



Beyond Pulse launches 'Active Minutes Project' to keep community connected & active

Individual option for all players now available

Dear US Club Soccer members,

US Club Soccer is excited to share the following Smart Belts offer, courtesy of Players First partner Beyond Pulse, as a resource during this period of widespread postponements and cancelations. Please continue reading for a special message from Beyond Pulse.

Beyond Pulse is committed to improving standards in youth coaching through enhanced player engagement and Active Participation. That mission takes all its importance during the crisis we are all currently living through.

To help the soccer community, Beyond Pulse is launching the "Active Minutes Project," a program with a focus on increased accessibility and connectivity.

What is new through the program:

- Available option to **all** players in the club (zero fees to club);
- Individual training at home with Player App;
- Monthly payment plan;
- Belts shipped directly to players' home address;
- Coach/Club automatically receives player/team training data in weekly reports!

Visit <https://beyondpulse.com/en/active-minutes/> to get involved!

How Does it Work?

When players are training at home with their own Smart Belt and Player App, each player will receive their own weekly summary of their training data. The belt records the player's Heart Rate, Active Minutes, Distance and Workload all through a simple app on their phone while they train!

PLAYER REPORTS

WEEKLY PMA REPORT

Week 45: Mar 22-28

John Peterson



DAY	DURATION (MINUTES)	HR ABOVE 80% (MINUTES)	AP (MINUTES)	DISTANCE (METERS)	WORKLOAD (TRIMP)
Monday	42	9	30	3,213	6.3
Tuesday	72	31	71	9,932	16.7
Wednesday	100	25	87	11,312	21.4
Thursday	85	18	77	8,310	14.6
Friday	75	14	55	8,166	12.1
Saturday	64	25	52	8,275	8.3
Sunday	15	2	12	989	2
Week Total	367	123	456	89,123	48.3
+/- Last Week	+12%	-8%	+14%	-4%	-30%

Low	● 0-15	● 0-40	● 0	● 0
Moderate	● 15-30	● 40-60	● 2500	● 10
Vigorous	● 30+	● 60+	● 5000	● 20

Coaches can now receive **Weekly Activity Reports** for their team highlighting the number of **Active Minutes** players are achieving each week.

TEAM REPORTS



Active Minutes

- Low 0-40 min
- Moderate 40-60 min
- Vigorous 60+ min

PLAYER	MON	TUES	WED	THURS	FRI	SAT	SUN	THIS WEEK	+/- LAST WEEK
P. Longname	70	62	80	55	102	61	71	501	+44%
P. Longname	55	79	63	23	68	59	72	457	-12%
P. Longname	59	79	64	75	59	52	66	453	-12%
P. Longname	64	55	62	56	112	69	DNP	418	+44%
P. Longname	75	63	77	63	78	DNP	52	408	-12%
P. Longname	57	65	67	70	80	66	80	340	+44%
P. Longname	66	75	56	72	73	57	51	324	-12%
P. Longname	70	67	70	60	69	39	53	317	+44%
P. Longname	69	66	58	79	62	52	DNP	272	-12%
P. Longname	74	76	59	53	54	DNP	66	271	+44%
Team Average:	67	67	65	64	75	62	64	66	+44%

The **Club Activity Leaderboard** connects each team's average number of **Active Minutes** each week - great for some intra-club remote competition!

CLUB REPORTS

The screenshot displays the STA Active Participation Leaderboard. At the top, the STA logo and 'ACTIVE PARTICIPATION LEADERBOARD' are visible. The main title is 'Avg. minutes per session'. There are filters for Gender (Boys), League/Club (My club), and Age (My age). The table shows 10 rows of data, all for Boys aged 2003 in the ECNL TRED league. Each row lists a rank and session minutes for five consecutive days (Mar 16-20), plus averages for the last week and this week. The 'MINUTES' tab is selected.

RANK	GENDER	AGE	LEAGUE/CLUB	MAR 16	MAR 17	MAR 18	MAR 19	MAR 20	AVERAGE LAST WEEK	AVERAGE THIS WEEK	
22	Boys	2003	ECNL TRED	63:13	63:13	63:13	63:13	63:13	63:13	63:13	(+1.65)
1	Boys	2003	ECNL TRED	63:13	63:13	63:13	63:13	63:13	63:13	63:13	(+1.65)
2	Boys	2003	ECNL TRED	63:13	63:13	63:13	63:13	63:13	63:13	63:13	(-1.65)
3	Boys	2003	ECNL TRED	63:13	63:13	63:13	63:13	63:13	63:13	63:13	(+1.65)
4	Boys	2003	ECNL TRED	63:13	63:13	63:13	63:13	63:13	63:13	63:13	(-1.65)
5	Boys	2003	ECNL TRED	63:13	63:13	63:13	63:13	63:13	63:13	63:13	(+1.65)
6	Boys	2003	ECNL TRED	63:13	63:13	63:13	63:13	63:13	63:13	63:13	(+1.65)
7	Boys	2003	ECNL TRED	63:13	63:13	63:13	63:13	63:13	63:13	63:13	(+1.65)
8	Boys	2003	ECNL TRED	63:13	63:13	63:13	63:13	63:13	63:13	63:13	(+1.65)
9	Boys	2003	ECNL TRED	63:13	63:13	63:13	63:13	63:13	63:13	63:13	(+1.65)
10	Boys	2003	ECNL TRED	63:13	63:13	63:13	63:13	63:13	63:13	63:13	(+1.65)

Next Steps?

Players/parents can simply order their own Smart Belt that can be shipped directly to their home. Players then train using their belt and the Player App to record their own activities. This option is being made available to players for a monthly fee, and you can learn more about this by visiting <https://beyondpulse.com/en/active-minutes>.

US Club Soccer and Beyond Pulse have at heart the development of all teams and players. We hope that this program will be helpful and allow everyone to stay connected and active until we can all meet on the pitch again.