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I am a Customer Success Specialist at Catapult. My role is to help our clients utilize our products and technology to its full potential for different sports and with a variety of outcomes. The integral part of the role is helping clients manage theoretical sport science concepts into actionable plans using data and analysis. I have a particular interest in football and using data to better understand training and match performance as well conducting my Masters in describing youth development in South African footballers. I have previously worked at SEMLI at the University of Pretoria as well as at football clubs across all divisions in South Africa and in Nigeria.

Wearable technology has become paramount to understanding the physical and physiological load placed on athletes during both training and match performances. Practitioners are able to monitor an overwhelming amount of information, making it difficult to ascertain correlations or outcomes. In deciphering the data, practitioners can create appropriate match play benchmarks, longitudinal load monitoring can be performed, and return to play strategies decided. Each of these three aspects are interlinked and influenced by a variety of factors. In this presentation, Catapult will showcase how we collect and utilize data from a day to day perspective and how this can inform our return to play and rehabilitation strategies. We will also showcase additional tools and help we provide to ensure every athlete is catered for on their own individual rehab plan.