INFORMATION FOR PARENTS & CLUBS

What Do We Gain by Assessing a School-Age Athlete?

An assessment program that measures a child's strength, balance, movement quality and development; has the results interpreted by a sports physician; and turns the next steps into a written plan.

Sports schools & academies · Clubs · Parents

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WHY WE MEASURE

Today, Decisions Are Often Based on Observation

Which sport suits this child?
Family and coach often guess; nothing is measured.

Is the heart ready for this load?
A question that is often never asked.

Which muscle is weak? How does the foot contact the ground?
Often no one looks until pain begins.

Is the child really improving?
“Doing well” is not a measurement.

A problem that becomes an injury at age 16 may sometimes reflect a difference that could have been visible years earlier. Pain is often a late-stage sign rather than the beginning of the problem.

What we do

We do not guess. We measure.
26 tests with a single camera; results are interpreted by a sports physician.

SCOPE

Eight Domains, 26 Tests

Each domain is measured separately and placed into one of four bands: GOOD · MONITOR · DEVELOP · PRIORITY. At a glance, you can see what the child does well and what should be worked on.

Development profile

The solid shape represents today's test; the dashed line represents the previous test. It shows which areas have progressed and which have remained unchanged.

METHOD

Nothing Is Attached — Measurement Happens on the Field

Everything is recorded with a single camera: the child performs the movement, the software tracks the skeleton, and angles and times are calculated frame by frame. No electrodes, belts or sensors — for the child, it feels like training.

26 tests	**60 fps camera**	**~75 min**	**8 assessment domains**

We also check whether the child is fatigued on the testing day; data from a fatigued child may not represent true performance.

Jumping · Squat / ROM · Eccentric control

Behind each test is the recorded skeleton frame and measured angle — the result is a record, not merely an opinion.

BENEFIT 01

It Becomes Visible Before Pain

A boy had no complaints. Assessment showed that his right ankle was 6° below the reference. This single restriction was the common factor behind several findings.

1 Restricted ankle	29° (other side 34°)
2 Knee collapses inward	7° valgus on landing
3 Push-off force decreases	7–10% lower across five tests
4 Turns become slower	4.6% difference in change of direction

What this gives you

- The difference can become visible months before pain.
- At this stage, correction may take a few weeks.
- After pain begins, the same process may take months.
- The child may be able to continue playing during the intervention process.

BENEFIT 02

It Reduces Dozens of Findings to One Action Point

The same side is behind across five different tests. This is not measurement noise; it is a systematic difference that points to a common starting point.

4-week plan from the report

• Ankle mobility — daily; target 33° in 4 weeks.

• Single-leg strength (weaker side first) — 2–3 sessions per week.

• Landing and knee control — jump-and-land drills.

• Maintain running volume; do not increase it.

One of the biggest wastes in youth sport is trying to work on everything at the same time, even with the best intentions. A child cannot be expected to carry more than a few priorities per week.

The report does not simply say “pay attention to these.” It states what to do for four weeks and when to re-test.

BENEFIT 03

It Detects the Growth Spurt

During rapid growth, bones lengthen while muscles and tendons may temporarily lag behind. Flexibility can decrease, coordination may temporarily deteriorate, and the areas below the knee and around the heel may become more sensitive. This is a period in which injury risk can increase.

How the data shows it

• Height has increased rapidly while mobility and balance have declined.

• Jumping and speed may plateau for a period.

• In this pattern, load should not be increased automatically.

• The decision is supported by data, not feeling.

For this reason, we recommend 2–3 assessments per year: a single test is a photograph; repeated tests are a film.

BENEFIT 04

It Demonstrates Progress — to the Child and the Coach

Two assessments 13 weeks apart — how much each area improved.

+2.3 cm	−0.12 sec	+10%	1 domain
Jump height	10 m sprint	Reactive strength	No improvement

A 14-year-old athlete gains little from the phrase “work harder.” “Your jump improved by 2 cm in three months” is much more concrete. The athlete learns to treat their body like a project — a habit that can remain even if they later stop competitive sport.

BENEFIT 05

It Makes Selection Fairer

A common error in academies is to mistake early maturation for talent. Children born earlier in the year and those who mature earlier can be selected more often, while a later-developing child may be eliminated at 13 before their potential is fully seen.

What measurement changes

- Raw scores can be interpreted in the context of age and height.
- You can say, “Slow today, but movement quality is good.”
- Later-developing children are less likely to be eliminated too early.
- The decision no longer rests on a single match.

It may help keep a child in sport.

BENEFIT 06

It Gives Parents and Coaches a Common Language

Parent asks: “Is there a problem with my child?”
Coach replies: “No problem, everything is going well.”

Nobody is fully convinced because the conversation is based on impressions.

The report moves the discussion from impression to measurable criteria. Everyone looks at the same number and the same date.

Example: final lines of a report

Target 1	Ankle angle 33° or above
Target 2	Right-left difference below 6%
Target 3	Eccentric control angle 55° or above
Date	Re-test after 4 weeks
Rule	If two of the three targets are not met, continue the same block

OUTPUT

This Is the Report You Receive

Right-left strength balance · Speed and agility · Development trend and decision note

Eight visual pages · each page includes a measurement table, movement frame and plain-language interpretation · final physician and physiotherapist assessment · prepared in Turkish or English.

CLUBS & SPORTS SCHOOLS

What Does the Club Gain?

Whole squad in one day

Every player is measured using the same standard; results are gathered in one comparable table.

Monitoring throughout the season

Tests performed at the beginning, middle and end of the season show whether the training block is actually working.

Lower injury-related cost

Greater athlete availability can reduce treatment costs and losses associated with missed training and matches.

Decision support

Selection and loading decisions are supported by measurement rather than impression alone.

The cost of a single injury to a club includes treatment, missed training and matches, and finding a replacement player. Assessment is a small fraction of that total.

PARENTS

What You Receive

1. Assessment day

Approximately 75 minutes. It feels like a training session; no needles, sensors or belts.

2. Visual report

Eight pages in plain language. What is good and what should be worked on are clearly stated.

3. Face-to-face discussion

The report is explained to you and, if you wish, to the coach.

4. Re-test

A repeat assessment after 4–12 weeks shows whether meaningful improvement has occurred.

A common question is: “My child will not become a professional athlete — is it still worth it?” The aim of the program is not only to produce professional athletes; it is to support children in participating in sport safely and comfortably for as long as they choose.

TO BE CLEAR

What This Report Does Not Do

It does not diagnose

The assessment is a screening process. If there are symptoms, a physician examination is required; the report does not replace it.

It does not make prophecies

It never says “this child will be a champion” or “this child will be injured.” It highlights risk signals and priorities.

It does not label

We do not tell a child “there is something wrong with you.” We say, “this is a movement we will work on together.”

It has little value if it is not used

Without a program and repeat testing, you are left with only a good-looking PDF.

The child's data belongs to the family. It is shared with the club only with parental consent.



Decisions About Your Child Deserve Data

Contact us to schedule an assessment day or request a club/school proposal.

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