

## SSP ATHLETE WELL-BEING SOFTWARE INFORMATION

What separates SSP from other GPS units?

### 1. Cost

The SSP package consists of:

- Motion Tracker
- Heart Rate Monitor Belt
- 12 Month License



There is a once off cost for the Motion Tracker and Heart Rate Monitor Belt per person, and a monthly cost for the subscription.

The tracker can be worn between athletes, therefore one tracker could cover two different players. Player A could wear it on a Monday, and player B could wear it on a Tuesday. You would just need each player to have their own profile.

### 2. SSP Is Easy To Use and Extremely Accessible

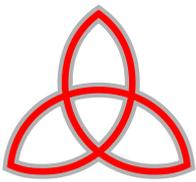
Athletes are equipped with a 3D Axis accelerometer foot pod and heart rate monitor belt. The equipment captures exercise data and feeds it directly into the SSP app on your mobile phone, where coaches and players can easily engage with and interpret data.

### 3. SSP Has A Unique Platform Which Concentrates On:

- Well-being
- Training per sport (soccer, rugby & hockey)
- Training per age group
- Training per position

SSP puts a focus on monitoring an athletes overall health and wellbeing. It regularly collects specific player data that allows us to alert coaches early-on to signs of fatigue or ill-health, helping to prevent injury and reduce player downtime.

Additionally, athletes regularly carry out simple assessment tasks that continuously measure fitness and strength fundamentals, and record this data in their SSP profiles.



#### **4. Match Day Analysis Is Broken Down Into Simplistic Forms**

SSP uses simple, relevant analytics to accurately measure a player's training and match performance, whilst also objectively ranking their contribution as a team member.

#### **5. Conditioning Programs That Measure Effectiveness And Intensity**

SSP provides age-group-, position- and sport- specific goals for players and coaches to work towards. You'll also receive player-specific training programmes carefully designed to maximise personal performance.

It focusses on maintaining and aiming for high training intensity, an essential stepping stone on the path to improved skill levels.

One of the major points that is essential to understand as a coach, is that if you can understand physiology better, then you can become a better coach. SSP measures intensity as an absolute value.

Athletes aren't transformed overnight. It takes time to transform an athlete, and with SSP you are able to start measuring at a young age, and therefore see the growth or lack thereof, and make meaningful changes/suggestions.

Most clubs/schools of the schools at the highest level provide conditioning, however, are they able to measure the effectiveness of this conditioning and provide meaningful feedback for growth and development in the correct sectors?

Can you imagine if SSP was rolled out in your club, school, or even your country, and had all potential players on the one system? That would make a huge difference in analysing, guiding and helping improve their game by offering meaningful analysis and feedback. It can also monitor and track players (unlimited) across the entire country and help coaches coach according to the physiological demands of the game.

Enquiries: [shaun.killian@hotmail.com](mailto:shaun.killian@hotmail.com)

For more information please visit: <http://www.steeleathletic.co.za/>