CREATE EXCELLENCE

Optimize performance, prevent injuries & manage all your data with the essential athlete management system

SPORT SCIENTISTS, ELITE COACHES AND PERFORMANCE EXPERTS APPROVED
They tried it. They loved it!

Adopted in all sports. Everywhere. From youth to pro.
Wellness Monitoring
Detect recovery issues, prevent excessive fatigue, and mitigate the impact of non-sport stressors on the athlete body and mind

Workload Management
Monitor internal and external load and risk factors, identify risk of injury and over/under training. Keep athletes fit, healthy, and ready to win

Testing and Evaluation
Manage all your testing and evaluation data and monitor performance, fitness and progression like never before

File and Media Sharing
Securely share files, videos and pictures with coaches, managers, athletes and medical staff across multiple teams

Online Questionnaire Tool
Create, publish and administer online questionnaires (psychological, administrative, concussion, etc.) in seconds

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

Injury Surveillance
Use our Oslo Sport Trauma Research Questionnaire App and get a truly accurate picture of your athletes’ health with the best injury surveillance system available today

Workout Builder
Build, share and track workouts with up to 600 exercise videos

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

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
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
Electronic Medical Records

Simplify athlete health management and electronic record keeping

AthleteMonitoring.com in practice

- **Athletes and/or medical staff** report on pain, injury & illness
- **Athlete availability and participation 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 diagnoses, 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 with The OSTRC* Questionnaire
Enhance your injury surveillance program and get the most accurate picture of your athletes’ health with the best injury surveillance methodology available today

AthleteMonitoring.com in practice
- **Athletes complete a short weekly health questionnaire** on their preferred device
- **Health problems are automatically detected and immediately reported to the incident tracking system** for easy follow-up by sports medicine practitioners
- **Health professionals and epidemiologists can instantly access real-time graphs, dashboards, and statistics** to accurately measure the prevalence and incidence of health problems, response rates, time-loss, severity and magnitude of health problems, etc.

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

*Oslo Sport Trauma Research Center

Developed in partnership with the

Oslo SportsTrauma

RESEARCH CENTER

www.AthleteMonitoring.com | AthleteMonitoring
Online Questionnaires
Create, publish and collect online questionnaires and custom surveys 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
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
- Compliance with HIPAA & GDPR regulations
- 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.
Winner’s Circle
Creating champions in all sports

2016 Olympic Silver Medal
Indian National Team Badminton Women’s Singles

2017 Hyundai A-LEAGUE Championship
Sydney FC

2017 RFL League 1 Championship
Toronto Wolfpack

2016 Paralympic Silver Medal
Team Germany – Women’s wheelchair basketball

2016 America’s Cup World Series
Land Rover BAR

2016 Super Rugby Championship
New Zealand Hurricanes

2016-17’s most Formula One GPs
Hintsa
F1 drivers

2016 European Touch Championship
Team Great Britain

2016 European Lacrosse Championship
Lacrosse Great Britain

Be the next winning team
See what AthleteMonitoring can do for you!

REQUEST FREE DEMO
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 helps 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