



Know who is ready. Before the session starts.

Athright platform walkthrough for sport academies

The problem

Most training decisions are still made on gut feeling.

Scattered data

Wearables, spreadsheets
and chat messages.
Nothing connects.

Late injury signals

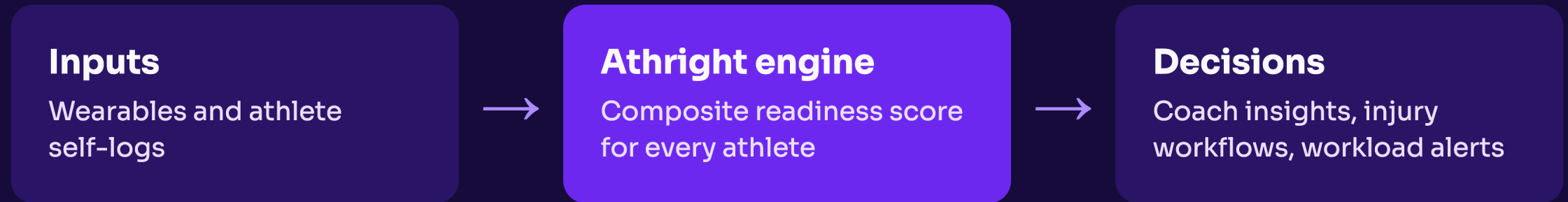
Fatigue and overload show up
after the damage is done.

No single view

Coaches, physios and athletes
each see a different picture.

The solution

One connected system for your whole academy



Coach desktop dashboard + Athlete mobile app

01 · Composite readiness

Every signal combined into one daily score



Energy



Hydration



Sleep



Nutrition



Muscle load



Coaches get one clear number per athlete, with the factors behind it.

Your whole squad, one screen, before training

Player A	86	Ready
Player B	74	Ready
Player C	61	Monitor
Player D	48	Rest
Player E	79	Ready

Today's actionables

- Reduce Player D's load today
- Check in with Player C after a poor sleep log
- Squad is ready for high-intensity work

Athletes log in under a minute. Coaches see it instantly.

Good morning

Sleep quality

Soreness

Energy

Mood

Submit check-in

Daily check-in

Wellness, soreness and training feedback in a few taps.

Own readiness

Athletes see their status and trends, so they stay engaged.

Assigned plans

Today's sessions and workouts, straight on the phone.

A structured path from first report to return to play

Step 1

Report

Athlete or coach logs the injury

Step 2

Assign

Routed to physio, doctor and coach

Step 3

Treat and track

Progress and restrictions updated

Step 4

Return

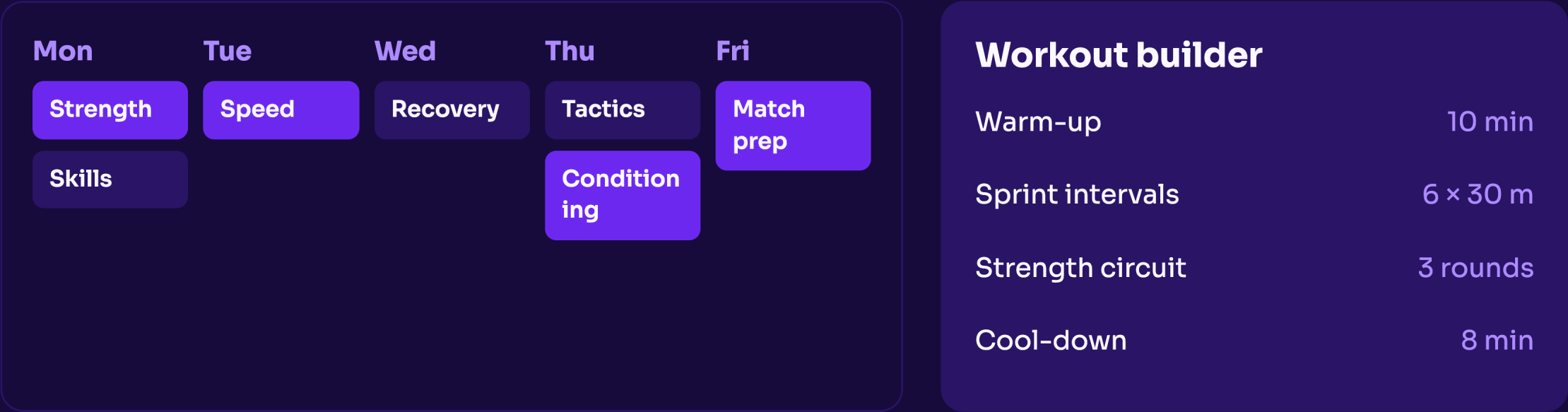
Cleared and phased back into load

Player D · Hamstring

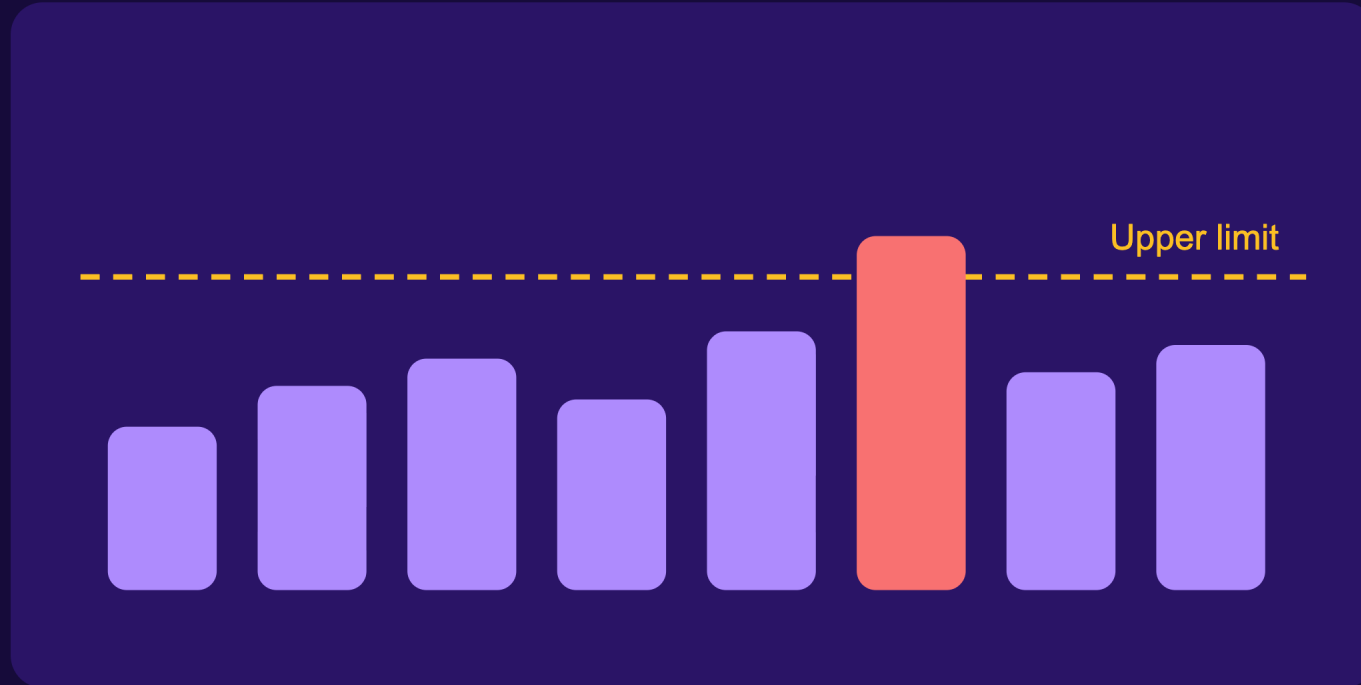
Assigned to Physio · Modified training

In recovery

Plan the week, build the session, assign it in minutes



Spot overload before it becomes an injury



Weekly load per player, against a safe range.

Spikes are flagged to coaches automatically, with players and positions to review.

Player profiles and squads keep the full history together.

Every athlete's full picture, in one profile



Player A

Under-17 · Midfielder

Readiness trend · Workload
history · Injury log ·
Assigned plans

Squads and groups

Organise by age group, team
or position.

Complete history

Readiness, load, injuries and
plans stay together season
to season.

What changes

Better decisions, fewer surprises

Earlier risk signals

Overload and fatigue visible before they become injuries.

Faster decisions

One view instead of chasing five tools.

One source of truth

Coaches, physios and athletes on the same page.

Engaged athletes

Simple self-logging builds the daily habit.



Thank you