

▶ Athlete Tracker[®]

▶ ATHLETE TRACKER MAKES IT SIMPLE!

Athlete Tracker keeps a record of all your athletes' data from year to year including name, address, phone, height, weight, medical information, and special conditions. It records all data by date when you test for speed, agility or strength.

Record data for Vertical Jump, Shuttle Run, 40 Yard Dash, Bench Jumps, Bench Press, Incline or any other activity. Also make Workout Cards for your athletes showing the "Max" for each lift as well as the plates required for each side of the bar for any workout weight.

Let Athlete Tracker print your mailing labels and sort your phone lists by position so you can easily make your calls. Test for anything you want to do and let Athlete Tracker sort the results. Use your own weight program and let Athlete Tracker keep all your records for years to come.



▶ ATHLETE TRACKER PROVIDES

You determine —

- Workout program or competition
- Events or lifts performed
- Percentage of "max" on workout
- Number of sets and repetitions

Athlete Tracker provides —

- History of all lifts and dates
- Notes of special conditions or injuries
- List of phone numbers by position
- Mailing labels
- Individual athlete's workout card
- Most recent workout percentages lifts



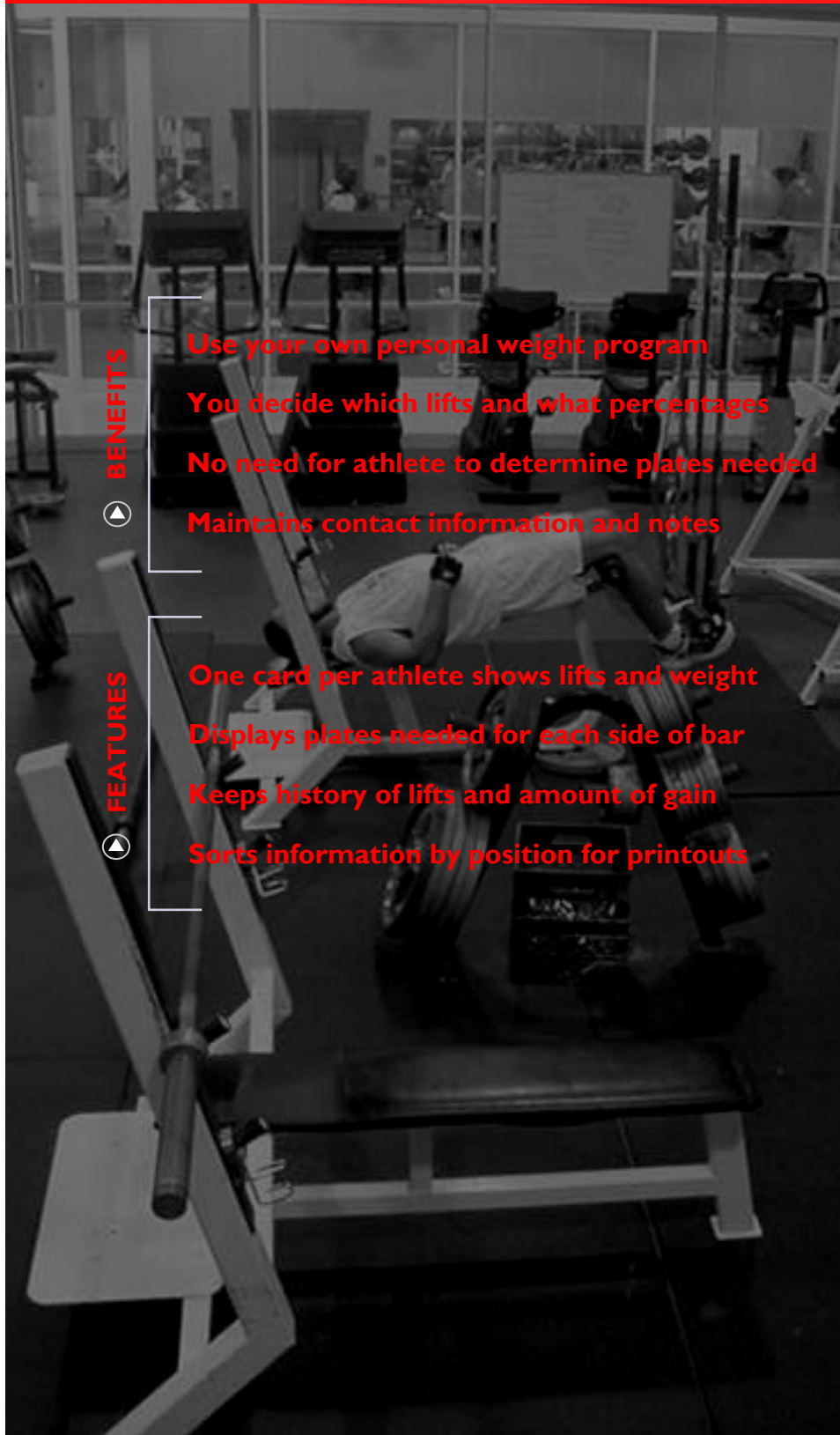
▶ BENEFITS

- Use your own personal weight program
- You decide which lifts and what percentages
- No need for athlete to determine plates needed
- Maintains contact information and notes



▶ FEATURES

- One card per athlete shows lifts and weight
- Displays plates needed for each side of bar
- Keeps history of lifts and amount of gain
- Sorts information by position for printouts



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Athlete Tracker[©]

WORKOUT CARD

Softball
Colts Weight Program
The Off Season Makes the Season



Rachel Sample

	Max	Bar Wt	60 %	70 %	80 %	90 %
Bench Max	100 3 sets of 8	40	60 25	70 25, 5, 2.5	80 35, 5	90 45, 2.5
Incline Max	80 3 sets of 8	30	50 10	60 10, 5	65 10, 5, 2.5	75 10, 10, 2.5
Lat Pull Max	90 3 sets of 8	40	55 5, 2.5	65 10, 2.5	75 10, 5, 2.5	85 10, 10, 2.5
Leg Exten Max	130 3 sets of 8	45	80 10, 5, 2.5	95 25	105 25, 5	120 35, 2.5
Leg Flex Max	120 3 sets of 8	40	75 10, 5, 2.5	85 10, 10, 2.5	100 25, 5	110 35
Squat Max	150 3 sets of 8	40	90 25	105 25, 5, 2.5	120 35, 5	135 45, 2.5

- ▶ Add Your School Logo & Slogan
- ▶ Set Your Lift Types & Max Percentages
- ▶ Set Your Sets & Repetitions
- ▶ Displays Plates Needed for Each Side
- ▶ Creates Personal Cards for Each Athlete
- ▶ Use Your Own Weight/Workout Program

ATHLETE DETAILS

Colts Weight Program

Main List WOC Date WOC Mark

Details		Information	
Last Name: Sample	Address: _____	Notes:	_____
First Name: Sandra	City: _____	Special Conditions:	_____
Middle Name: _____	State: _____	Wears glasses	_____
Year to Grad: 2007	Zip: _____		
Date of Birth: 8/7/1988	Phone: _____		
Position: _____			


Efforts

Date of Effort	Effort Name	Effort Type	Amount	Average	Mark	Delete
2/20/2006	Bench Max	Max Lift	120	120		
2/20/2006	Squat Max	Max Lift	180	180		
2/20/2006	Incline Max	Max Lift	100	100		
2/20/2006	Leg Flex Max	Max Lift	190	190		
2/20/2006	Lat Pull Max	Max Lift	110	110		
2/20/2006	Leg Extention Max	Max Lift	160	160		
2/20/2006	Height	Attribute	5' 2"	5' 2"		

- ▶ Tailored for Easy Entry
- ▶ Provides Notes for Special Conditions
- ▶ Versatile Options for Easy Navigation
- ▶ Easily Print Address Labels
- ▶ Easily Print Phone Numbers by Position
- ▶ Sort by Year of Graduation

ALL EFFORTS

Athlete Tracker - Efforts List as of 6/23/2006 at 12:07 PM



Sample, Sandra			
Mon, Feb 20, 2006			
Bench Max	140	Squat Max	180
Incline Max	100	Leg Flex Max	190
Lat Pull Max	110	Leg Exten Max	160
Height	5' 2"	Weight	110
40 yard dash	5.6		
Fri, Jun 23, 2006			
Bench Max	130		

- ▶ Lists All Efforts and Date of Effort
- ▶ Compare Efforts by Date
- ▶ Evaluate Workout Results

System Requirements:
Desktop Hardware: 512 MB RAM, 10 MB disk space, 1024X768 minimum resolution
Operating Systems: Microsoft Windows XP or Mac OS X



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