THE CHECKLIST

HOW TO EVALUATE ATHLETE MONITORING SYSTEMS VS THE PERFORMANCE OPTIMIZATION SOLUTION

Use the checklist below to compare your current **athlete monitoring system**, along with the tracking platform, wearable software, spreadsheets, and manual workflows that support it, with the Performance Optimization Solution in iP: Intelligence Platform.

Flexibility matters. But only if it helps performance staff plan better, validate faster, and protect the integrity of the work.

Capability Support = ● Fully supported | ◐ Limited capability | ○ Not supported

		ATHLETE MONITORING SYSTEMS	PERFORMANCE OPTIMIZATION IN IP
DATA AND LOAD CONTEXT			
Planning is only as good as the data under it. **Data Health experience** in iP help teams identify missing inputs, failed syncs, and outliers, so clubs can resolve data quality issues and build cleaner, more reliable reports.			
DATA INTEGRATIONS	Connects to tracking systems and wearables	●	●
UNIFIED LOAD VIEW	Brings tracking, gym, testing, and wellness load into one view	◐	●
DATA HEALTH	Identify gaps, sync failures, and outliers that need to be resolved for cleaner reporting	◐	●
VENDOR FLEXIBILITY	Hardware-agnostic, no vendor lock-in	◐	●
PLANNING AND SESSION DESIGN			
SESSION PLANNING	Structure and plan sessions before they happen	○	●
DRILL-LEVEL DESIGN	Drill-level clarity on where load lands	○	●
MICROCYCLE PLANNING	Plan the microcycle against match demands with Game Day +/-	◐	●
LOAD VALIDATION	Validate delivered load against the plan	○	●
PARTICIPATION TRACKING	Track participation, modifications, and completed work against the plan	◐	●
DAILY READINESS AND MONITORING			
DAILY INPUTS	Collect wellness, RPE, recovery, and load	●	●
ALERTS & FLAGS	Automated alerts and red flags	●	●
MONITORING DASHBOARD	Pre-built daily readiness dashboard, ready to use	◐	●
READINESS VS LOAD	Connect today's readiness to recent load	◐	●
PRIORITY ATHLETES	Spot athletes who need a closer look	◐	●
MEDICAL AND AVAILABILITY CONTEXT			
Workload calls depend on who's fit to load. Because performance and medical data live on one platform, injury and availability sit alongside workload, so performance staff plan with the full picture instead of chasing the medical team or a separate system.			
MEDICAL VISIBILITY	See injury and availability alongside workload	◐	●
RETURN-TO-TRAIN	Factor return-to-train status into load decisions when medical data is connected	○	●
ENGAGEMENT AND COORDINATION			
SHARED CALENDAR	Shared calendar staff and athletes plan and work from	◐	●
ATHLETE ACCESS	Athlete access to wellness, RPE, and daily plans *(Athlete App)*	◐	●
STAFF ACCESS	Staff access to athlete status, alerts, and communication *(Coach App)*	◐	●
REAL-TIME UPDATES	Training plan updates reach the right people in real time	◐	●
REPORTING AND VISUALIZATIONS (MY IP)			
SELF-SERVICE REPORTING	Self-service dashboards included	◐	●
CREATOR MODE	Build and personalize your own dashboards with Creator Mode	◐	●
SHAREABLE OUTPUTS	Shareable outputs for staff and coaches	◐	●
EXPORTS & PRINTABLES	Exportable and printable outputs for stakeholders who don't work in iP every day	◐	●