

TEAM WELLNESS & TRAINING REPORT



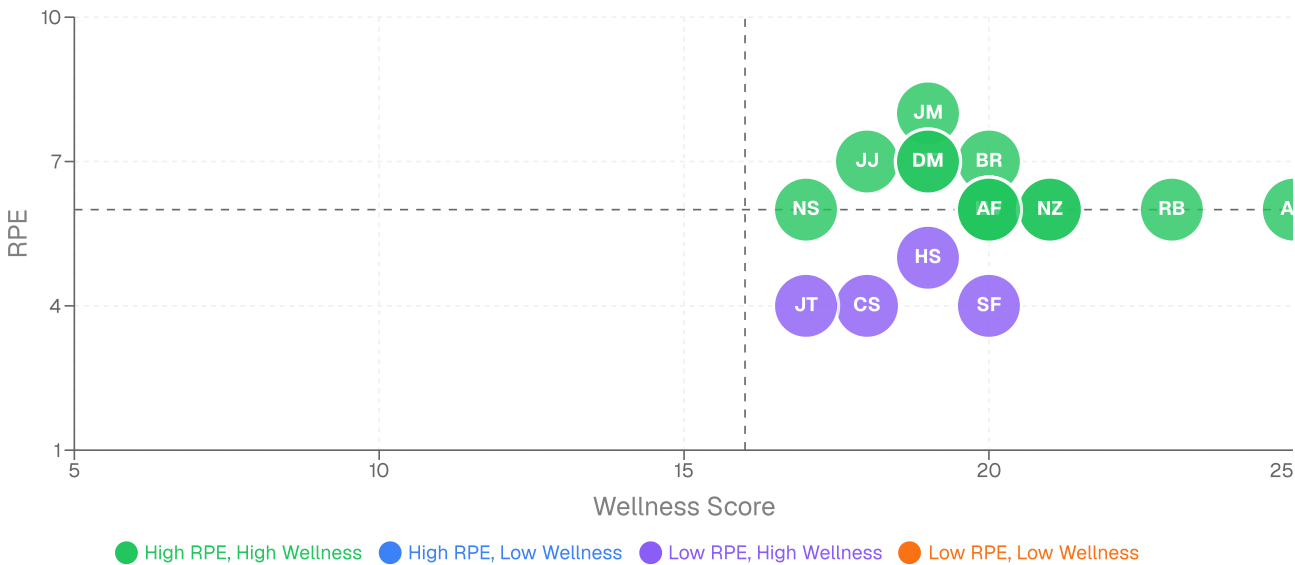
Report Type: Daily Report
Export Context: All sections
Date: March 12, 2026
Team: Team NGACSR
Coach: Nora Schmidt
Club: Club CIMBCX
Created by [Fractall.fit](#)

EXECUTIVE SUMMARY - March 12, 2026

KEY METRICS

Overall Wellness	Training Load	Average RPE	Average ACWR
19.7 / 25	536	6.0	0.86

RPE vs WELLNESS OVERVIEW



Legend

ACWR

● <0.8 Under ● 0.8–1.3 Sweet
● 1.3–1.5 Risk ● >1.5 Over

Wellness (0–25)

● ≥20 Excellent ● 16–20 Moderate
● 12–16 Low ● <12 Very low

RPE (1–10)

● 1 Very light ● 2–3 Light ● 4–6 Moderate
● 7–8 Vigorous ● 9–10 Very hard

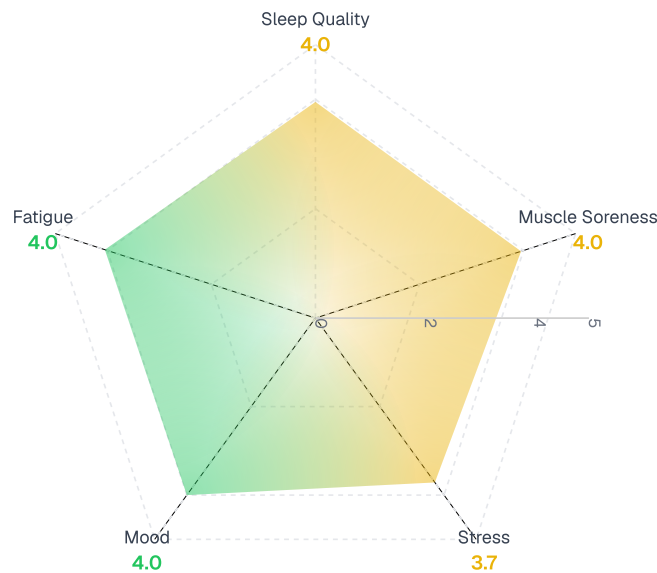
Athlete	Wellness	RPE	ACWR
● High RPE, High Wellness (15)			
Angelo Reichel AR	🏹	🟡	Sweet Spot
Rick Boehm RB	🏹	🟡	Sweet Spot

Athlete	Wellness	RPE	ACWR
Daryl Feeney DF			Sweet Spot
Noah Zieme NZ			Sweet Spot
Bradley Renner BR			Sweet Spot
Nick Spencer NS			Undertraining
Anthony Crona AC			Sweet Spot
Earl Simonis ES			Sweet Spot
Lloyd Wunsch LW			Undertraining
Alejandro Franecki AF			Undertraining
Jacob McClure JM			Sweet Spot
Jonathon Erdman JE			Sweet Spot
Daniel Marvin DM			Sweet Spot
Jerome Jerde JJ			Sweet Spot
Noah Spencer NS			Sweet Spot
● Low RPE, High Wellness (4)			
Shaun Fisher SF			Overtraining
Hugo Streich HS			Sweet Spot
Clarence Sipes CS			Undertraining
Jamie Toy JT			Sweet Spot

WELLNESS

TEAM WELLNESS OVERVIEW

Overall Wellness
19.7 / 25 • Moderate



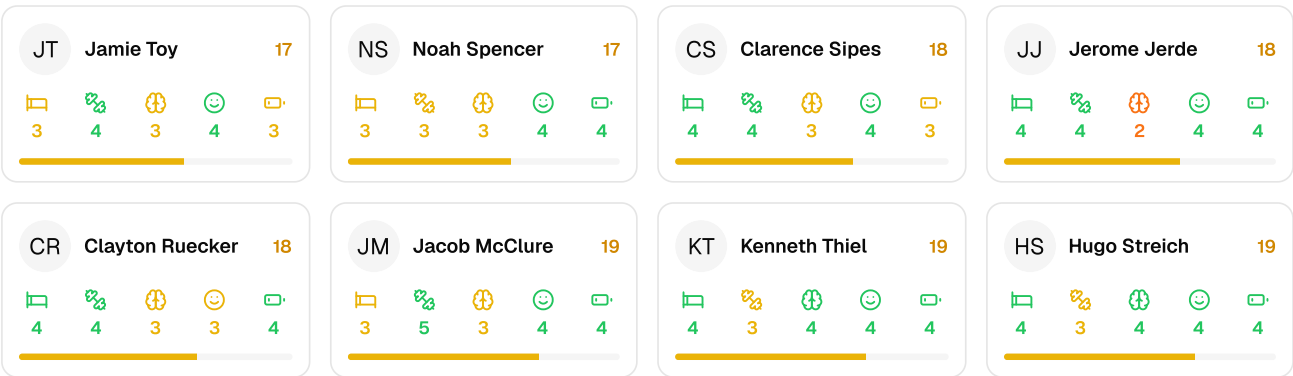
OBSERVATIONS

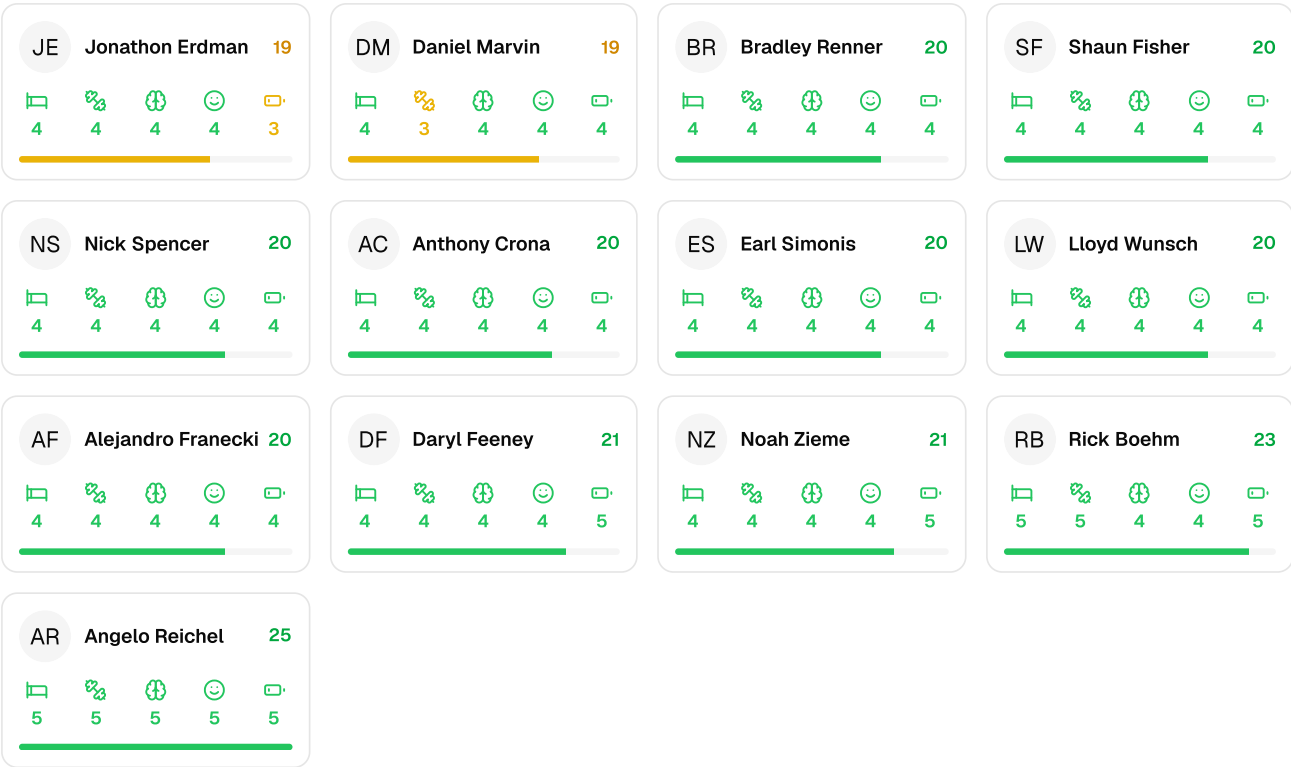
Athletes:

- Hugo Streich** : Pain intensity 4/5 in 1 areas today with high report density (7 in 7 days).
- Daniel Marvin** : Overall wellness is below optimal (19.0/25) across 8 days.
- Jerome Jerde** : Stress Level is poor (2/5) with repeated low reports.
- Jamie Toy** : Pain intensity 3/5 appears persistent with 7 reports in 7 days.

INDIVIDUAL ATHLETE WELLNESS SCORES

Sleep Soreness Stress Mood Fatigue





BODY PAIN REPORTS

Clarence Sipes
Deltoids (Muscle) · Right · (2/5)Hamstring (Muscle) · Left · (2/5)Lower Back (Muscle) · Right · (2/5)Quadriceps (Muscle) · Right · (1/5)
Clayton Ruecker
Ankle (Muscle) · Left · (3/5) — Left: Em um lance ontem no treino na parte 1x1 , ...
Daniel Marvin
Knee (Muscle) · Right · (2/5)Lower Back (Muscle) · Left, Right · (2/5)
Hugo Streich
Foot (Muscle) · Right · (4/5) — Right: Fascite.
Jamie Toy
Knee (Muscle) · Right · (3/5)
Jerome Jerde
Gluteal (Muscle) · Right · (1/5)
Jonathon Erdman
Abs (Muscle) · Left, Right · (1/5)Foot (Muscle) · Right · (1/5)Lower Back (Muscle) · Left, Right · (2/5)
Lloyd Wunsch
Calves (Muscle) · Right · (3/5)
Noah Spencer

TRAINING LOAD

TEAM TRAINING LOAD METRICS

Average RPE	Min RPE	Max RPE	Training Load	Average ACWR
6.0	4.0	8.0	536	0.86

OBSERVATIONS

Athletes:

- Shaun Fisher : ACWR 1.87 has remained in overtraining range for 7 days.; Monotony is elevated at 1.70.
- Daniel Marvin : Monotony is high at 2.53.
- Clarence Sipes : ACWR 0.62 has remained below target for 8 days.; Monotony is elevated at 1.57.
- Jerome Jerde : Monotony is elevated at 1.54.
- Alejandro Franecki : ACWR 0.74 is below target range.; Monotony is elevated at 1.69.

ACWR DISTRIBUTION

Team Average ACWR: 0.86



Overtraining (>1.5) Sweet Spot (0.8-1.3) Undertraining (<0.8)

Zone	%
Undertraining (<0.8)	29.6%
Sweet Spot (0.8-1.3)	66.7%
Overtraining (>1.5)	3.7%

INDIVIDUAL ATHLETE METRICS

goalkeeper

JJ

Jerome Jerde

Sweet Spot

Duration

90m

RPE

 7

ACWR

1.10

BR

Bradley Renner

Sweet Spot

Duration

RPE

ACWR

90m

 7

0.96

ES

Earl Simonis

Sweet Spot

Duration

RPE

ACWR

90m



6

0.95

center-back

JE

Jonathon Erdm...

Sweet Spot

Duration

90m

RPE


7

ACWR

1.00

AC

Anthony Crona

Sweet Spot

Duration

RPE

ACWR

90m

 6

0.95

RB

Rick Boehm

Sweet Spot

Duration

90m

RPE

 6

ACWR

0.82

NS

Nick Spencer

Undertraining

Duration

90m

RPE


6

ACWR

0.52

MR

Marco Rippin

Undertraining

Duration

RPE

ACWR

-

-

0.00

left-back

SF

Shaun Fisher

Overtraining

Duration

90m

RPE


4

ACWR

1.87

JT

Jamie Toy

Sweet Spot

Duration

RPE

ACWR

90m

 4

0.95

right-back

AW

AI Waelchi

Sweet Spot

Duration

RPE

ACWR

90m


6

0.97

NZ

Noah Zieme

Sweet Spot

Duration

RPE

ACWR

90m

 6

0.86

defensive-midfielder

HS

Hugo Streich

Sweet Spot

Duration

90m

RPE


5

ACWR

0.90

central-midfielder

AR

Angelo Reichel

Sweet Spot

Duration

90m

RPE



6

ACWR

1.23

NS

Noah Spencer

Sweet Spot

Duration

90m

RPE

 6

ACWR

1.02

DF

Daryl Feeney

Sweet Spot

Duration

RPE

ACWR

90m



6

0.91

FG Felipe Graham Undertraining

Duration	RPE	ACWR
-	-	0.67

attacking-midfielder

CR

Clayton Ruecker

Sweet Spot

Duration

RPE

ACWR

-

-

0.85

JM

Jacob McClure

Sweet Spot

Duration

RPE

ACWR

90m

8

0.83

left-winger

KT

Kenneth Thiel

Sweet Spot

Duration

RPE

ACWR

-

-

0.83

LW

Lloyd Wunsch

Undertraining

Duration

RPE

ACWR

90m

6

0.76

AF

Alejandro Fra...

Undertraining

Duration

RPE

ACWR

90m

6

0.74

right-winger

DB

Darren Bednar

Undertraining

Duration

RPE

ACWR

90m

6

0.80

striker

DM

Daniel Marvin

Sweet Spot

Duration

RPE

ACWR

90m

7

1.08

PS

Percy Sporer

Sweet Spot

Duration

RPE

ACWR

90m

6

0.99

CS

Clarence Sipes

Undertraining

Duration

RPE

ACWR

90m

4

0.62

médio ofensivo

TF

Trevor Flatley

Undertraining

Duration

RPE

ACWR

-

-

0.00