

Who's already using the kits?



The Irish Team used the Performance Kits during the World Rugby u20s Championship

Congrats to the team on their fantastic achievement



Kilkenny GAA



Cork GAA



Monaghan GAA



Armagh GAA



Kildare GAA



Westmeath GAA

Carlow GAA



Limerick GAA



Connacht GAA



Welsh Rugby Union



Wexford GAA



Waterford GAA



Mayo GAA



Clontarf RFC



Waterford Institute of Technology
INSTITIÚID TEICNEOLAÍOCHTA PHORT LAIRGE



"I used the sports performance bag in 2015 and it played a huge part in my rehabilitation and warm up sessions for gym & outdoor sessions. The bag fits nicely into my gear bag and keeps all the items of equipment in one bag. Activation of muscles is important before training and gym sessions to prevent injury.

Pre-hab sessions are completed on non - training days and are vital for

"My old kit was getting tired and worn out so thank you so much to @sportsphysioirl for kindly sponsoring me a sports performance pack, just in time to add it to my gearbag for Rio! I use each of these on a daily basis for warm up, stretching, prehab and activation before a session, and for recovery and rehab in between sessions or when an injury arises.. Which has been a fair bit this year! These will be well used in the next three weeks that's for



"The sports performance bag is very effective in terms of activating and strengthening my glutes & hamstrings. The resistance band can be used to perform single leg RDLs as well as shoulder strengthening.
I'm Always stretching and the rope will make my stretching sessions better. The mobility ball is ideal for releasing knots in my hamstrings. All in

"Big thanks to Sports Physio for the rehab kit, having all my stretching & rehab gear together makes it much easier to prepare for training & matches.

I also find it easier to carry with me whilst I'm travelling for work so I never have to miss a rehab session."



"I have used the Sports Performance Kit in all of my preparation for this season, it has played a huge part in my Prehab and warm up sessions for both gym & Pitch as well as helping with recovery. I have found that being able to carry all the essential Prehab items together in the bag very user friendly. I have recently begun using the kits items in my Personal training sessions with clients, I have found that the Slide pads are a great training aid for both lower body and core training."



Martin Corey S&C Monaghan GAA



2015 International Rules team



Kilkenny GAA Senior Team

Younger Squads using the kits



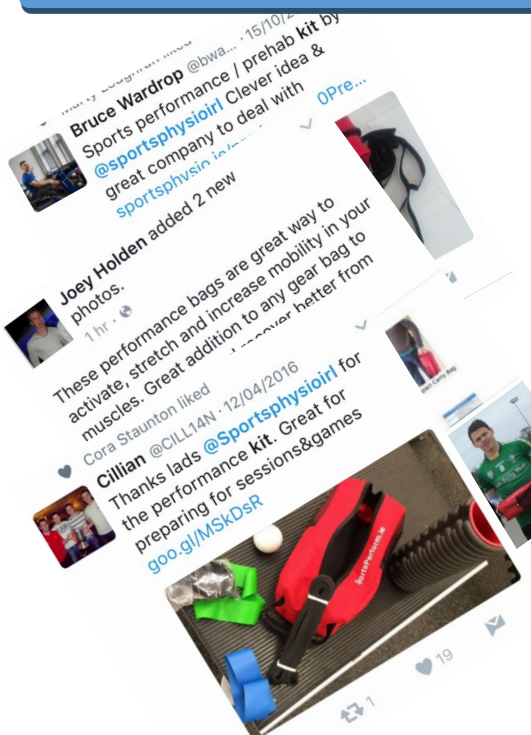
Huge amount of younger squads embracing the kits now also & seeing the huge benefits in keeping with the many studies referenced earlier.

From Minor Squads down to u14/15 development squads with the kits tailored to reflect the age & development stage of the players.

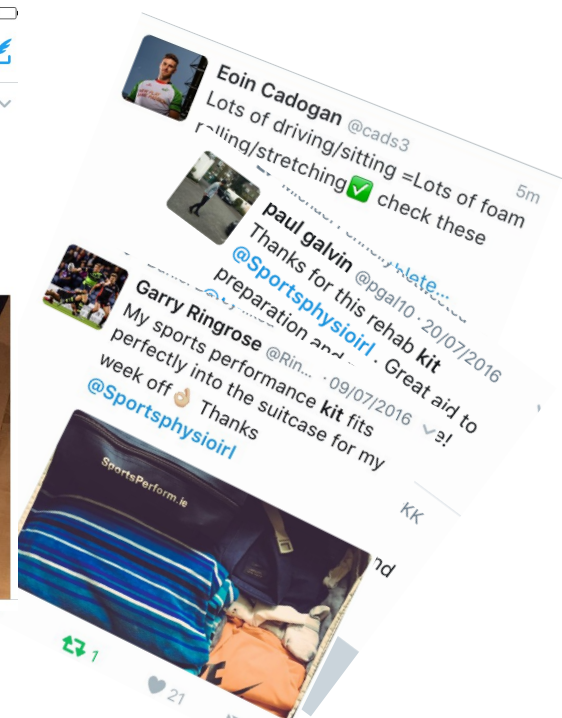
Progressive clubs and Secondary schools and colleges and these teams are getting



Some Twitter Reaction !



Tks to the guys @sportsphysioirl for rehab kit for club champo #injuryprevention #rehab



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.

