

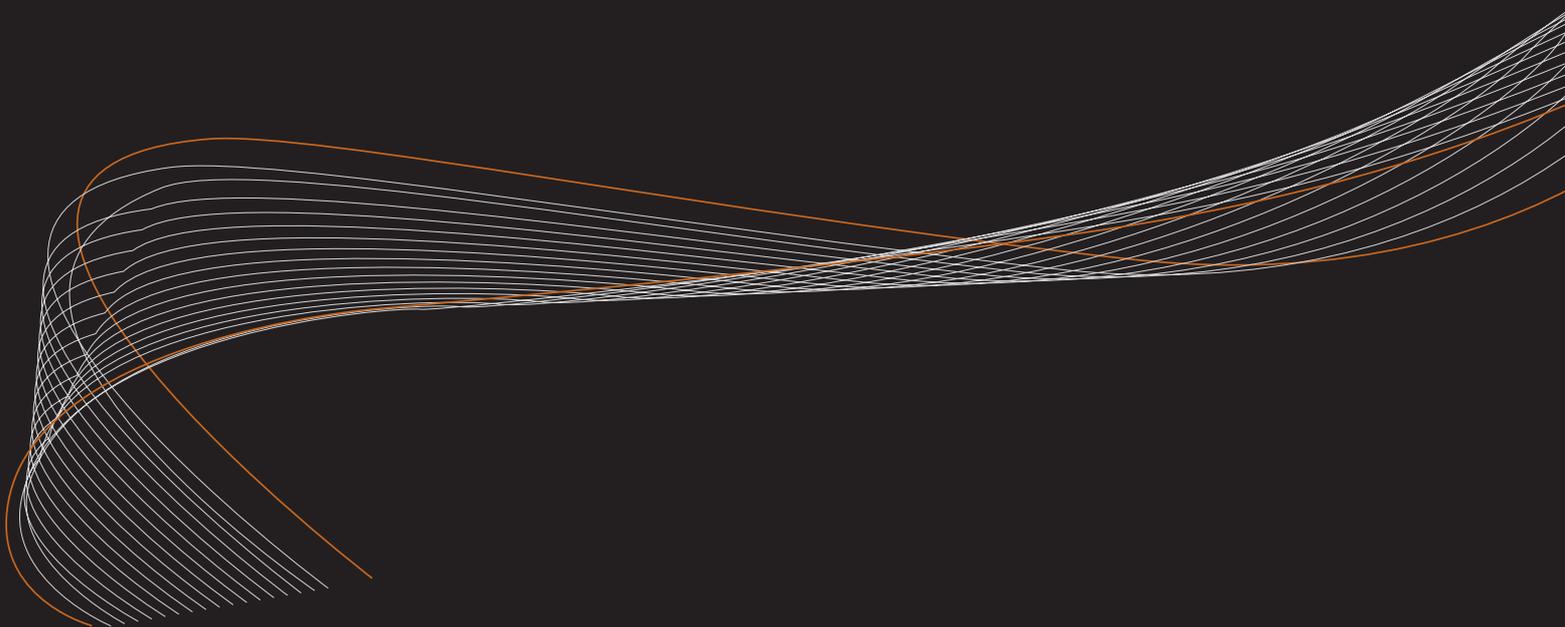
AMS

by Catapult

THE ATHLETE MANAGEMENT SYSTEM

AMS by Catapult provides insights into training, injuries, wellness, and performance by pulling in data from a range of sources to help you make the right interventions and affect positive change.

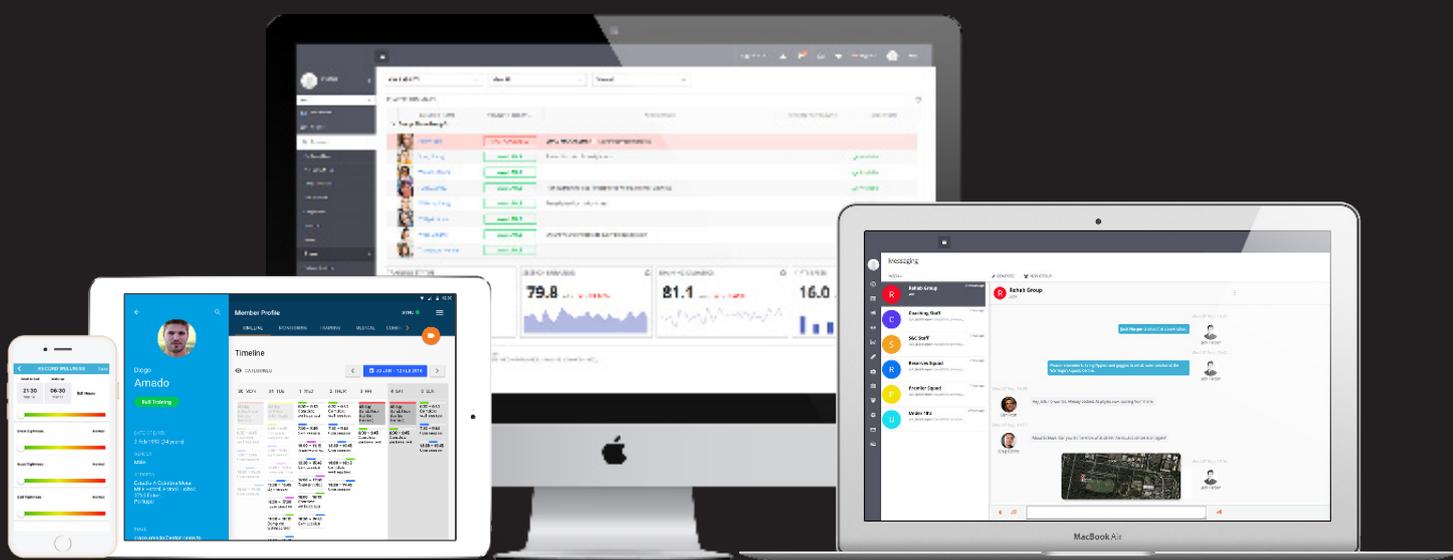
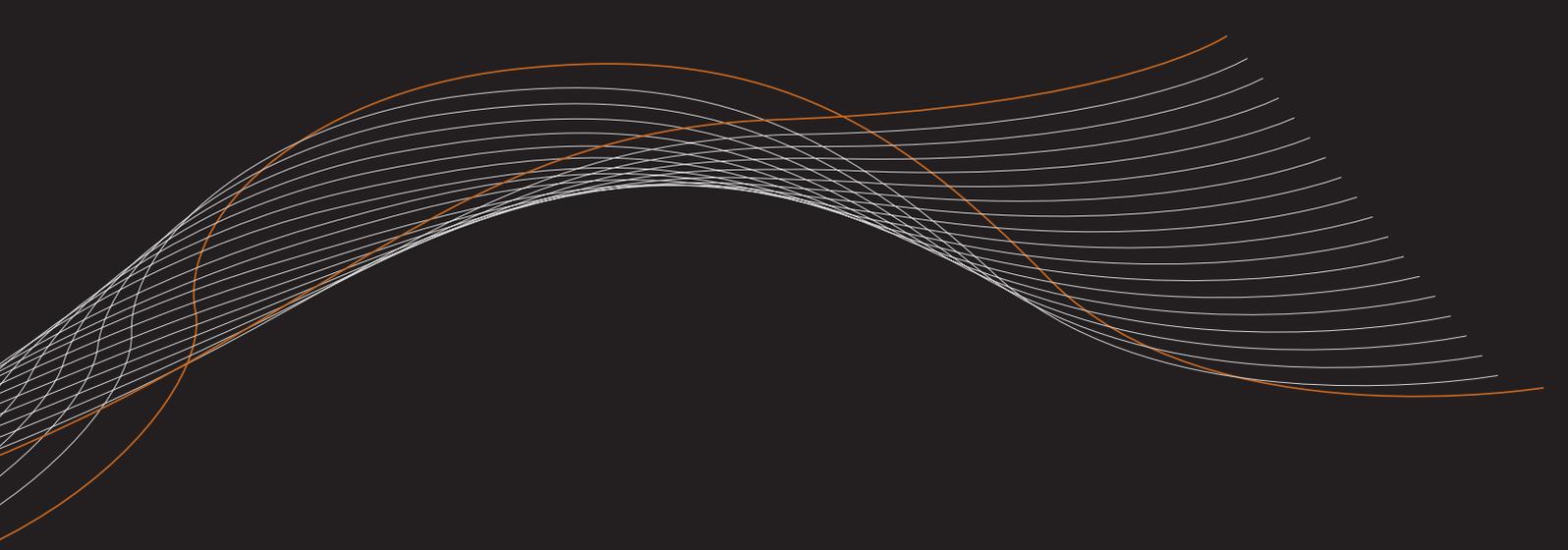




FOR TEAM,
THE END GOAL,
ELITE GAME.

PROVIDING UNITY & COHESION IN ELITE SPORTING ORGANISATIONS

It is a software solution for professional sporting organisations that unifies and streamlines operational processes, provides flexibility for dynamic performance departments and allows in-depth athlete monitoring.



Save time and resources



Accessible from any desktop, mobile or tablet



Support risk management



All valuable and important information in one place



Retain intellectual property



Permission-based



Support the importance of good communication



Secure and usable immediately



Make better informed decisions from the expert knowledge and the insights you gain from data



24 hour support

YOUR ATHLETE CONTROL PANEL



Dashboard

- High-level overview of athlete availability, wellness and performance trends.
- Customizable for each staff member to view the information relevant to their role.
- Direct access to specific areas of the platform, such as athlete profiles and full injury reports.



Member Profile

A holistic view of the individual, streamlining the process of performance reviews, monitoring wellness, and collaborating with third-party consultants.

The member profile includes:

- **Personal Information**
Allow staff and athletes to keep their own personal information up to date.
- **Training Overview**
A snapshot of training variables to track progress over weekly and monthly timeframes.
- **Wellness Summary**
Insight into the mental and physical status of an athlete.
- **Medical Overview**
Immunisation, allergies, operation, medications, next of kin, doctor's details, insurance policies, highlights injury and illness events with links to the full reports.
- **Video and Documents**
A directory of the multimedia files relating to the athlete.
- **Quick Add Notes**
- **Communication**



CSV Data Importer

It understands that you already have a wide range of spreadsheets and records. Import directly and allow the platform to collate and generate reports on all your historical and new data.



Coaching

It provides tools to assist coaching staff fulfil the requirements of their role.

- **Custom Reports**
Present data including game statistics on player key performance indicators and testing how you want to view it.
- **Pre and Post-game Notes**
A structured approach to planning and reviewing game plans.
- **Mobile App**
Efficient communication, allowing real-time group messaging.
- **Media Library**
Allows easy and secure sharing of videos and documents.



Strength & Conditioning

Build, assign or reuse workouts to improve athlete performance.

- **Individualised programs**
Assign programs to individuals to cater for their individual needs.
- **Printable**
Print or export single sessions to four-week programs for the individual, group or team.
- **Exercise Library**
Build your exercise library to suit your team's needs.
- **Template Functionality**
Workouts can be stored in a library to be reused at a later date.



Third Party Integration

It is designed to leverage and collate existing information to build the full picture for both the athlete and the team. API integrations allow for seamless connections with the services and devices you currently use, bringing all your information into one place.



Game Development

Identifying and developing future talent is a necessity for any coach, manager and team.

- **Talent identification**
Track player participation across regions to understand growth.
- **Multi-tier tracking**
Dive down to a local level to evaluate the potential of individual schools, clubs and sporting venues.
- **Retention planning**
Engage and strengthen relationships with current players to maintain and drive revenue.



Injury Management

It provides an in-depth record of injury occurrences and the circumstances surrounding them.

- **Collaboration-focused**
Real-time updates strengthen the communication between medical and performance staff.
- **Alerting**
When set thresholds are reached, alerts are triggered to minimise injury risk.
- **Attach Documentation**
Scans, incident reports, claims and other documents related to the injury can be attached.



Mental Health Management

As a holistic approach to physical and mental health, factors in the psychological balance of an athlete with daily stress, anxiety and soreness logs to help coaches and support staff monitor overall wellness.

- **Comprehensive metrics**
Choose from 20+ subjecting monitoring metrics to customise the protocol for your team.
- **Customizable Risk Alerting**
Individual or group alerts can be set to provide instant feedback.
- **Flexible Analysis**
Track both acute and chronic changes in a variety of areas, using key statistical methods.



Sports Medicine

- **Comprehensive Illness Records**
Including illness details and notes, medical screening tests and a record of prescription, recovery plan and imaging history.
- **Real-Time Training Availability Status**
Web-based platform instantly recognizes changes in training status.
- **Manage Illnesses and Recovery Plans**
Access can be given to multiple users.
- **Immunisation Records**
- **Customised Medical Screenings**
- **Customisable Alerts on Testing and Monitoring Metrics**



Training Session Outlines

- **Customised Drill Library**
Ready for use and personalisation.
- **Individual, squad or team specific**
Groups can be assigned to training drills.
- **Training Load Monitoring**
Ability to integrate GPS technology to estimate and review planned versus actual metrics, e.g distance planned to actual covered distance.



Time-Limited Access for External Support

It offers an efficient and secure method of information sharing with external parties such as surgeons, dieticians, and performance specialists.



Medical Notes

- **Note-Specific Attachments**
To provide more specificity with medical documentation, multimedia attachments can now be added directly to injury notes.

Attachments can either be sourced from the user's computer, the team's media library or a variety of cloud platforms.
- **PDF Summary Export**
Via the Print button, the option to export the athlete's medical history to a PDF is selectable. This generates a chronological report with each note hyperlinked back to the relevant location in the platform – with correctly assigned access and permissions, this is a quick way to share and collaborate on an athlete's injury management.
- **Notes**
Notes can be saved as draft or finalized all from the one screen, allowing bulk creation of treatment notes and quick access to viewing previous notes and editing drafts.



Reporting

- **Personalised Reports**
Choice of data visualisation and report formats, including one-page summaries.
- **Rolling Averages**
View custom modules like acute or long-term loads with rolling averages.
- **Custom Notifications**
Alerts in real-time to help quickly identify high risk or high performing players.
- **Individual and team filtering**
Player vs player reporting.
- **Unlimited possibility**
Build thousands of measurable performance tests from endurance, agility, flexibility, strength, speed and accuracy metrics.
- **Template and shareability**
Design, assign or reuse any workout to maintain or advance athlete performance.
- **Monitoring**
Monitoring training and competition data to track training loads and trigger alerts when pre-set thresholds have been met.



Testing

Maintaining optimal performance for extended periods requires an intricate balance of physical training and recovery methods.

It is a world-class platform engineered to allow for the setup of customizable tests. This allows for an organization-wide overview and analysis that ensures every aspect from performance monitoring through to uniform logs is accounted for.

Flexible Data Capture

It was designed to allow for efficient collation of information from multiple sources to allow an in-depth analysis with the ultimate objective of optimising performance.

Multiple methods of data capture are offered to suit a range of circumstances.

- **Touch Screen Capture**
An ideal display for use on tablets.
- **Individual Capture**
Allowing the information to be entered for an individual.
- **Bulk Capture**
Enter results for an entire team or group of athletes on a single page.
- **CSV Import**
Allows for the integration of data from external measurement devices.
- **Mobile Data Capture**
Allows for the athletes to enter their own data via the mobile app.

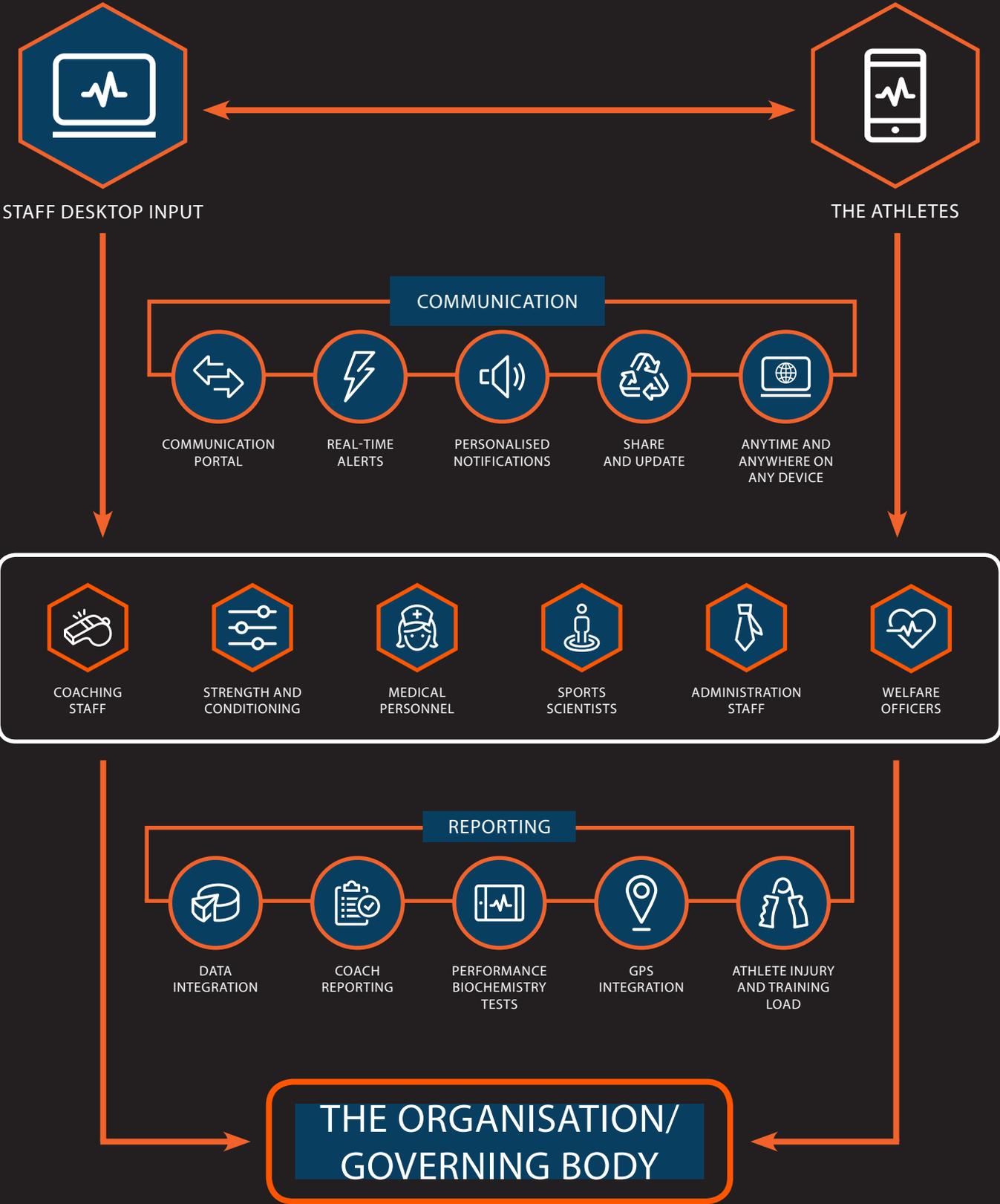


Alerting

It understands that in the elite environment, it is important to be informed of risks as soon as possible, allowing appropriate action to be taken immediately.

- **Real-time Alerts**
Setup custom alerts to automatically highlight 'Excellent', 'At-Risk' or 'Red Alert' results.
- **Immediate Feedback**
Choose who receives immediate notifications or emails when an alert is triggered.
- **Take Action**
Response time to action changes as a result of an alert can be performed immediately.

BENEFITS



BENEFITS

PROTECT



ATHLETES, TEAM
AND CLUB



BUDGETS,
RESOURCES
AND
INVESTMENTS



MEDICAL AND
MANAGERIAL
STANDARDS

DATA SECURITY



ROLE-BASED
PERMISSION



RETAIN
INTELLECTUAL
PROPERTY



CENTRALISED
INFORMATION

ANALYTICS



ENHANCE YOUR
DATA INSIGHTS



FAST-TRACK
INTERVENTIONS



AMPLIFY
THIRD-PARTY
CONNECTIVITY

SAVINGS



COST

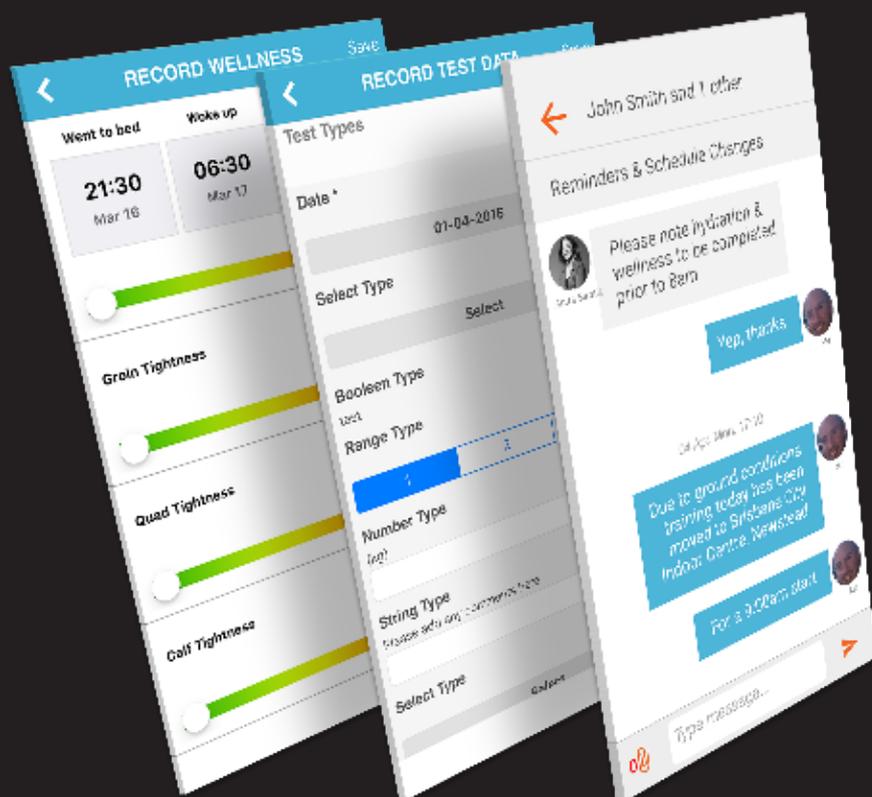


BETTER
BUSINESS
DECISIONS



TIME

INTRODUCING THE POWER OF MOBILE



IT CAN BE ACCESSED FROM ANY MOBILE DEVICE.

The App supports two key functions; available with the platform to schedule events or training, and to ensure communication is seamless.

The group communication portal facilitates messaging by individuals or cohorts, and allows for important upload of files and video to support training and performance.

The second primary function is the injury, wellness and mental health record capture of over 20 variables.

This modern user interface enables staff and athletes to:

- **Record injury wellness and mental health data**
Gain insights into the physical and mindset of athletes – including sleep, stress, fatigue, general soreness, motivation, appetite and mood levels.
- **Record data**
Collect results from anywhere, anytime.
- **View reports**
Real-time visual feedback for athletes.
- **Group and individual messaging and management**
- **View schedules**
Synchronises with personal calendars
- **Receive personalised notifications**
- **Android and iOS compatible**

ABOUT US

Catapult enlightens sport with scientifically-validated analytics, obtained with the most advanced wearable technology in the world. With precision engineering at the intersection of sports science and sports analytics, Catapult works with over 1250 elite teams worldwide to innovate how information shapes athletic performance. With over 250 performance metrics, Catapult's powerful analytics engine enables personalised value in the mitigation of risk of injury, measuring readiness for competition, and quantifying return to play. For more information, visit catapultsports.com.

WANT TO WIN? THE PLATFORM CAN HELP GET YOU THERE.

Let's talk about
what you want to achieve.

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