Nachhaltige Medaillen durch datenbasierte Entscheide – BFH Hermes Tagung 2026

swiss olympic
spirit of sport

28. Mai 2026

Foto: Keystone-SDA

Beispiel: E-Mail-Fail

Handballer Luca Sigrist: Vor der Bundesliga ruft die RS

05:56 min, aus Regionaljournal Zentralschweiz vom 10.04.2026

BILD: KEYSTONE/URS FLÜELER

News > Schweiz >

Profi mit Kampfstiefel-Dispens

Wegen E-Mail-Fails: Handball-Talent verpasst die Spitzensport-RS

Nationalspieler Luca Sigrist erfüllt alle Kriterien für die Spitzensport-Rekrutenschule. Geklappt hat es trotzdem nicht.

«Beim Schweizerischen Handballverband war eine falsche E-Mail-Adresse von mir hinterlegt», sagt Luca Sigrist. «Dadurch erhielt ich unter anderem keine Einladung zum Infotermin in Magglingen.»

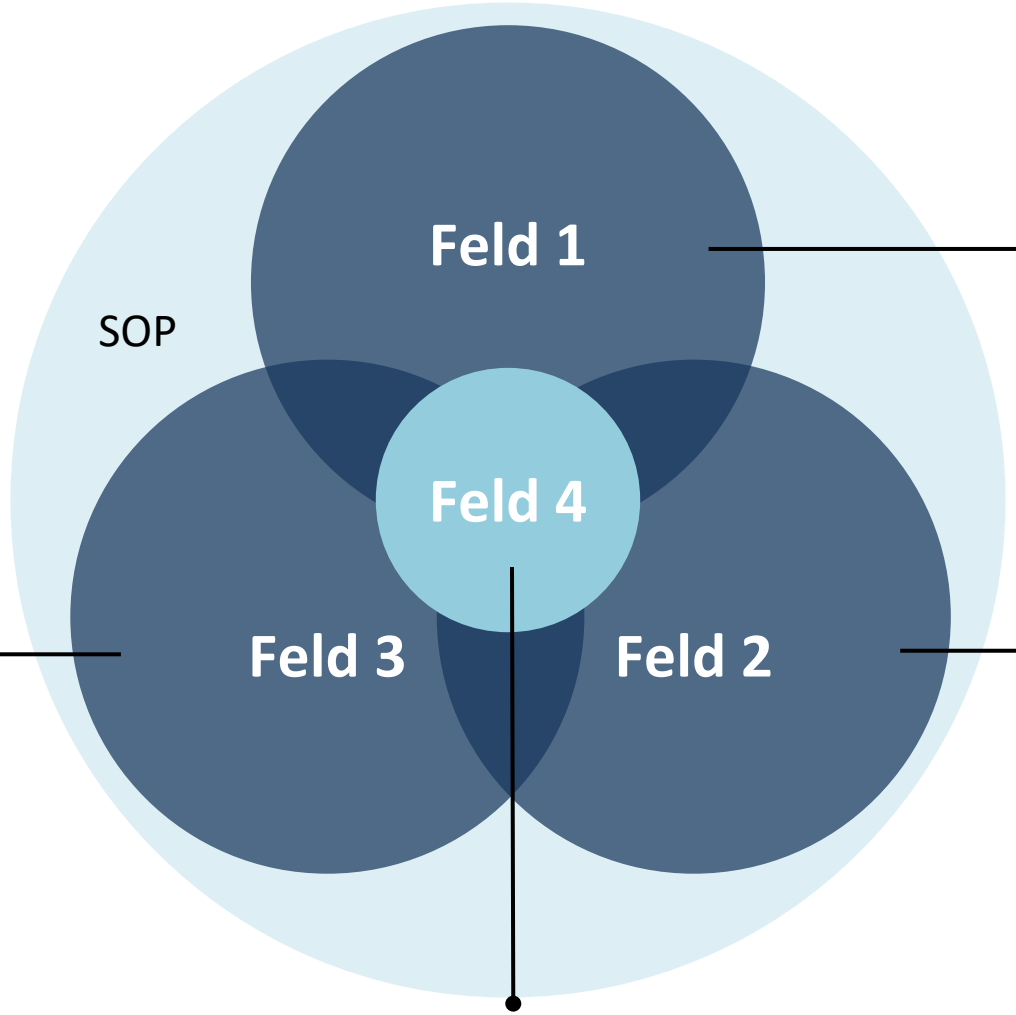
So kämpft sich Spitzenhandballer Luca Sigrist durch die RS - News - SRF

Projekt: Schweizer Olympia Park

Projektvision

*Das Ökosystem «Schweizer Olympia Park» verbindet die Hochleistungsbereiche des **Sports**, der **Wissenschaft** und der **Wirtschaft**, um den Sport und die Gesellschaft nachhaltig und innovativ zu stärken.*

Strategische Zielfelder



Steigerung Athleten*innengesundheit & -leistungsfähigkeit
➔ **Performance Hub**

Nachhaltige (Spitzensport)karrieren
➔ **Athlete Hub**

Zukunftsfähige Sportorganisationen
➔ **Management Hub**

Sichere Daten & Mehrfachnutzung von Daten
➔ **Digital Hub**

HEUTE: Dezentrale Daten ohne Synergien

GC Amicitia Zürich

Kriens

OYM

Magglingen

Handball-Verband

Swiss Olympic

Inkonsistente Informationen

Wenig Kontrolle über Daten

Doppelte Datenerfassung

Viele Schnittstellen

MORGEN: Mehrfachnutzung von Daten

Kontrolle

Konsistenz

Einfachheit

Sport ID

Datenschutz

Identifikation

Consent Mangement

Data Integration

Transformation

Analytics

GC Zürich

BSV Borba Luzern

OYM

Magglingen

Handball-Verband

Swiss Olympic

Beispiel: Wöchentliches Gesundheitsmonitoring

Sports Med
DOI 10.1007/s40279-014-0253-z

REVIEW ARTICLE

Monitoring Training Load to Understand Fatigue in Athletes

Shona L. Halson

Review

International Journal of Sports Science & Coaching

Athlete monitoring perspectives of sports coaches and support staff: A scoping review

Wouter P. Timmerman[1], Chris R. Abbiss[1], Nathan G. Lawler[2], Mandy Stanley[1], and Annette J. Raynor[1]

International Journal of Sports Science & Coaching
2024, Vol. 19(4) 1813–1832

DOI: 10.1177/17479541241247131
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Abstract

Objectives: To map and summarise the sports coaches' and support staff's perspectives on athlete monitoring to explore the breadth of literature, identify knowledge gaps and inform future research.

Design: Scoping review based on the Joanna Briggs Institute (JBI) methodology.

Methods: SPORTDiscus, MEDLINE, APA PsycInfo, and Embase databases were searched in English until 6 September 2022. The inclusion criteria were (1) coach(es) and/or support staff were explicitly questioned about their knowledge, perceptions, understanding, opinions, and/or applied practice of athlete monitoring; (2) results could be directly attributed to coach(es) and/or support staff; (3) primary research projects that are available as full-text. Exclusion criteria were applied for grey literature. The data were extracted into a custom-made data charting spreadsheet.

Results: From the 4381 identified records, 42 met the eligibility criteria. Almost all the studies were conducted within the Anglosphere and at the national or international level. The main reasons for coaches and support staff to implement athlete monitoring were to reduce injury and illness, inform the training program, and improve or maintain performance. While training load monitoring is generally seen as valuable the coaches and support staff acknowledged that there was no perfect scientific approach to monitoring athletes and believed it should be part of the bigger picture, emphasising communication.

Conclusions: There has been a recent surge in research demonstrating that athlete monitoring extends beyond quantitative information and encompasses non-quantified subjective information. This further substantiates that coaches and support staff will remain central to athlete monitoring, even amidst the anticipated technological progress.

Keywords
Fitness testing, injury prevention, recovery, technology, training load

Introduction

Athlete monitoring refers to the systematic collection and analysis of information related to an athlete and their training process over time. Athlete monitoring is multifaceted and can involve the collection of a wide range of numerical (i.e., quantitative) and non-numerical (i.e., qualitative) data, athlete monitoring tools and software, have led to its widespread adoption across all levels of sports.[7–9] The democratisation of athlete monitoring can be attributed to scientific and technological advancements leading to the growth of

Systematisches Monitoring reduziert Verletzungs- und Krankheitsrisiken
(Halson, 2014; Timmerman et al., 2024)

Herzlichen Dank für eure Aufmerksamkeit!

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