



Don Furner, Canberra Raiders CEO and Brett Norton, OPC Managing Director

Photos by Andrew Sikorski

YOU CAN'T MANAGE WHAT YOU CAN'T MEASURE

— leave **it** to us —

Information Technology (IT) has become a fundamental part of everyday life! It has revolutionised the way we work, learn, play, move around, communicate with one another, and even sleep!

The things people do with IT are as interesting as they are endless.

Increasingly we are seeing a trend towards the use of mobile technology – laptops, smart phones, iPads, tablets – that have become a permanent accessory on every person from 10 to 110. Keeping connected wherever you are has become vitally important.

Take the mighty Green Machine – the Canberra Raiders, for example. The Raiders utilise an athlete tracking system that helps the Raiders coaching team measure and manage their players in order to find ways to improve their performances, customise training and game play regimens for individual players, and help prevent injury and aid rehabilitation, keeping players on the field for longer. The system allows the Raiders to achieve this by monitoring the individual players speed, number of sprints, distance, accelerations, and heart rate metrics all while the players are playing or training.

At a team level, using the technology on game day helps the coaching staff measure and understand the physical demands placed on each player, their field position during the game and their style of play. It also helps refine game strategy as all the information is fed straight into a laptop right there on the field!

Additionally the system provides a way for the players to see and understand what's happening on the field making it a wonderful tactical strategy tool. Showing a real-time bird's-eye view of team position, structure, movement and space allowing the team to step off the practice field and view an instant replay of their movements in a simplified version, further enhancing the teaching side of coaching.

"The GPS tracking equipment and analysis has been vital in my rehabilitation since injury early last season. It lets me know how I am performing in the gym now against my performance before I sustained the injury, keeping me on track to make the field next season. Thanks to OPC the medical staff and fitness coaches have access to this information when and where we need it." Terry Campese, Canberra Raiders Captain

So, mobile technology assisting mobile technology! It all comes down to clever use of, and reliance on, your IT. For the Canberra

Raiders - it's critical.

And that's where OPC comes in. OPC's Managed Service Solution provides the Canberra Raiders with complete peace of mind. The Raiders are comfortable with the knowledge that OPC has qualified engineers and comprehensive toolsets monitoring their ICT environment 24x7 to ensure that when the team needs the information necessary to perform on the field it is always available

OPC's Managed Services Solution has been supporting the Canberra Raiders since 2005 and has recently taken over providing Managed Service support for the entire Raiders Group. We know how crucial IT uptime is for the Raiders continued success.

"OPC's support keeps us ahead of our opponents in respect to game day preparation. The reliability of our system at Raiders HQ enables us to successfully run programs like GPS Sports and Analyser which are valuable tools in the players' preparation for upcoming games" says Canberra Raiders CEO, Don Furner.

OPC is proud to support Canberra's local team and can be seen on the sidelines at every home game cheering them on!

Our aim at OPC is to demystify and simplify our clients' entire IT experience.

By incorporating all facets of IT, OPC can provide a single end-to-end fully managed IT solution, reliably and consistently. Our clients have complete peace of mind that they really can just 'leave it to us'.

- Fully Managed IT Services
- Project Management & Consulting
- VMware Server & Desktop Virtualisation
- Helpdesk & Service Desk Support
- Business Continuity & Disaster Recovery
- Procurement Services
- Dell Server & Storage Solutions
- Desktop, Laptop and Mobile devices
- Website Design & Development
- Custom Drupal Development
- Panoptic Monitoring & Website Hosting
- Accessibility Compliance Testing

31-37 Townshend Street, Phillip ACT 2606
P: 02 6162 8300 F: 02 6282 6558
www.opc.com.au

opc.it



Clinton Henderson, OPC Technical Services Manager and Terry Campese, Captain Canberra Raiders

