



ADVANCE PERFORMANCE

The Athlete App

TRAIN LIKE AN ATHLETE, WHEREVER YOU ARE

Powered by

AMAVEN



**EMPOWERING
EVERY
ATHLETE**





LAYING THE FOUNDATIONS



**ATHLETES LEARN
SKILLS AT THEIR OWN
PACE**



**BLOCK OR
CONCURRENT TRAINING
MODELS**



**ATHLETIC QUALITIES
LAYERED OVER STRONG
FOUNDATIONS**



**EVIDENCE BASED
TRAINING METHODS**



ALL YOUR ATHLETE'S DATA IN ONE PLACE

PLYOMETRIC SESSION

- Sport Jump
- Jump & Reach
- Jump hands on Hips
- Aligator Crawl
- Step forwards & backwards
- Box jumps Hop to jumps

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TRAINING HISTORY

Training history for 27th July 2021 to 27th July 2021

Change dates

- Agility (1)
- Sprints (1)
- Power (1)

- 5-0-5 COD drill [VIEW](#)
- Sprint Drill Training [VIEW](#)
- Power [VIEW](#)

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ATHLETE STATS

View your Athlete stats here. The YS&C Tests are matched to the National Netball Development Programme

Overview	Improvement	Target
2.7	36% ↑	3.0

PERSONAL BESTS

Testing	Results	Comment
Single hop - Left	560.00 cm	Excellent, Performing well. Keep up the hard work!
Single hop - Right	538.00 cm	Excellent, Performing well. Keep up the hard work!

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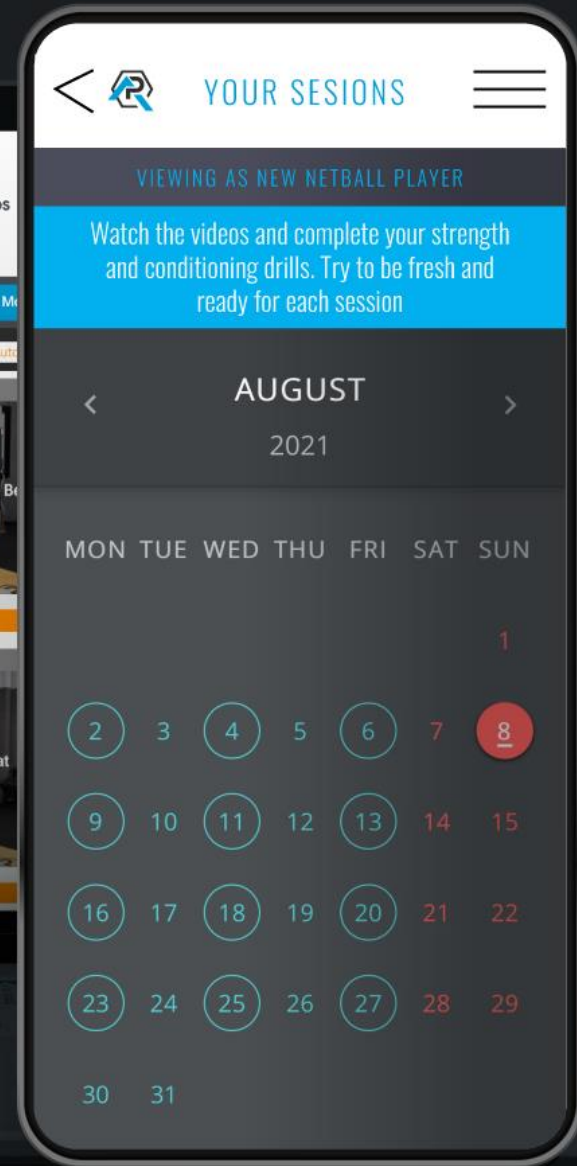
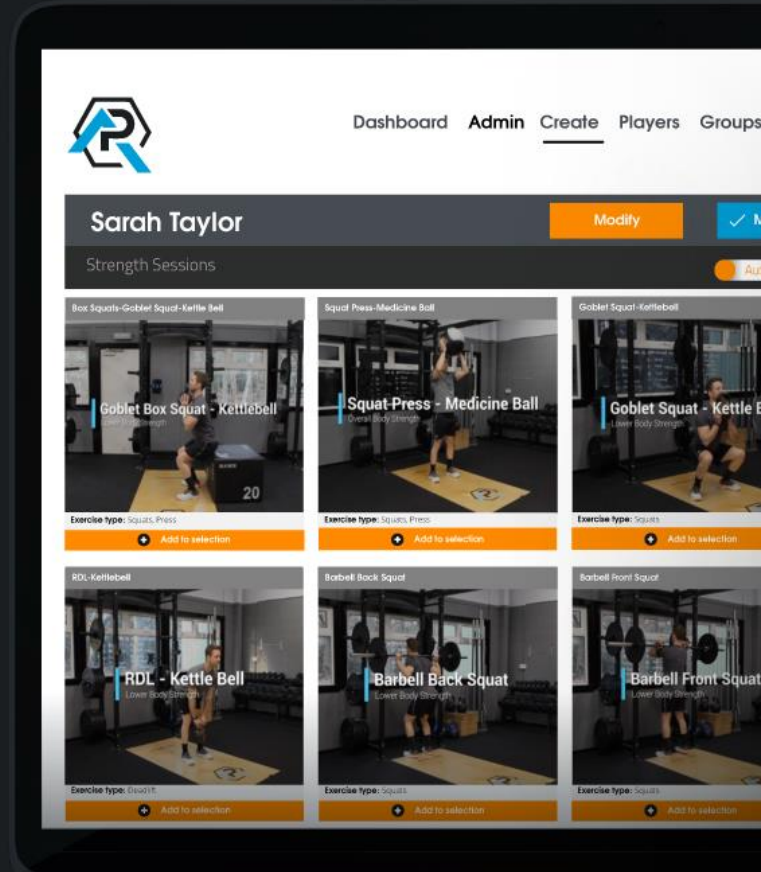




UNIQUE FEATURES

LONG-TERM PLANNING FOR HIGH PERFORMANCE

- ✓ TRAINING BLOCKS DELIVERED TO EACH ATHLETE
- ✓ DEVELOPMENT OF STRENGTH, POWER AND SPEED
- ✓ MODIFY TRAINING SESSIONS FROM AN EXTENSIVE EXERCISE LIBRARY





UNIQUE FEATURES

MONITOR EACH ATHLETE'S DEVELOPMENT

- ✓ TEST, TRACK AND MONITOR EACH ATHLETE
- ✓ TRAINING LOADS AND VOLUME
- ✓ RPE, RECOVERY RATES AND READINESS

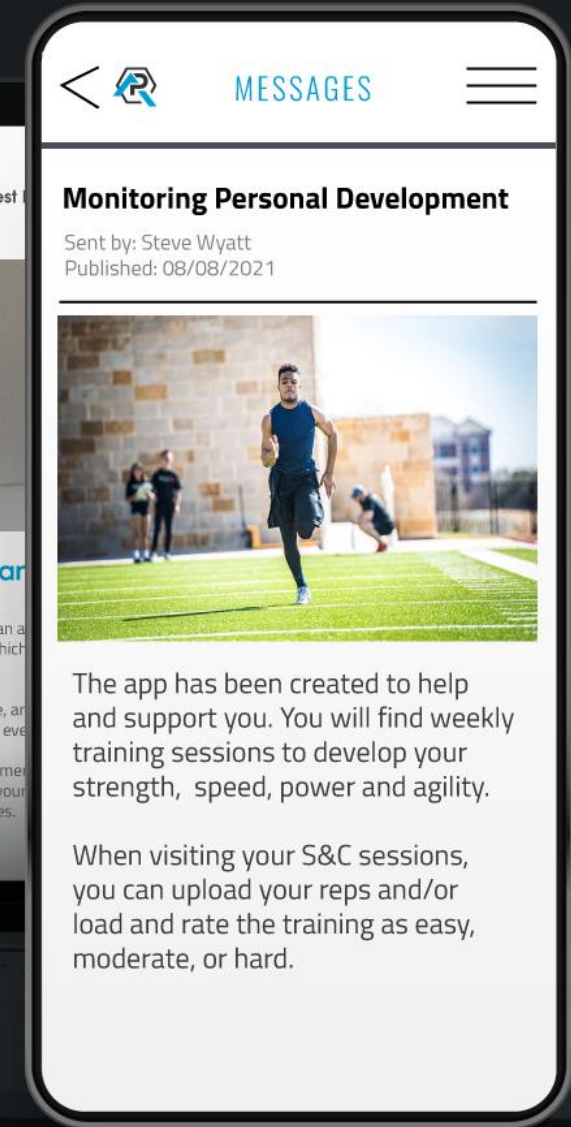
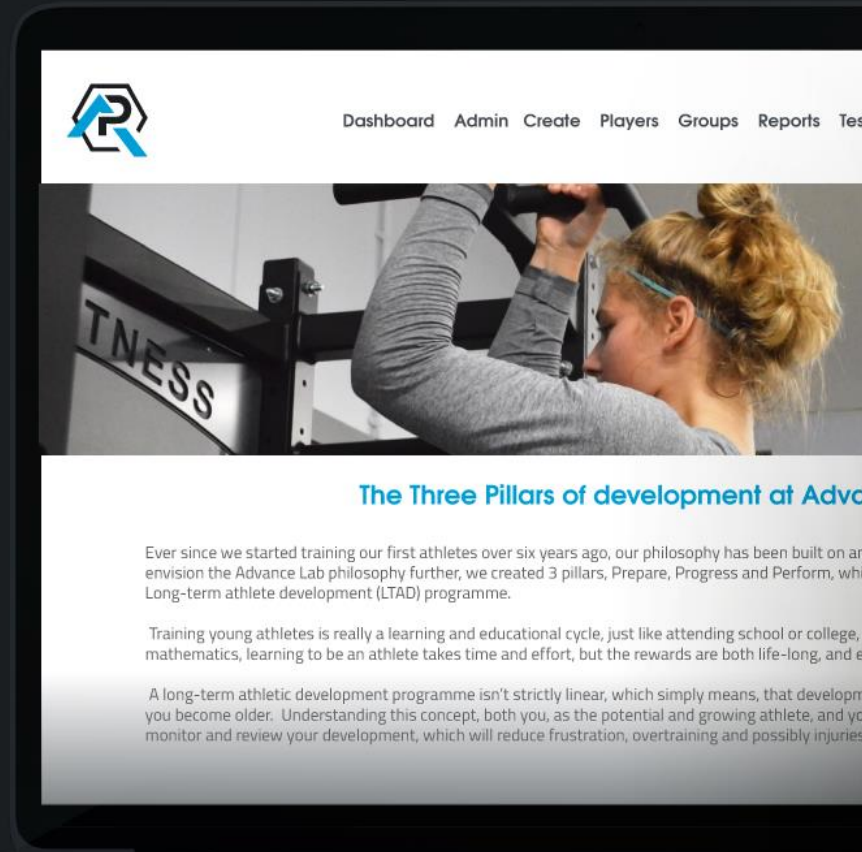




UNIQUE FEATURES

COACHING AND MENTORING

- ✓ MESSAGE INDIVIDUAL ATHLETES, TEAMS OR SQUADS
- ✓ BLOGS AND VLOGS
- ✓ COACH FEEDBACK





COACH'S PORTAL AND ATHLETE MANAGEMENT

The screenshot shows a web dashboard for 'The Lab Storm Netball App'. On the left is a navigation menu with links: Home, Dashboard (highlighted), Create, My Account, Players, Groups, Test Library, and Logout. The main content area is titled 'Dashboard' and includes a 'Select report' dropdown, a 'Year' dropdown, and checkboxes for 'Athletes' and 'New Athletes'. Below this, a summary section for 'The Lab Storm Netball App' displays: 'Groups tested (this year)', 'Players tested (this year)', 'Individual tests (this year): 280', and 'Last test: 2021-07-09'. A 'Download report' button is present. Three circular gauges show 'Overall' performance at 2.3, 'Improvement' at 12% with an upward arrow, and 'Target' at 4. The bottom section contains two charts: 'Overall performance' is a radar chart with axes for Overall, Speed, Strength, Triple Hop - Left, Triple Hop - Right, and Endurance; 'Training History' is a pie chart with six colored segments.





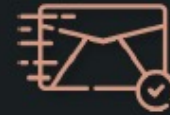
A NEW WAY TO TRAIN YOUR ATHLETES



**DEVELOP ATHLETIC
QUALITIES**



**ATHLETE TESTING
(NSCA)**



**COACH
SUPPORT**



**REDUCE INJURY
RISK**



**INCREASE RESILIENCE
& CONFIDENCE**



**FULLY INTEGRATED INTO
SPORTING CALENDAR**



**MONITOR TRAINING
LOADS**



HIGH PERFORMANCE PACKAGES

BRONZE

- ✓ FULLY AUTOMATED APP FOR YOUR ATHLETES
- ✓ PORTAL MANAGEMENT SOFTWARE
- ✓ ONBOARDING PROCESS WITH A COACH
- ✓ 1 SEMINAR PER YEAR

From £6.99 per athlete pcm

SILVER

- ✓ APP AND PORTAL
- ✓ ATHLETE TESTING x3 PER YEAR
- ✓ IMPACT REPORTS FOR EACH ATHLETE
- ✓ 3 x SEMINARS/ WORKSHOPS FOR STAFF AND/OR PARENTS

£3000 per annum
(based on 50 athletes)

GOLD

Includes Silver package plus:

- ✓ A CONSULTATION WITH YOUR S&C COACH TO CREATE YOUR LTAD FRAMEWORK
- ✓ YOUR OWN S&C COACH TO DELIVER PRACTICAL SESSIONS
- ✓ FEEDBACK AND EVALUATION ON PERFORMANCE AND OUTCOMES

Price on application



ANCE PERFORMANCE LA
STRENGTH & CONDITION



JOIN THE
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FAMILY

FOR MORE INFORMATION, PLEASE CONTACT



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