlete



arjun.nair@velocitytc.com

Schedule



Sat 12 Jul, 2025

10:00 • 60 min

Session details

One-on-one sprint technique session focusing on start mechanics, acceleration phase, and max velocity drills.



Meeting link

Online session via Google Meet

Join meeting



Notes

Bring spikes and water.

Actions



Complete



Cancel

Provide feedback

Your feedback helps athletes improve.



1



2



3



4



5



Write your feedback...

0/500



Book session +

Sessions



All status

ATHLETE	COACH	DATE & TIME	TYPE	STATUS
 Arjun Mehta Football • Forward	 Rohit Sharma	 24 May 2025  05:00 PM - 06:00 PM	 1:1 Coaching Technical	 Requested 
 Ananya Iyer Badminton • Singles	 P. Gopichand	 24 May 2025  07:00 PM - 08:00 PM	 1:1 Coaching Technical	 Confirmed 
 Kabir Singh Cricket • Batting	 Vikram Rathour	 23 May 2025  04:00 PM - 05:00 PM	 1:1 Coaching Batting	 Completed 
 Mira Nair Swimming • Freestyle	 Gary Hall Jr.	 22 May 2025  06:00 AM - 07:00 AM	 1:1 Coaching Technique	 Cancelled 
 Ishaan Verma Tennis • Singles	 Leander Paes	 25 May 2025  09:00 AM - 10:00 AM	 1:1 Coaching Match Play	 Requested 

Showing 1 to 5 of 23 sessions

Mumbai Warriors FC

>

Fixtures

Search fixtures, teams, competitions...

K

3

VT

Vikram Thakur

Fixtures

Matches, leagues, cups & tournaments

+

Schedule fixture

All

Matches

Leagues

Cups

Tournaments

All dates

All competitions

All teams

Sort: Date

Hero ISL 2023–24

Round 18

Scheduled

Mumbai City FC

Sat, 18 May 2024

7:30 PM

IST

ATK Mohun Bagan

Mumbai Football Arena, Mumbai

AFC Champions League 2023–24

Group F

Scheduled

AI Hilal SFC

Tue, 21 May 2024

9:00 PM

GST

Mumbai City FC

King Fahd International Stadium, Riyadh

Hero ISL 2023–24

Round 17

Completed

Mumbai City FC

3 - 1

Full Time

Bengaluru FC

Mumbai Football Arena, Mumbai

Durand Cup 2024

Quarter Final

Live

Mohammedan SC

65'

1 - 0

Mumbai City FC

Vivekananda Yuba Bharati Krirangan, Kolkata

Indian Super Cup 2024

Semi Final

Scheduled

FC Goa

Sun, 26 May 2024

7:00 PM

IST

Mumbai City FC

Kalinga Stadium, Bhubaneswar

FIFA Club Friendly

Friendly

Scheduled

Liverpool FC

Wed, 29 May 2024

12:30 AM

IST

Mumbai City FC

Yankee Stadium, New York, USA

 Dashboard

 Teams

 Fixtures

 Standings

 Programs

 Sessions

 Performance

 Settings

 Help & Support



Schedule fixture

Add fixture details and schedule the match

Home team *



Chennai Falcons FC



Away team *



Bengaluru Strikers



Type *

Friendly

League

Cup

Tournament

Competition *

Spring League 2026



Round *

Round 7



Venue *



Jawaharlal Nehru Stadium, Chennai, India



Scheduled at *



24 May 2026, Sunday



06:30 PM



Notes

Regular season league match.



Cancel

Schedule fixture

🗄️

Dashboard

👤

Teams

📅

Fixtures

🏆

Standings

📋

Programs

🔍

Sessions

📈

Performance

⚙️

Settings

❓

Help & Support



Chennai Falcons FC

⌵

Switch team

⬅️

Back to fixtures

⋮

Actions

⌵

League · Spring League 2026 · Round 5



Chennai Falcons FC

Chennai, India

3 — 1

✅

Completed



Bengaluru Strikers

Bengaluru, India

📅

18 May 2026, Sun

🕒

7:30 PM IST

🏟️

Jawaharlal Nehru Stadium

☁️

28°C, Clear



Record result

Recording a result recomputes the competition standings for both teams.



Chennai Falcons FC

3



—

1



Bengaluru Strikers



Cancel

Record result

 Dashboard

 Teams

 Fixtures

 Standings

 Programs

 Sessions

 Performance

 Settings

 Help & Support

Standings

Competition

Spring League 2026

#	Team	P	W	D	L	GF	GA	GD	Pts
1	 Chennai Falcons FC	16	12	2	2	37	14	+23	38
2	 Bengaluru Strikers	16	10	3	3	31	16	+15	33
3	 City Academy	16	8	4	4	24	18	+6	28
4	 U18 Eagles	16	6	2	8	19	26	-7	20
5	 Warriors FC	16	3	3	10	12	29	-17	12

Dashboard

Teams

Fixtures

Standings

Programs

Sessions

Performance

Settings

Help & support

Collapse

Performance

Log workouts, record metrics, and track athlete progress.

🎯

Record metric

+

Log workout

Team

Chennai Falcons FC

▼

Athlete

Arjun Nair (#9)

▼

📅

5 Jul – 11 Jul 2024

▼

Performance metrics

🏃

SPEED

40m Sprint

4.82 sec



↓ 0.18 sec
vs last 7 days

📶

ENDURANCE

Beep test

13.5 level



↑ 1.0 level
vs last 7 days

🏋️

STRENGTH

Squat 1RM

120 kg



↑ 5 kg
vs last 7 days

Workout history

WORKOUT	DURATION	RPE	DATE	STATUS	NOTES	
🏃 Speed & Agility Block	45 min	7	11 Jul 2024	Completed	Felt sharp. Good acceleration.	...
📶 Aerobic Endurance	50 min	6	10 Jul 2024	Completed	Steady throughout.	...
🏋️ Lower Body Strength	60 min	8	9 Jul 2024	Completed	New 1RM PR.	...
👤 Match Simulation	75 min	7	8 Jul 2024	In Progress	High intensity. Team drills.	...
📋 Recovery & Mobility	30 min	4	7 Jul 2024	Pending	Mobility + foam rolling.	...

Dashboard

Teams

Fixtures

Standings

Programs

Sessions

Performance

Settings

Collapse

Performance

Track athlete performance, worko

Overview

Workouts

Tests

Total Workouts

42

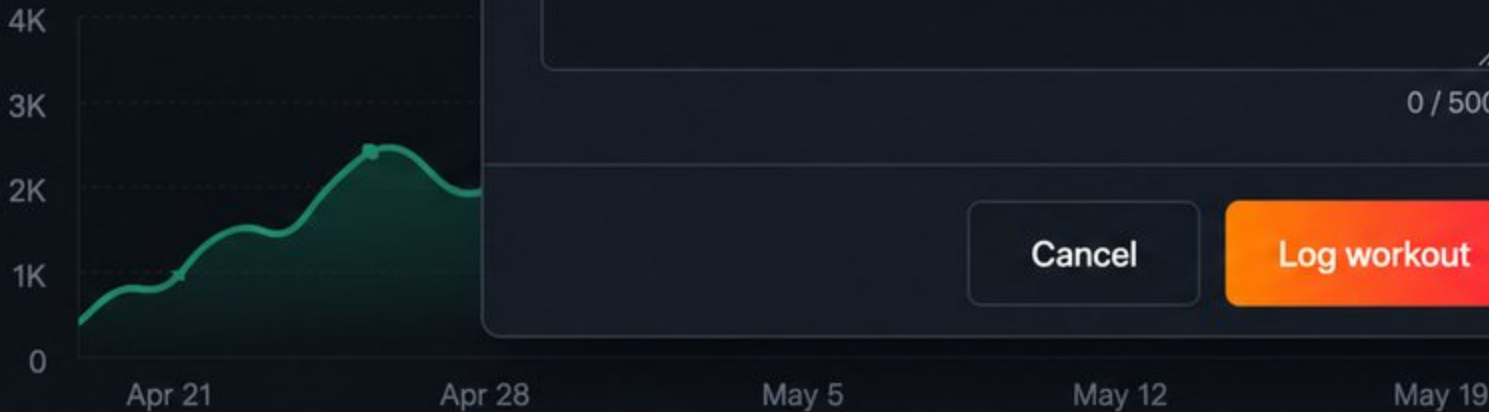
↑ 12% vs last 28 days

Total Load

18,560

↑ 8% vs last 28 days

Training Load



Log workout

Title

Speed & Agility Block

Status

Completed

Performed at

May 16, 2025 09:30 AM

Duration (min)

75

RPE

6

Load

420

Notes

Add any notes about the workout...

Cancel

Log workout

Avg RPE

6.4

− 0.3 vs last 28 days

Compliance

92%

↑ 5% vs last 28 days

Recent Workouts

View all

Repeat Sprint Ability
May 15, 2025

Completed

Strength – Lower Body
May 14, 2025

Completed

Speed Endurance
May 13, 2025

In Progress

Yo-Yo Intermittent Test
May 12, 2025

Pending

Speed & Agility Block
May 11, 2025

Completed

🏠

Dashboard

👤

Teams

📅

Fixtures

🏆

Standings

📋

Programs

🕒

Sessions

📈

Performance

⚙️

Settings

Performance

Overview

Metrics

Tests

Metric history



📈

Best

4.82 s

Jun 12, 2024

📉

Average

5.16 s

🕒

Latest

4.82 s

Jun 12, 2024

📈

Improvement

0.80 s

▼ 14.17%

vs May 15, 2024

Record metric — Arjun Nair

Type

🏃

Speed

Recorded at

📅

Jun 12, 2024 6:45 PM

Label

40m Sprint

Value and unit

4.82

/

s

Source

Manual Entry

Cancel

Record metric

All metrics

▼

📅

May 12 – Jun 12, 2024

▼

+

Record metric

Type	Value	Unit	Recorded at
Speed	4.82	s	Jun 12, 2024 6:45 PM
Speed	4.95	s	Jun 5, 2024 6:30 PM
Speed	5.12	s	May 29, 2024 6:40 PM
Speed	5.28	s	May 22, 2024 6:35 PM
Speed	5.62	s	May 15, 2024 6:20 PM

- 🏠

Dashboard
- 👤

Teams
- 👤

Athletes
- 📈

Performance
- 🏋️

Workouts
- 📅

Schedule
- 📊

Analytics
- 🩺

Medical
- 📺

Videos
- 💬

Messages
- ☑

Tasks
- 🎯

Scouting
- ⚙️

Settings



Arjun Nair

☆

Captain

Striker

#9

🏆

Chennai Falcons FC

📍

Active

Height

1.78 m

Weight

72 kg

Dominant Foot

Right

Age

25

Date of Birth

12 Mar 1999

Availability

Fit

📍

Fitness Score

92 /100

Last Updated

Today, 08:30 AM

Performance trend

ⓘ

1M

3M

6M

YTD

1Y



⬆ +8.6%

Speed improvement

⬆ +11.3%

Strength improvement

33.2 km/h

Top Speed

82 kg

Max Strength

Upcoming sessions

View calendar

- 🏃

Speed & Agility Training

Field Session

May 24, Sat

07:00 AM
- 🏋️

Strength Training

Gym Session

May 24, Sat

11:00 AM
- 📅

Tactical Practice

Team Session

May 25, Sun

06:30 PM
- 📺

Recovery & Mobility

Recovery Session

May 26, Mon

09:00 AM

+ Add to schedule

Recent workouts

View all

Workout	Type	Duration	Load	Status	Date	
🏋️ Lower Body Strength	Gym	75 min	7,850 kg	Completed	May 21, 2024	⋮
🏃 Sprint Intervals	Field	45 min	High	Completed	May 20, 2024	⋮
📺 Recovery Session	Recovery	30 min	Low	Completed	May 19, 2024	⋮

Season overview

🕒

18

Matches Played

⚽

12

Goals

👟

5

Assists

★

7.48

Avg Rating

Dashboard

Teams

Fixtures

Standings

Programs

Sessions

Performance

Messages3

Athletes

Staff

Settings

Velocity FC
Senior Men

Coach Dashboard

Roadmap

Overview of squad performance and training insights.

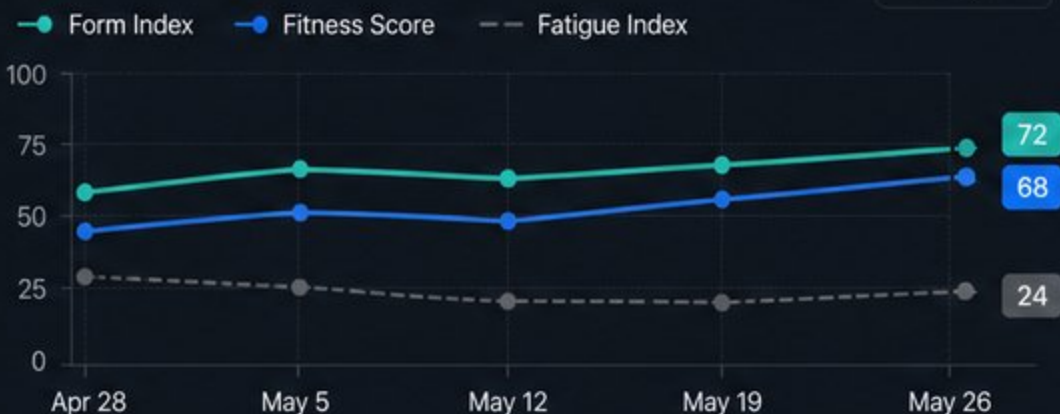
Apr 28 – May 26, 2024

Filters



Squad Performance Over Time

Weekly



Average Session Rating by Coach



League Standings

#	Team	P	GD	Pts
1	 Velocity FC	12	+18	28
2	 Northside United	12	+10	24
3	 Harbor City FC	12	+6	20
4	 Riverside FC	12	+2	18
5	 Kingswood FC	12	-3	15

View full standings >

Training Load by Athlete

Athlete	Acute Load (7d)	Chronic Load (28d)	Load Ratio	Status
 Ethan Cole	820	1,120	0.73	Optimal
 Marcus Lee	960	1,100	0.87	High
 Liam Patel	1,180	1,050	1.12	At Risk
 Noah Smith	640	1,000	0.64	Optimal
 Jacob Brown	480	900	0.53	Low

View all athletes >

Session Status Overview



Completed	18 (64%)
Scheduled	8 (29%)
Pending	2 (7%)

View all sessions >



Esports

Compete. Communicate. Conquer.

12 Players

1 Coach

Season 2024

Active

Team Actions

▼

12
Players
Active Roster

24
Matches
This Season

18
Wins
75% Win Rate

#3
Global Rank
Leaderboard

Overview

Roster

Fixtures

Results

Stats

Videos

Settings

TOURNAMENT

Single Elimination

Full Bracket

↗

ROUND OF 16
May 10 – 11

QUARTER FINALS
May 12

SEMI FINALS
May 13

FINALS
May 14

Team Phoenix

2

Byte Breakers

0

Team Phoenix

2

Nova Esports

1

Nova Esports

2

Quantum Five

1

Team Phoenix

2

Riverside GG

1

Riverside GG

2

Storm Raiders

0

Riverside GG

2

Apex Squad

0

Apex Squad

2

Dark Matter

1

Team Phoenix

3

Riverside GG

1



CHAMPIONS

Team Phoenix

All times shown in IST

●

Completed

●

In Progress

●

Scheduled

9:41



Welcome back,
Coach



Teams

6

Active teams



Fixtures

12

Upcoming



Sessions

23

This month

Upcoming fixtures

[View all >](#)



Riverdale
FC

VS

Lakeside
United



Sat, May 25
10:00 AM



Northfield
SC

VS

Oakridge
Athletic



Sat, May 25
12:30 PM



Eastview
FC

VS

Summit
Rovers



Sun, May 26
03:00 PM



Pinehurst
United

VS

Valley
Wanderers



Sun, May 26
05:30 PM



New team



Dashboard



Teams

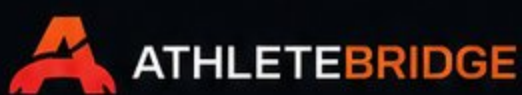


Sessions



Performance

9:41



Performance

Track. Analyze. Improve.



Arjun Nair · #9

▼

Performance Metrics

[View all](#)

40m Sprint

4.82s



92nd %ile



Squat (1RM)

120kg



88th %ile



Vertical Jump

74cm



85th %ile



Yo-Yo IR1

18.6



90th %ile



5m Split

1.02s



91st %ile



Power (Peak)

980w



87th %ile

Workout History

[View all](#)

Lower Body Strength

May 20, 2025 · 6:30 PM

120 kg

Squat (1RM)



Speed & Agility

May 18, 2025 · 6:15 PM

4.86 s

40m Sprint



Power Development

May 16, 2025 · 5:45 PM

980 w

Peak Power



Log workout



Dashboard



Teams



Sessions



Performance

9:41



 **SESSION**

 **CONFIRMED**

1:1 Sprint Technique

Focus on sprint mechanics, acceleration and top-end speed.

 Virtual Meeting

 Bring sprint drills video (if available)

SCHEDULE

COACH TIME



Coach Marcus

Head Coach

 UTC-7 (PDT)

 May 21, 2025

 11:00 AM

ATHLETE TIME



You

Sprinter

 UTC-7 (PDT)

 May 21, 2025

 11:00 AM



JOIN MEETING

SESSION OUTCOME



COMPLETE SESSION

Mark as complete and rate this session



CANCEL SESSION

Cancel this session if needed



BEFORE YOUR SESSION

Warm up, review key drills, and be ready to learn!



Your privacy is important. Sessions are secure and end-to-end encrypted.



Dashboard



Teams



Sessions



Performance

 **Launching 2026** • [Join the waitlist](#)

The operating system for sports & coaching

Teams, rosters, fixtures, standings, training programs,
coaching sessions, and athlete performance —
one workspace-native command center.

 [Join Waitlist](#)

MATCH CENTER

 May 24, 2026

LEAGUE FIXTURE



FC ATHENA

VS

Sun, May 24
4:30 PM



RIVER UNITED

 Victory Sports Complex • Field 1

STANDINGS

		P	W	D	L	GD	PTS
1	 Team A	10	7	2	1	+12	23
2	 Team B	10	6	2	2	+6	20
3	 Team C	10	3	1	6	-4	10

[View Full Standings](#) >



Live rosters & roles

Up-to-date squads, roles,
and availability in real time.



Auto-computed standings

Standings update instantly
as results come in.



Publish-lifecycle programs

Build, publish, and version
training programs.



Time-series performance

Track progress over time with
powerful analytics.



Create your first team

You can add players and fixtures once your team exists.

Team name

Demo FC

Sport



Football



Basketball



Cricket



Athletics



Swimming



Tennis



Esports

Age group

U16



Season

2026



Back

Skip for now

Continue →

Step 2 of 3 — takes about a minute.

Brief the engine

Target

TeamAthlete

Team

Northside FC U16

Sport

Football

Level

Intermediate

Program length

6 weeks

Goals

Raise repeated-sprint ability before the March fixtures; protect two players returning from ankle injuries

Constraints

Two pitch sessions and one gym session per week, no Saturday work

Model

Gemini 2.5 Flash — default

Generate draft program

Reset

Draft program — not published

DRAFT

ai-generated

Repeated-Sprint Base — U16

Repeated-Sprint Base set ability before the March fixtures; protect; protect two players returning from ankle injuries.

Week 1 — Base volume				
Drill	Sets	Reps	Work	Rest
400m float-and-stride	4	—	90s	120s
Lateral bound ladder	3	8	—	75s
Small-sided 4v4	5	—	3 min	90s
Posterior-chain circuit	3	10	—	60s
Week 2 — Volume up				
Week 3 — Deload				
Week 4 — Intensity				
Week 5 — Peak				
Week 6 — Taper				

Decision recorded — run 4f21c8 · gemini-2.5-flash · 3.1s · 812 in / 1,940 out

Publish program

Edit drills

Discard draft



- Dashboard
- Teams
- Fixtures
- Standings
- Programs
- Sessions
- Performance**
- Analytics
- Tournaments
- AI Operations

Performance / Amara Okonjo / AI assessment

SECTION 1
Signal the engine read

Workouts in window

15

COMPLETED 12 · PARTIAL 2 · SKIPPED 1

Average RPE

7.8 ↗

trend: increasing

Average total load

486

trend: flat

Metrics in window

30

4 types

RPE, last 15 sessions

40m sprint (s)

SECTION 2
AI assessment

DELOAD

Confidence

0.82

Recommended weekly load change -15% | overtraining_risk sprint_regression

Average RPE has risen while total load stayed flat, which points to accumulating fatigue rather than added work. The 40m sprint time has regressed over the same window, so a one-week deload is recommended.

gemini-2.5-flash · run 9ab30d · 1.4s · applied to program "Repeated-Sprint Base — U16"

Apply to program Override...

SECTION 3
Decision history for this athlete

Time	Decision	Model	Confidence	Source
12 Mar 09:14	DELOAD	gemini-2.5-flash	0.82	Performance assessment
05 Mar 10:33	KEEP LOAD	gemini-2.5-flash	0.94	Performance assessment
26 Feb 14:01	DELOAD	gpt-4o	0.77	Performance assessment
19 Feb 11:20	KEEP LOAD	gpt-4o	0.91	Performance assessment



N Northside FC

Filter by athlete, program or model



Dashboard

Teams

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AI Operations

AI Operations / Decision ledger

Decision ledger — append-only

Corrections are new rows. Nothing here is ever edited or deleted.

All

Succeeded

Failed

Coach overrides

Time	Trigger	Provider / Model	Prompt summary	Decision	Latency	Status
12 Mar 09:14	MANUAL	gemini · gemini-2.5-flash	Assess training trend for athlete a7f2	DELOAD -15%	1.4s	SUCCEEDED
12 Mar 09:31	MANUAL	override · human	Coach override of decision 9ab30d	MAINTAIN	—	SUCCEEDED supersede
11 Mar 16:02	MANUAL	gemini · gemini-2.5-flash	Generate a 6-week football program for team t44	Program p91 · 22 drills	3.1s	SUCCEEDED
11 Mar 15:58	MANUAL	gemini · gemini-2.5-flash	Retry program generation for team t44	parse error — no drills returned	2.2s	SUCCEEDED error
11 Mar 15:55	AUTOMATED	openai · gpt-4-turbo	Generate a 6-week football program for team t44	FAILED - unexpected output format	1.9s	FAILED failure

Override decision 9ab30d

Original AI decision

DELOAD · confidence 0.82

gemini-2.5-flash · 12 Mar 09:14

Your assessment

PROGRESSION

DELOAD

AT_RISK

MAINTAIN

Note (required)

Fixture congestion is the cause, not accumulated fatigue — holding load through the cup week and reassessing Monday.

This will be recorded as a new ledger row referencing 9ab30d

Record override

Cancel



Dashboard

Teams

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Models

AI Operations / Models

Model catalog

	Gemini 2.5 Flash	text	json	Default	☒ SELECTED
	Gemini 2.5 Pro	text	json	reasoning	☐
	GPT-4o mini	text	json		☐
	GPT-4o	text	json	reasoning	☐
	Claude 3.5 Haiku	text	json		☐
	Claude 3.7 Sonnet	text	json	reasoning	☐
	Key not configured in this environment				
	OpenRouter (auto-routed)	text			☐
	Key not configured in this environment				

Save workspace default

Use platform chain

ghost

Resolution order

- 1 — Per-request provider (requestedProvider)
- 2 — Workspace default (this page)
- 3 — Platform chain (gemini → openai → anthropic)

A named choice calls that provider directly. It will not silently fall back.

Current workspace default

gemini · gemini-2.5-flash

Set by V. Rao

Updated 12 Mar 2026, 08:40

Recent runs by model

gemini-2.5-flash — 148

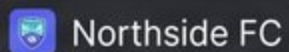
claude-3-7-sonnet — 22

gpt-4o-mini — 9

human (overrides) — 6

[Dashboard](#)[Teams](#)[Fixtures](#)[Standings](#)[Programs](#)[Sessions](#)[Performance](#)[Analytics](#)[Tournaments](#)[AI Operations](#)

Teams / Northside FC U16



Search



Northside FC U16

ACTIVE

Football · U16 · 2025/26 · Ashfield Park

Name	Role	Position	Jersey	Availability
 Amara Okonjo	Captain	Midfield	8	Available
 Priya Raman	Player	Winger	11	Available
 Tomas Vidal	Player	Centre-back	4	Doubtful
 Leah Byrne	Player	Goalkeeper	1	Available
 Sam Adeyemi	Player	Striker	9	Unavailable

AthleteBridge assistant

Context: Team · U16 squad

Book Priya a one-hour session with me next Tuesday at 5pm



I resolved Priya Raman and you on this squad. Booking a 60-minute online session for Tue 17 Mar, 17:00.

Session booked

Athlete — Priya Raman
Coach — you
When — Tue 17 Mar 2026, 17:00
Duration — 60 min
Status — REQUESTED
[Open session](#)

Now archive the U14 squad



This is destructive. Archiving "Northside FC U14" will remove it from active lists. Confirm to continue.

Confirm archive

Cancel

Ask about this squad...



MCP tools — 33 available

- Teams (6)

teams_list — read

teams_create — write

teams_update — write

teams_archive — destructive

members_add — write
- Fixtures & standings (5)

fixtures_list — read

fixtures_get — read

fixtures_schedule — write

fixtures_record_result — write

fixtures_standings — read
- Programs & drills (8)

programs_list — read

programs_create — write

programs_transition — write

programs_add_drill — write

programs_remove_drill — destructive

programs_archive — destructive
- Sessions (6)

sessions_book — write

sessions_confirm — write

sessions_complete — write

sessions_cancel — destructive
- Performance (4)

workouts_log — write

workouts_list — read

metrics_record — write

metrics_list — read
- Health (1)

analytics_health — read

Connection

Transport

studio (default) / HTTP

npx atheletebridge-mcp

📄

Runs as the calling actor. Every tool call is checked by the workspace gateway.

Destructive-action gate

ENABLED

Archive, remove and cancel tools require confirm: true before they execute.

teams_archive requires confirmation — resend with confirm: true

Recent agent calls

Time	Tool	Actor	Result
09:41	fixtures_standings	claude-desktop	200
09:38	programs_list	claude-desktop	200
09:36	teams_archive	claude-desktop	blocked — confirmation required
09:12	metrics_record	ops-bot	200