



Team Kits

Athletic Development & Performance

Sports Physio & Performance

Killinan, Thurles, Co.Tipperary

Tel: 062 77014

www.sportsperform.ie



Athletic Development, Injury Prevention & Management, Performance Testing & Monitoring are now very important aspects for Squads & Teams to consider at all levels. Working closely with Physiotherapists, S&C coaches & Athletic Trainers we have put together some affordable bundles and kits that can help in these areas and put them together in this mini brochure. These are recommended Kits and of course can be customised to meet your team requirements.

Testing & Monitoring

Squad Monitoring Set



Digital Scales

Height Measure



12" Goniometer



Aneroid Sphygm



Knee To Wall Tester

€139 +VAT

Squad Monitoring

The increase in competition demands in team sports over recent years has prompted much attention to the monitoring of progression and fatigue in athletes. Monitoring fatigue and gaining an understanding of athlete status may also provide insights and beneficial. Information pertaining to player availability, injury, and illness risk. This Kit will help monitor the squad and help as a fatigue or injury predictor.

Performance Testing Kit

Benefits of Performance Testing

Team sports are characterized as being intermittent in nature, whereby players are required to frequently transition between brief bouts of high-intensity running and longer periods of low-intensity activity. In addition, players may perform movements such as tackling, blocking, jumping, and directional changes integrated alongside technical skills. Despite success being influenced by a myriad of factors, it is clear that athletes should possess physical proficiency for their sport. Performance testing allows the team to track physical characteristics and implement procedures to enhance athletic ability. therefore increasing the likelihood of success.



Vert Jump Tester— €139 +VAT

Jump Testing has never been easier
- Simply download the free APP.
- Clip the VERT tracker to your waist
- Jump to record
- Most Cost effective Jump Testing solution
- Measures Jump height, Landing impact, No of Jumps etc.

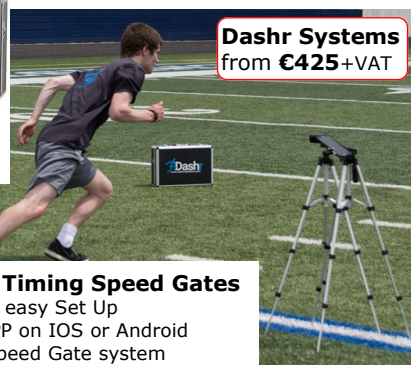
Performance Test Kit

- Vert Jump Tester
- Dashr Gates (Dash Kit)
- Set Cones (50)
- Stopwatch

€790 +VAT

Add SPS Sit & Reach Test for additional €65

The Epic Index is being used globally to determine a measure of Athleticism / Athletic Performance. The 3 tests being used are the Pro-Agility Test, 10m Dash Test & Jump Test and these can all be done with this Performance Test Kit.



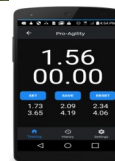
Dashr Systems from €425 +VAT

Dashr Electronic Timing Speed Gates

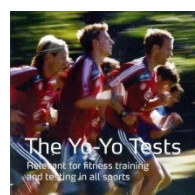
Visible Beam for very easy Set Up
Download the free APP on IOS or Android
Most Cost effective Speed Gate system

Tests that can be completed:

- Pro-Agility Tests (5m-10m-5m)
- T-Test
- Dash Tests - Start & End Time (10/20m Dash)
- Lane Agility Drills
- Lap Events & Custom Events



Additional Equipment



To Order: Tel: 062-77014

e-mail: sales@sportsphysio.ie

website: www.sportsphysio.ie

Athletic Development

Fundamental Movement Kit

The Fundamental Movement Development Kit is designed to help

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



€119+VAT
Physical Literacy

Injury Management
Prehab & Rehab
Performance Training
Recovery
Measurement & Testing

www.sportsphysio.ie



Kit Includes
Marker Cones x50
Flat Cones x10
Soft Throwing Balls x6
Bean Bags x12
Adjustable Ladder x2
6" Hurdle x4
9" Hurdle x4
Carry Bag



Speed Development Kit

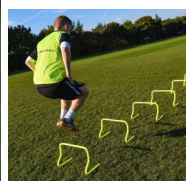
Speed Development Kit to enhance

- ♦ Jumping & Landing Mechanics
- ♦ Sprint Technique
- ♦ Force Production
- ♦ Speed

€139+VAT
Speed Development



Kit Includes
Marker Cones x50
Speed Harnesses x3
Adjustable Ladder x2
9" Hurdle x4
12" Hurdle x4
Carry Bag



Additional Speed Training Equipment



Foam Plyo Boxes

Aerobic Step

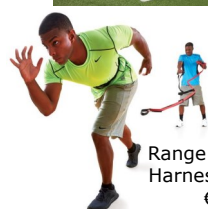
Smart Training Hurdles



Range of Speed Harnesses from €29



K bands Training Kit



Skipping Ropes

To Order:

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e-mail: sales@sportsphysio.ie

website: www.sportsphysio.ie

Athletic Development

Mini Bands

Great for warm up, rehab and glute activation.
Available in 4 strengths.



Strength Resistance Power Bands

4 levels of Resistance. Closed loop band excellent for numerous types of training such as Speed training, Strength training & Injury rehab.



Band Width	Order Code	Price € Ex VAT
0.5"	140-139	€8.40
1.0"	140-191	€14.90
1.75"	140-317	€19.90
2.5"	140-321	€25.90

For larger volumes please call for pricing

Order Code	Strength	Price € ex VAT	10 + price	20 + price
140-255	Light Yellow	€2.50	€2.25	€2.00
140-246	Medium green	€2.65	€2.39	€2.15
140-247	Heavy blue	€2.80	€2.52	€2.26
140-245	Ex. Heavy black	€2.95	€2.65	€2.38

For larger volumes please call for pricing

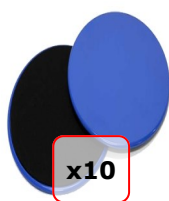


Squad Bulk Bands Kit

Activation & Speed Development
- 40 x Mini-Bands Mixed
- 10 x 0.5" Strength training Bands
or 5 x 1.75" Speed Training bands
- Free Carry Bag

€179+VAT
Bulk Bands

Squad Activation Kit



Covers 30 Players



€229+VAT

Up to 30 players can perform session in circuit format

- 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

Squad Stretching / Rehab Kit



Covers 30 Players



€290+VAT

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

Gym Rehab & Testing Equipment



Kit out of the Cork GAA Gym in Pairc ui Chaoimh Training Rehab & Testing Equipment

Gym Rehab & Testing Equipment

If you require any Rehab or Testing Equipment for your Team Gym we have a full range of packages to suit.

Please contact us on 062-77014 or sales@sportsphysio.ie if you have any queries.

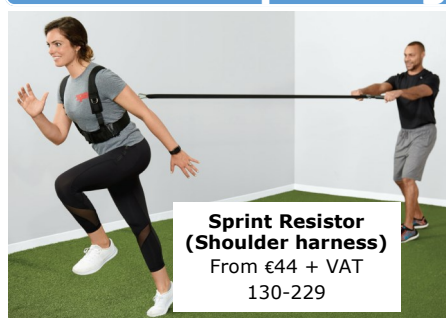
Pictured here is at the Cork GAA gym at Pairc ui Chaoimh showing the equipment provided.

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website: www.sportsphysio.ie

Resisted Sprinting



**Sprint Resistor
(Shoulder harness)**
From €44 + VAT
130-229



**Sprint Resistor
(Waist harness)**
From €29+ VAT
130-228



130-411 **Gamespeed 360** €99+VAT

Perform resisted & assisted exercises with full range of motion. The resistance cord attached to the belt provides a complete 360-degree rotation with continuous resistance. Kit includes 4 different sizes of waist belts, Adjustable coaches belt, 8' resistance bungee cord



130-226 **Viper belt & 8 foot Bungee:**
€85 + VAT.

130-225 **Viper belt & 25 foot Bungee:**
€109 + VAT.

130-236 **Viper belt without bungee:**
€45 + VAT.

Premium speed belt system that improves sprinting, leaping and directional quickness. Arguably the best Quality Belt available. Well padded, extremely strong and robust. The main advantage is the additional rotating ring on the belt which can rotate around the belt almost 360 degrees.



130-235 **Quick Release Leash** €29 + VAT

The Quick Release Leash is a heavy-duty leash that combines fixed resistance with overload release for explosive speed training. 3m long strap with a handle—trainer can provide a strong resistance to the athlete before pulling the release clip, tricking the nervous system into commanding the muscles to shift gears more quickly.

Use the Quick Release leash along with the Workhorse, 360 Belt, or any of our other belts and harnesses.



130-522 **Power Speed Resistor**
€15 + VAT

Resisted sprinting can't be beaten as the easiest & most inexpensive way to develop explosive speed. Excellent for explosive speed and anaerobic fitness workouts. Easy to use, lightweight, comfortable & hardwearing the Power Speed Resistor will quickly become your favourite training tool.



130-523 **The Trainer®:** €199 + VAT

The Trainer is the only training resistance training device that allows for easy dial changes in resistance level (0-600 units).

Features of The Trainer:

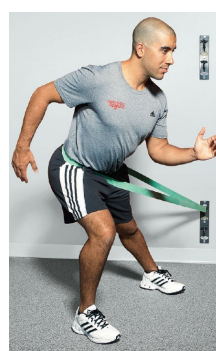
Provides fixed, steady resistance for forward, backward and lateral movement. Safe- Resistance ends when you stop. Great for rehabilitating lower extremity injuries, as well as improving acceleration and explosiveness. Portable and easy to use – slip on the padded waist belt, hook to the cord and attach The Trainer to a secure object. Set resistance level and begin training. Includes: The Trainer, two belts, 40-yard cord, carrying case, and manual.



130-230 **The Workhorse Harness**

€79 + VAT

An all-in-one harness. From shuffles, bounds, sprints, drops, backpedals, swings etc., it puts resistance or over-speed in every movement without altering the movements natural mechanics. Has 2 "Saturn Rings" which rotate nearly 360 around the waist. These allow you to anchor from 2 different points while working drills that require multiple changes of direction.



140-347 **Hammer Head Anchor Gym H2**
€79 + VAT

A wall mounted system for anchoring resistance bands and straps. Mount the gym in any configuration for hundreds of exercise options. Made of steel and capable of supporting up to 300 lbs.

Each hook has a T-bar and curved shape for bands to be pulled from multiple angles safely.

Hammer Head Anchor Gym H2 Units have 2 hooks that extend 3" from the wall – each hook measures 11 1/2" high x 2 1/2" wide. Hardware included for mounting to wood studs

Injury Prevention / Performance Kit



The Performance Kit Benefits

Increase Muscle Activation

Improve Mobility

Injury Prevention

Self Myo-facial Release

Develop Core

Allows you to train at home

If you would like to discuss more about the Kit for your team, Pls call us on 062-77014 or email us to sales@sportsphysio.ie

The '**Sports Performance Kit**'.

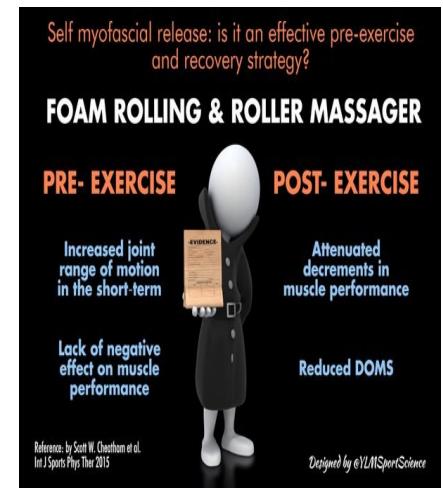
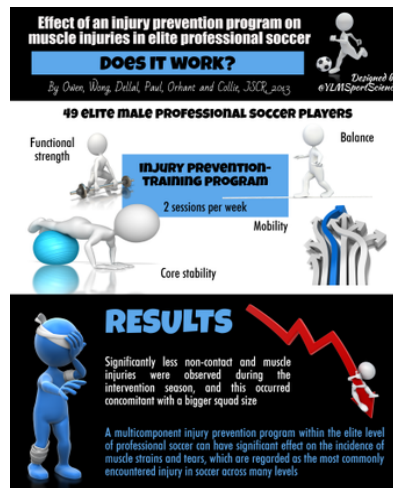
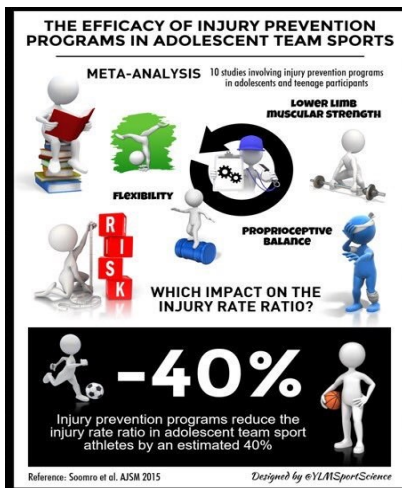
A tidy, robust kit with the tools to help the athlete reduce the risk of picking up injuries.

It allows the athlete improve mobility, flexibility and strength to help them perform to their potential.

A low cost investment in the athletes future career & gets them in to the habit of preparing properly for training and games.



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



Performance Kits are hugely popular from younger age club squads up to Adult International squads.

They are used across all sports and the feedback is fantastic from all the teams using them.

To get the most out of the kits the overwhelming feedback is to have the kits mandatory for all members and that the kit can be worked in to the training session and then to use at home in between sessions.

Bags are extremely robust and the kit contents can be added to year on year.

Here are just some of the Development Squads and Adult teams that use the Performance kits ...



Most popular Team Kits

Teams can pick their own kit contents and we have numerous variations. Here are the 3 most popular kits. Also listed here are the most frequently asked questions from teams and also some feedback on teams and coaches already using the kits.

Athletic Development Kit



€30
Team Special

- Most Popular for Development Squads and underage teams in clubs and counties.

Athletic Performance Kit



€45
Team Special

- Teams can pick their own kits contents. This is our most popular kit chosen by teams

Elite Performance Kit



€65
Team Special

- Kits for elite athletes with slide Pads for additional strengthening exercise and Rehab device

Frequently asked Team Questions

Q. Can we get our Team Logo on the Performance Kit?

A. Yes. It's a very professional finish and adds great value and ownership to the kit. See example



Q. Is there a Team discount vs players buying their own?

A. The special team discount price is 30/40% less than players purchasing the kits individually.

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

A. In majority of instances, the cost of these kits is covered in full or partially by the parents where it involves younger squads. For Adult squads the players contribute to the cost or cover fully. The Kit will last the player throughout he's/her career. Once Kit benefits are explained and the value of the investment, then there is unanimous support to fund the cost.

Q. Are performance kits just for more advanced player's and athletes?

A. The contents of these kits allows players of all levels to benefit by improving flexibility, mobility, strength & prevent injury.

Q. Can we change the kit contents?

A. The kit can be customised totally for your teams needs. Choose the contents you need.

Coaches Feedback on 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. "

Julie Davis—Head of S&C Armagh Senior Football

"Along with their boots the Sports performance kits are vital to the Armagh GAA players kit bags.

We use them before games, pitch and gym for myofascial release along with the bands for Activation.

Preparation is key to optimal performance"



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.

GPA Partners



Gaelic Players Association (GPA) statement on its partnership with Sports Physio & Performance to provide Kits to help reduce players' injury risk and enhance performance & recovery

The Gaelic Players Association (GPA) has delivered recovery packs to its members nationwide to help them reduce injury risk, and support pre-game preparation and post-game recovery.

Following recent research undertaken by the ESRI, highlighting the extent of time constraints faced by players thus limiting the time for recovery and increasing the risk of injury, this initiative aims to support players with their injury prevention and recovery strategies.

Under the stewardship of their Player Safety and Welfare Group, which is chaired by former Limerick footballer Dr. Jim O'Donovan, the GPA, has teamed up with Co. Tipperary-based Sports Physio & Performance to provide the packs for all players to use at home or at training to aid with activation, mobilisation and core strengthening.

The project is part of a wider focus on player welfare by the GPA underpinned by a number of key research projects in the areas of physical and emotional health, and the wellbeing of inter county players aimed at raising the standards of the playing and training environment.

Paul Flynn, CEO at the GPA said "Player welfare is one of our three core pillars [player welfare, development, and representation] and we are delighted to team up with Sports Physio & Performance to assist our members with their recovery protocols. This is a great initiative as it involves players in their own injury prevention and recovery. The benefits of using the tools in the packs are backed by solid research and the packs will play a big part in recovery and performance for teams throughout the rest of the season."

Matt Carr, Director of Sports Physio & Performance said: "We are delighted to partner with the GPA on this Recovery Project and to see at first hand the importance the GPA places on Player Welfare. It's very satisfying to know that all GPA members will have a Sports Performance Kit and that it helps with some of the concerns raised in the recent ESRI report. Our Sports Performance Kit is designed to aid in Recovery, Injury Prevention and Rehabilitation".

Matthew O'Hanlon, current Wexford hurler said "As an inter-county player, it can often be challenging to manage my time effectively between my playing and work commitments and finding appropriate time for rest and recovery. It is great that the GPA has provided all players with a practical means to help with pre-game prep and post-game recovery. It's great to see the GPA taking a keen interest in our physical welfare."



To Order: **Tel:** 062-77014

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website: www.sportsphysio.ie

Team Recovery—Normatec



€1350+VAT
Volume discounts
available

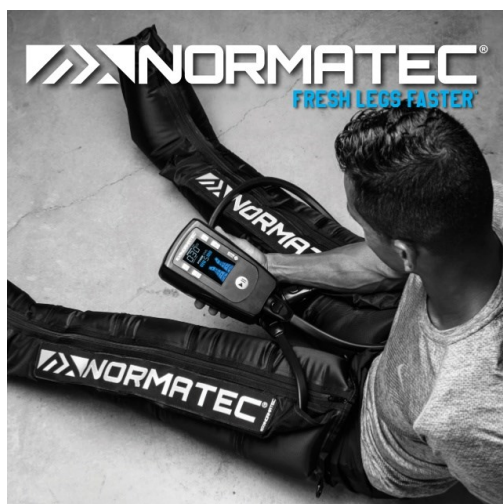
- Many **Studies highlighting Importance of Recovery** for Injury Prevention & Increased Performance.

- Teams get **huge Recovery benefits** by utilising 2-3 sets of NormaTec Recovery systems & scheduling their use across the team members.

- We also offer **Rental options** for teams on training weekends or busy periods of games.

- See our **Team testimonials** on the next page with great feedback as to the benefits of NormaTec.

- Teams are also introducing **Recovery Rooms** to their facilities and we can help support teams to set this up.



NormaTec is the leader in rapid recovery—our systems give a competitive edge to the world's elite athletes, coaches, and trainers. Our goal is to establish recovery as an integral part of every athlete's training, and we feel NormaTec systems are the best way to accomplish that.

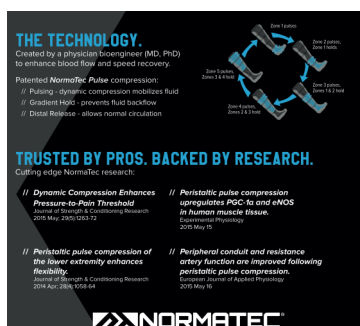
The NormaTec PULSE Recovery Systems are dynamic compression devices designed for recovery and rehab. All of our systems use NormaTec's patented PULSE technology to help athletes recover faster between trainings and after performance.

Our systems include a control unit & attachments which go on the legs, arms, or hips. They use compressed air to massage your limbs, mobilize fluid, and speed recovery with our patented NormaTec Pulse Massage Pattern.

When you use our systems, you will first experience a pre-inflate cycle, during which the connected attachments are molded to your exact body shape. The session will then begin by compressing your feet, hands, or upper quad (depending on which attachment you are using). Similar to the kneading and stroking done during a massage, each segment of the attachment will first compress in a pulsing manner and then release. This will repeat for each segment of the attachment as the compression pattern works its way up your limb.

Why choose NormaTec?

- **Speeds up Recovery**
- **Increases circulation**
- **Reduces pain & inflammation**
- **Patented technology proven results**
- **Backed by Research studies**
- **Relied on by 97% of pro teams in USA**



Numerous Research studies

One such Research Study in the Journal of Athletic Enhancement... This study was carried out using a 20 minute time in the boots and concluded;

"NormaTec was able to significantly decrease blood lactate concentrations compared to other passive recovery methods in just a 20 minute treatment."



Irish Sports using NormaTec



Feedback from Teams using NormaTec



Using the NormaTec devices as part of our allied approach to recovery became part of a routine that the players enjoyed and engaged with on a regular basis.

The players ability to be proactive in their own recovery is key & NormaTec provides a solution.

**Joe O' Connor—Head of S & C
Limerick Senior Hurling**

**Andrew Conway
Munster & Ireland
Rugby**



Limerick Hurlers
All Ireland Senior
Hurling Champions 2018



Róisín Murphy @PhysioRoisin · 3d
Today we recover..... tomorrow we go again. @IreWomenHockey
@Sportsphysioirl #chaseit 🙌🙌🙌



**Irish Womens Hockey
Team World Cup Silver
Medalists 2018**

RECOVERY

HYPERTOLT

R3 ROLLER

DIMPLE FIRE BALL

NORMATEC

"The Hypervolt is a really useful tool in my recovery arsenal, helping me stay in the best shape possible to train.

As an athlete it's not only the hard miles out on the road or track that get me to the startline, it's also all the work in between.

Recovery is such a key part of my life, using the Hypervolt pre & post training has helped me tackle the rigours hard training has on my body"

Ciara Mageean

Olympic Games Semi Finalist 2016
European Bronze Medalist Outdoor 2016
European Bronze Medalist Indoor 2019



We have been using the NormaTec recovery system for the last 2 years and find it as an excellent tool to help reduce muscle soreness – it allows players to recover a lot faster which is needed when the volume of training increases. It only takes about 3 minutes to set up and the portable system is convenient as it can be used whenever you want.

**Martin McIntyre
Mayo Senior Football Team Medical
& Performance**



I've been using the NormaTec boots regularly over the past two seasons. I find them great immediately after games & the following day to help remove any stiffness or soreness & freshen the legs before the next training session. I also like to use them in the days prior to a game as good preparation.

**Pádraic Maher
Tipperary Senior Hurler**



Injury Management



When Injury occurs— Applying Cold Therapy in the first days is very important in managing the injury and helping to recover faster. In many cases a Team may have some Cold Therapy solutions such as Ice packs for immediate use but often they do not cover the first few days where cold therapy is still needed.

Its normal to pick up 3-4+ knocks or injuries in a game and its difficult to manage all those in the days ahead with limited Cold Therapy devices.

We have put together an affordable bundle here that can manage multiple injuries at a time and allow the players to take home the systems and use themselves in those days immediately after the Injury for best results.

Injury Management Pack

- Aircast Cryo System x2 (knee + Ankle)
- Cold comp therapy wraps x1 (shoulder)
- Cloth Ice Bag x2

Team Offer **€290+VAT**

Injury Management Pro Pack

- Upgrade to Aircast Cryo **IC** systems—Intermittant Compression Pump systems for better results
- Include additional cold comp wraps knee & Thigh

Team Offer **€490+VAT**

Injury Management & Recovery



Recovery is Key to Injury Prevention and Improved Performance. Countless studies supporting this and recommending Recovery as a key element.

Team Recovery sessions are very popular and is often now one session in the week.

Combining NormaTec Recovery boots & Aircast IC Cryo systems a full squad can manage injuries & get great Recovery benefits.

Injury Management & Recovery Pack

- NormaTec Recovery System x2
- Aircast Cryo IC System x1
- Aircast Cryo Standard system x2
- Aircast wraps x3 (ankle x1, knee x2)

Team Offer
€2,750+VAT

Recommended Recovery Protocol—Developed in conjunction with Physios, S&C coaches who currently utilise these systems.

- Allocate Aircast systems to injured players after game.
- Recovery session rotate non injured players through NormaTec systems. 20 mins per player.
- Allocate NormaTec boots to players for take home and rotation between players during the week.

Team Medical Supplies



Offer a comprehensive range of Top brand Tapes & Strapping

"In my capacity as Chartered Physiotherapist to Cork County Board I have dealt with many suppliers of physiotherapy consumables. However in the last 10 years it is testament to Matt & his team that I have not used another provider since meeting him. Their personable manner & willingness to provide an immediate service is their biggest quality. I have no hesitation in recommending Sports Physio Supplies to any Allied Health Professional working in this area.

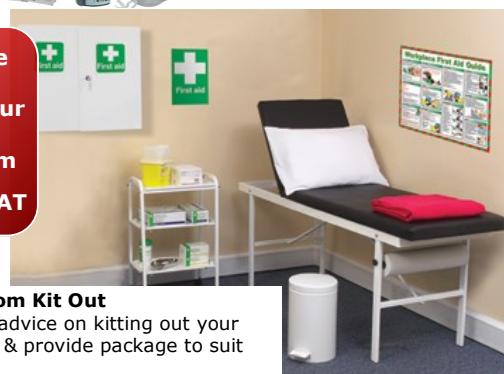
Declan O Sullivan, Senior Physiotherapist Cork GAA



First Aid Bags & Kits

Wide Range of first Aid Kits and supplies to suit your School, Team or Club's requirements. 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

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website: www.sportsphysio.ie