

CREATE A WINNING ENVIRONMENT

 *SPORT SPECIFIC*

SECTION ONE: OUR APPROACH

THROUGH CONSULTANCY, DESIGN AND INNOVATIVE PRODUCTS,
WE CAN HELP YOU CREATE A WINNING ENVIRONMENT.

ACHIEVE OPERATIONAL EXCELLENCE BY MASTERING THESE THEMES

1: ORGANISE

Being organised facilitates best practices and collaboration.

Good collaboration generates valuable shared knowledge
on which everyone can act.

2: EDUCATE

To fully align your athletes to your plan for success, you need
to deliver the correct information. Educate your team on the
'why you do the things you do.'

3: MOTIVATE

Set out your stage to inspire. Transform your statements and
narratives into mantras that align your people to a common
goal and forge a culture of success.

1: GET ORGANISED

Drive efficiency around key departmental deliverables, empowering staff with tools to manage operations efficiently and effectively.



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GET ORGANISED: STRATEGY:

Collaborate, set goals, define team identity and measure success with these strategy products.

Our strategic options include:

- KPI Boards
- Squad Availability Boards
- Medical Boards
- Return to Play Timeline

GET ORGANISED: COACHING:

Products to communicate, strategise and prepare the team and staff for competition.

Our coaching options include:

- Set Plays Boards
- Tactics Boards
- Pitch Boards – Lined and Coloured
- Portable Tactics Boards
- Goalkeepers Boards

SET PLAYS COLOURED AND LINED PITCH BOARD



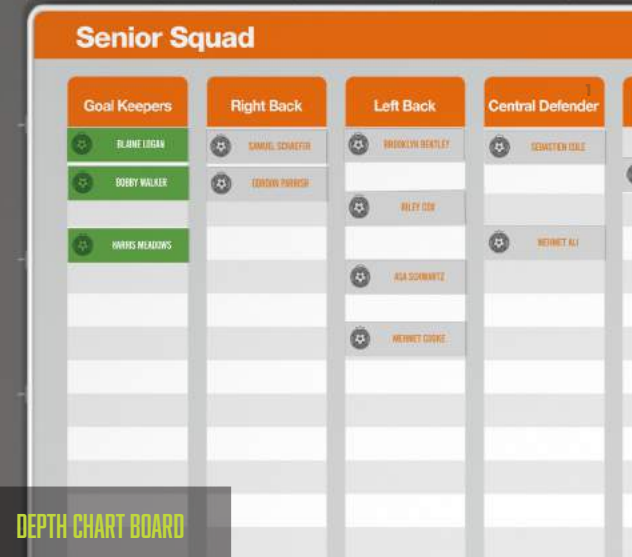
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GET ORGANISED: TALENT MANAGEMENT:

Manage your most valuable assets and get visibility on player acquisition, squad depth, medical & performance planning.

- Depth Chart Boards
- Scouting Boards
- Loan Planner Boards
- Injury Tracker Boards



GET ORGANISED: PLANNING:

'Fail to plan, plan to fail' may be a cliché but it can be true. Use these products to map out the future. Our planning options include:

- **Daily Planner Boards**
- **5 Week Planner Boards**
- **Year Planner Boards**
- **Generic Blank Boards**
- **Appointment Planner Boards**



PERFORMANCE

RECOVERY

FLUIDITY
DYNAMICS
FLEXIBILITY

MOBILITY



WELCOME TO WORK

PRE TRAINING

COMPLETE EVERY ACTION BEFORE TRAINING TO AVOID INJURY AND MAXIMIZE TRAINING

- | | |
|------------------|-----------------------|
| ✓ NUTRITION | ✓ FUNCTIONAL MOBILITY |
| ✓ HYDRATION | ✓ DYNAMIC FLEXIBILITY |
| ✓ MEDICAL CHECK | ✓ ECCENTRICS |
| ✓ THERAPY | ✓ PRE-ACTIVATION |
| ✓ CORE STABILITY | ✓ MENTAL FOCUS |

POST TRAINING

COMPLETE EVERY ACTION AFTER A TRAINING SESSION TO OPTIMIZE YOUR RECOVERY

- | | |
|-----------------|---------------|
| ✓ PROTEIN | ✓ PLYOMETRICS |
| ✓ HYDRATION | ✓ YOGA |
| ✓ MEDICAL CHECK | ✓ THERAPY |
| ✓ GAME READY | ✓ HOT/COLD |
| ✓ STRENGTH | ✓ NUTRITION |
| ✓ POWER | ✓ REST/SLEEP |

2: EDUCATE

Ensure athletes understand and adopt sustained high-performance practices, including activation, recovery, fuelling & hydration protocols.



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STOCKPORT COUNTY'S RECOVERY ZONE



Phase 1 Low Training



Why?

High Protein content helps recover muscle damage.

Who?

Suitable for all players post training.

Players who are managing weight or body fat may look to utilise lower carb content on all training days.



Phase 1 After Matches & Hard Training



Why?

50 / 50 Protein Carb content helps recover from high intensity days / matches.

Creatine is shown to regain muscle function quicker and help repair muscle damage.

Who?

Suitable for all players post training.

Players with less concern around body weight and body fat management on training days.



Recovery Checklist

Recovery time between games is limited. To ensure we maximise our recovery, aim to complete a minimum of 8 of the following within first 48 hours:

- ✓ Recovery Shake immediately post-match.
- ✓ Drink 2 litres of water on day of match.
- ✓ Ice Bath / Contrast Baths.
- ✓ 10 minute bike & 10 min foam roll & stretch.
- ✓ 15 - 20 mins Normatec.
- ✓ 30 mins pool recovery session.
- ✓ Soft Tissue Massage.
- ✓ Compression garments.
- ✓ Cryotherapy Session.



IT'S ALL ABOUT RECOVERY



IMMEDIATE
NOW
PHASE 1

FAST CARBS + PROTEIN



60 MINS
GOLDEN HOUR
PHASE 2

QUALITY PROTEIN + CARBS



1-4 HOURS
TOP UP THE TANK
PHASE 3

BALANCED MEAL



HYDRATE BEFORE IT'S TOO LATE



AS LITTLE AS 2% DEHYDRATION CAUSES

8%
LOSS OF
SPEED

10%
LOSS OF
POWER

20%
REDUCTION IN
DECISION MAKING

FOR EVERY KILO YOU LOSE DURING EXERCISE
YOU NEED TO REPLACE WITH 1 LITRE OF FLUID

EXAMPLE: 2.5kg LOSS DURING TRAINING



ALWAYS TOP UP THE TANK FUEL GAME DAY -1 CARBS - PROTEIN - FATS



GAME DAY

INDIVIDUALISED GAME DAY NUTRITION. KNOW WHAT WORKS FOR YOU



REFUEL GAME DAY +1

PROTEIN - CARBS - FATS



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3: MOTIVATE

Use your space to reaffirm your cultural tone, team identity and strategic direction, ensuring clarity and alignment between everyone in your organisation.



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UNIVERSITY OF NOTTINGHAM TEAM SUCCESSES



MANCHESTER UNITED LEGENDS WALL



76ERS KEEPING IT REAL



FLEETWOOD TOWN'S PROUD HERITAGE



ATLANTA FALCONS DEPARTMENTAL DELIVERABLE STATEMENTS



EIS SHOWCASE ELITE ATHLETES



CELEBRATING UNIVERSITY OF NOTTINGHAM'S HIGH ACHIEVERS

SECTION TWO: PRODUCTS & SERVICES

1: DISCOVER

We evaluate your space, information and communication methods to understand and improve the performance of your physical environment, making it work harder for you, your staff and your players.

2: DEVELOP

Drawing on our collective knowledge of 20+ years working with elite sports teams, we design and develop the materials you need to deliver key performance content, operational excellence and a winning culture.

3: DELIVER

We will deliver your solution utilising the most effective channels, including innovative and collaborative products, high-impact graphic environments and bespoke interior branding.

BOARD OPTIONS

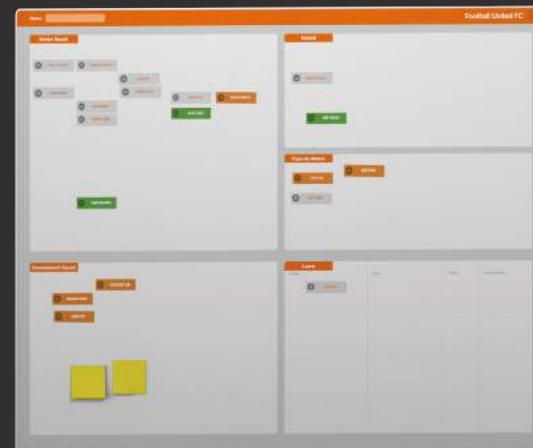
150 X 100CM



100 X 60CM



100 X 100CM



120 X 100CM

We offer magnetic dry erase boards in 4 sizes with white or black frames. Custom sizes are available upon request. Choose from our wide range of board designs tailored for various performance departments. We can collaborate with you to create personalised solutions. Our boards can be branded to align with your team's identity and colours.



EURO MAP SCOUTS PLANNER



WE CAN BRAND YOUR BOARDS



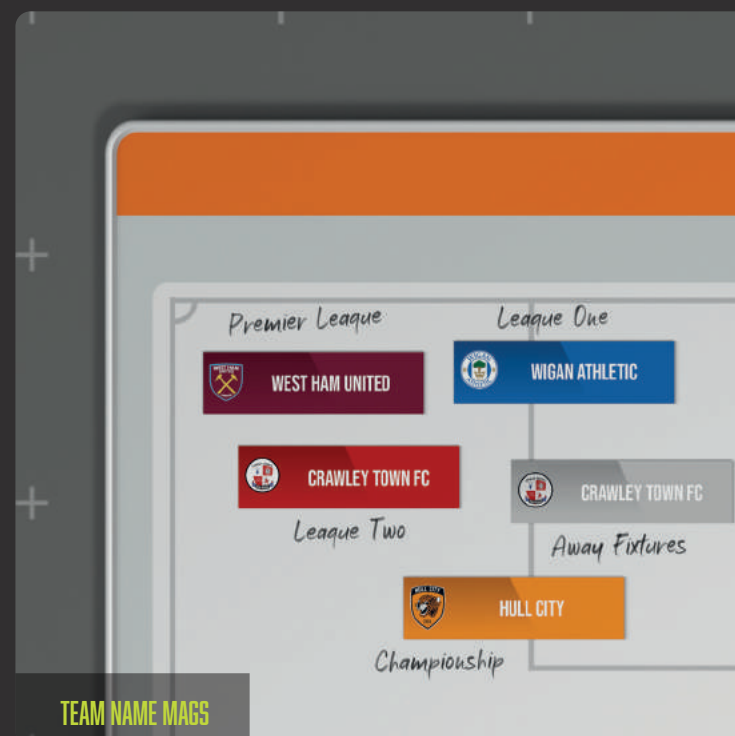
DOUBLE SIDED PORTABLE TACTICS BOARD



BESPOKE MANAGERIAL ORGANISATIONAL WALL

MAGNETICS

Various magnetic packs, name tags and counters have been designed to work with your boards. Our magnetics range are building blocks, allowing you and your colleagues to create custom layouts, manage talent, organise and strategise.



OUR SERVICES:

1: SITE REVIEW

- Discussion on aspects of the facility that require attention.
- Visit the site and walk a player's journey through the facility to identify areas where designs will deliver the most impact.
- Photograph, measure and scan the space for graphics production.
- Create a document outlining potential solutions and providing examples of how they can be implemented.

2: DESIGN CONSULTANCY

- Creatively delivering the leadership team's core philosophy and approach.
- Work closely with staff to consolidate and distil performance protocols and regimes.
- Inventively rework the information to be precise, easily understood, educate, motivate and inspire.

3: 3D MODELLING AND ANIMATED WALK-THROUGH:

- Creation of a computer-generated model of the space
- Apply the graphic content to envisage how the finished areas will look.
- Re-create the player's journey through animation.

4: PRINT AND PRODUCTION

- Comprehensive in-house print facilities ensure a rapid turnaround, quality and accuracy of the finished graphics.
- Along with our range of dry-erase boards and magnetics, we produce the following:
- Bespoke Wallpapers - Graphic Panels - Wall Vinyl's
- Full installation service or we can supply the graphics to be installed by the on-site facilities team.

5: SPACE PLANNING & SPECIFICATIONS

- Produce floor plans to map out the best use of space.
- Specify, design and produce contract & bespoke furniture.
- Select materials and finishes best suited to the space, function and team branding, including:
Painting - Upholstery - Flooring - Fixtures & fittings.



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**CONTACT US FOR
MORE INFO AND
ARRANGE A FREE
SITE SURVEY**

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