

# MEASURING ATHLETE READINESS

## How does it help?



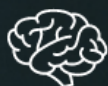
Swipe to discover the benefits of analysing data on an athlete's preparedness to perform.





# What is readiness?

'Readiness to train' is assessed by numerous variables and tests including (but not limited to):



Psychometric measures



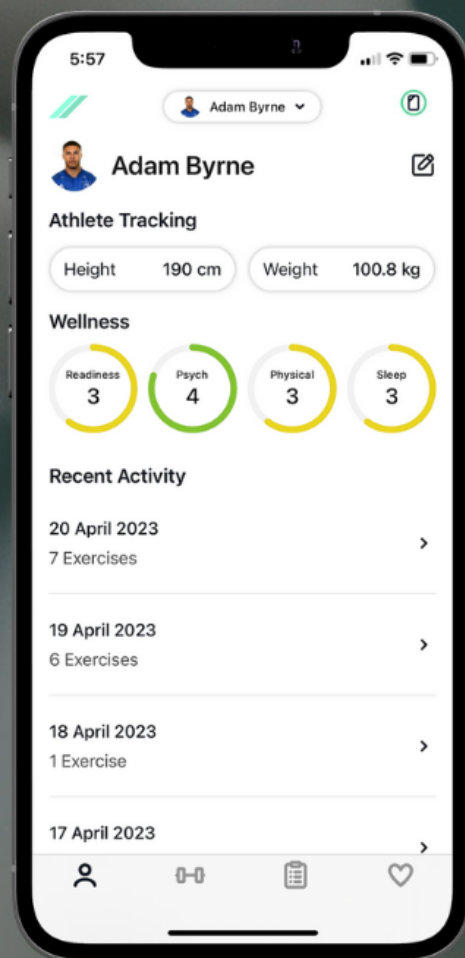
Neuromuscular fatigue

Analysing these key factors can help coaches and athletes to tailor training programs and **make more informed decisions and predictions** regarding performance and recovery.

# Psychometric measures:

Involve an athlete subjectively rating their **perception of response to training** such as energy levels, mood, stress which may have an impact on training load.

The Output Capture app allows the athlete to conduct an assessment of psychometric variables that may **contribute to fluctuations in performance** on any given training session.





# Neuromuscular fatigue measurements:

Include tests used to assess an athlete's level of fatigue and recovery in relation to their neuromuscular system.

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The countermovement jump is a simple, objective test often used to monitor an athlete's power levels and readiness to train which can be conducted using the Output V2 System.

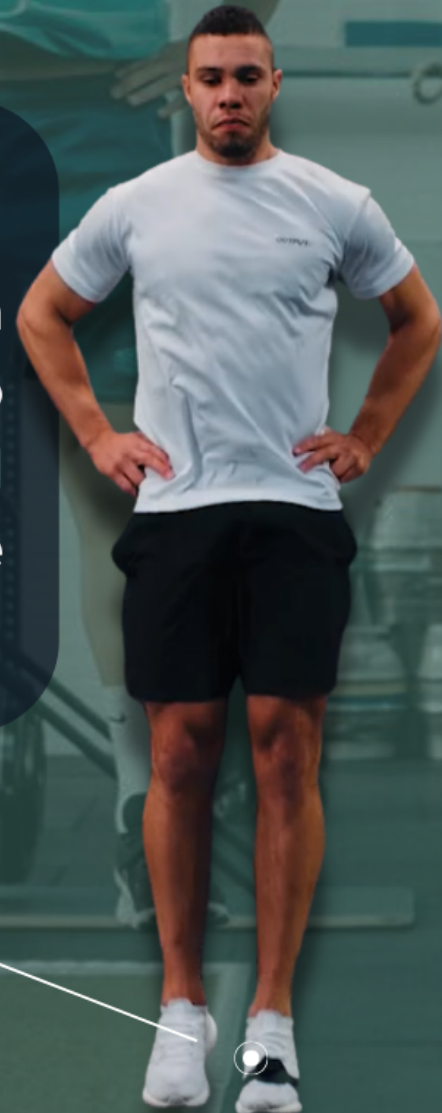


**REACTIVE STRENGTH INDEX**



**1.6**

Drop jumps as an indicator of neuromuscular fatigue and recovery in elite youth Soccer athletes following tournament match play Hamilton (2009)





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# If interested...

In availing of the benefits associated with measuring athlete readiness, Output Sports have got you covered.



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