

omegawave

Used by the world's best coaches and teams

OMEGAWAVE TEAM

ATHLETE PREPARATION MANAGEMENT SOLUTION





OMEGAWAVE TEAM

Longer seasons, more games, higher physical demands and tough competition put a lot of pressure on your athletes. Traditional approach to training often results in chronic stress, overtraining, illness and injury, leading to progressively poor performance. This will eventually have a negative impact on the athlete's health and career.

Coaches often rely on popular training methods to manage the training process, choosing training load using the "more is better" principle. All these methods fail to take feedback from the athlete's body into account. Without objective feedback on the functional state of the athlete's organism in response to training sessions, a coach cannot properly evaluate the athlete's readiness for training.

The key to peak performance is relying on each athlete's individual functional state instead of field experience or sports theory. Omegawave gives coaches the ability to comprehensively monitor the athlete's functional state and select the optimal amount of volume and intensity of training, as well as organize recovery when it's needed the most.

Teams like FC Barcelona, Manchester United, AC Milan and Bayern Munich have all used Omegawave Team to manage the training process and lead their squads to victory.

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“Identification of injury risk factors and injury prevention may be significantly improved by frequent monitoring of short- and long-term adaptational changes.”
(as measured by Omegawave)

American College of Sports Medicine, 2013



ASSESSING READINESS

Readiness is the result of sports and lifestyle-related stress applied to athlete. It is the most accurate indicator of athlete's ability to realize their potential in training or competition. By assessing readiness, Omegawave instantly provides the coach with enough information to make prompt changes to the training plan.

Training in a state of poor readiness significantly reduces athlete performance. Doing so may even affect their whole career. The main risks of training in a state of poor readiness are as follows:

- **Chronic stress** – prolonged application of excessive training loads and other stimuli during a state of non-readiness can result in chronic stress
- **Overtraining** – an excessive increase in the volume and intensity of training loads, imbalance between exercise and rest, insufficient recovery, and poor management of the athlete's daily routine can all result in overtraining
- **Decrease of work capacity and performance** – demanding training sessions when the body is not ready can lead to a considerable decrease in athletic performance, achievements and training effect
- **Illness or injury** – training during the state of non-readiness increases the risk of illness or injury

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“Since we started using Omegawave at the Liverpool Academy, none of the players on our team have come down with muscle injuries. We went back to look at our records for comparable times in prior seasons and this absence of injuries has been unprecedented.”

Piet Hamberg, former Technical Manager, Liverpool FC.



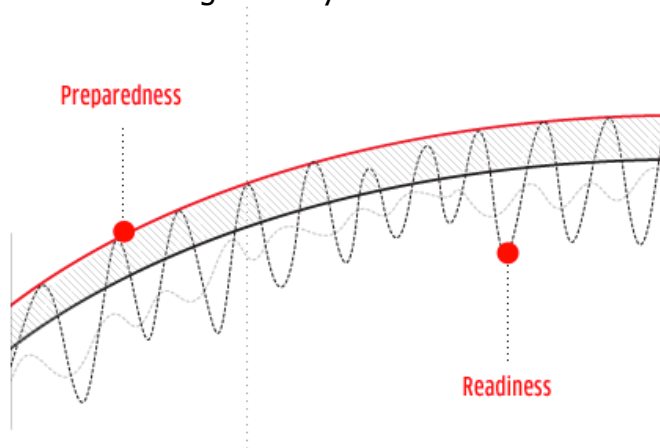


OMEGAWAVE ASSESSMENT

Omegawave is the only technology available today that has the ability to quickly, non-stressfully and non-invasively assess the functional state of multiple key biological systems that affect readiness and performance:

- Cardiac system
- Energy metabolism
- Neuromuscular potential
- Regulatory mechanisms of hypophyseal adrenal axis
- Regulatory mechanisms of the gas exchange, cardio-pulmonary, and detoxification systems
- Central nervous system
- Autonomic nervous system

Omegawave's holistic assessment of the athlete's body gives coaches vital information to optimize an athlete's readiness for the game day.



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“I have a passion to understand how Omegawave is used at an elite level across the world. I feel it is the ultimate tool to guide me to be a responsible performance specialist. That is my driving force - to be the best at enhancing athlete performance by using science and objective means to dictate decisions.”

Jeff Fish, former
Director of Athletic
Performance for the
Atlanta Falcons





ATHLETE PREPARATION MANAGEMENT

Omegawave has developed a portable non-invasive technology, making it possible to perform quick, frequent and comprehensive assessments of the athlete's readiness in the field. This solution enables the coach to individualize and optimize the athlete's training using objective and immediate feedback, increasing the quality of the athlete preparation process at all stages.



An athlete's overall readiness can be tracked over time, even over a period of several seasons, enabling a detailed analysis of training loads and recovery techniques applied at different times.

This helps coaches validate the training philosophies and improve overall athlete performance.

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“Monitoring the balance between loads and recovery using Omegawave allows me to avoid fatigue and overtraining. Clear and informative reports about the dynamics of my physiological status allow me to assess the effectiveness of training and recovery and reach my maximum possible athletic performance. I will continue using Omegawave in training for title fights.”

Alexander Povetkin,
WBA Heavyweight
World Champion



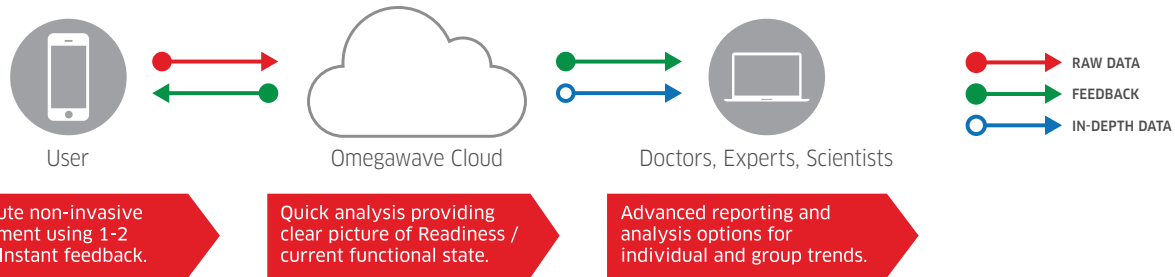
THE OMEGAWAVE TEAM SYSTEM



The OmegaWave Team system consists of:

- A coach's dashboard for data gathering and comprehensive reporting
- Athlete's mobile app (smartphone not included)
- Bluetooth ECG Sensor belt
- Bluetooth Omega Sensor
- Electrodes and Omega cables

With the new OmegaWave Cloud Service a virtually unlimited amount of athletes can be connected to a coach, team doctors or consultants, no matter where they are.



ADDITIONAL EQUIPMENT



The OmegaWave Team system can be extended to do additional assessments:

- Sensorimotor assessment
- Power Work Capacity
- Neuromuscular assessment





WHY OMEGAWAVE

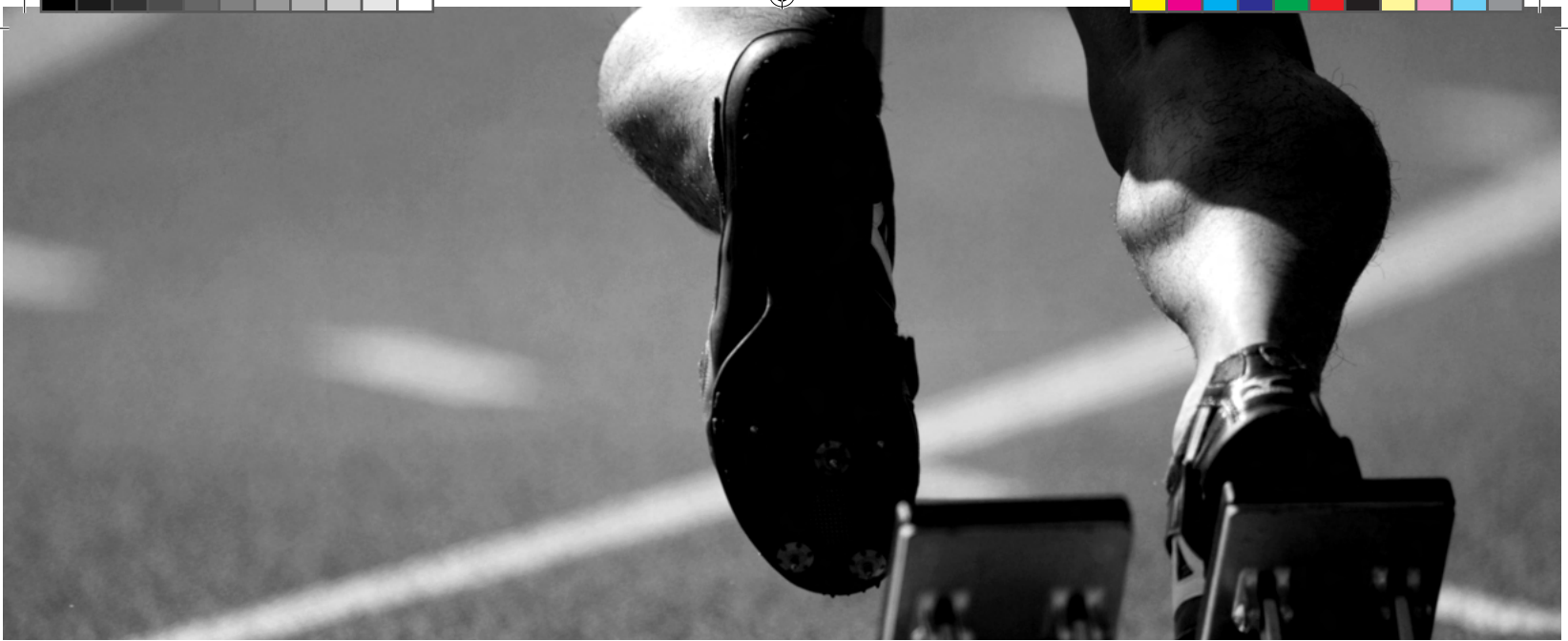
Omegawave Team gives coaches and athletes an edge by providing previously unavailable information quickly and cost-effectively, allowing coaches to improve their athletes' performance while minimizing exposure to risk.

- Build a customized and balanced training process taking into account the athlete's individual physiological characteristics
- Significantly improve the quality of management of the training process at all stages
- Ensure that the athlete peaks at the right stage of the competition schedule
- Accurately predict athlete's performance and results based on tracking the adaptational changes
- Improve resistance to stress, and avoid chronic stress and overtraining
- Develop an appropriate balance between training and recovery activities, improving the quality of the recovery process
- Enhance his or her quality of life, and increase the duration of their athletic career
- Frequent, daily readiness assessments can be taken in the field quickly and with minimal effort
- Omegawave's methods for assessing Readiness are validated by solid science and assessment data from more than 10 thousand elite athletes

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“Omegawave allows ski teams to monitor the athletes readiness along the training process and to assess their physical and mental preparedness for peak performance. It is a tool for modern sports training and coaching, guiding us to be on track in the long-term development. We have used Omegawave with the Swiss Ski Team.”

Peter Eichberger,
CEO of Eichberger
Consulting



GET THE WINNING ADVANTAGE

Omegawave Team is used by 5 Olympic committees, multiple National sports federations as well as special force units in armies around the world. Over 300 leading teams from NHL, NFL, MLS, NBA, La Liga, Bundesliga and other top leagues use our solution to manage their training process and dramatically improve player performance.

Your athletes are your biggest asset. We will help you make the right decisions to reduce injury and overtraining, peak at the right time and win more games. Coach your team to peak performance with Omegawave.

For prices and more information, please contact us.

Email: Sales@omegawave.com

North America: +1 (630) 499 5594

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Other countries: +358 405 669 369

www.omegawave.com

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“With Omegawave, I am able to actually see how the athlete is reacting to the stress of the workouts given. This gives me the ability to create an individualized and periodized training program for each athlete. It is exactly what I had known I was missing, but didn't have an answer for, except for taking morning heart rates. I have found my metrics in the Omegawave solution.”

Randy Huntington,
Coach for U.S. Olympic
Athletes in Track and
Field

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