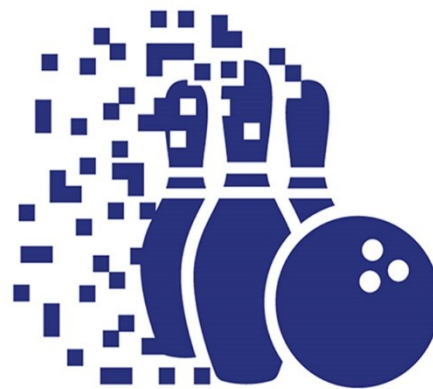


STAYINBOWLING

Sensor based Training for Athletes and Youngsters in Bowling



Co-funded by
the European Union



STAY IN BOWLING

Digital Tools Available for Use

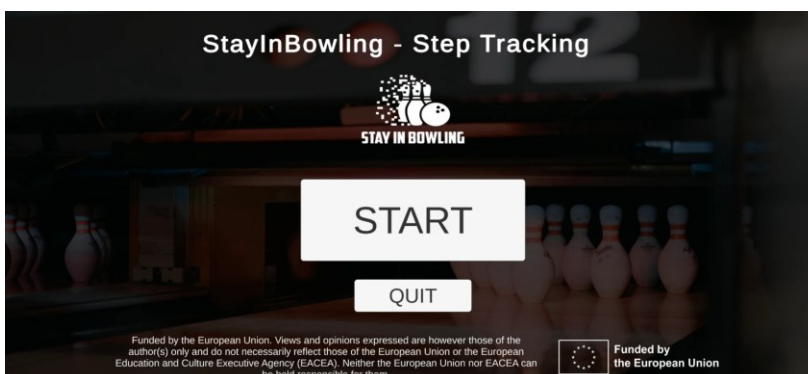
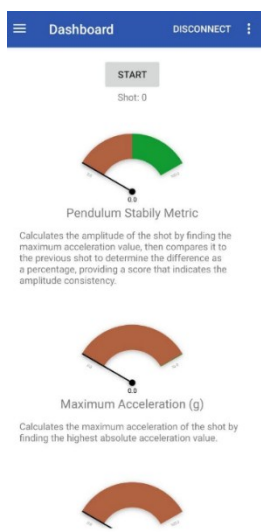
We are thrilled to announce the launch of our digital tools for the STAYinBowling project!

STAYinBowling MOOC, available at <https://stayinbowling.csd.auth.gr/mooc>, supports young athletes in learning bowling fundamentals and techniques. Built with Moodle, it includes tools for quizzes, assignments, and progress tracking, while fostering a strong community.

Our new sports analytics dashboard, available at <http://ict.csd.auth.gr:5000/>, visualizes data from hand and step tracking tools, offering valuable insights to improve performance.

The Step Tracking app, available at <https://play.google.com/store/apps/details?id=com.SWITCHLAB.STAYinBowlingStepTracker> for Android devices, uses ultrasonic sensors and a microprocessor to monitor step duration, direction, and count, with data accessible to coaches for analysis

The Hand Tracking app, available at <https://play.google.com/store/apps/details?id=com.csd.stayinbowling> for Android devices, focuses on hand motion, tracking each throw and providing real-time feedback to athletes. Both tools allow users to upload session data to the STAYinBowling platform, enabling performance comparison and identifying areas for improvement.



Multiplier Sport Event III

Our third Multiplier Sport Event, held in Eden Superbowl in Malta, followed a structured and engaging schedule designed to maximize both learning and enjoyment. The morning began with a joint presentation of the MOOC (Massive Open Online Course) and Community of Practice (CoP) platforms, during which coaches and athletes created their accounts. This was followed by an introduction to the evaluation questionnaire and a comprehensive presentation of the dashboard, also including account setup. The program then transitioned to the IoT toolbox, where coaches received hands-on training with innovative tools like the hand tracking and step tracking applications. The practical segment began with bowling practice using the IoT toolbox, preparing participants for the No-Tap Tournament. The event culminated in the tournament, where prizes were awarded to the top three players, celebrating their achievements in a lively and collaborative atmosphere.

