KITMAN LABS®

A PRACTICAL GUIDE FOR PERFORMANCE TEAMS

SPORTS TRAINING SOFTWARE EVALUATION CHECKLIST



Choosing sports training software starts with what your team needs to do each day.

Look for a system that connects your data, saves reporting time, and helps staff make informed training decisions.

Use these questions in vendor demos. Ask each vendor to show the workflow using your data or a realistic team example.

01 DATA QUALITY AND ACCESS

Start with accurate athlete records and clear access controls.

DATA QUALITY

- ☐ Can staff review training load and readiness alongside other relevant athlete data?
- ☐ Are key metrics and session names used consistently across teams and seasons?
- ☐ Does each athlete have a consistent record over time?
- ☐ Does the system help staff find missing or incorrect data?

ACCESS AND SECURITY

- ☐ Can each role see only the information it needs?
- ☐ Can medical information be restricted to approved staff?
- ☐ Can the vendor explain its security controls and relevant certifications?

> **Why it matters:** Staff need consistent data they can trust, with sensitive information kept secure.

02 TRAINING LOAD AND ATHLETE READINESS

The platform should help staff understand what athletes did and how they responded.

TRAINING AND READINESS

- ☐ Can you review GPS load alongside RPE, wellness, and readiness?
- ☐ Can you compare an athlete's readiness with their usual levels?
- ☐ Can you compare load and performance trends across weeks and seasons?
- ☐ Can staff see the data behind any alerts or flagged changes?

SESSION AND GAME CONTEXT

- ☐ Can you review training data alongside game or match minutes and recovery?
- ☐ Can you compare athletes by team, position, or group?

> **Why it matters:** Staff need to understand the training demands and athlete response before planning what comes next.

03 CONNECTED ATHLETE INFORMATION

Check whether monitoring data connects with the wider athlete record.

Evaluate whether the platform:

- ☐ Shows training information alongside relevant athlete records
- ☐ Lets approved staff see relevant performance and medical context
- ☐ Reduces the need to combine records manually in spreadsheets

> **Why it matters:** Staff should spend more time reviewing athletes and less time bringing records together.

04 YOUR EXISTING TOOLS AND DATA

Check how well the platform works with the tools you already use.

RELIABLE CONNECTIONS

- ☐ Does it connect with your GPS, wearables, and performance testing providers?
- ☐ Does it check incoming data for gaps or errors?
- ☐ Can staff see when a data import fails?

USING THE DATA

- ☐ Can you combine data from supported sources in one report?
- ☐ Can you bring across the historical records you need?

> **Why it matters:** Connections should make reporting easier, not add another manual step.

05 REPORTS STAFF CAN USE

Different roles need different views of the same data.

VIEWS BY ROLE

- ☐ Can coaches see clear training summaries without building reports?
- ☐ Can sports scientists review detailed load and readiness trends?

SHARING REPORTS

- ☐ Can staff export, print, or share reports?
- ☐ Are there reusable templates for weekly reviews?

Why it matters: A good report helps people agree on what to do next.

06 YOUR TRAINING WEEK

Ask the vendor to show a real week of training and reporting.

- ☐ Can you review load across training days and gameweeks?
- ☐ Can staff track relevant return to play information when needed?
- ☐ Will the vendor demonstrate your own workflows, not just features?

Why it matters: Software should fit how staff already plan, review, and communicate.

07 SUPPORT AND FUTURE NEEDS

Think about what happens after the demo and setup.

ONBOARDING AND SUPPORT

- ☐ Will the vendor help set up your workflows and data?
- ☐ How will your staff get support after launch?
- ☐ Can the vendor show examples from comparable sports programs?

ROOM TO GROW

- ☐ Can it support first teams, academies, and other groups?
- ☐ Can you add relevant capabilities without replacing the platform?

Why it matters: The platform should meet today's needs and still work as your program grows.

WHAT TO PRIORITIZE

As you compare options, focus on whether the platform delivers:

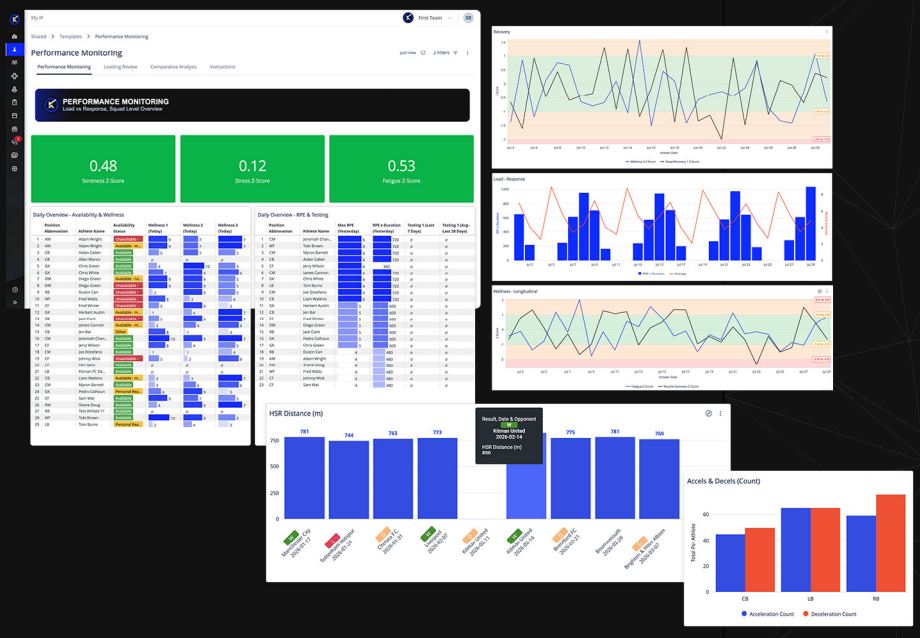
- ✓ Accurate, consistent athlete data
- ✓ Connected training and athlete information
- ✓ Less manual reporting
- ✓ Clear information for different staff roles
- ✓ A good fit with your training week

The strongest choice is the one that makes your team's work easier, not the one with the longest feature list.

THE FINAL TEST

Can your team review training load, athlete readiness, and performance trends without rebuilding reports in spreadsheets?

Ask the vendor to demonstrate that workflow from data collection to a report your coaches can use.



SEE HOW iP SUPPORTS PERFORMANCE TEAMS

Kitman Labs supports athlete monitoring through the Performance Optimization Solution, fully connected within iP: Intelligence Platform.

Request a demo using your team's real training, monitoring, and reporting questions.