

21 June 2023

Dear Parents and Parent Liaisons,

**Re: Upcoming Mets Performance Consulting Incursion Activity Analysis Data Collection Session**

I am writing to inform you about an important event that will be taking place for our Exercise Science Year 10 class and Year 12 PE class. As part of their class assessments, we have organized a data collection session in collaboration with Mets Performance Consulting, a leading organization in the field of performance analysis. **This session is compulsory for all students in these classes** and will provide them with invaluable opportunities to gather and analyze data related to their athletic performance.

Details of the session are as follows:

**Date: New Date Wednesday, 12 July**

Time: 1.00 – 3.30 PM

Venue: Alphington Grammar School

During the session, students will have the opportunity to work with professionals from Mets Performance Consulting who will guide them through various performance analysis activities.

- Students will play on-contact sport (e.g., soccer, basketball, netball) and we will collect 30 minutes of drone footage.
- Students will have the opportunity to use GPS vests which collect their performance metrics: distance, top speed, number of sprints, work: rest ratio, and distance/min etc.
- student will wear a portable VO2 mask which collects their real-time metabolic data: ventilation, HR, tidal volume, respiratory rate, and VO2.

To ensure a smooth and productive session, we kindly request that students adhere to the following guidelines:

- **Correct Sports Uniform:** Please ensure that your child comes to school wearing the appropriate sports uniform for the session. This will help create a professional and cohesive environment for all participants.
- **Water Bottle:** Encourage your child to bring a filled water bottle to stay hydrated throughout the session. Physical activities can be demanding, and it is important to maintain proper hydration levels.
- **Pen and Paper:** Request your child to bring a pen and paper to the session to take notes and record their observations. These materials will be essential for them to document their findings and insights.

The data collected during this session will contribute to your child's class assessments, enabling them to showcase their understanding of exercise science concepts and their ability to analyze performance data effectively.

Thank you for your support and please contact Ms. Rahme via email at [or@ags.vic.edu.au](mailto:or@ags.vic.edu.au) if you have any queries regarding the program.

Yours sincerely,



Olivia Rahme  
Head of PE, Sport and Health P-12