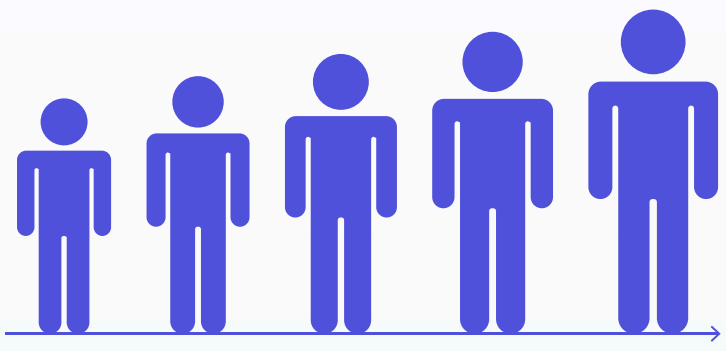
Growth Tracker

hylyght

WHAT?

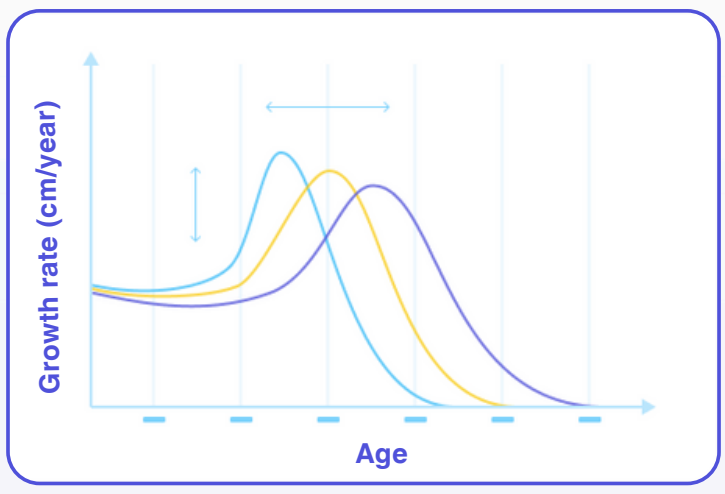
Key insights in the development of youth players



Growth Velocity
How fast are your athletes growing?

Maturation Timing
Which athletes are maturing early, on time or late?

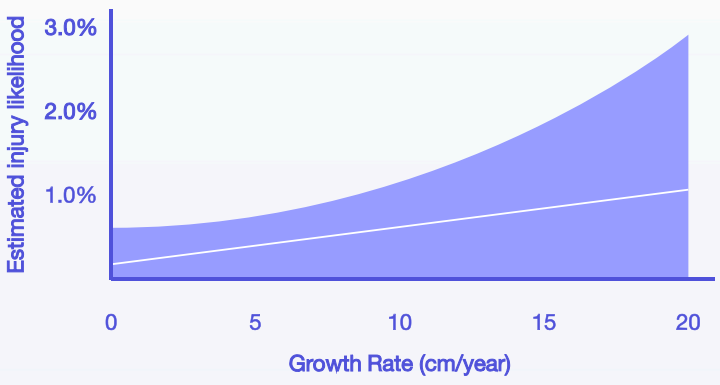
Adult Height Prediction
How tall will your athletes be?



WHY?

Adapt training programs to individual profiles

Injury Prevention
Youth athletes are more prone to injuries during their growth spurt. Temporarily reducing their training load can prevent common growth related injuries.



Visual representation of the link between growth rate and injury likelyhood [1]

[1] David M. Johnson, Sean P Cumming, Ben Bradley & Sean Williams (2022) The influence of exposure, growth and maturation on injury risk in male academy football players, Journal of Sports Sciences, 40:10, 1127-1136

Bio-Banding and Maturity Adjusted Benchmarks
Some athletes appear talented but might just be early mature, while other athletes' talent could go unnoticed because they are late mature. These errors in talent judgement can be avoided by taking into account athletes' maturation timing.

Talent Orientation
At the highest level, some athletes require a specific profile. By taking into account the predicted adult height, athletes can be guided to a position that will suit their physical profile best.

HOW?

Hylyght growth tracker

Measure
- Measure height and weight quarterly using a manual device, or by using the connected Seca system.
- All data is securely saved in the online platform.

Assess
- Receive readily available reports providing insights in growth velocity, maturation status, and estimated adult height.
- PDF-reports can easily be shared with coaches, athletes, and/or parents.

Guide
- Reduce training load for the fastest growing athletes to avoid injuries.
- Use bio-banding to create more appropriate training environments.
- Guide athletes to positions which match their predicted adult height.