



Manly Warringah Basketball backs latest Sportly.Me release for their junior development programs.

Sydney, September 7, 2021 – Sportly.Me (Australia’s leading junior athlete performance, development and management platform) is excited to announce the release of the newest version of their mobile and web applications. This upgrade provides its premium subscribers with access to new modules, including training programs, athlete screening and game & training scheduling.

A well-designed training plan is important for the safety and success of all junior athletes, and not just a requirement for elite sports people. “Our new training programs module offers clubs the flexibility to create highly customised training programs, utilising both their own training content or accessing our comprehensive library of workouts” said Sportly.Me founder and CEO Damien Thomson. “Unlike paper based programs, our platform provides a feedback loop so coaches can see how their players are improving.”

Manly Warringah Basketball Association will be among the first of Sportly.Me’s customers to implement the new module across its junior representative program. “Centralising the development and administration of our pre-season, mid-season and athlete conditioning training plans creates consistency across our junior age groups and means new coaches are on-boarded faster” explained director of Basketball Duane Jordan. “We can share general skills programs with multiple teams or specific strength & conditioning programs with individual players, monitoring the take up and seeing how our players are progressing. We believe this will give us a competitive edge during our season.”

Also being released this month is the athlete screening module. Sport-specific screening testing can greatly assist with identification of strengths and weaknesses in young and elite athletes to help develop their training programs accordingly. Sportly.Me offers a library of tests covering everything from aerobic, anaerobic, strength and power, body composition and body movement. Coaches can quickly run testing across their entire development squad and quickly analyse the results. For Australian and Indian customers, they can also work directly with the Sportly.Me team to help design and run a successful athlete screening plan.

The final item being released this month is the scheduling module. Planning and coordination are the cornerstone of any successful team. Sportly.Me now helps coaches and managers streamline their team organisation by providing simple to use scheduling tools for upcoming games and training sessions. “There is no longer a need to use multiple apps for team training and administration.” said Damien. “Our platform now covers all the performance, development and administration requirements for running a successful junior program.”

For more information, contact: media@sportly.me

[About Sportly.Me](#)



Sportly.Me is the leading junior athlete development and management platform that combines scientific training principles with sport specific workouts and player engagement tools. At Sportly, we are reinventing the development of young athletes by building a safe, educational and engaging community around sport.... Accessible by junior players, coaches and clubs all around the world, with the simple aim of helping them get better together.

About Manly Warringah Basketball Association

Manly Warringah Basketball Association basketball has been catering for the basketball fraternity since its inception in 1950 and over the last 70 years has produced highly talented players many of whom have moved on to the professional ranks, representing State, Country and playing in the NBL & WNBL.