


hylyght

we assess

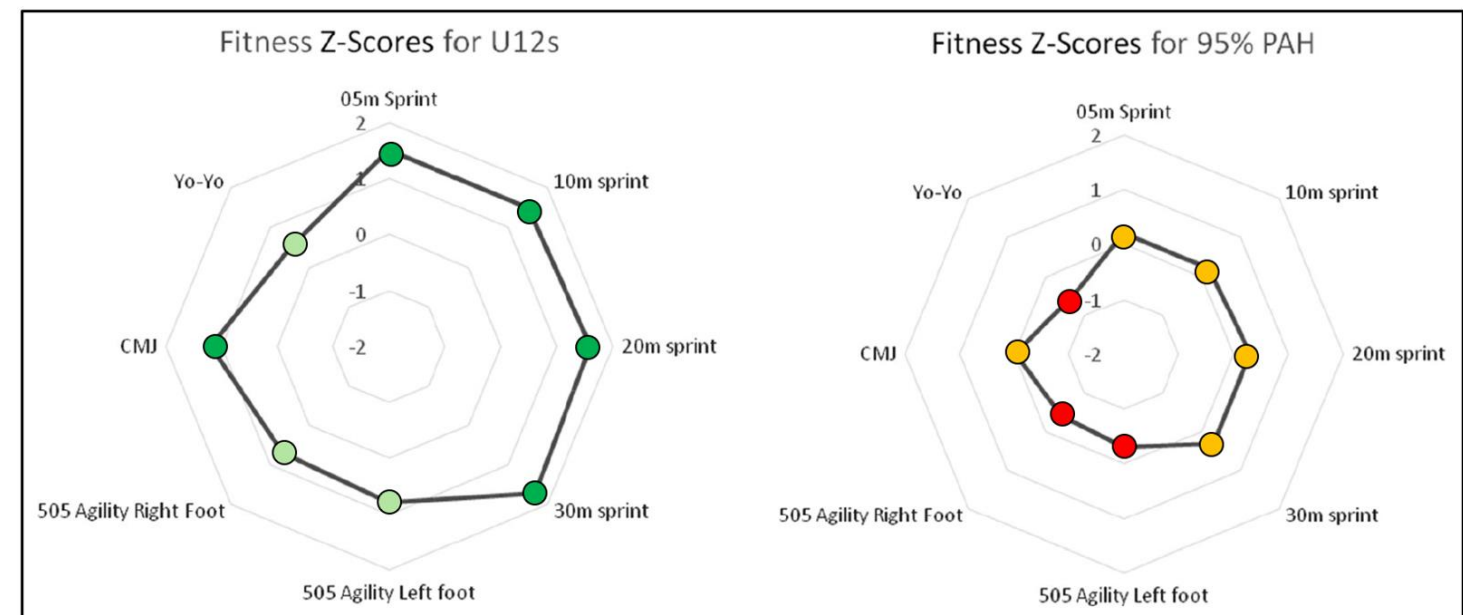
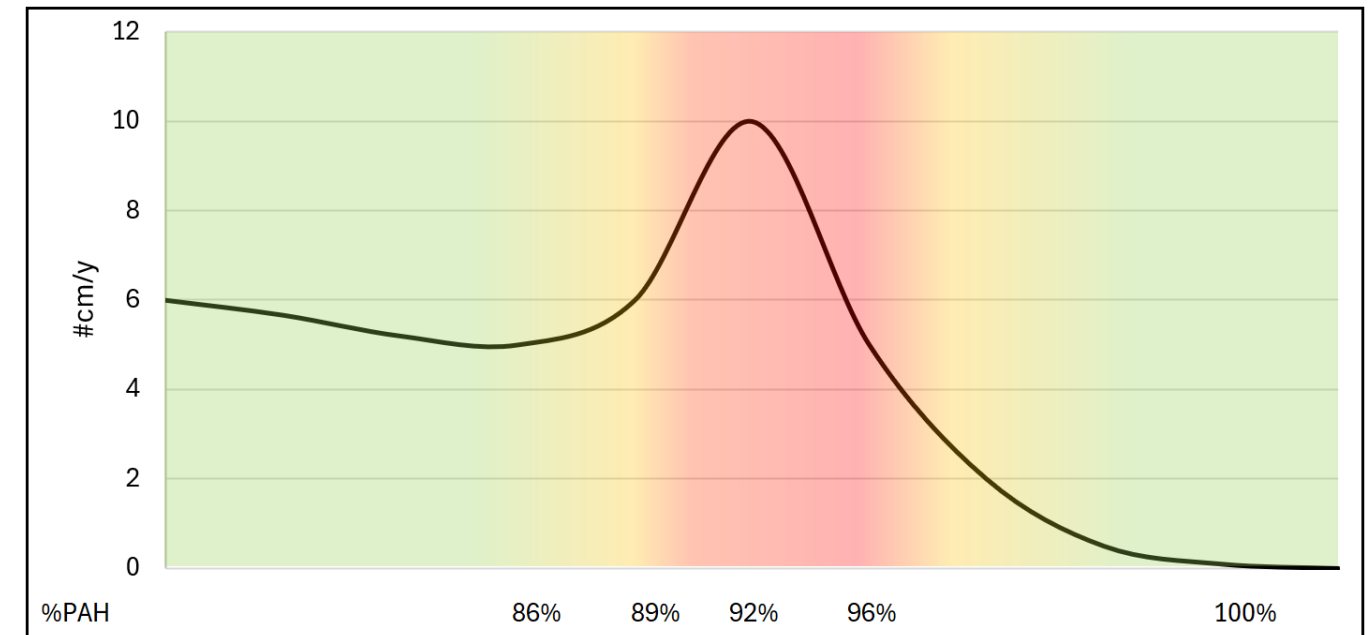
we guide

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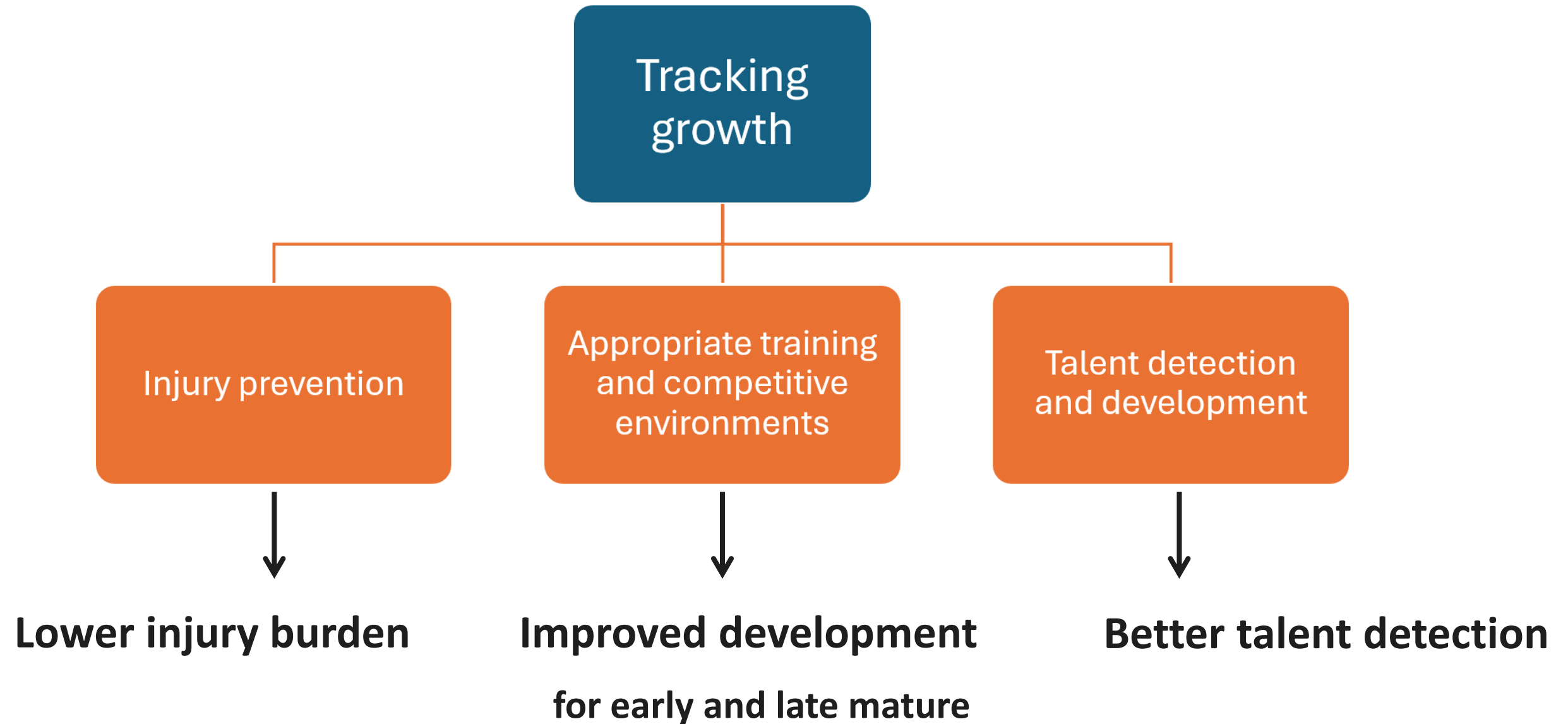
Growth Tracker

Challenges for youth athletes during the growth spurt

1. Increased risk for growth related injuries →
2. Maturation specific talent detection
3. Maturity differences in competition



The importance of tracking growth of youth athletes



The added benefit of using the Hylyght Growth Tracker



Automated data collection using Seca287

- Automatic identification through QR
- No need for tedious manual measurements
- Centralised data storage on a secure platform
- No inter-rater variability

➔ Fast and reliable data collection



The added benefit of using the Hylyght Growth Tracker



Individual reports for athletes

29/08/2024

Loes Verplaetse

Growth Tracker Athlete Report.

Calendar Age

14,6yr

15,7yr Bio Age

Offset +1,1

Current Height

169cm

189cm Predicted Height

Height velocity

4,2 cm/yr

Loes is in the middle of the growth spurt and is growing at a low pace.

Based on your current growth pattern, you might have an increased chance of encountering growth-related injuries. If you have a history of ankle or knee injuries, consider reducing your training load by decreasing the duration and/or intensity. High-intensity activities such as repeated jumping, sprinting, and changing direction at high speeds could further increase your risk of injury.

Consider incorporating exercises that focus on balance, mobility, coordination, and lower body strength. Contact a physiotherapist or sports doctor for personalized, sport-specific injury prevention advice.

Learn more at hylyght.com

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Group reports for coaches

Team A. Group B

Growth Tracker Team Report

Maturation - 29/08/2024

	BIO AGE	CHRONO AGE	CHRONO VS BIO AGE	DEVELOPMENT Status (Z-Score)	MATURITY STATUS	% PAH (K-R)	BODY HEIGHT	ADULT. H. PREDICT.
LOES VERPLAETSE	16.32 yr	14.25 yr	-2.07 yr	on-time (0.19)	CIRCA-PHV	92.21 %	167.20 cm	171.11 cm
BRAM VAN DE KAPELLE	15.17 yr	14.38 yr	-0.79 yr	early (0.72)	PRE-PHV	86.35 %	166.10 cm	176.82 cm
KOEN DOORNAERT	13.25 yr	13.72 yr	0.47 yr	late (1.22)	POST-PHV	103.76 %	173.48 cm	175.63 cm
SIMONNE DOORNAERT	11.72 yr	12.28 yr	0.56 yr	early (0.72)	—	—	158.30 cm	167.68 cm
* MIEKE VAN DE WEGE	—	—	—	—	—	—	—	—
* ELS DESCHEPPER	—	—	—	—	—	—	—	—

* Data unavailable
 Data older than 10 weeks



For more information and guidelines on how to deal with the growth spurt, visit: hylyght.com

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The added benefit of using the Hylyght Growth Tracker



Integrate with our talent detection and athlete development tools



Hylyght platform (showing mock data)