



STRATA

ATHLETE HEALTH & PERFORMANCE

Built by an Athletic Trainer,
for the people who run the program.

Why Strata

Right now an athlete's information is scattered: testing in one spreadsheet, injuries in another, wellness on paper, nutrition nowhere, and the schedule in a fourth place. **Strata puts the whole athlete in one record, for their entire career, and makes every part talk to the others.**

One connected record

Strength & testing

Bulk test entry, RAS score, leaderboards, trends, and head-to-head, with norms built in.

Nutrition / fuel

Athletes log a meal in seconds; staff see who is underfueling, the injury-risk signal coaches miss.

Health & injuries

Injury and return-to-play tracking, concussion protocol, clinical notes, walled off to the right people.

Schedule & game day

Games, practices, lifts, countdowns, live weather and WBGT, and coverage assignments in one place.

Wellness & load

Daily check-ins, sleep, training load (ACWR), and a Readiness signal that flags who to look at today.

It all connects

Load, sleep, fuel, and injury feed one athlete picture, so the staff acts on signal, not scattered files.

What each person gets

Athletic Trainer	The full medical record, injury and RTP workflow, and parent-copied messaging, fast enough to actually keep current.
Strength & Conditioning	Testing, programs, training load, and readiness, without the medical vault. Performance, walled correctly.
Coaches	Who is available, who is trending down, and a clean weekly brief, only for their own teams.
Athletic Director	Whole-program visibility, compliance and physicals at a glance, one vendor instead of five.
Athletes & Parents	A daily two-minute routine and a clear, private window into health and progress, on the phone.

Why Strata over the alternatives

- **Turnkey.** No sports-science department, no consultants, no six-figure setup. It works the day you log in.
- **Connected, not a pile of point tools.** The value is one record where the silos talk, which spreadsheets and single-purpose apps cannot do.
- **Built for the whole athlete, the whole career.** Strength, health, wellness, nutrition, together, from freshman year on.
- **Private by design.** FERPA-aligned, HIPAA handled by BAA where clinical, role-based access so medical data stays with the medical staff.
- **Built by an Athletic Trainer** with 20 years on the field, not a software company guessing at the workflow.

See it with your own athletes.

We will set up a customized demo for your program, no commitment.

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