

Athletic Profiling

Assess
Don't Guess

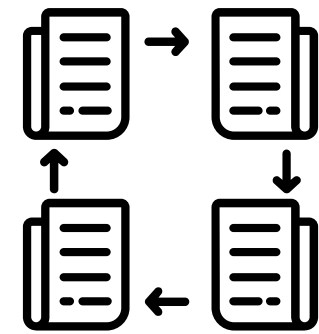


Why Profiling Athletes?

The need to profile is important for health and performance. With the change in physical strength, body size, an athlete's mechanics are affected. Only general and specific sports movement based tests along with sports vision assessment can provide an adequate foundation for assessing the athlete's progress and progression. It narrows the focus and spots red flags. The development of such a Profiling strategy can provide an effective solution for monitoring changes in movement and technique in response to training and coaching intervention as well as return to play.

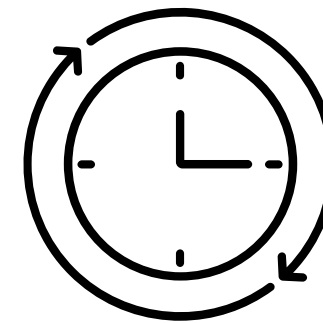


The Problem With Profiling



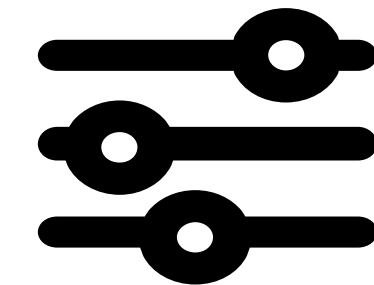
Know what to Assess

You can't monitor what you don't measure. Our thorough evaluation process cuts through the dogma of just general strength tests for athletic development and we are able to break down the individual needs of the athlete.



Time Constraint

We can cut time constraints for coaches by using our assessment process.



Track Progress

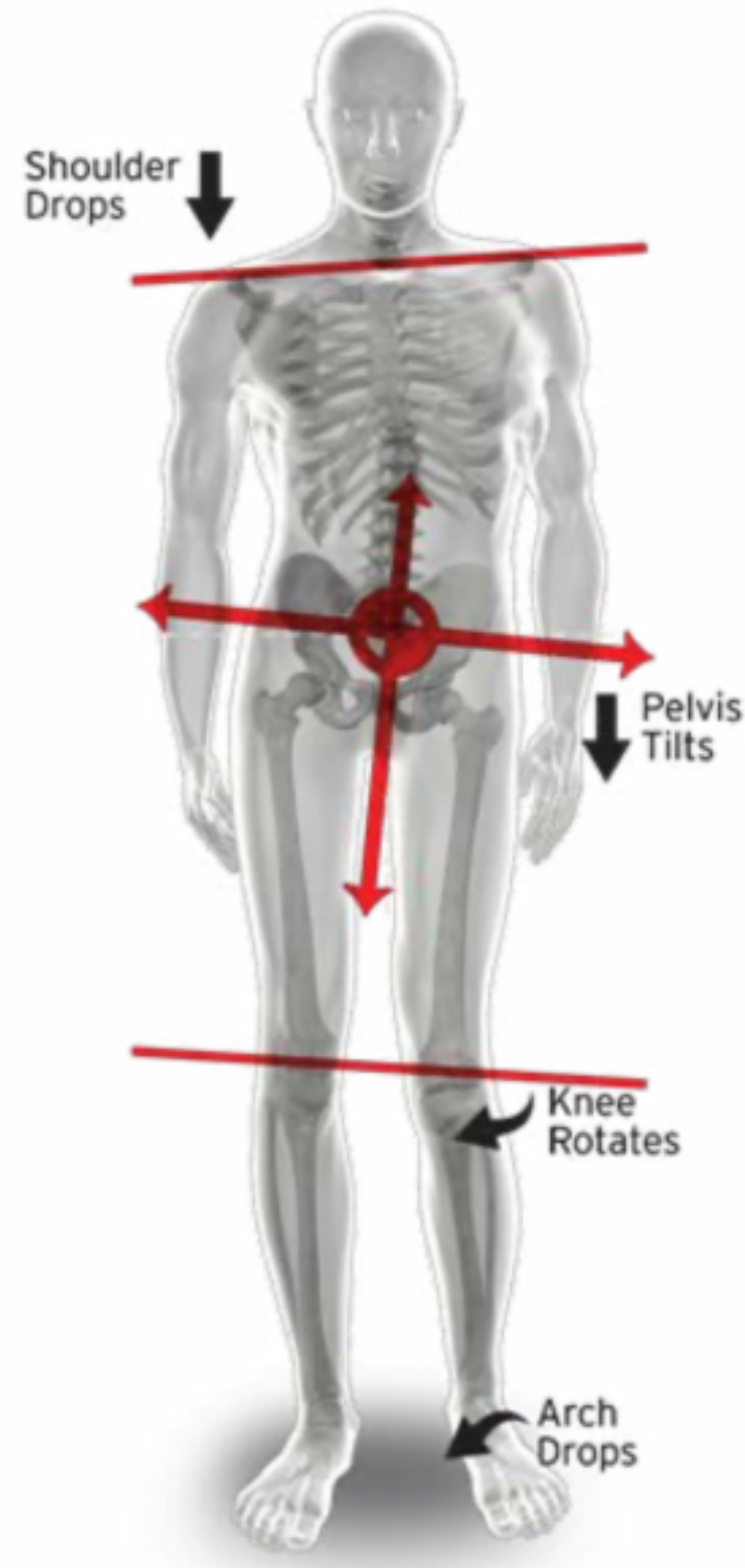
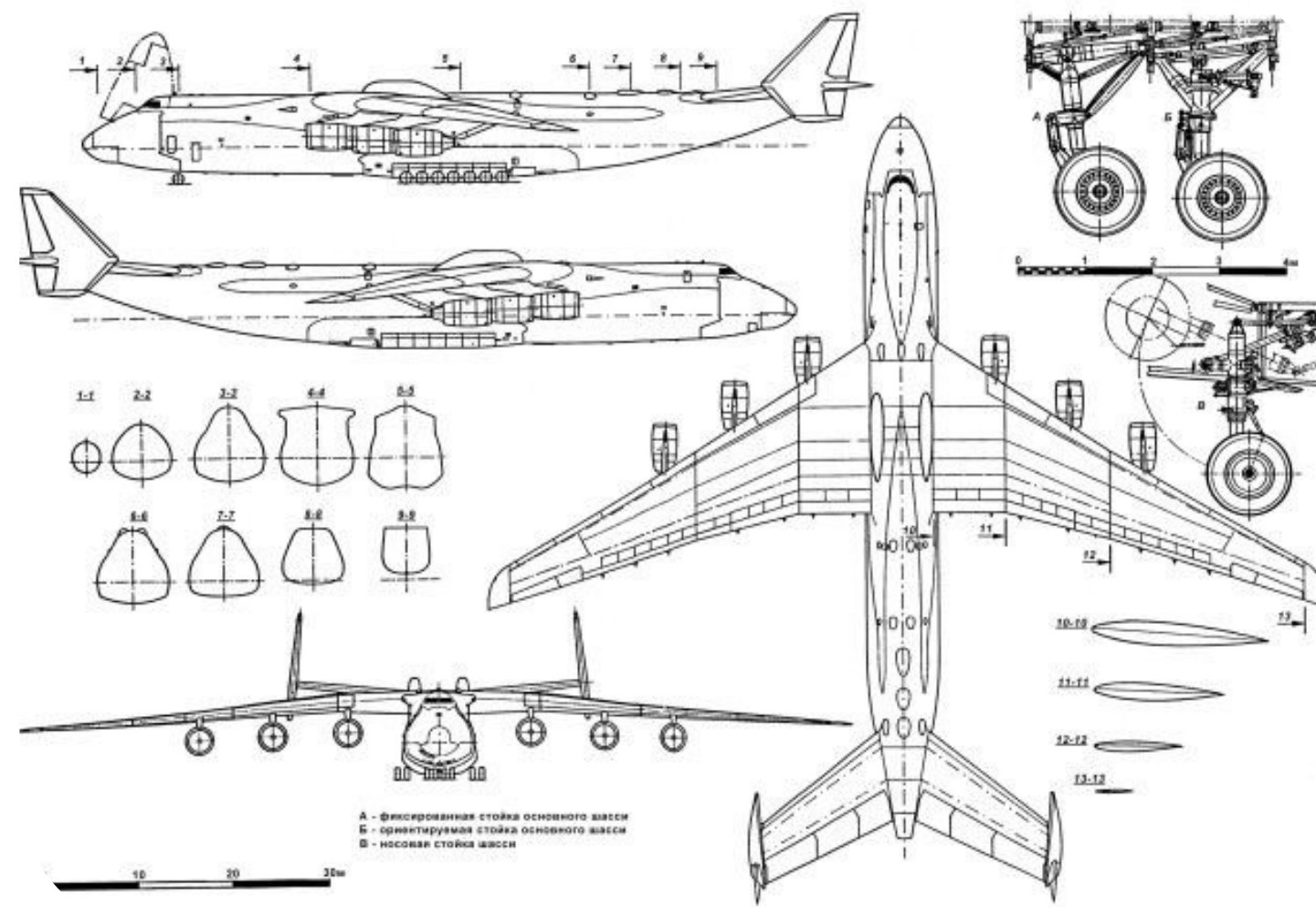
We are able to use our assessment information to construct a training program for the individual athlete.

What We Profile

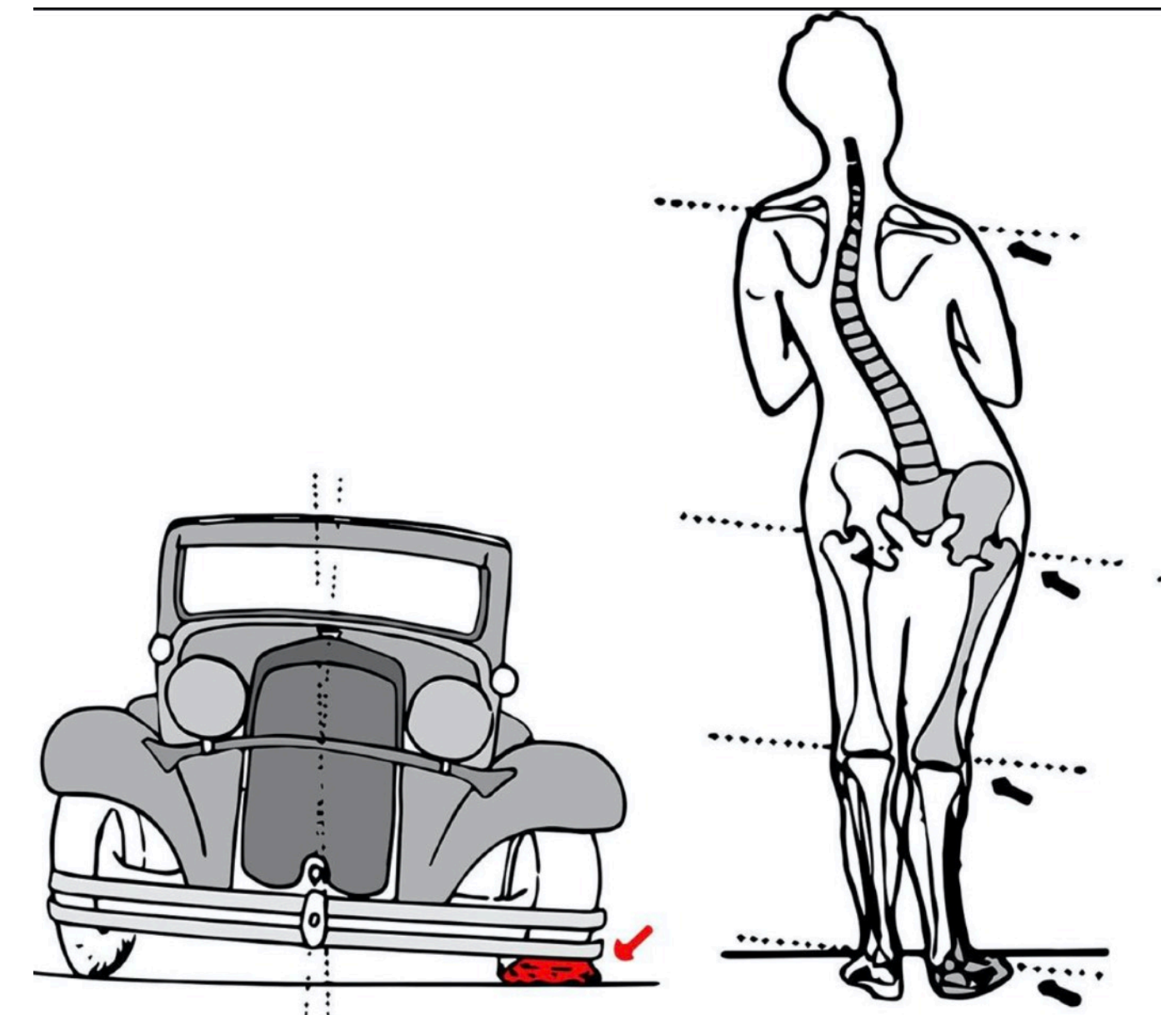


Postural Assessment

It has to look right to fly right



The aim of the our Posture Recalibration is to decrease this energy expenditure by creating structural balance and a more efficient balance system. Posture is your brains reflexive strategy for stability.



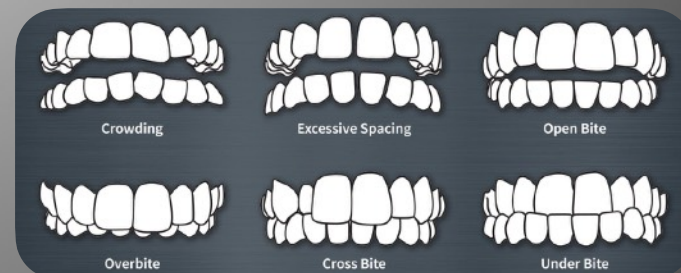
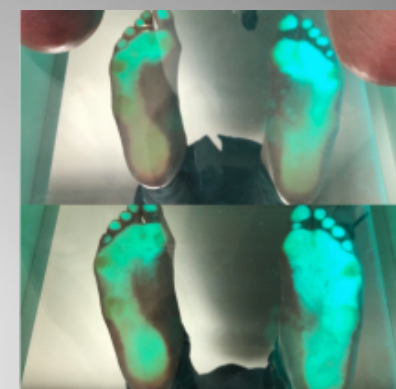
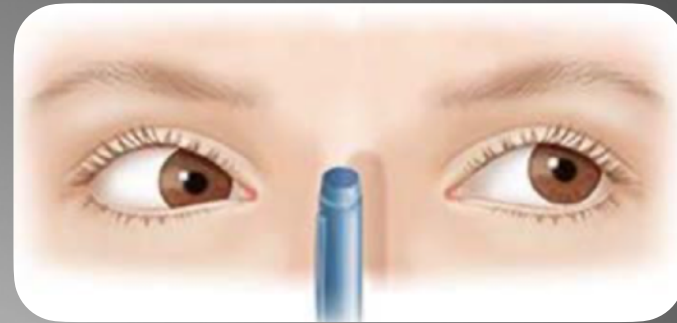
Postural Assessment

“Movement is nothing more than a succession of different postures” - Dr. Bricot

Symptoms

- Lower back pain
- Ankle pain
- Knee pain
- Hip pain
- Sciatica
- Disc herniation
- Shoulder pain
- Neck Pain
- Lombardo

Causes



The CIES method is based on



Sensory Input



Brain Integration



Motricity

Combine the above to unlock these benefits



Pain Relief



Reduced Stress



More Energy



Increased Sports Performance

Joint Function and Health

Our joint assessment provides objective measures of an athlete's movement capacity for each joint. Whether that is the athlete needs to create range of motion or to do specific training to own range of motion.



Sprint Profiling for Injury

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Can we link sprint acceleration strategies and injury sites?



By James Wild

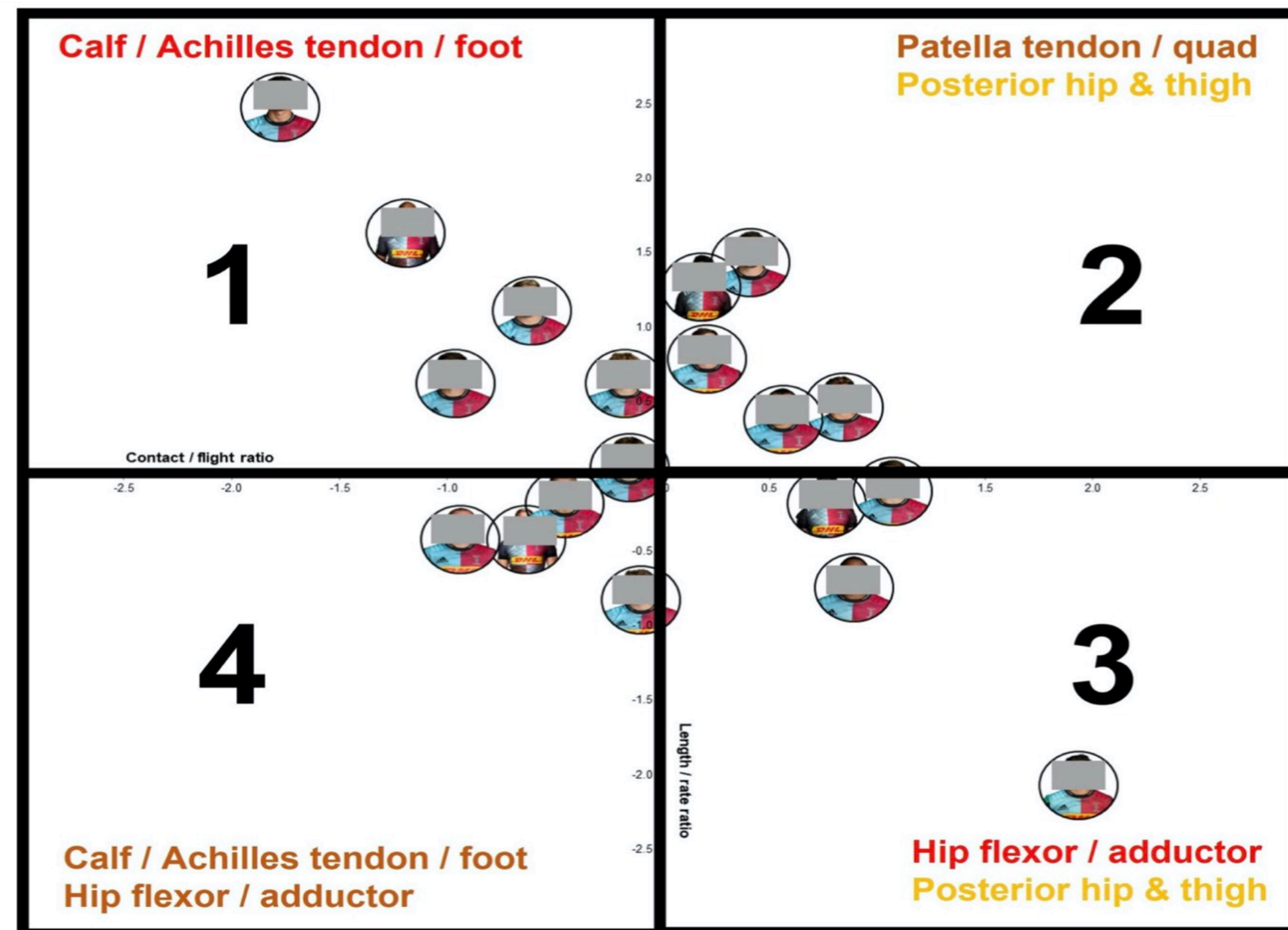
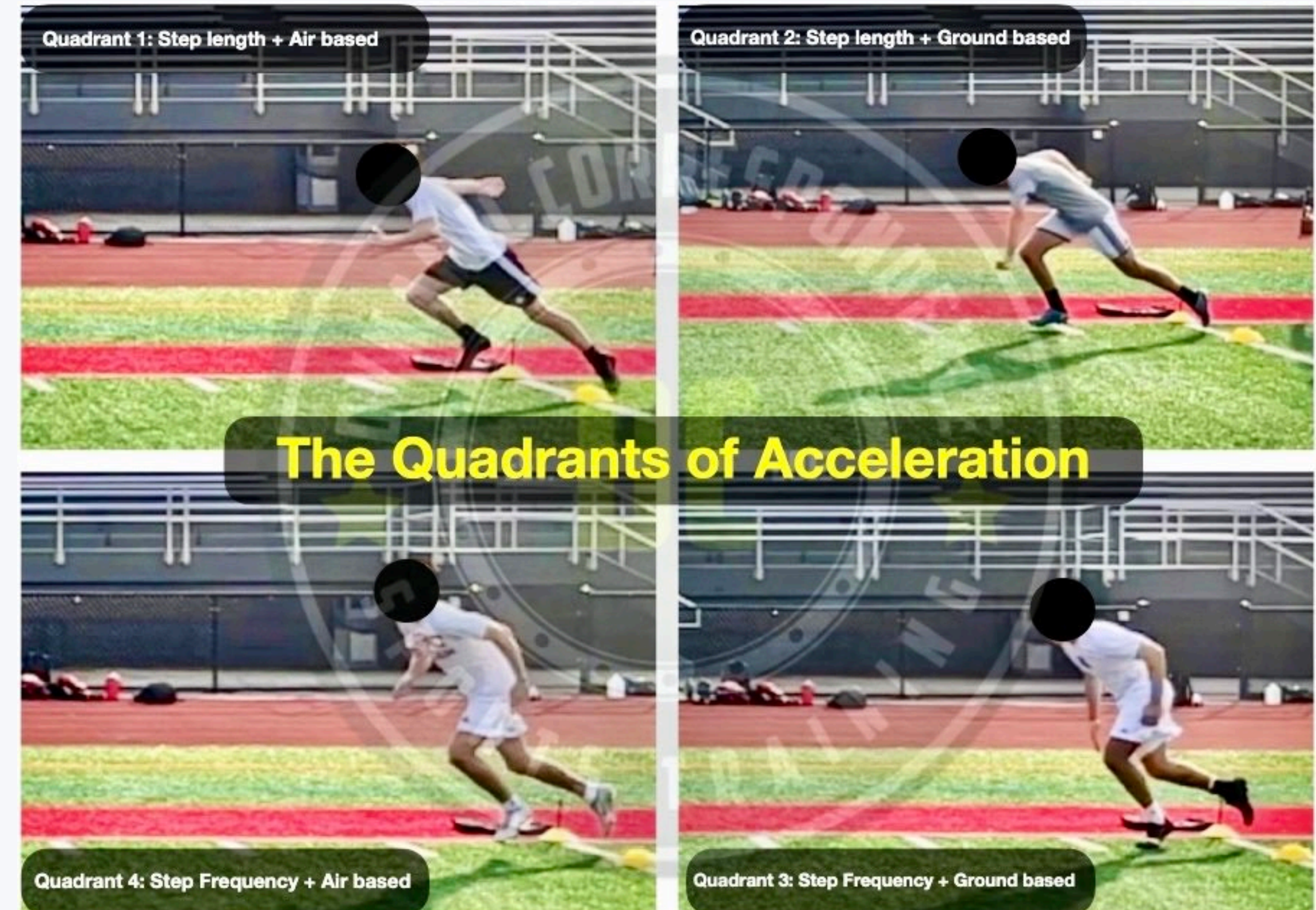
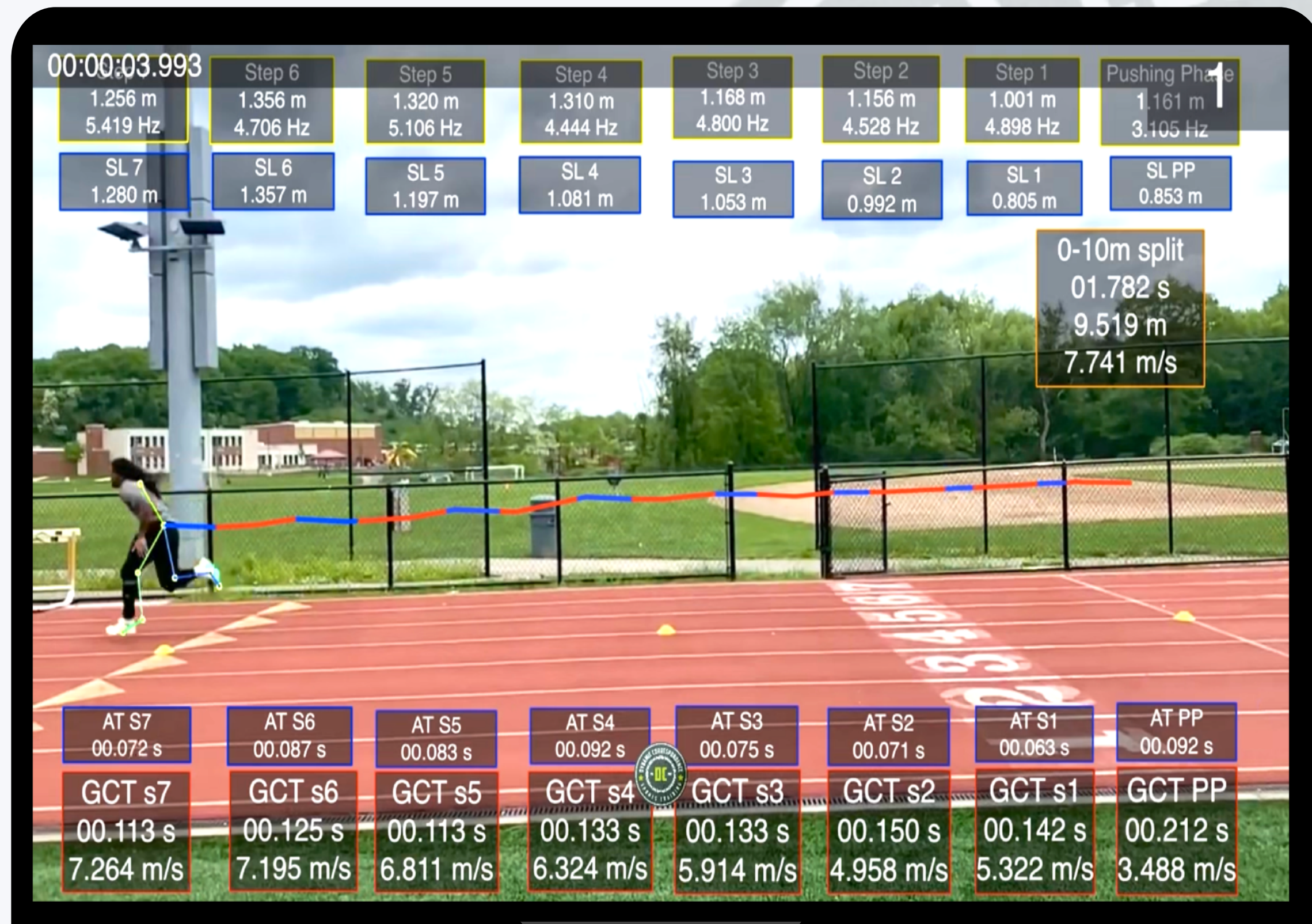


Figure 2. Common injury sites observed according to the whole-body kinematic acceleration strategies of athletes.

Research has shown that not only can biomechanics analysis help in the prediction of injuries, but research also tells us that with return to play, that it doesn't matter how strong you are in the gym, it's what you apply to the ground in running that matters. Only a running-based test can provide an adequate foundation for assessing the athlete's progress.



Sprint Profiling for Performance

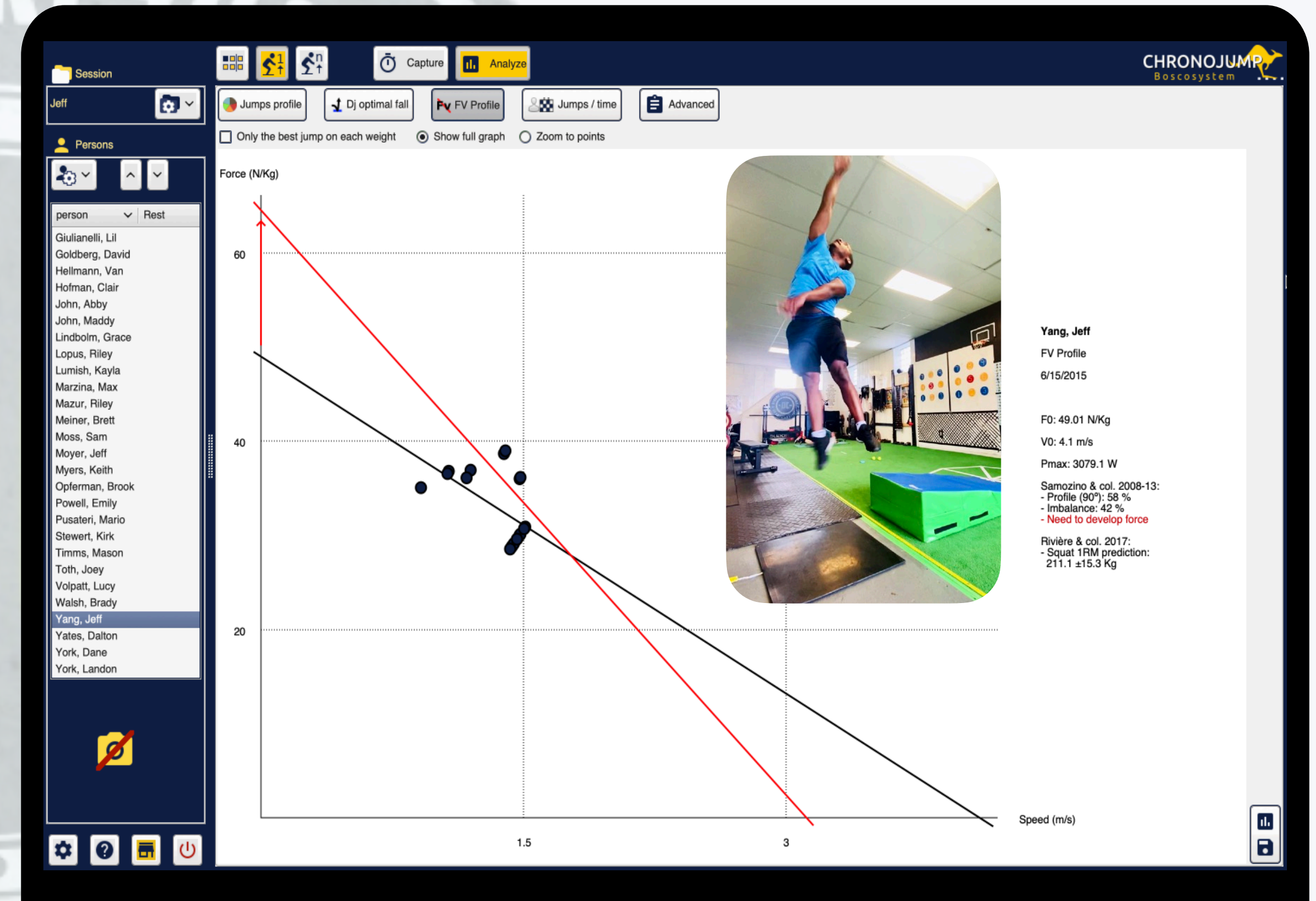


- * Sprint profile narrows focus for training
- * Help identify red flags
- * How you sprint is just as important as how fast you did
- * Kinetic and Kinematic Report for acceleration and/or upright sprinting
- * Individual profiles created to help guide training program
- * Strengths and weaknesses identified

Jump Testing

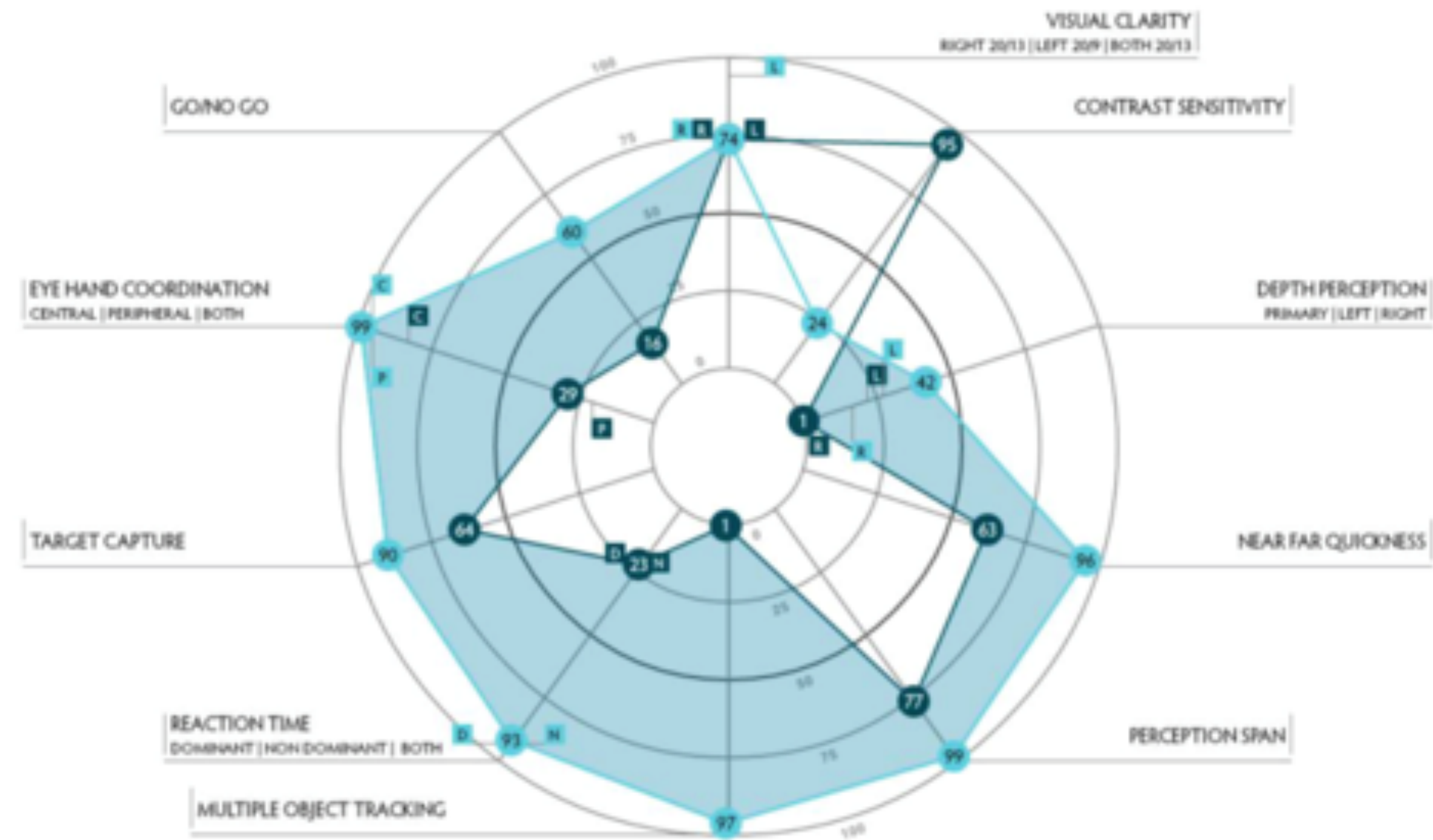
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Jump testing demonstrates the athlete's ability to produce power within a very short timeframe. With the use of various jump tests, we are able to specifically pinpoint weakness's in the athletes capacity to demonstrate different types of strength / power and its transference to sports movements.



Sports Vision Assessment

SENSORY PERFORMANCE REPORT



SPORT & POSITION
LACROSSE
GOALIE

CURRENT LEVEL
HIGH SCHOOL

COMPARED TO
LACROSSE
HIGH SCHOOL
GOALIE

STRENGTHS
E-H COORDINATION
PERCEPTION SPAN
MULTI-OBJECT TRACK
NEAR FAR QUICKNESS

OPPORTUNITIES
CONTRAST SENSITIVITY
DEPTH PERCEPTION

IMPROVEMENT PLAN
BROCK STRING
STROBE TRAINING
LIGHTBOARD

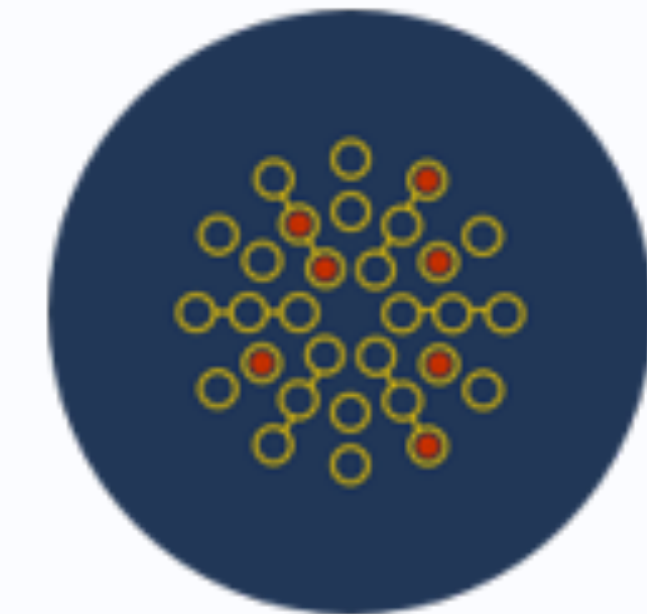
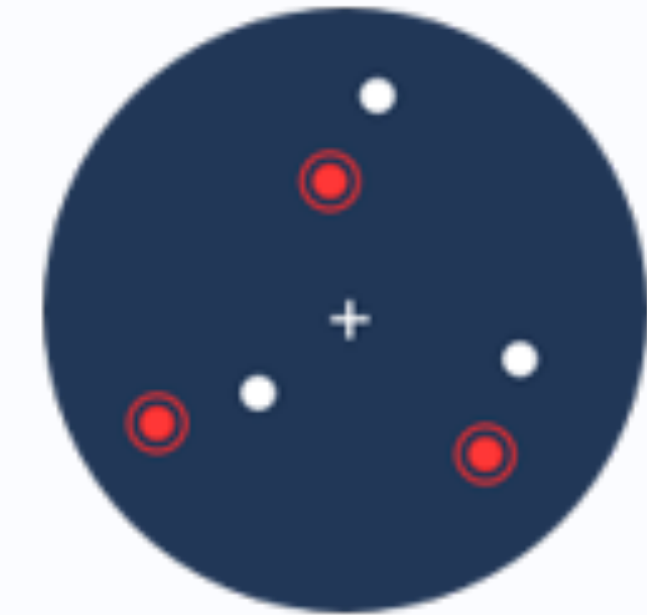
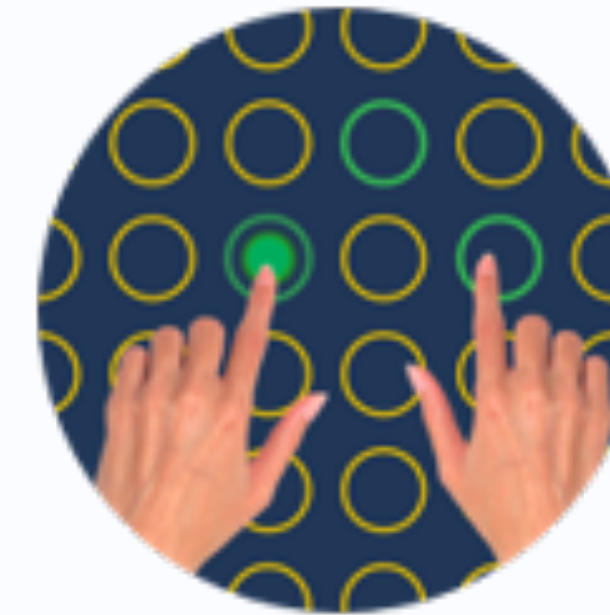
SCORE
77

FIRST EVALUATION 03/20/2017 @ 08:04PM

AREA OF INCREASE

SECOND EVALUATION 07/11/2017 @ 09:43AM

PERCENTILE



Our Coaching

We provide:

- Video analysis and feedback of running and change of deceleration mechanics.
- Sports vision and Postural Assessments
- In person training for individual and for team training.
- Consultations how to individualize in a team setting.
- Continue Education