



Athletic Development

Sports Physio & Performance

Killinan, Thurles, Co.Tipperary

Tel: 062 77014

sales@sportsphysio.ie

www.sportsphysio.ie

@sportsphysioirl



€29

Athletic Development Kit



€49

Athletic Performance Kit



€69

Elite Performance Kit



Choose any of our popular kits above with the team prices shown or design your own kit and select the contents you need for your team.

Athlete Benefits

Reduce Injury

Increase Muscle Activation

Develop Core Stability

Improve Mobility & Joint Range of Motion

Self Myo-facial Release

To Order: Tel: 062-77014

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Teams already using the kits?



Cathal Cregg, Head Strength & Conditioning Officer, Connacht GAA

As Head Strength & Conditioning Officer at Connacht GAA I recommend our approved supplier "SPORTS PHYSIO SUPPLIES". When dealing with county academy squads reliability and speed of service is of the utmost importance, we have found that "SPORTS PHYSIO SUPPLIES" work to the highest degree of professionalism and quality.

We have been supplying our squads with Sports Performance Kit as part of their prehab, warm up and strength training sessions. The kits have played a huge part in helping us implement our programs across the various counties. The kits we use include foam roller, mini bands, Swiss ball and lengths of TheraBand. All of this coming in a small convenient compact bag makes it a vitally important part of our players training and match day kit. The compact kit allows players to carry equipment around in their gear bag.



An Dún



Ciaran Sloan - Down GAA Senior Strength & Conditioning Coach

The performance kits are very beneficial for use during prehab and activation prior to gym and pitch sessions. The performance kits can be used at home & when travelling, which allows players to undertake their own individual prep.

The sliders and mini bands can be used for exercise variation (for example knee flexion posterior chain work), mobilisation and muscle recruitment around the pelvic girdle.



Jimmy Condon - manager of U16 St Coleman's Fermoy

The St. Colmans College Dean Ryan squad were delighted to use performance kits from Sports Physio Supplies.

The quality of the equipment was of a very high standard and it allowed the players to work on their flexibility, strength and conditioning during holidays and weekends. The compact nature of the product meant that the players found it very easy to store and transport the equipment.

They really enjoyed using the products. It definitely helped the players during a very successful year for themselves and the college.



Affordable Team Solutions

If you do not want to go the individual Kit route here are some other bulk equipment solutions that might also work.

**** Myo-Facial Release & Stretching Kit ****

30 Players

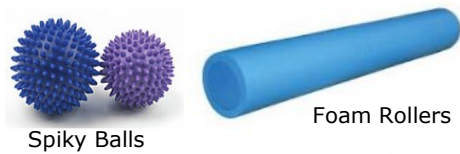


- 10 x MFR Roller
- 10 x Stretching Strap
- 10 x MFR Balls
- Free Performance Carry Bag

€290+VAT

Up to 30 players can perform session at once in circuit format.

Additional Options



**** Squad Activation Kit ****

30 Players



- 10 x Slide pad Pair –Hamstring, Shoulder & Core Activation
- 10 x 0.5" Resistance bands - upper body Activation & Rehabilitation Exercises
- 10 x Green/Blue mini bands – Glute Activation
- Free Performance Carry Bag

Up to 30 players can perform session at once in circuit format

Additional Options



** Squad Monitoring Set

30 Players



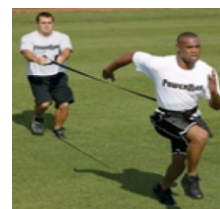
- 1 x SECA Digital Scales
- 1 x SECA Portable Height Measure
- 1 x Goniometer
- 1 x Aneroid sphygmomanometer
- 1 x Knee To Wall Tester

€130+VAT

Additional Options



**** Performance Training Equipment ****



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Create Your Own Kit

If you would prefer to change some items in the kit or tailor your own kit here are the breakdown of the individual item team costs. Prices shown are ex VAT.



MFR Roller

Single price
€19.90
Team price
€16.90



Power Band

Single price
€9.90
Team price
€7.90



Mini Band



Myofascial Rel. Ball



Single price
€5.90
Team price
€4.45



Slide Pads

Single price
€12.90
Team price
€9.65



Performance Carry Bag



Single price
€7.90
Team price
€5.90

Stretch Strap



Single price
€2.50(avg)
Team price
€1.87(5)

Exercise Band



Single price
€16.90(avg)
Team price
€12.65(5)

Exercise Ball



Skipping Rope

Single price
€5.90
Team price
€4.50



Spikey Massage ball

Single price
€3.00(avg)
Team price
€2.25(5)



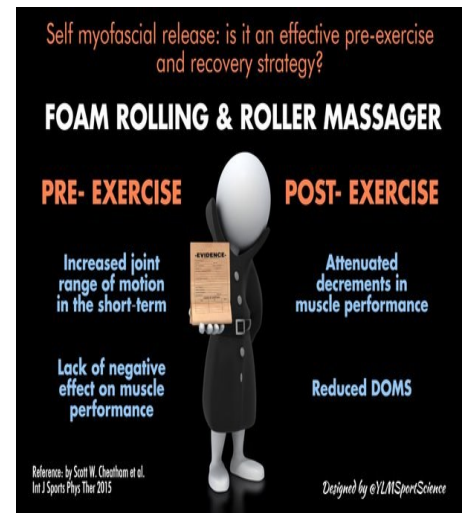
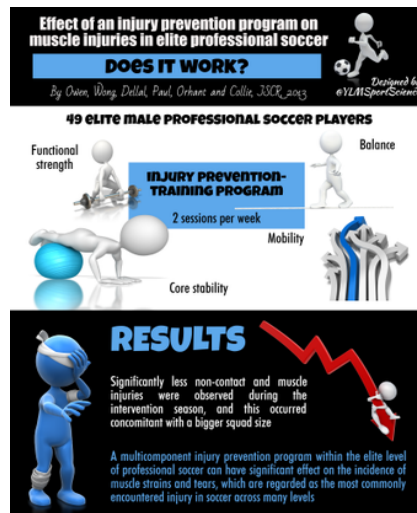
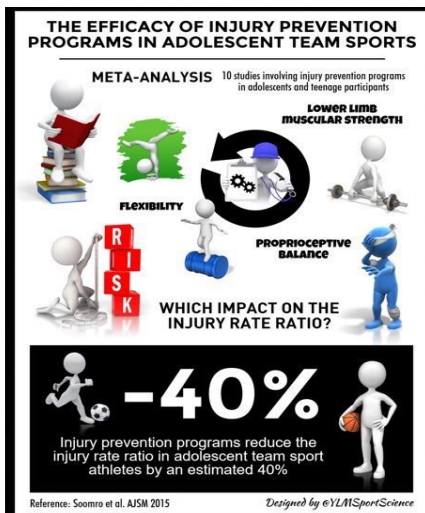
K-Bands Training Kit



Single price
€21.90
Team price
€16.45

Evidence Based Research

There's much evidence to prove the benefits of Injury Prevention, improving mobility. Here are just 3 such reports.



Frequently Asked Questions

Q. Can I get my Team Logo on the Performance Kit?

A. Yes absolutely we can add the logo also. It's a very professional finish and adds great value and ownership to the bags. See few examples across.

Q. Teams have many costs. Budget isn't available to provide these kits !

A. We recommend that the cost of these kits be passed in full or partially to the parent in the case of Development squads or the player for older squads. The special squad price is 30/40% less than purchasing the items individually. The Kit will last the player as he's/her career develops. The feedback from coaches who explain the benefits to the parents or players, is unanimous support to fund this cost.

Optional Kit Embroidery



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Our Product Range, Manufacturers and Brands we provide

Sports Medicine

First Aid & Trauma Care



Taping & Strapping



We offer a comprehensive range of Top brand Strapping to fulfill all team requirements. Jaybird, Mueller, Lightplast Pro, Tensoplast, Dynamic Tape etc



DYNAMIC Tape
www.dynamictape.com



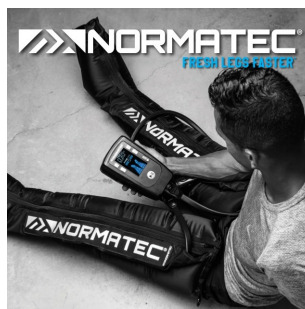
Sports Massage



Rehab & Recovery

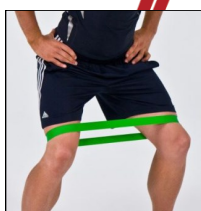


GAME **GR** READY®

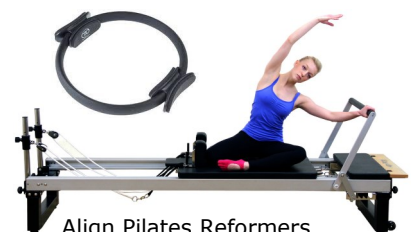


Compex

Rehab & Training



PERFORM BETTER!



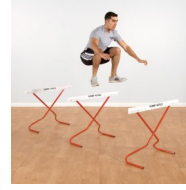
Align Pilates Reformers

Sports Performance - Training & Measurement

Speed, Agility & Plyometric Training



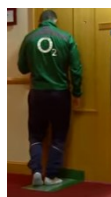
Smart Hurdles



Range of Speed
Harnesses



Athlete Screening & Testing



Player Monitoring— Sit & Reach, Knee to wall Tester, Aneroid Sphygmomanometer, Stabilizer Biofeedback

Strength Testing



Email sales@sportsphysio.ie for package details

Performance Monitoring



Jump Mats



Lactate & Hydration

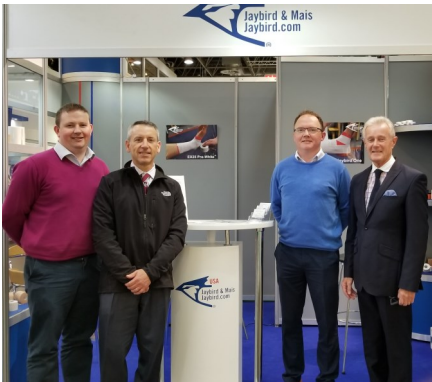


Interval Timers & Speed Gates



Polar Heart Rate Monitoring

Over 12 years we have built up great relationships with many of the Worlds leading suppliers of Sports Medicine products and equipment. We work closely and meet regularly with them to ensure our customers have access to the newest and latest



Taping & Strapping



Recovery



Orthopaedic



Massage



Electrotherapy



Dry Needling



Measurement & Testing



Performance Training



Here is what some of our suppliers say

.....'DJO Global are proud to work with Sports Physio Supplies to provide high quality equipment and training to physiotherapists in Ireland. We can provide specialist training when requested on the above units to you and members of your clinic.

This allows for the most effective use of the equipment to provide the best care to patients'