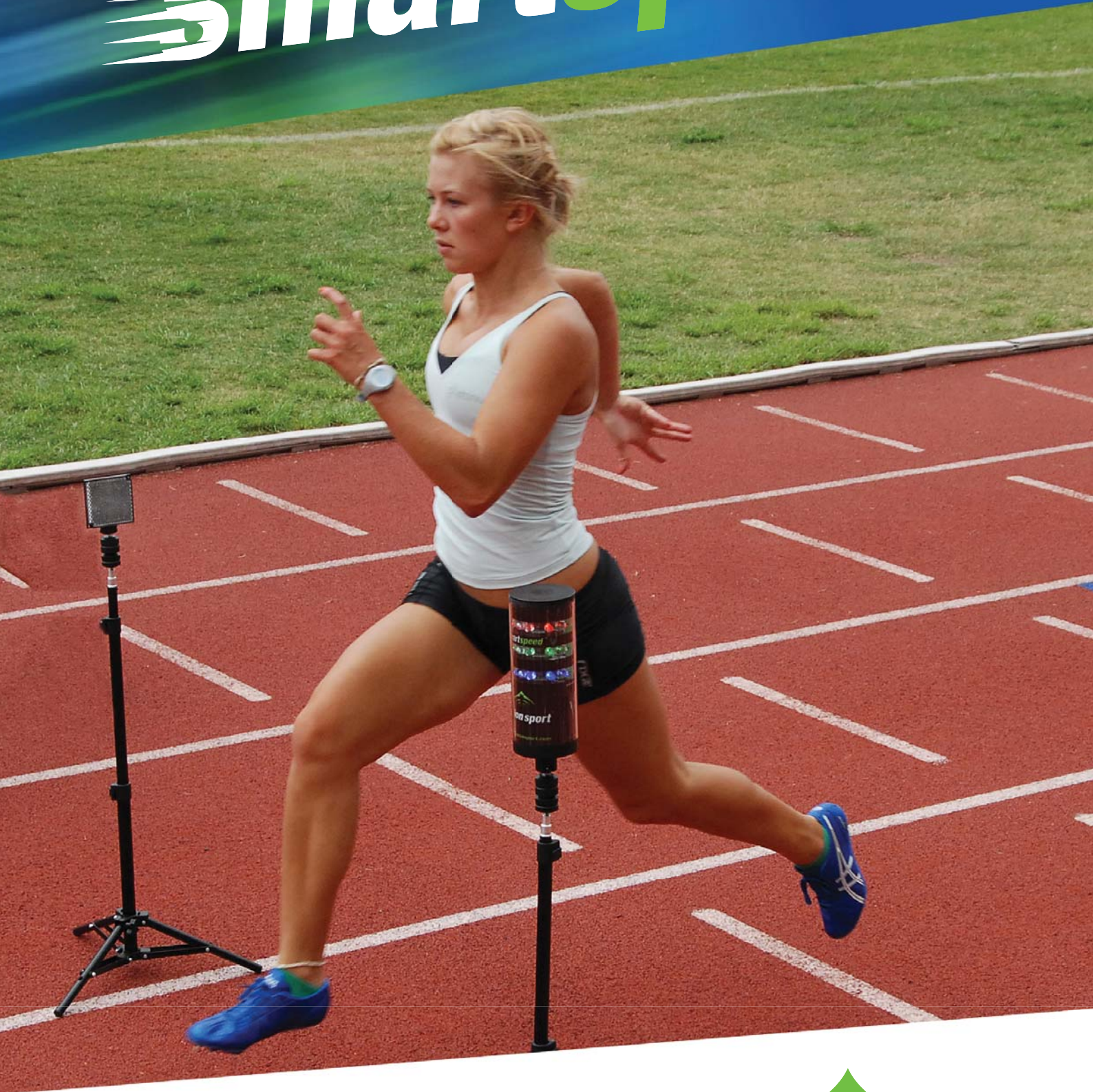


# smartspeed™



**fusion sport™**



# SMARTSPEED™

## What is SMARTSPEED™?

SMARTSPEED™ is the world's first Reactive Training, Coaching and Testing System. Unlike typical measurement only sports technology, SMARTSPEED™ actually enhances your training, testing or research environments on a daily basis. From basic wireless timing to advanced tactical drills involving 30-40 athletes, SMARTSPEED™ is limited only by your imagination.

The system can be used to train and assess critical aspects of sports performance in all land-based sports - speed, endurance, race-pacing, reaction time and decision making. It gives coaches greater control over the training environment, and provides a new world of challenges and feedback for athletes.



"During my PhD studies I was responsible for the design and administration of fitness testing for all Super 14 and National Rugby Squads in New Zealand. This involved using "timing lights" to run tests of speed and endurance to ensure accuracy and reliability of testing. Due to the difficulty in using this equipment, each testing session would take a whole day, with another day required for entering results in the computer. Finally several days later the coaches received the results, by which time players were often no longer interested in them. Due to the logistics of the testing, it could only be done 2-3 times per year, and if a player missed a testing session, they would have to wait months for further feedback. At this time I realised that the testing I was performing was ineffective, as it did not provide athletes with sufficient feedback to really influence their accountability, motivation and understanding of their fitness levels.

Our first goal in developing SMARTSPEED™ was to make a system so easy to use, that data could be collected in everyday training sessions. In fact our goal was to make a tool whereby all training could be measured, with athletes given immediate feedback to encourage them to compete on all activities. This enabled us to not only monitor these athletes, but improve the quality of the training as well. To achieve this, the system had to be wireless, simple to set up, and the data would need to run directly into Windows for fast and mistake-free reporting. Now the testing that used to make a day or more takes me an hour, and my athletes receive feedback which is immediate, accurate and effective.

We also realised that by only monitoring simple aspects such as speed and endurance, many of the important aspects in sports performance were being overlooked. We therefore created a system that could not only assess athletes, but one that could also be used daily by the coach to challenge all aspects of performance - speed, agility, decision making, teamwork, skills and endurance. SMARTSPEED™ is a culmination of the latest in proven technologies, brought together in a system so simple to use that it is enhancing strength and conditioning programs in all land based sports. As well as regular testing, it is being used for warm-ups, cool-downs and everything in-between including match simulation skill drills. Like all good technologies, SMARTSPEED™ will make coaching easier, more enjoyable, and effective in achieving results from athletes of all ages and ability."

Markus Deutsch, PhD  
Co-founder, FUSION SPORT

## ▶ total training

A fit body is nothing without a fit mind and sharp reflexes. Teamwork, strategy and timing are vital to success. SMARTSPEED™ comes pre-programmed with a wide range of automated training and testing protocols, all at the push of a button. By adding stimuli to test decision making, reaction time and peripheral vision, training drills can provide a physical and mental overload greater than in a game!

- ▶ Warm-ups, speed and agility training, conditioning games, skill development drills
- ▶ World first pacing system and aerobic fitness testing (VO2max, Anaerobic Threshold, Beep Tests, Fartlek Training, Simulations)
- ▶ Interval training capabilities adds variety to sessions
- ▶ Multi-player teamwork drills
- ▶ Offensive and defensive game simulations
- ▶ Suitable for athletes of all ages and abilities



## ▶ motivation/accountability

SMARTSPEED™'s state of the art technology accelerates training and performance by providing real time feedback and challenges, pushing athletes to the limit in every session. Every session with SMARTSPEED™ is timed automatically, giving coaches instant performance indicators and the power to motivate. Physical performance in match stimulation games can now be measured, so with SMARTSPEED™, every session is a competition.

**"...our players already have better agility. You can't improve a time if you can't measure it. That's the bottom line."**

John Quinn  
Head Strength and Conditioning coach  
Essendon Australian Football Club  
The Age, 04/08/05

## ▶ always ready to perform

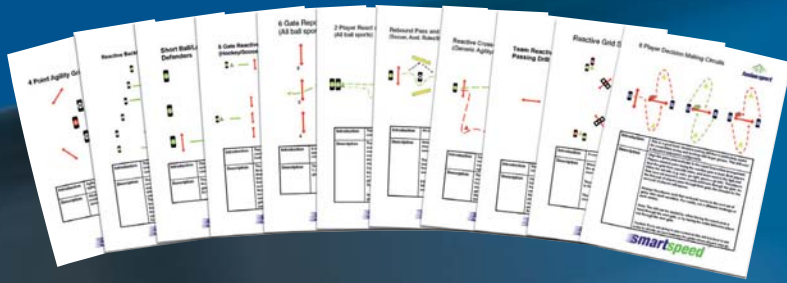
SMARTSPEED™ shares the same characteristics athletes demand of themselves. It's mobile, dynamic, efficient and always ready to perform. Transporting, setup, use and maintenance are simple. SMARTSPEED™ is designed to be used everyday.

- ▶ Wireless and freely configurable - 5 minute set-up time, multi-lane timing and automatic secure data recording - reduces fitness testing and data processing times by 70%
- ▶ Instant feedback displayed in the coach or trainer's hand
- ▶ Results can be downloaded to any Windows based PC for viewing in Microsoft Excel or other databases
- ▶ Automated test protocols such as speed endurance tests, anaerobic and aerobic test protocols make test administration effortless
- ▶ Integrate all of your current training ideas and take them to the next level - push the button and watch athletes respond.
- ▶ SMARTSPEED™ can run your drills for you so you are free to analyse and coach your athletes instantaneously. Provide instant feedback before it's too late to be relevant!
- ▶ Water and impact resistant units are ready to perform - rain, hail or shine.

FUSION SPORT™'s patented reactive light technology is unique and the worlds first. SMARTSPEED™ demands the best from athletes, improving the quality of all fitness and skills sessions with exciting, novel drills that will take your program to the next level.

**"The system is regularly used by a number of coaches within the club for the development of speed, agility and reactive ability. It is used by all age groups for regular fitness testing, and also several times per week in fitness and coaching sessions. Having used a number of other systems in the past, I believe "SMARTSPEED™ is the best product on the market."**

Neil Bath  
Academy Manager  
Chelsea Football Club



## drills

SMARTSPEED™ comes pre-programmed with a wide variety of automated training and testing protocols, ready for you to use. Several series of drills are available and regular updates, downloads and support are accessible from the members website, so you will always be up to date with the latest trends and innovations. If you create new drills of your own, these can easily be loaded into your SMARTSPEED™ system. Potential is only limited by your imagination!

## single lane timing



## multi lane timing



## reactive grid



## serpentine



## reactive cuts



# develop athletes of the future

The versatility and ease of use of SMARTSPEED™ makes it an ideal addition to the school or college environment. The system can be shared among all land-based sports programs throughout the year for regular training and testing sessions.

- ▶ Provide regular feedback and make P.E. lessons fun, challenging and educational
- ▶ Profile the health and fitness of your entire school – quickly and easily
- ▶ Identify hidden talent with simple to run testing and profiling
- ▶ Fully automate your athletics carnivals – up to 8 lanes wirelessly connected to a PDA which can all be operated by only one staff member!
- ▶ Task your students to invent new drills and tests which can be added into your database

## latest in sports science technology

SMARTSPEED™ was designed by leading sports scientists and engineers using the latest in proven wireless mobile technologies. No longer will you be limited by messy wires, unreliable connections, limited data storage or configurability. SMARTSPEED™ software educates and aids professional, reliable fitness testing and training.

Pocket PC software provides users with:

- ▶ No More writing down results - All data is automatically saved for every repetition for export to Excel or other databases
- ▶ USB Connectivity to Desktop PC
- ▶ Accurate and Reliable Timing to within .01 Seconds
- ▶ Error Correction Processing eliminates false starts - demonstrated by independent Institute research to have unmatched measurement reliability
- ▶ Unlimited secure data storage
- ▶ Over 20 pre-programmed diversifiable drills and Members website provides new drill ideas and regular updates



SMARTSPEED™ comes pre-installed and ready to use upon delivery. Each system contains:

1 Hewlett Packard Pocket PC PDA

2 to 8 Wireless remote units and reflectors (upgradeable to 24 maximum; lane width up to 9m) (4 gate system pictured)

1 FUSION SPORT™ SPORTSWEB™ base unit (range up to 400m line of sight; long range version also available)

8 Alloy/composite custom designed tripods (upgradeable to match number of gates)

SMARTSPEED™ Pocket PC software, MS Active-sync software and PC USB cable

Carrying case and tripod bag with wheels

240v chargers

## recent customers

### National Teams

Australian Rugby Union  
New Zealand Rugby Football Union  
Scottish Rugby Football Union  
Welsh Rugby Union

Hong Kong Rugby Football Union

### Professional Teams

Chelsea Football Club (UK)  
Manchester United Football Club (UK)  
Arsenal Football Club (UK)  
Bolton Wanderers Football Club (UK)  
Blackburn Rovers Football Club (UK)  
Charlton Athletic Football Club (UK)  
Norwich City Football Club (UK)  
Aston Villa Football Club (UK)  
PSV Eindhoven Football Club (NL)  
Waikato Rugby Football Union (NZ)  
Auckland Rugby Football Union (NZ)  
Wellington Rugby Football Union (NZ)  
Otago Rugby Football Union (NZ)  
Northampton Saints Rugby Football Club (UK)  
Worcester English Rugby Academy (UK)

Essendon Australian Rules Football Club  
Sydney Swans Australian Rules Football Club  
Fremantle Dockers Australian Rules Football Club  
Collingwood Australian Rules Football Club

### Schools and Universities

St. Joseph's College (AU)  
South Craven Specialist Technology School (UK)  
Dublin University (IE)  
Sunshine Coast University (AU)  
University of Western Australia  
Australian International Sports Academy (AU)  
University of Birmingham (UK)  
Bath University (UK)  
University of Wales Institute, Cardiff (UK)  
Lincoln University (UK)  
Roehampton Institute (UK)

### Institutes and Academies

The Lawn Tennis Association (UK)  
English Institute of Sport  
Scottish Institute of Sport (4 Systems)  
Centre for Excellence in Amateur Sport (NZ)  
Aspire Academy (Qatar)  
Many more online.....

# quote/buy



## fusion sport

for more information, or to find your nearest distributor:

[www.fusionsport.com](http://www.fusionsport.com)

email: [info@fusionsport.com](mailto:info@fusionsport.com)

***"SMARTSPEED™ is simple to use for all of our testing and training needs, and offers us a range of new possibilities for our training program. The technical support provided by FUSION SPORT™ in using the system has been excellent."***

**David Misson**

Elite Performance Manager  
Sydney Swans AFL Club

***"SMARTSPEED™ was an obvious choice of equipment to have from both a testing and training point of view. The system allows for easy set up and creates an environment for the athlete that is fun and competitive with real time feedback. This real time feedback allows athletes to explore technique changes in a variety of situations whether it be agility, footwork and stepping patterns or simple straight line speed. SMARTSPEED™ gives us an edge that we can utilise to develop quicker reacting, faster moving more explosive athletes."***

**Mark Campbell**

Head Strength and Conditioning Coach  
Otago Highlanders  
Super 14 Rugby



# Smartjump™

In the same way that SMARTSPEED™ revolutionises the training environment, SMARTJUMP™ will add another dimension to your power testing and training capabilities. Simply plug the contact mat into a SMARTSPEED™ remote unit and your system moves from the field into the gym for a wide range of power exercises.

- ▶ Fully automated jump training and testing
- ▶ Real-time Plyometrics feedback - Contact time, flight time and Reactive Strength Index (RSI)
- ▶ Average power, impulse (net)  
Wireless and simple to use - up to 4 mats running on 1 PDA
- ▶ Integrates into SMARTSPEED™ as a gate - use it for starts, or as a target for your shooting/passing drills
- ▶ Can also be wall mounted for wireless swimming timing

