PREPARE EXCELLENCE

Optimize performance, prevent injuries & manage all your data with the essential athlete management system.
They tried it. They loved it!

Adopted in all sports. Everywhere. From youth to pro.
Monitor what matters
Optimize key aspects of athlete preparation and keep them fit, healthy, happy and ready to win.

Wellness Monitoring
Detect recovery issues, prevent excessive fatigue, and mitigate the impact of non-sport stressors on the athlete body and mind.

Workload Management
Keep athletes fit, healthy, and ready to win.

Testing and Evaluation
Manage all your testing and evaluation data like never before.

File and Media Sharing
Manage all your testing and evaluation data like never before.

Online Questionnaire Tool
Create, publish and collect online questionnaires in seconds.

Injury Tracking & Electronic Medical Records
Streamline return to play, athlete health management and electronic record keeping.

Injury Surveillance
Use the best injury surveillance system available today and get a truly accurate picture of your athletes’ health, illnesses and injuries.

Workout Builder
Build, share and track workouts.

SPORT SCIENTISTS, ELITE COACHES AND PERFORMANCE EXPERTS APPROVED
Wellness Monitoring

Detect recovery issues, prevent excessive fatigue, and mitigate the impact of non-sport stressors on the athlete body and mind.

AthleteMonitoring.com in practice

- Athletes complete a short customizable wellness questionnaire every morning on their smartphone.
- Automated alerts and dashboard highlights athletes that warrant immediate individual attention, offer quick access to data and proactive recommendations.
- Coach can easily interpret risk and readiness on team dashboard using preferred metrics and customizable graphs.
- Coach can immediately open and adjust the athletes’ daily program and make proactive workload adjustments to minimize risk, speed up recovery or optimize performance.
Workload Management

Keep athletes fit, healthy, and ready to win

AthleteMonitoring.com in practice

- Athletes complete a short **wellness questionnaire** every morning and a quick post-session questionnaire.

- **AthleteMonitoring alerts coaches** when an athlete is not ready for a hard training day, when risk increases and provide ‘how-to-fix’ recommendations.

- AthleteMonitoring **analyse wellness** (fatigue, stress, sleep quality, etc), **readiness and workload metrics** (acute:chronic workload ratio, week to week load increase, monotony, strain, etc.) and identify individual issues using evidence-based algorithms and published risk thresholds.

- Coach can then **make an informed decision** and adapt the athlete’s program based on the athletes’ individual workload alerts, fatigue (physical and psychological), wellness, fitness, health and recovery levels.
Testing and Evaluation

Manage all your testing and evaluation data like never before.

AthleteMonitoring.com in practice

- **Enter test results in seconds** or import data from other sources
- **Interpret and compare results** to benchmarks or previous results.
- Instantly produce individual and group **profiles, graphs, stats & eye-catching reports**
- **Share results** with individuals, groups, and staff.

"Serve velocity, medicine ball throws and tennis-specific endurance tests are significant predictor of performance in adolescent tennis players"

Ulbricht A et al. | Strength Cond Res, 2015
Injury & Illness Tracking
Simplify athlete health management and electronic record keeping

AthleteMonitoring.com in practice

- **Athletes and/or medical staff** report on pain, injury & illness
- **Athlete health, availability and recovery status** is updated in real-time on team dashboard
- **Automated alerts** and text messaging ensure instant communication between athletes, the coaching team and health care providers
- **Medical staff can record treatments, SOAP notes and files with each incident**, and easily collaborate with S&C and technical staff, to prepare rehab and return to play programs

‘NCAA Football players are 3.19 times more likely to get injured during weeks when they had high academic stress.’
Mann et al. J Strength Cond Research 2015
Injury Surveillance & Health Monitoring

Streamline your injury surveillance program and get a true picture of athletes’ health with the OSTRC* questionnaire, the gold standard of health monitoring methods.

*Oslo Sport Trauma Research Center

AthleteMonitoring.com in practice

System administrator activates the Health Monitoring module

Athletes complete a 4-question weekly questionnaire on their preferred device

Health problems are automatically detected and immediately transferred to the incident tracking system for easy follow-up by sports medicine practitioners

Health dashboard, graphs and key statistics such as time loss, prevalence, incidence, response rates, severity of health problems, etc., are instantly available to health practitioners, administrators and researchers linked to the account.

“The OSTRC questionnaire can identify x10 more overuse injuries than traditional methods”

Online Questionnaires

Create, publish and collect online questionnaires in seconds

AthleteMonitoring.com in practice

- System administrator adds the questionnaire to the questionnaire library
- Admin or staff member shares the questionnaire with athlete(s) or staff
- Athletes or staff complete the questionnaire on their preferred device
- Answers and scores are automatically stored, interpreted, and reports are made available to staff and administrators

“Psychological factors such as self-confidence, optimism, and self-motivation are predictive of ACL reconstruction outcomes”

Everhart JS et al. Knee Surgery, Sports Traumatology, Arthroscopy, 2013
Files and Media Sharing

Maximizing teamwork has never been easier

AthleteMonitoring.com in practice

Create folders and upload video, links, files, photos and pictures in seconds.

View and download documents in one click

Securely share files with coaches, managers, athletes and medical staff across multiple teams

Athletes can upload and share files with teammates

Sharing knowledge and enhancing communication has never been easier

“Information sharing positively predicts team performance”

Workout Builder

Unlimited workout management

AthleteMonitoring.com in practice

- Coach add exercises create preset workouts
- Coaches plan sessions and add workouts
- Athletes provide in-session & post-workout data
- Coach can monitor both internal and external load for each session and workout

“A player’s average playing time per game is a significant predictor of concussion”

Stevens T, Research in Sports Medicine, 2008

Shift your athletic program on overdrive!

REQUEST FREE DEMO
Every account includes

- Free staff and admin accounts
- Multi-team and multi-sport capability
- Multilingual (English, French, German, Spanish & Portuguese)
- Real-time email / text messaging
- Unparalleled level of customization
- The latest sports science
- Customizable analytics
- Data import from wearable devices
- Custom branding
- Custom modules available
- Bulletproof security
- File & data encryption
- Free updates & Daily backups
- Unlimited and friendly support
- Role-based permissions

It’s easy for athletes

Athletes can enter data online and offline using their preferred device.
Before anything else, preparation is the key to success.

- Alexander Graham Bell
In their words
AthleteMonitoring clients sharing their experiences

Nelio Moura
Track & Field Coach - Winner of two Olympic Gold Medals, M&M Atletismo

AthleteMonitoring.com has changed the way I communicate with my athletes and adjust their training loads. After years trying other systems and using spreadsheets, now I save hours per week to do more useful things, and at the same time have access to more valuable information. The scientific background, customization possibility, easy use, alerts, quick support and visual interface are features hard to be beaten.

Dave Wildash
Head Strength and Conditioning Coach, Wellington Lions

This season we only had one soft tissue injury. I’ve been with the Lions for 6 seasons and that is by far our best result. The Mitre 10 competition is brutal with the tight schedule meaning numerous short turnarounds. AthleteMonitoring provided us with a quick centralised system that we used heavily when prescribing training/recovery at both the team and individual level.

Andrew Clark
Head of Sport Science/Football Conditioning, Sydney FC - Hyundai A-League

I could not be happier with what we have achieved this season with regards to the time efficient collection, automated analysis and storage of data with AthleteMonitoring.com. Our injury stats have been outstanding and I am sure that you have played a part in us achieving that. Thanks.

Christopher Nordmeyer
Head Coach, TSV Hannover-Burgdorf DKB-Handball-Bundesliga

With AthleteMonitoring we now have a tool to professionalize the management of training and recovery. To be able to have, before every training session, so many details about our players readiness takes us to a new level, and help us implementing more effective training and health maintenance strategies for our professional handball players.
See what AthleteMonitoring.com can do for you!

Request a free demo and find out how we can help you prepare for success.

- Entirely free
- Approx. 20 minutes
- 100% live, via GoToMeeting or Skype
- Scheduled when it suits you best

www.AthleteMonitoring.com