

The Sports Performance Kit



Introducing the '**Sports Performance Kit**'. A tidy, robust kit with the tools to help the athlete reduce the risk of picking up injuries. It allows the athlete improve their mobility, flexibility and strength to help them perform to their potential. It's a low cost investment in the athletes future career & gets them in to the habit of preparing properly for training and games. Use of the kit can greatly reduce the risk of picking up unnecessary injuries.

The Performance Kit Benefits

Increase Muscle Activation

Improve Mobility

Injury Prevention

Self Myo-facial Release

Develop Core

If you would like to discuss more about the Performance / Mobility Kits for your team, Pls call us on 062-77014 or email us to sales@sportsphysio.ie. We have a range of Bulk Kit options below and in the pages ahead that may be of interest also.



**Option to Add your team
Logo on the bag also**

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 for your team.

* Squad Stretching Kit * 30 Players

x10



x10



x10



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

€290+VAT

x1



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

* Bulk Band Kit *

x20

x10



x20

€179+VAT

10 x 0.5" Resistance bands
40 x mini band mix
Free Performance Carry Bag
Bag to hold all the bands



* Squad Activation Kit * 30 Players

x10



x5



x5

x10



€229+VAT

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

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

x1



GAA teams & Dev. Squads already using Performance 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.

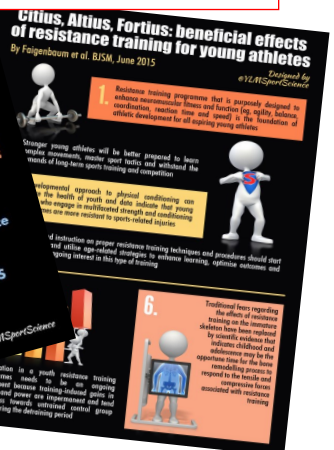
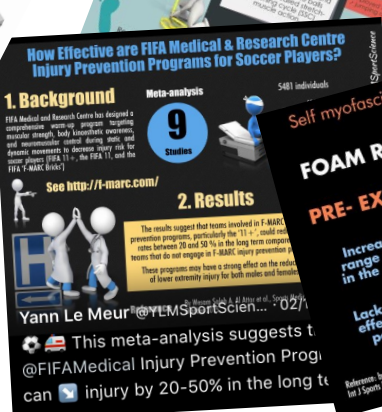
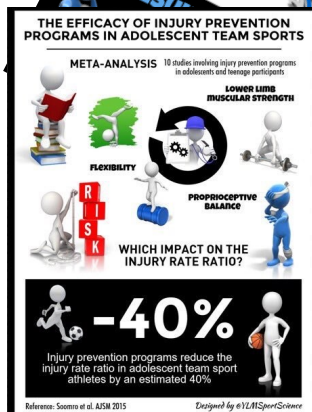


Backed by Research

100's of studies and reports highlighting the importance of injury prevention strategies & importance of introducing mobility and strength training at the early adolescent ages to help the Athletic Development of the athlete.

Avery Faigenbaum
@AFaigenbaum

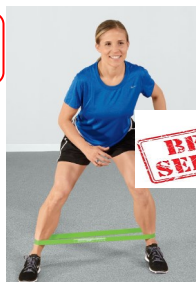
We are unwittingly creating injury-prone young athletes by underappreciating the benefits of resistance training bit.ly/1QzWZli



Mini Bands & Power bands

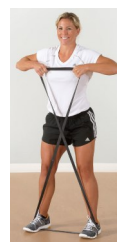
Mini Bands—great for warm up, glute activation. Available in 4 strengths.

From €2.35+VAT each
with bulk purchase

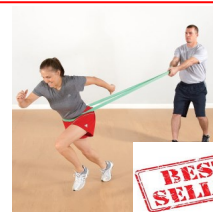


For larger volumes please call on 062-77014
or see www.sportsphysio.ie

PERFORM BETTER!



From €7.50+VAT each
with bulk purchase



BEST SELLER

Strength Resistance Power Bands

4 levels of Resistance. 0.5", 1.0", 1.75" & 2.5" Closed loop band excellent for numerous types of training such as Speed training, Strength training & Injury rehab. Perform Better Brand—Best Quality and Long Lasting Elasticity

Juvenile Club/ School Development Pack

The 'Sports Performance Kit' is used from youth up to adult. However going back further to the Development of the Child its very important to develop the Rudimentary & Fundamental Movements. Much of this can be done without any or minimal equipment and we've developed a handy Development Pack ideally suited to primary schools, underage clubs etc. and will help the child develop these movement skills. This is our recommended Development Pack but can be customised to suit your schools or teams needs. You may also have recommendations on other items you would like and we welcome these of course & will do our best to source these solutions.

The Fundamental Movement Development Pack is designed to help

- ♦ **Catching, Throwing & Kicking,**
- ♦ **Agility, Balance, Coordination (ABC of movement)**
- ♦ **Jumping, Landing, Rolling, Crawling (Rudimentary movement)**
- ♦ **Speed, Agility, Quickness (SAQ)**



Fundamental Movement Development Pack
from **€159+VAT**

Speed, Agility & Plyometric Training



Mini Hurdles from €5.90+VAT

Smart Training Hurdles

from **€65 + VAT**
Lightweight hurdles with single supporting leg rotates to either side of the hurdle for quick set up, easy storage and transport.

Sizes 1 to 5 available

Agility Ladder
15 foot €29+VAT



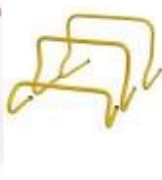
Agility cones (set of 50)
€19.90+VAT



K bands Training Kit **€21.90 + VAT**



Skipping Rope
€4.90+VAT



Plyometric Hurdle €35+VAT



Wide range of Speed Harnesses available
Please see
www.sportsphysio.ie
for the full range.
Prices from €29

To Order:

Tel: 062-77014

e-mail: sales@sportsphysio.ie

website: www.sportsphysio.ie

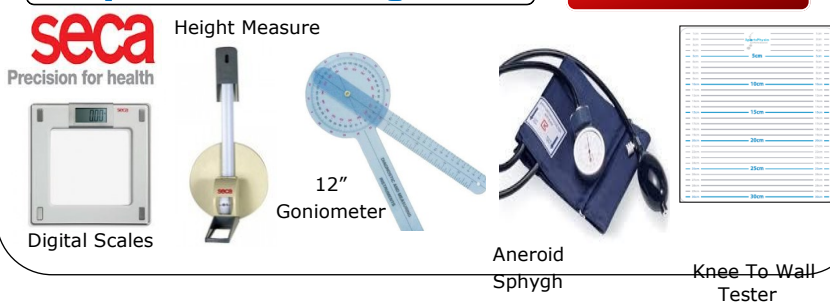
Sports Performance - Testing & Monitoring

Performance Monitoring



* Squad Monitoring Set *

€139+VAT



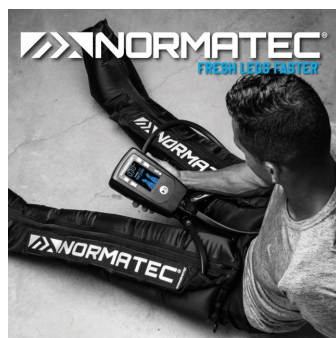
* Performance Testing Kit *

From €890+VAT

- Dashr Timing Gate System
- FMS Kit
- Optional Extra:
- Jump Testing Mat



Performance Recovery



Normatec Recovery System



Compression garments



Cold Therapy & Ice Baths



Stretching & Flexibility

Sports Medicine—First Aid & Medical Supplies

First Aid Supplies for your Club or School



First Aid Bags & Kits

Wide Range of first Aid Kits and supplies to suit your School, Team or Club's requirements. Please see www.sportsphysio.ie for full range.

Kit out the First Aid Room at your Club or School from €190+VAT



First Aid Room Kit Out

We can offer advice on kitting out your Medical room & provide package to suit your needs

To Order:

Tel: 062-77014

e-mail: sales@sportsphysio.ie

website: www.sportsphysio.ie