

# Coach...Is Your Program In Sync?



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Test and Train Sports

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# Let Us Help You Get In Sync

Hire Us So We Can Go To Work For You Today!

- We are offering an evidence-based and science-based game changing opportunity to programs who value accountability and efficiency
- We will only work with one program per conference because there is no way we can help two teams in one conference try to beat one another
- I can give you a few references who will validate this opportunity and show you in a video conference things your program are not doing now but could be doing immediately
- We empower and support the Head Coach in learning how to manage the tidal wave of data, technology and demands of all aspects of your duties

*Let me know when you want to set up a video conference so I can show you something that you can build on and put into effect immediately. If you are young or old, winning or losing, trying to stay in or fighting not to get pushed out, I can help!*  
Kelly Ahrens @ 803-260-5432 [KellyAhrens@TestandTrainSports.com](mailto:KellyAhrens@TestandTrainSports.com)



- Baseball/Softball Management System



- Camp/Clinics/Physical & Mental Testing



- Alumni Management



- Train- Physical and Mental Training



- Recruiting



- Fundraising



- Technology and Data Integration

*Web and Mobile Based Athlete Management System Allowing Coaches To Take Control Of Their Program*



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## Grow

*Eco-System Collaboration which can manage baseball program on one web-based and mobile-based platform*

- Manage coaching staff, players, recruits, trainers, S&C, athletic director, guidance counselors, orthopedics, physical therapists, sports scientists, wellness, alumni, scouting, personal trainers, specialists, fundraising, budgeting, document storage, emails, notifications, scheduling, training programs, parents, ...
- Daily integration of all aspects for running program
- Save money and increase income potential
- Plan and manage drills, practices, meetings and specialty training
- Allow staffing to maximize time on field and working with player by utilizing T&T Sync to act as central nervous system
- Easy onboarding and orientation for all coaches and players creating instant accountability and direct communication



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# TEST

*Camp Management-Sports Testing-Physical and Mental Testing*

- Maximize camps to gain more camp profitability while gaining more control
- Sports testing adds value to camp menu to attract more customers and to better manage talent
- Improves recruiting process
- Increase camp participation, manage more professionally and better distinguish potential recruits
- Build camp templates and scheduling while incorporating staffing needs and assignments
- Retention of customers with simple ongoing marketing application providing a foundation to grow
- Maintain communication with campers and have CRM to manage further camps



## Alumni

Strong Alumni support provides a foundation to build upon while creating a Championship Environment that can be shared by all

- Alumni Management
- Locate and integrate Alumni who want to be a part of the program
- Manage former coaches including them program while leveraging their relationships with past players
- Relationship building potential creates a great environment and garners support from former players who want to “feel” included
- Alumni receives regular updates, can manage alumni games/events, can sell vision and accept immediate online single or recurring donations



## ***Test and Train Sports***

# **TRAIN**

*Sports Specific training guided by sports testing and re-testing protocols validate efficiency of program which can be adjusted in real time*

- Evidence-Based sports specific targeted training protocols to supplement training
- Real Time adjustments specific to needs of team, environment and each athlete
- Capture, evaluate and adjusted utilizing daily interaction with TNT SYNC directed by Head Coach
- Make the best decisions possible at the right time with the right information so you maximize efficiency and results
- Prevent avoidable injuries and create mobility, sequencing and timing within training protocols
- Build an environment which breeds success through accountability and awareness
- Incorporate mental and physical training routines in practice and pre-game applications



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## **Recruiting**

*Fuse provides details on the best mental and physical talent that matches the team and programs objectives*

- Mobile and Web based real-time communication and evaluation benefits
- Athlete self-reporting of information on a continual basis provides the most updated data and video
- Manage a simple process to easily onboard potential recruits, communicate with them, analyze their potential, understand their needs and identify with specificity how they fit
- Position Specific analysis and personality fit using minimizes recruiting errors and provides the ability to make the best decisions possible with the best information
- Collaboration among the coaching staff is simply managed while all potential recruits can update their Digital Athletic Profile enabling real time information flow and the highest level of communication possible





# Fundraising

*Surge forward maximizing fundraising potential with your program*

- Structured fundraising events supported with Surge
- Booster Clubs can manage every aspect of their business operations
- Simplify and maximize fundraising ability by providing better management oversight and functionality for all
- Stay in front of program needs with better communication and management of program needs
- Take charge of your programs fundraising needs and fortify your fundraising efforts.



## TECHNOLOGY/DATA

*Integrate needed technology into one platform which can provide practical benefits incorporating into daily training and practicing*

- Manage the tidal wave of technology and data captured by all wearable devices or specific program
- Minimize the overflow of information and difficulty in utilization of specific technology
- Consult with Test and Train Sports to identify key solutions while determining cost effectiveness and benefits
- Minimize mistakes and implementation errors while trying to incorporate new technology
- Test and Train Sports knows where all the landmines are buried and has experience working with virtually every piece of technology that could be presented into the program
- Expedite the use of the technology and the actual benefit that can be provided from what is being offered
- Eliminate unnecessary purchases and ongoing expense that takes bandwidth from coaching staff while trying to learn how to set up and implement into your program



## **Test & Train Sports**



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Test and Train Sports provides consulting services that will impact your program immediately. Test and Train Sports is made up of current and former coaches who have had success implementing this platform and who can provide you with support. Always available for you in your time of need, we guarantee a service that is responsive and meaningful. We will be trusted by your organization to give you unbiased information that focuses on winning. We only provide services to one program within a conference, so it is safe to count on your information helping your program and not your direct competitor. If your program is in Sync, Congratulations, if not, let's discuss how we can get in Sync.

Contact: [KellyAhrens@TestandTrainSports.com](mailto:KellyAhrens@TestandTrainSports.com)