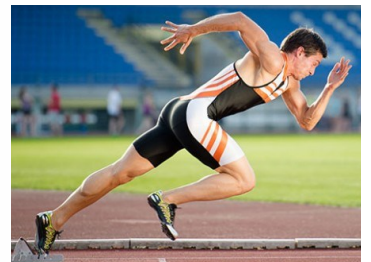
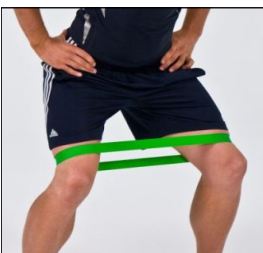


# Athletic Development & Sports Performance



Featuring the '**Sports Performance Mobility & Injury Prevention Kit**'



@sportsphysioirl



@sportsphysioirl



Sports Physio Supplies

Sports Physio Supplies, Racecourse Road, Killinan, Thurles, Co. Tipperary

Tel : 062-77014

sales@sportsphysio.ie

www.sportsphysio.ie

## Introducing the Sports Performance Kit for Sports Teams

With 10 years experience learning from the counties top Physiotherapists & Coaches we understand the importance of injury prevention, flexibility, mobility, strength etc. in preparing athletes to perform to their potential. We appreciate the constant battle to get these factors right when working with teams. In particular the importance of this as early as possible in the Athletic Development of the Athlete.

This has led to the development of the 'Sports Performance Kit'. A tidy, robust kit bag filled with the tools to help the athlete reduce the risk of picking up injuries. It also allows the athlete improve their mobility, flexibility and strength to help them perform 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. When injury occurs the time out means a player misses valuable coaching and playing time. Proper use of the kit can greatly reduce the risk of picking up unnecessary injuries. The cost of treatment for injury & time out will be much higher than the kit cost.

## Player Benifits

- **Reduce Injury**
- **Increase Flexibility**
- **Improve Mobility**
- **Increase Strength**
- **Improve Core**



## Team Benifits

- **Keep players on the field**  
Studies—teams with less injuries win championships or make finals
- **Improved Performance**
- **Great Team Discount**
- **Overall Cost saving**  
Less Injuries - less Medical Bills

## What does the Evidence say?

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.





## What are the kit options?

Initially we started with our 'Deluxe Kit'. Over time we have developed our range & now have many different variations each one designed to suit a teams particular needs.

Our most Popular team kit is shown across and various others are shown in the table below

You can fully customise your own kit to suit what you need. See below for breakdown of the individual components.



Kit Contents	Deluxe	Standard + Roller	Speed Bands	Team Kit Popular	Club Kit B	Standard	Club Kit A	Schools Kit
Performance Bag	*	*	*	*	*	*	*	*
Trigger Pt Roller	*	*	*	*	*			
Myofascial ball	*	*		*	*	*	*	*
0.5" powerband	*	*	*	*		*	*	
Mini Band Green	*	*		*		*	*	*
Mini Band Blue	*				*		Club & School Kits	
Green Theraband	Full Kit			Most Popular Kit				*
Slide Pads pair	*							*
Stretching strap	*	*				*		
Speed Bands			*					
Instruction Sheet	*	*	*	*	*	*	*	*
Single Unit Price	€80+VAT €99	€64+VAT €79	€64+VAT €79	€57+VAT €69	€48+VAT €59	€39+VAT €49	€32+VAT €39	€32+VAT €39
Team Unit Price 20 –30 kits	€56+VAT €69	€48+VAT €59	€51+VAT €63	€41+VAT €50	€37+VAT €45	€32+VAT €39	€24+VAT €29	€24+VAT €29

## Build your own Kit ?

This is a guide only please contact us on 062-77014 or sales@sportsphysio.ie to get an exact quotation. Prices shown exclude VAT & shows single price & team price for 20+ kits



MFR Roller

Single price  
€26.00  
Team price  
€19.50



Power Band

Single price  
€11.90  
Team price  
€8.90



Mini Band



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



Myofascial Rel. Ball



Single price  
€5.90  
Team price  
€4.45



Slide Pads

Single price  
€12.90  
Team price  
€9.65



Single price  
€9.90  
Team price  
€7.45



Single price  
€7.90  
Team price  
€5.90

Stretch Strap



Single price  
€2.50(avg)  
Team price  
€1.85(avg)

Exercise Band

## Ideas for other kit contents !



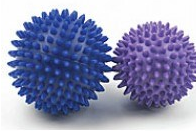
Single price  
€16.90(avg)  
Team price  
€12.65(avg)

Exercise Ball



Skipping Rope

Single price  
€5.90  
Team price  
€4.50



Spikey Massage ball

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



K-Bands Training Kit



Single price  
€21.90  
Team price  
€16.45

To Order: Tel: 062-77014

e-mail: sales@sportsphysio.ie

website: www.sportsphysio.ie

## 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



Tipperary GAA



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 sport. The performance bag has everything to assist with any program"

**Michael Fennelly - Kilkenny Senior Hurler,  
Strength & Conditioning Coach & Lecturer**



"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 sure"

**Thomas Barr Irish 400m Hurdler**



"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."

**Darren O Sullivan - Kerry Senior Footballer**



"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 all, the bag will be a huge part of my 2016 season."

**Ritchie Hogan - Kilkenny Senior Hurler**



"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."

**Gary Brennan - Clare Senior football Captain, Ireland International rules representative and Personal Trainer.**





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.

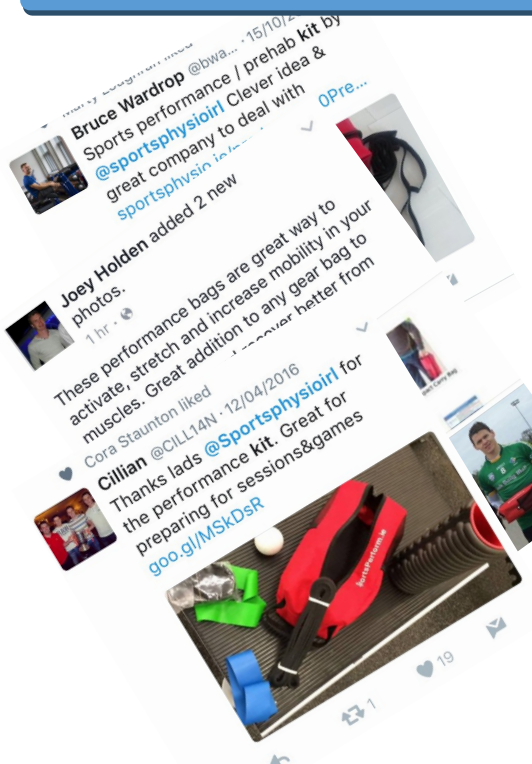
From Minor Squads down to u14/15 development squads with the kits tailored to reflect the age & development stage of the players.

Progressive clubs and Secondary schools and colleges and these teams are getting the results.

Pictured above also at the GAA youth conference in Croke Park with the kit components being explained.



## Some Twitter Reaction !



## Affordable Team Solutions

Some innovative Kit suggestions for the team or club who want to order bulk supplies to help carry out their Athletic Development Programs



### **\*\* Team Kit Offer \*\*** €495 + VAT

We have tailored a very affordable Team offer here which includes 20 performance kits with 4 MFR rollers for the team to use in a circuit — all for a price of **€495 + VAT**.

Club and Players could also consider covering the costs between them thus reducing the burden on the club & the players.

**Kit Contents:** Bag, slidepads, miniband, stretch strap, Myofascial release ball & 4 team rollers included

**This represents a club saving of €400 versus the players buying the products individually themselves.**

### **\*\* Squad Activation Kit \*\***

10 x Slide pad Pair –Hamstring, Shoulder & Core Activation

10 x 0.5" Resistance bands - upper body Activation and Rehabilitation Exercises

10 x Green/Blue minibands – Glute Activation

Free Performance Carry Bag

**€235 + VAT**

**This Kit is ideal for a Squad Group Activation or Rehab/Prehab sessions, Up to 30 players can perform session at once in circuit format.**



### **\*\* Team Roller & Mini Band Offer \*\***

Buy 20 MFR Rollers—Get 25% Off and also get 20 minibands Free

**€395 + VAT**

### **\*\* Team Band Offer \*\***

If the team cant avail of the kits just yet, we will supply a free performance carry bag with a purchase of €200 Net of bands. this allows easy storage of the prehab gear for use in training sessions and prior to games.

**Order €200 of bands**





# Prehab/Rehab - Performance Training—Measurement— Recovery

Apart from the Performance Kits we can provide you with the individual items that are used in the Kits and a wide range of Supplies and Equipment to meet your requirements for Rehabilitation, Strength & Conditioning, Measurement & Monitoring and Recovery. Please see the following pages or if you have any specific requirements not showing here please don't hesitate to contact us.

## Prehab & Rehab Products



### Strength Resistance 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

Light 0.5"	140-139 / €11.90 (Black)
Average 1"	140-191 / €18.90 (Black)
Strong 1.75"	140-317 / €24.90 (Black)
EX Strong 2.5"	140-321 / 34.90 (Black)
Prices exclusive of Vat	

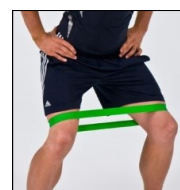
**Bulk Discounts**



### Mini Bands

Use minibands in your warm-up, to trigger shoulder and/or hip region.

Help activate core stability & train the important stabilizing muscles in shoulder & hip region.



Light (yellow)	140-255 / €2.39 (Yellow)
Medium (Green)	140-246/€2.89(Green)
Heavy (Blue)	140-247 / €3.29(Blue)
Ex. Heavy (Black)	140-245/ €3.59(Black)
Prices exclusive of Vat	

**10 += 10% off  
20+ = 15% off  
30+ = 20% off**

### Slide Pads

A pair of discs that provide an unstable training surface that allow you to simulate many slide board exercises.



Slide Pads	130-376 / €12.90 (pair)
Prices exclusive of Vat	



### MFR Roller & Stretch Out Straps

Rollers & Massage balls + Stretch out straps to aid Flexibility & Mobility

MFR Roller	130-211(2) / €26.00
MFR Ball	130-375 / €5.90
Stretch Strap	140-266(2) €7.90
Prices exclusive of Vat	



## Bands & Tubing



**Rolyan Band most popular exercise band**  
Available in 45.7m, 5.5m & 1.5m  
Excellent Quality Band & Great Value  
Please call for samples to try out



Gray cook bands can be used for chops, lifts, presses, PNF patterns & more. 5 foot Band stretches up to 3 times its length for variable resistance. Nylon loop at each end allows band to be attached to a door or used with a therapist.



All-Purpose Exercise Bands also called JC bands  
Each arm can push and pull independently.  
Train in all planes of motion (Sagittal, Frontal, and Transverse)  
Extremely strong and durable.

## Balance & Core



Wobble Cushions  
€16.90 + VAT

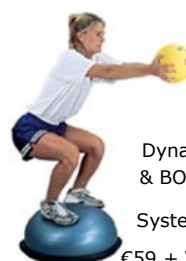


Foam Balance Pad

€29 + VAT



Dual Wobble Board  
€21.90 + VAT



Dynasphere & BOSU Systems  
€59 + VAT



Exercise Balls,

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

**e-mail:** sales@sportsphysio.ie

**website:** www.sportsphysio.ie

## Strength & Conditioning



**Bulk Discounts —Please contact for Pricing**



**SLASHPIPE** Revolutionary Rehabilitation & Fitness tool



Slideboards from **€79**  
Lojer Pulley Systems-  
Call for detailed specs



### Strength Training

**Medicine balls & Functional balls** Weighted balls for lifting & throwing

**Kettlebells** Functional for strength & Ballistic exercises

### Conditioning & Fitness

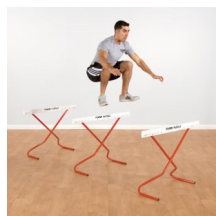
**Battling ropes** – Weighted rope for metabolic conditioning

**Boxing equipment** – Ideal for HIIT training



Total Gym Range of Rehab Equipment. Choose from the GTS, Power Tower or Jump Trainer. Call for detailed specs

## Plyometric Training



### Plyometric Hurdles

Choose 15cm(6"), 30cm(12"), 50cm(20")  
From €5.30 each

### Adjustable Plyo Hurdles

wide variety of uses - hurdle walks to plyometric bounding, jumping and hopping €35 + VAT

### Smart Training Hurdles

Lightweight hurdles with single supporting leg rotates to either side of the hurdle for quick set up, as well as for easy storage

#### 5 sizes available;

Size 1: 6" height (Set of 6) €111

Size 2: 12" height (Set of 6) €124

Size 3: Adjusts to 12", 15" & 18" €65 **(10% OFF 3+)**

Size 4: Adjusts 21"- 36" in 3" steps €75 **(10% OFF 3+)**

Size 5: Adjusts 27"- 42" in 3" steps €85 **(10% OFF 3+)**

Prices exclude VAT



### Plyoboxes (Metal & Cushioned)



### Adjustable Steps

Reebok and alternative from €29

## Speed & Agility Training



Training Cones (Set)	130-147 / €19.90
Training Ladder	130-144 / €29.00
Agility Dots (Set)	130-251 / €19.90
Reaction balls	140-142 / €4.95
K Bands	140-275 / €21.90
Evasion Belts	130-148 / €13.90

Prices exclude VAT

Skipping Rope



K bands fire muscles throughout the legs with every movement. Resistance easily increases your heart rate to the fat burn zone, with combination of aerobics and resistance training.

### Team Offer **€195** + VAT

4 x 6" Hurdle, 4 x 12" Hurdle, 2 x 20" Hurdle,  
1 x Smart Hurdle size 5,  
1 x Agility Ladder & 1 set of Training Cones



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

**e-mail:** sales@sportsphysio.ie

**website:** www.sportsphysio.ie



# Speed Development Harnesses



## Sprint Resistor Rigid (with shoulder or waist strap)

- Build speed, strength, explosive power & endurance through resisted sprinting
- Increase controlled running pattern & Improve balance and forward leaning position
- Features a durable 8-foot long rigid nylon leash along with a 10-inch wide easy to grip handle for the training partner who holds the runner back & controls the resistance.

**Sprint Resistor with Shoulder Strap €55+VAT** Order: **130-227**  
**Sprint Resistor with Waist Strap €29+VAT** Order: **130-228**

## PB Gamespeed 360

Resistance trainer allows for 360 degrees of freedom to cut, Turn & spin.

- Allows you to perform resisted and assisted exercises with full range of motion.
- The resistance cord attached to the belt provides a complete 360-degree rotation with continuous resistance.

The Gamespeed 360 Includes:

- 4 different sizes of waist belts
- Adjustable coaches belt
- 8' resistance cord

**€ 99 + Vat** Order code **130-411**



## Quick Release Leash

- 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

**€29 + VAT** Order Code **130-235**

## Viper Waist Belt with Bungee Cord

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

Viper belt & 8 foot Bungee: **€85 + Vat.** code **130-226**  
 Viper belt & 25 foot Bungee: **€109 + Vat.** code **130-225**



## Workhorse Harness

An all-in-one Shoulder harness that can be used with any attachment to train all game time movement we make. From shuffles, bounds, sprints, backpedals, & swings.

**€79 + Vat** Order code **130-230**

## Speed Sled

Ideal attachment for Speed harnesses. Connection leads included, with weight plate attachment included to increase resistance.

**€90 +VAT** Order Code: **130-371**

## Speed Development Essentials Coaching Kit

- Viper waist belt with 8 foot Bungee
- Quick Release Leash
- Speed Sled
- K Bands training bands
- 1" Power band Resistance band

**Special Kit Offer €215 + Vat**



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

**e-mail:** sales@sportsphysio.ie

**website:** www.sportsphysio.ie

## Measure, Testing & Monitoring

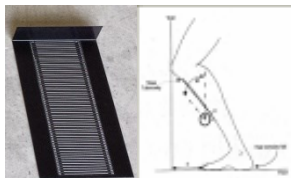


Body Fat Testing



Height, weight & girth Measurement

**FMS & Y Balance Test Kit** identifies people at risk of injury, and by correcting these movement patterns can alleviate injury and improve performance



Flexibility Testing—Sit & Reach, Goniometers, Knee to wall tester



**Commander Muscle Tester Dynamometer** adds an advanced dimension to research-proven-reliable dynamometer muscle testing without using a computer. Provides wealth of information to assist with planning treatment/rehab, evaluating progress, managing cases & rating impairment. Calculates bilateral strength deficits for objective side-to-side comparisons



Strength Testing

Comprehensive range of Dynamometers & Aneroid Sphygs

### Measurement Screening Test Pack

- 1 x SECA Portable Height Meter,
- 1 x SECA scales,
- 1 x Harpenden Callipers
- 1 x FMS Test Kit

**Special Pack Offer €495 + VAT**



## GPS Performance Monitoring



**PLAYERTEK** is a revolutionary GPS performance tracking system for team sports. The PLAYERTEK system provides expert analysis and is designed to be accessible to all levels of experience and to reduce the workload associated with performance monitoring.

## Heart Rate Monitoring

**POLAR**  
LISTENS TO YOUR BODY



**Very Affordable Individual & Team Solutions**



## Performance Testing



**Jump Mats**  
Assessment of Lower body Power output



**Lactate & Urine Analysis**  
Lactate Plus Monitor & range of Refractometers for Urine Analysis



**Speed Gates**  
Assessment of Speed and Agility performance



**Timing Measurement**  
Interval Timers & Tape Measures

**To Order:**

**Tel:** 062-77014

**e-mail:** sales@sportsphysio.ie

**website:** www.sportsphysio.ie



# Schools & Juvenile Club Development Pack

This Brochure on Athletic Development has focussed mainly on the 'Sports Performance Kit' and how effective it is with adult teams and also with youth and adolescents.

However going back further to the Development of the Child its very important to develop the Rudimentary and 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.

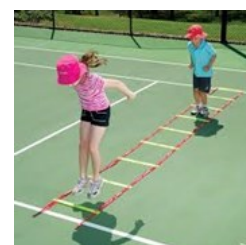
This is our recommended Development Pack but can be customised to suit your schools or teams needs.

You may also have recommendations on other items you would like and we welcome these of course and will do our best to source these .

## The Development Pack is designed to develop

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

**Ideal for Schools and Clubs to help with the development of Fundamental Movement Skills**



### Child Development Pack

Training Cones (50)
Agility Dots (10)
Small mini hurdles 6" (3)
Hurdles 12" (3)
Bean Bags / Balls (12)
Soft balls assorted (5)
Training Ladder (1)
Skipping rope (2)
Carry Bag

### Child Development Pack

**€159 + VAT**



**Carry Bag included**

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

**e-mail:** sales@sportsphysio.ie

**website:** www.sportsphysio.ie

# Medical Supplies for your Club or School

## First Aid Kits and Supplies



### First Aid Bags & Kits

Wide Range to suit the School or Clubs requirements right up to the full Sports Physiotherapist bag.

## Trauma Care



### Trauma Care

Detailed range of Trauma care supplies & equipment to meet all your needs

## Cold Therapy



**GAME READY™**  
ACCELERATED RECOVERY SYSTEM



CCT Cold  
Compression  
Therapy

Detailed range of Ice  
Packs & cold therapy  
Products



## Medical Supplies for your Club or School

We have built up 10 years experience providing Medical supplies to some of the countries top teams from International to club level. Detailed range of First Aid & Trauma Care Supplies. Treatment Equipment & supplies plus a wide range of Cold Therapy solutions. A Comprehensive range of Taping supplies with great team prices. Bracing & supports and some fantastic Recovery systems.



It's important to have a medical room where injuries can be properly accessed & treated. We can help provide advice on what's required & kit out the medical room. From Furniture down to the equipment & disposables we offer a full range to meet your requirements.

## Treatment



## Taping Supplies



## Recovery



## Bracing & Supports



Comprehensive range of Supports & Braces

To Order:

Tel: 062-77014

e-mail: sales@sportsphysio.ie

website: www.sportsphysio.ie