

Elite Sport Performance

Improving athlete performance

High performance sport is about WINNING. It's about being the best; taking the chequered flag, the podium, the medal, the trophy. To be the best requires not only a well structured plan, but attention to detail; minimising the influence of 'chance' and increasing the certainty of achieving goals. The combination of innovative training with optimal facilities and a team of highly motivated high performance support staff is the key to creating winning performance.

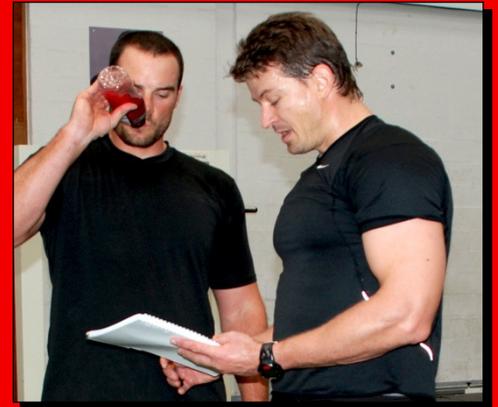
Elite Sport Performance is based on the principles of knowledge, innovation and teamwork. We believe that these principles are essential to bringing value to our clients, by delivering optimal scientific and organizational support for elite performance. The combination of science and experience in elite sport are the foundation upon which Elite Sport Performance can help you create a winning sporting environment.

Strength & Power facility design

With over 20 years experience in designing bespoke training equipment and high performance training centers, we understand the requirements of elite performance. Optimally designed strength and conditioning facility with appropriate equipment are the tools that an athlete requires to reach their true potential.



We specialize in bespoke integrated analytics and diagnostic coaching feedback systems, enabling you to turn your gym into a state-of-the-art laboratory with real time athlete feedback. Our Olympic lifting platforms and Power racks are integrated with force plates (enabling precise measurement of power), force and displacement transducers (measurement of acceleration), and delayed video looping (technique monitoring and coaching).



Athlete recovery & performance monitoring

The ability to accurately monitor fatigue during high load training periods can benefit both performance and health. Our recovery protocols optimally combine physiological, psychological, biochemical and immunological markers to provide early warning of fatigue, illness and underperformance.



Elite coach & support staff structures

Athlete success is often a result of optimal coaching and support. Do you have the right expertise doing the right jobs within your team? Is your support team providing an efficient and cost effective service? Our experience in creating elite performance orientated support teams will not only improve performance but reduce the risk of injury and increase your teams enjoyment.