



S.T.A.R.S. Scores & Report

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If you have questions or concerns please contact Melissa Vriner.

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Quick Reference Steps:

1. Login to U.S. Figure Skating's High Performance Data Base, Ex3®.
URL: <https://usfigureskating.ex3host.com/apa/>
2. Your My S.T.A.R.S. Dashboard will appear.
3. To find your athlete reports, select the event/assessment date from the drop down and then click the big grey button titled "My Athlete Report." Print this report.
4. To understand your S.T.A.R.S. scores click the big grey button title "Explanation of My Scores." Print this document.
5. To view the public report of the national top scorers, select the S.T.A.R.S. year "2013" from the drop down and then click the big grey button titled "Public Report." Print this report.
6. Logout of U.S. Figure Skating's High Performance Data Base, Ex3®.

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- Each 2013 S.T.A.R.S participant will receive an automatically generated email from U.S. Figure Skating’s High Performance Data Base, Ex3®. Previous S.T.A.R.S. participants should already have access to the system and should use the password reminder button if you do not remember your login information.
- The email will contain your username and password.
- Be sure to check your spam/junk folder as well.
- The email is titled: Ex3® Athlete Performance Assessment System - New User Login information. See sample email below.

Subject: Ex3® SSIP - US Figure Skating (CA) - New User Login information

Dear [Member Name],



The following are your login credentials to Ex3® Athlete Performance Assessment System SSIP - US Figure Skating.

User Name :
 Password :

U.S. Figure Skating suggest to copy/paste the username and password into the system for best results.


[Please click here to login.](#)

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1. S.T.A.R.S. Participant logs in to Ex3® Athlete Performance Assessment System:
<https://usfigureskating.ex3host.com/apa/>

- a) **Username:** *enter your U.S. Figure Skating number here*
- b) **Password:** *emailed to you by Ex3®. If you do not remember your password/did not receive the Ex3®. generated email, click the blue “Password Reminder.”*



US Figure Skating
 Ex3® Sports Science Information Platform

Username :

Password :

You will be locked out of your account after 3 missed attempts.
 If you are unsure of your password please click the Password Reminder link below.

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1. You will be prompted to create a new password if this is your first time logging into Ex3®.
2. Your “Old Password” will be the password received in the generated email.
3. The “New Password” is a password of your own liking and must adhere to the rules below.
4. Then click “Change.”

U.S. Figure Skating suggests writing down your username and password for future reference.

Change Password

Change Password

Old Password:

New Password :

Confirm New Password :

Passwords should adhere to the following rules.

- Consist of 8 to 25 characters in any order.
- Contains at least one of the following characters: ~, !, @, #, %, &, _ , < , >
- Contain at least one uppercase letter, at least one lowercase letter.
- Contain atleast one number.



The **My S.T.A.R.S. Dashboard** below show now appear.

Note: If the My S.T.A.R.S. Dashboard does not appear immediately use the blue buttons on the left and click “My OPTIONS” then “My S.T.A.R.S.”

MY OPTIONS

LOGOUT

My S.T.A.R.S.

My S.T.A.R.S. Dashboard

Select Event/Assessment Date :

<<Select Event/Assessment Date>>

Explanation of S.T.A.R.S. Scores:

Please click below to open link

Select S.T.A.R.S. Year :

<<Select Year>>

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My Athlete Report:

1. Select Event/Assessment Date using the drop down arrow.
2. Click the big grey buttons “My Athlete Report.”
3. A pop-up window will appear titled “S.T.A.R.S. Athlete Report.”

Warning: You may be required to turn off your pop-up blocker and/or temporarily allow pop-ups!



The screenshot shows the 'My S.T.A.R.S. Dashboard' interface. At the top, there are three main sections: 'Select Event/Assessment Date', 'Explanation of S.T.A.R.S. Scores', and 'Select S.T.A.R.S. Year'. The 'Select Event/Assessment Date' section contains a dropdown menu with the text '<<Select Event/Assessment Date>>' and a small downward arrow icon. A red circle highlights this icon, and a red arrow labeled '1' points to it from the right. Below this are three large grey buttons: 'My Athlete Report', 'Explanation of My Scores', and 'Public Report'. A red arrow labeled '2' points to the 'My Athlete Report' button from the left. The footer of the dashboard includes the text 'Powered By Ex3 Technologies' and '©1995-2012 - Efficient Enterprise Engineering, Inc. Legal Stuff'.

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The screenshot displays the 'S.T.A.R.S. Athlete Report' page. At the top, it says 'US FIGURE SKATING SPORTS SCIENCE INFORMATION PLATFORM' and 'S.T.A.R.S. Athlete Report'. Below this, it indicates 'Report created on: 8/26/2012 12:48:24'. There are fields for 'Member Name', 'Date of Birth', 'Member #', and 'Gender'. The main content is a table titled 'Athlete Report Row and Calculated Data Scores'. The table has columns for 'S.T.A.R.S. Data', 'Current', 'Previous >', 'Previous >>', and 'Previous >>>'. The data rows include various fitness tests and performance metrics.

| S.T.A.R.S. Data | Current | Previous > | Previous >> | Previous >>> |
|-------------------------------------|------------|------------|-------------|--------------|
| Assessment Date | 03/03/2013 | NA | NA | NA |
| Location | OS | NA | NA | NA |
| Discipline | Pairs | NA | NA | NA |
| Competitive Level | Senior | NA | NA | NA |
| S.T.A.R.S. Fitness tests | | | | |
| Hexapop Jump Time | 1.0 | NA | NA | NA |
| T-Test time | 1.0 | NA | NA | NA |
| Vertical Jump Height | 1.0 | NA | NA | NA |
| Triple Alternate Leg Bound Distance | 1.0 | NA | NA | NA |
| Timed Tuck Jump Count | 1 | NA | NA | NA |
| Punch-Up Count | 0 | NA | NA | NA |
| Bent-Knee V-Up Count | 0 | NA | NA | NA |
| Bent-Knee V-Up Quality | 0 | NA | NA | NA |
| Side Plank Time | 0.0 | NA | NA | NA |
| Hand Press Time | 0.0 | NA | NA | NA |
| Front Split Distance | 0.0 | NA | NA | NA |
| Straddle Split Distance | 0.0 | NA | NA | NA |

1. A pop-up window will appear titled “S.T.A.R.S. Athlete Report.”
Warning: You may be required to turn off your pop-up blocker and/or temporarily allow pop-ups!
2. This report should list all of your S.T.A.R.S. Data in a chart. As you scroll down the window there will be four graphical representations of your data.

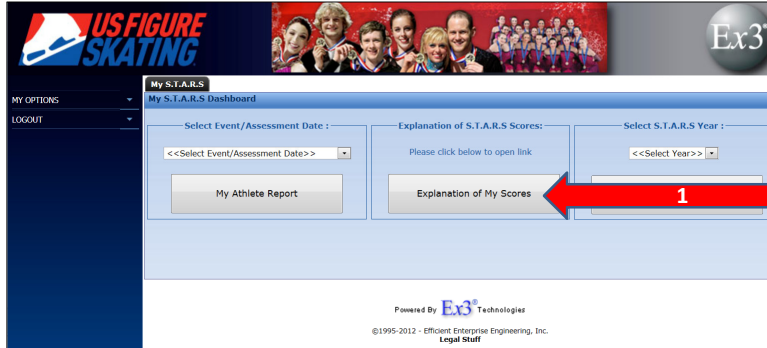
To print: Scroll to the bottom of the S.T.A.R.S. Athlete Report and click the “Print” button.



Explanation of my Scores

1. Click the big grey buttons "Explanation of My Scores."
2. A pop-up window will appear with a PDF report explaining your S.T.A.R.S. report.

Warning: You may be required to turn off your pop-up blocker and/or temporarily allow pop-ups!

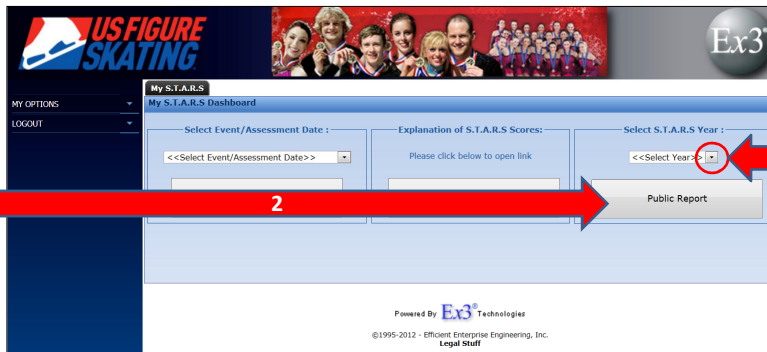


Public Report

1. Select the year "2013" using the drop down arrow.
2. Click the big grey buttons "Public Report."
3. A pop-up window will appear titled "S.T.A.R.S. Public Report."
This report should list the average and highest S.T.A.R.S. scores on National and Sectional basis.

To print: Scroll to the bottom of the S.T.A.R.S. Athlete Report and click the "Print" button.

Warning: You may be required to turn off your pop-up blocker and/or temporarily allow pop-ups!





When you have completed viewing/printing all of your applicable reports and explanations, please LOGOUT.

