CREATE EXCELLENCE

Optimize performance, prevent injuries & manage all your data with the world’s most versatile athlete management system for amateur, professional and Olympic sport organizations.
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, pre-season screening, 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.

A Simple, One-Stop Solution
Bring athletes, coaches, sports medicine professionals, S&C coaches and sport scientists together to build podium-ready athletes, as simply and cost-effectively as possible.
They tried it. They loved it!

Wellness Monitoring

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

AthleteMonitoring 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.

“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
Workload Management

Keep athletes fit, healthy, and ready to win

AthleteMonitoring 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.
Seamless Data Integration
Get the complete picture by integrating GPS, heart rate, performance or health data from any wearable device or external application

AthleteMonitoring in practice

- Activate the API integration of your choice in your Team Settings, or use the use our built-in Excel templates to import data from any device.
- Automatically transfer data in less than 10 seconds.
- Automatically analyze data using evidence-based analytics. Actionable alerts, dashboards, graphs and reports are automatically generated.
- Make more informed decisions and adapt the athlete’s program based on the athletes’ individual workload alerts, fatigue (physical and psychological), wellness, fitness, health and recovery levels.

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Looking for a Complete AMS + GPS Workload Management Solution?

While AthleteMonitoring helps you integrate data from any GPS device, our unique ATHLETEMONITORING – FIELDWIZ GPS Solution offers you the combined power of the world’s simplest AMS and the FIFA approved, scientifically validated FIELDWIZ GPS Tracker.

- Ultralight (35g) sensors, 18Hz, Swiss Made, FIFA approved
- AMS includes wellness monitoring, workload management, injury tracking
- Team packages includes GPS sensors + GPS shirt + docking station + AMS + API integration

Request a Free Quote on AthleteMonitoring.com
Testing and Evaluation
Manage all your testing and evaluation data like never before.

AthleteMonitoring 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”

Injury Surveillance with The OSTRC* Questionnaire

Get the most accurate picture of your athletes' health with the best injury surveillance methodology available today.

Athlete Monitoring 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 Sports Trauma Research Center

www.AthleteMonitoring.com
Electronic Medical Records
Simplify athlete health management and electronic record keeping

AthleteMonitoring 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.
Questionnaires & Surveys
Create, publish and collect online questionnaires, screening forms and custom surveys in seconds

AthleteMonitoring in practice

- System administrator adds the questionnaire to the questionnaire library or customize the existing ones.
- Admin or staff member sends 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 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 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, Thai, Norwegian, 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

Quick & easy for athletes

Athletes can self-report wellness, training & injury data in seconds on any 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

PREPARE FOR SUCCESS | TRANSFER DATA INTO KNOWLEDGE | UNLOCK GREATNESS

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“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.

Stefani Webb
Head Women’s Soccer Coach / Assistant AD, University of Texas - Tyler

I am very pleased with AthleteMonitoring. As a coach it gives me unique insight into not only players injuries, illness and training and match load but gave us unique insight into other areas of their psychology that usually we don’t know. It’s a wonderful tool for coaches.

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 to win. Better.

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

www.AthleteMonitoring.com