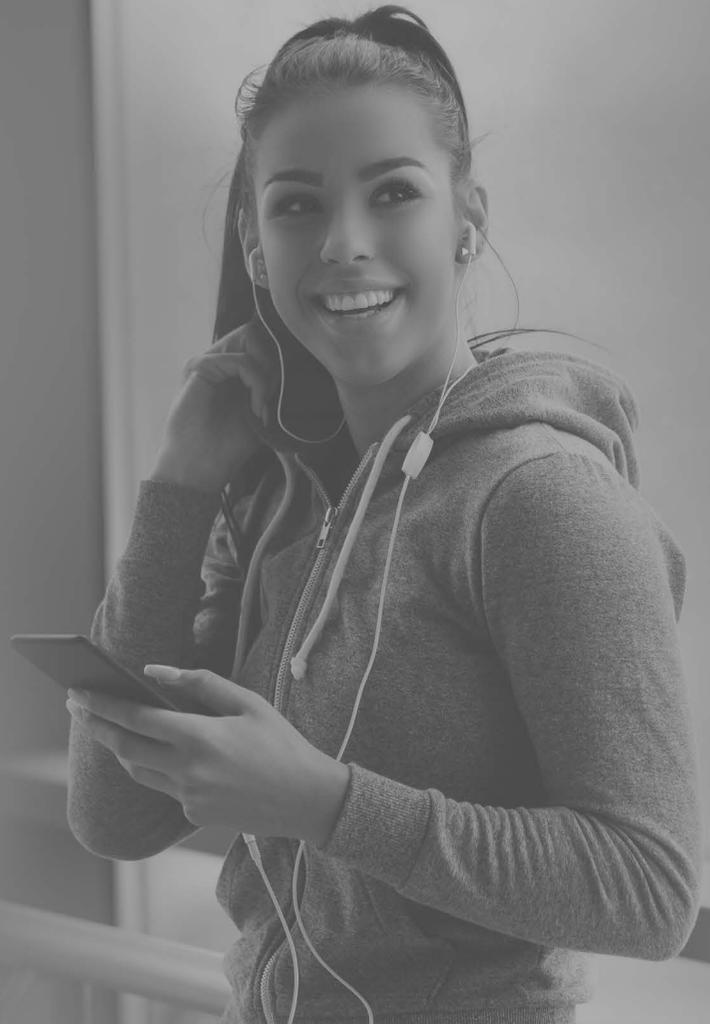




<b><u>Contents:</u></b>	<b>Page(s):</b>
Introduction.....	1-2
List of Sports Included.....	3
Personalized Physical Training.....	4
Personal Nutrition + Hydration.....	5
Event and Calendar Management.....	6
Comprehensive Player Profile.....	7
Goals and Accomplishments.....	8
Injury Tracking and Recovery.....	9
Prograss Tracking and Projectability.....	10-11
Sports Resource Guide.....	12
Member Only Offers + Discounts.....	13
News and Educational Content.....	14
In-App Store and Rewards Dollars.....	15
Download the App.....	16
Track Your Personal Journey.....	Inside Back Cover

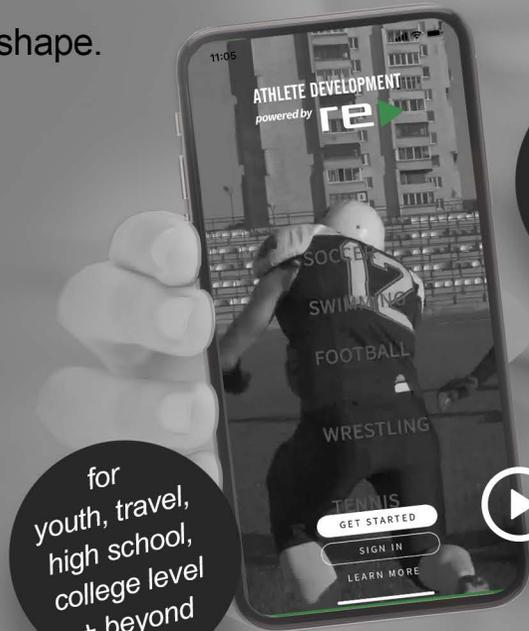


You're passionate about sports + fitness.  
They are an important part of your life.  
You thrive on competition.  
You have the drive to win.  
To be the best, you must train to be in peak shape.  
But everyone is different.  
There is no one-size-fits-all solution.  
You need a training program, designed  
just for you, to help you attain your goals.  
Introducing...

# ATHLETE DEVELOPMENT™

powered by **re**

*Personalized Training + Development  
driven by Science and AI.*



for  
youth, travel,  
high school,  
college level  
+ beyond

get faster,  
stronger,  
and better...  
now!

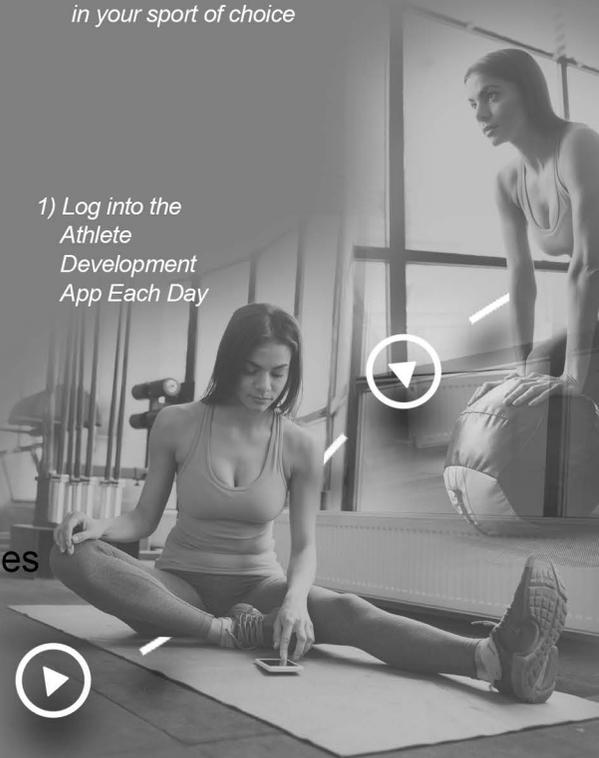
Start your  
journey  
here

Athlete Development is a completely free app that provides individualized, daily training and nutrition that guides, focuses, and accelerates your physical development (strength, speed, agility, conditioning). We use your personal information such as the sport(s) you play, the position(s) you play, your age, height, weight, performance data and more to create a personalized, daily training experience. You log in each day, follow our expert guided video exercises and nutritional recommendations that have been prepared just for you, and in no time, you will see major improvements in your physical capabilities, putting you at the top of your game. The system tracks all of your information and adjusts your personalized program as you go. It also automatically compiles a detailed profile of your progress and accomplishments to share with others that can help you realize your dreams.

## Just Follow These Steps...

*A more physically fit athlete is better prepared and will achieve greater success when it is time to compete in your sport of choice*

- 1) Log into the Athlete Development App Each Day



# And Become a Better Athlete in No Time!

2) Complete Your Personalized Training and Nutrition Plans



3) Follow the Steps and Form as Shown in the Videos Closely to Get Peak Results



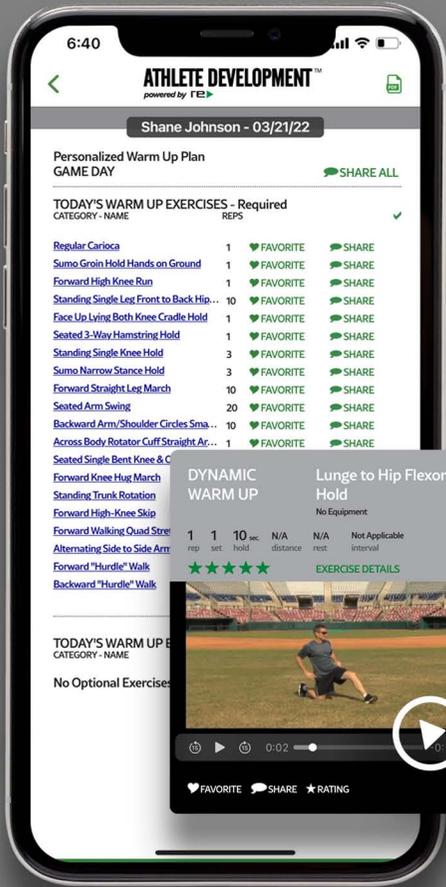
4) You Will See How Quickly Your Improved Level of Fitness Translates Into Better Performance on the Field, Court, Track, Gym or Course



Athlete Development Offers Personalized, Daily Training for Athletes Interested In:

- General Fitness
- Multiple-Sport Athletes
- Baseball
- Softball
- Soccer
- Football
- Basketball
- Ice Hockey
- Field Hockey
- Golf
- Lacrosse
- Volleyball
- Tennis
- Swimming
- Track + Field
- Wrestling
- Gymnastics
- Cheerleading
- Water Polo
- Cycling
- Martial Arts
- Snowboarding
- Skiing
- Equestrian





## Personalized Physical Training

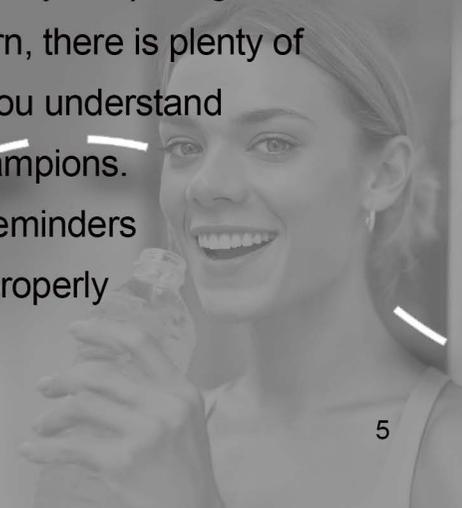
After you interact with our professional guides to gather some basic information, we combine that info with other data we have collected from our database, and a variety of other sources to analyze and understand your personal fitness needs. Your info is compared to our national benchmarks to define the gaps in your abilities. Next, our system matches your individual needs to a personalized, daily training plan to focus and accelerate your development. Training activity is scheduled around outside events such as games, lessons and practices, and divided into 4 unique training days that address speed & agility, strength + conditioning, upper body + lower body workouts.



## Personal Nutrition + Hydration

We use your personal information (height, weight + calculated BMI), plus any goals you have (such as weight loss or gain) to calculate your daily, Personal Nutrition Plan. If you have a sports event on your calendar, our system will also include the extra fuel needed for you to compete in top form at your event. Food and drink recommendations are prioritized by your own personal likes and dislikes. This helps set you up for greater success. And for those that want to learn, there is plenty of detailed drill down information to help you understand and adopt the nutrition habits of champions.

You will also receive automated reminders in advance of events so you are properly hydrated for peak performance.



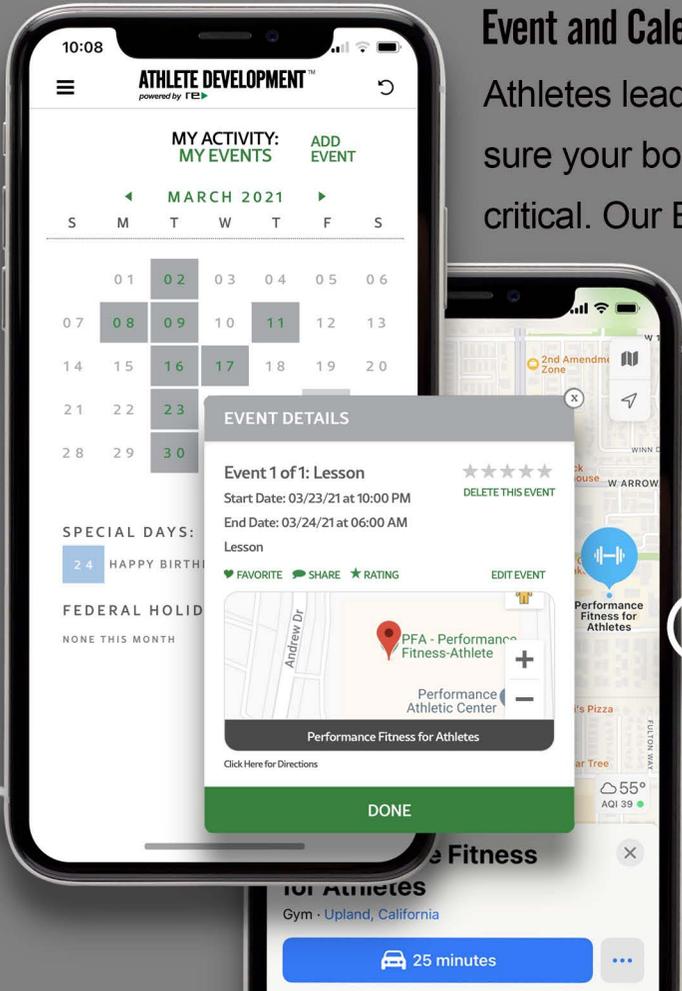
## Event and Calendar Management

Athletes lead busy lives. And coordinating your activity to make sure your body is getting the right amount of work and rest is critical. Our Event Calendar will automatically adjust your

personal training, nutrition and hydration to work hand in hand with other outside activity.

Our system will help you keep track of all of your events, share them with others, and provide instant maps and directions too.

Multiple events per day are not a problem either. There is also a recurring function to assist you in setting up events that repeat on your personal calendar as well.



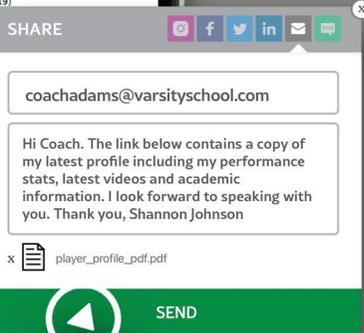


## Comprehensive Player Profile

We live in a world of data. And coaches and schools want to know as much about you as they can. The more the better. Our system captures all of your data and compiles it into the industry's most comprehensive Player Profile you will find anywhere. Besides your personal and performance information there are areas to upload your recruiting videos, upload your academic information, include goals and accomplishments as

well as giving a window into your commitment and work ethic in using the app to work out and take care of your body.

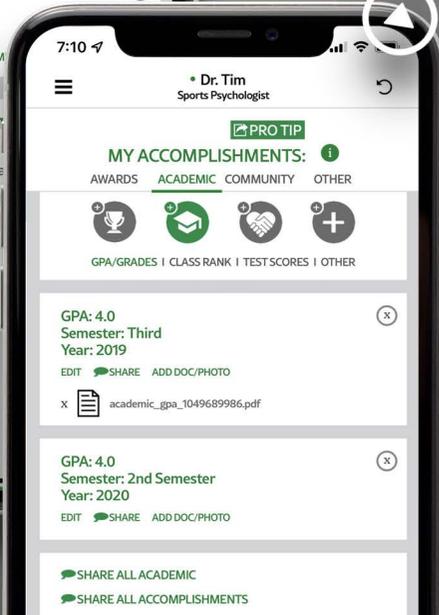
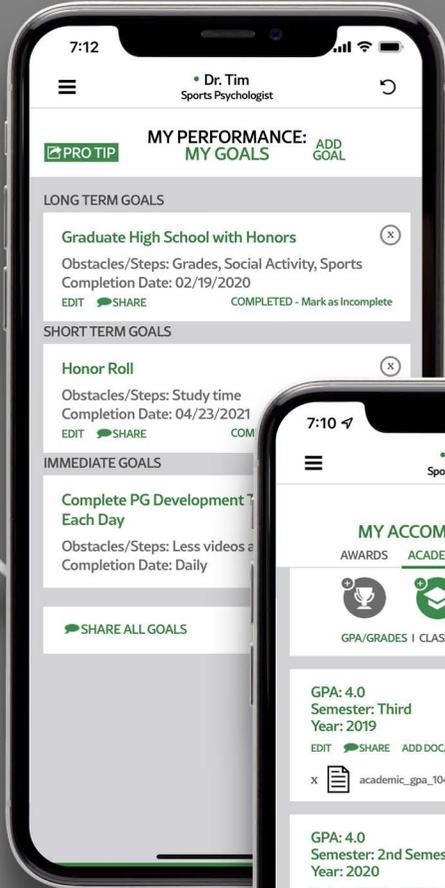
You can share as much or as little as you wish, with whomever you want, via text, email or by posting to social media, instantly.



## Goals and Accomplishments

Even top professional athletes will tell you there is always room for improvement. An important part of the improvement process lies in setting and tracking goals. Goals help you aspire to be better and help you measure your progress. Our app teaches you how to use goal setting as a competitive weapon.

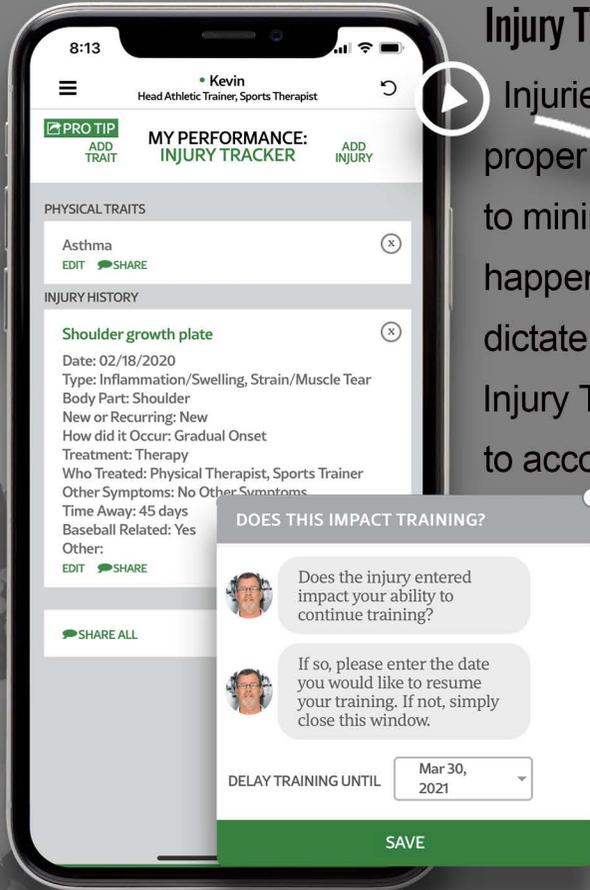
My Accomplishments is designed to help you document and share your personal achievements such as awards, academic , accomplishments key milestones, community service + more. You can upload supporting documents such as photos or transcripts, and then send your accomplishments to friends, family, coaches, or anyone you wish.



## Injury Tracking and Recovery

Injuries are unfortunately a part of playing sports. And while proper preparation and keeping yourself in top shape can help to minimize the risk of injury, at some point they are going to happen. It is how you address and manage the injury that will dictate your recovery and future success as an athlete. Our Injury Tracker helps you manage injuries, adjust your training to accommodate your rehabilitation and assist you

in recover. It also serves as a record of the injuries you had, how they were treated and how they impacted your playing time/ability. We also include an area where you can document personal health traits, in case you need to share that info with others.



8:13

Kevin  
Head Athletic Trainer, Sports Therapist

PRO TIP  
ADD TRAIT

MY PERFORMANCE:  
INJURY TRACKER

ADD INJURY

PHYSICAL TRAITS

Asthma  
EDIT SHARE

INJURY HISTORY

Shoulder growth plate  
Date: 02/18/2020  
Type: Inflammation/Swelling, Strain/Muscle Tear  
Body Part: Shoulder  
New or Recurring: New  
How did it Occur: Gradual Onset  
Treatment: Therapy  
Who Treated: Physical Therapist, Sports Trainer  
Other Symptoms: No Other Symptoms  
Time Away: 45 days  
Baseball Related: Yes  
Other:  
EDIT SHARE

SHARE ALL

DOES THIS IMPACT TRAINING?

Does the injury entered impact your ability to continue training?

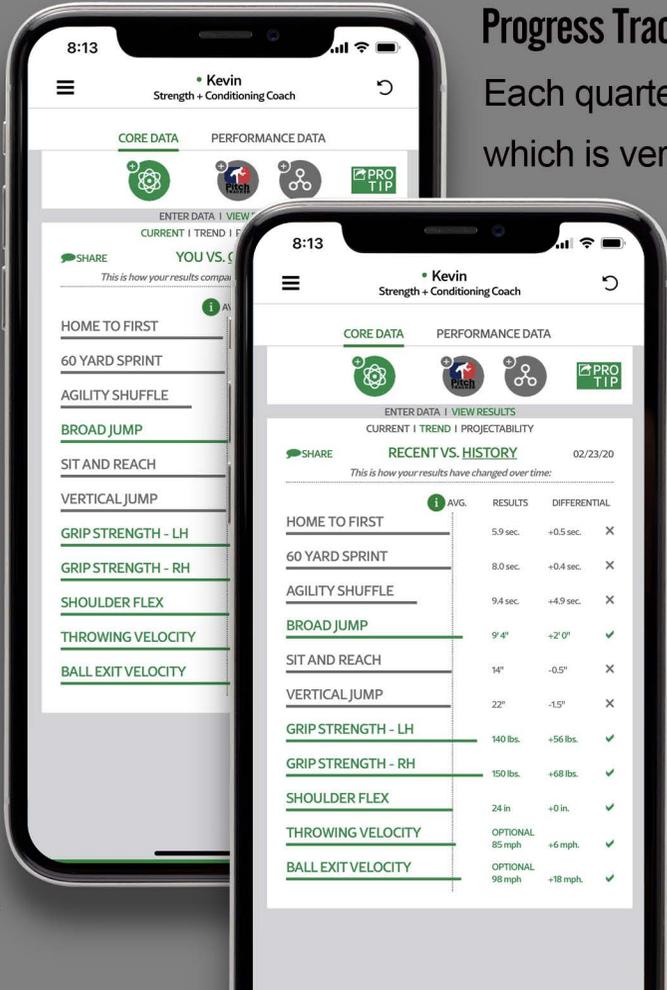
If so, please enter the date you would like to resume your training. If not, simply close this window.

DELAY TRAINING UNTIL Mar 30, 2021

SAVE

## Progress Tracking and Projectability

Each quarter the app will ask you to input your core data, which is very similar to data that is collected at showcases and combines, to assess your needs, track your progress and project out your future abilities. The system will instantly show you how you compare to the national average for each of these criteria. Any areas that show a gap in your abilities are automatically integrated into your daily training plan.

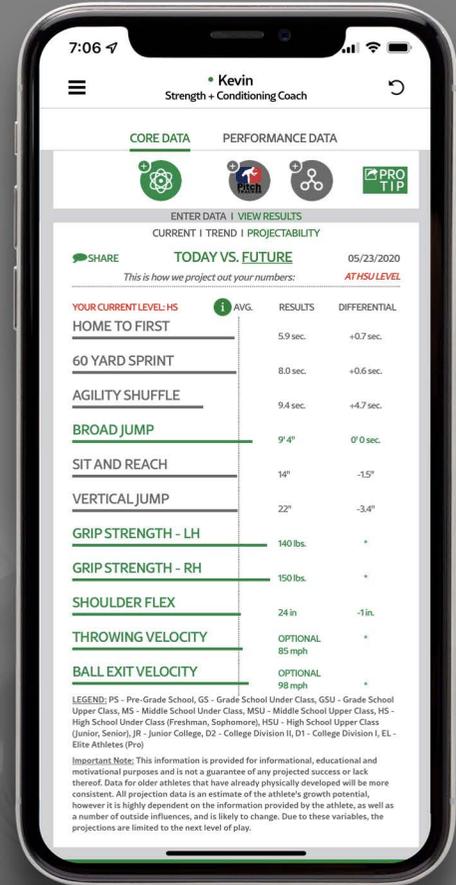


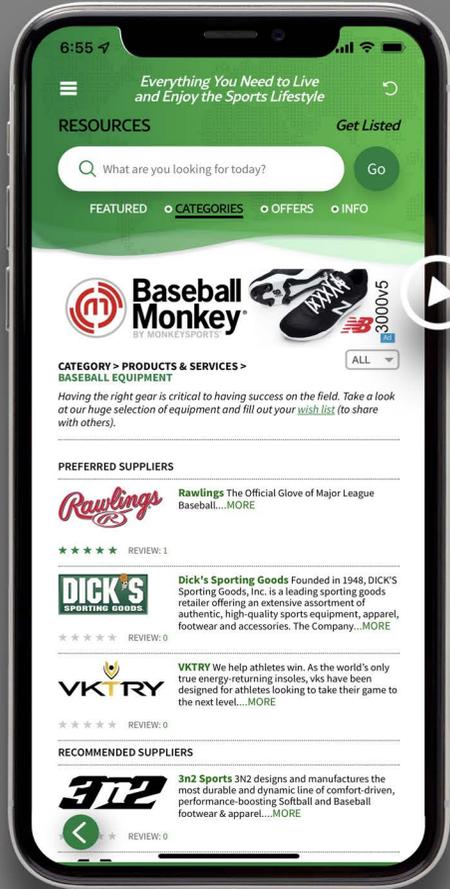
The system also generates three different reports -

- 1) a comparison of your results vs. others that are of the same age, play the same positions, and play at the same level
- 2) a comparison of your current results compared to the prior set of data you entered, to show your personal growth, and
- 3) a projection of where you will be at the next level, given your current and historical data curves.

In all cases you instantly know where you stand and what you need to accomplish to earn play at the next level and beyond.

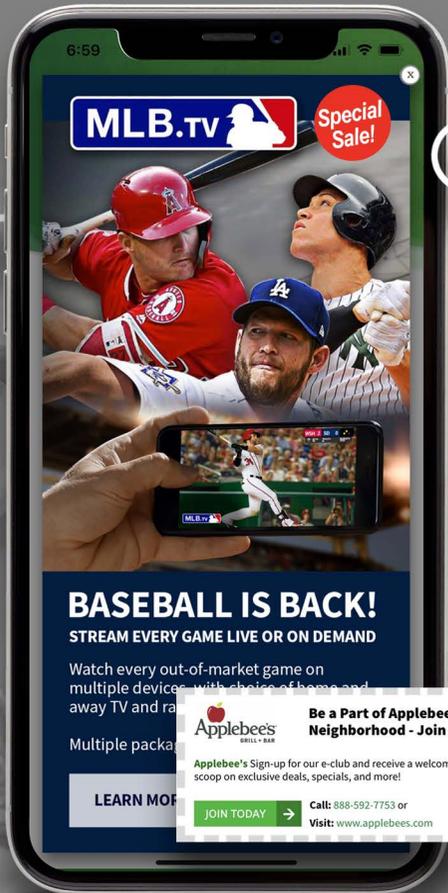
*baseball reports shown -  
other sports use their own  
test criteria specific to each sport*





## Added Bonus! - Sports Resource Guide

As a special bonus we have included our extensive **Sports Resource Guide**, that includes everything you need to get the most out of the sports you love. No more hunting for items or jumping from website to website. We have compiled everything you need (equipment, services, content) to have success and enjoy your sports lifestyle to the fullest. For example, the Guide includes a complete listing of virtually every D1, D2, D3, NAIA, NCAA and NJCAA college sports program plus detailed info about every professional team and venue. There are sports books, movies and all sorts of sports related points of interest too. The listings are interactive as well - you can get directions, can call suppliers, send emails, take notes, save favorites, write reviews all with the tap of a button.



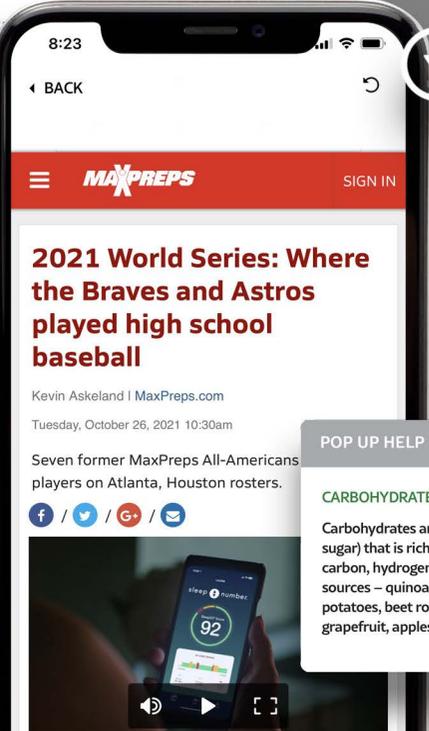
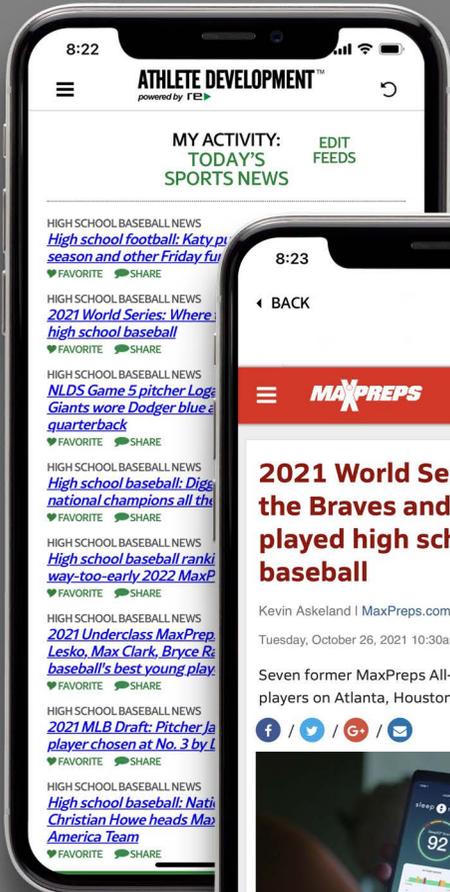
## Member Only Offers + Discounts

The app also contains a collection of special offers that we have curated specifically for our app users. You will find special deals free items, money-saving discounts, loyalty programs and more, to use when you are purchasing equipment, apparel, electronics, traveling, and dining - there is something for every aspect of your sports lifestyle. Check back often as new deals are added all the time.

*The Resource Guide contains thousands of listings across hundreds of topics covering lifestyle information, products + services including the latest in:*

- Sports Equipment
- Sports Events
- Apparel
- Training Aids
- College Athletics/Scholarships
- Academics
- Recruiting
- Travel Information
- Career Info
- Health/Nutrition
- Product Reviews
- Attractions
- Entertainment
- Rehabilitation
- Fundraising
- Memorabilia
- Books/Movies
- Terminology
- Articles/Content
- How-To's
- and Lots More!

*Everything an Athlete needs to assist and guide them on their sports journey. Parents + Coaches will find a wealth of useful information in the app and resource guide too!*



## News and Educational Content

Get all of the latest news, articles, how-to's, interviews and more. Today's Sports News gives you a direct connection to

every professional sports related news source online. Plus you can edit the feeds you see based upon your personal interests - by sport, by level - professional, college, high school, youth - and more. You just pick the feeds you want and all of the latest info will show up for you to view right in our app. Hungry for knowledge? Many features

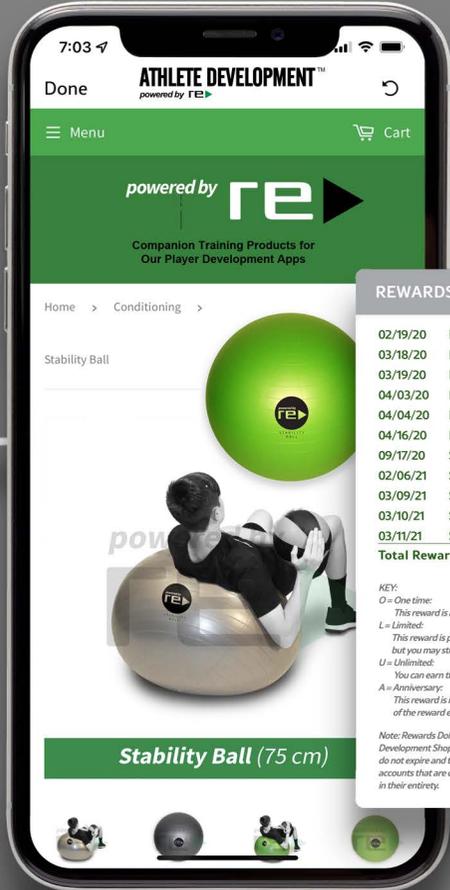
POP UP HELP - Definitions

**CARBOHYDRATES**

Carbohydrates are a substance (as a starch or sugar) that is rich in energy and is made up of carbon, hydrogen, and oxygen. Carbohydrate sources – quinoa, oats, buckwheat, bananas, sweet potatoes, beet roots, oranges, blueberries, grapefruit, apples, kidney beans, and chickpeas.

in the app also include a variety of definitions and detailed information too. Just click on anything shown in green to learn more.

SPORTS NEWS



**REWARDS DOLLARS BALANCE**

02/19/20	Daily Workout	U	\$0.20
03/18/20	Daily Workout	U	\$0.20
03/19/20	Daily Workout	U	\$0.20
04/03/20	Daily Workout	U	\$0.20
04/04/20	Daily Workout	U	\$0.20
04/16/20	Daily Workout	U	\$0.20
09/17/20	Shared Item	L	\$0.10
02/06/21	Shared Item	L	\$0.10
03/09/21	Shared Item	L	\$0.10
03/10/21	Shared Item	L	\$0.10
03/11/21	Shared Item	L	\$0.10
<b>Total Rewards Dollars Available:</b>			<b>\$5.60</b>

**KEY:**  
 O = One time:  
*This reward is available only once per the life of your account.*  
 L = Limited:  
*This reward is paid only once per day and resets every day, but you may still share an unlimited number of times each day.*  
 U = Unlimited:  
*You can earn this reward as many times as you meet the goal.*  
 A = Anniversary:  
*This reward is issued each year on the anniversary of the reward event.*

Note: Rewards Dollars are only available to spend on qualified items in the PG Development Shop. They have no cash value outside of our shop. Rewards Dollars do not expire and there are no service or maintenance fees charged, however, accounts that are cancelled or closed for non-payment forfeit their Rewards Dollars in their entirety.

## In-App Store and Rewards Dollars

Our app has an in-app Store that contains all of the training products needed to complete virtually every exercise served up in your daily training plan. We also carry a selection of

unique accessories to help you manage your phone while exercising - ear pods, deskstands, arm bands and more.

As you use our app you will start to accrue Rewards Dollars. Activity such as completing a workout, sharing your accomplishments, completing your wish list, or inviting friends, will all put cash into your account. You can use these rewards to purchase items in our

in-app store. The rewards for free items can add up fast!



Download the free app and get started today!

Scan the QR code  
to download



or visit [www.athletedevelopment.app](http://www.athletedevelopment.app) to learn more

**ATHLETE DEVELOPMENT™**  
powered by **re▶**

© 2023 RePlay Athletics. All Rights Reserved. Patents Pending.  
At RePlay we take your privacy seriously. Your personal individual info and data is extremely private information. All shared information is 100% at the exclusive control of the user. We will never share, rent or sell your information. [App Users](#) – Playing sports and working out involve risk of injury or at times even death. User acknowledges that the services are designed to provide recommendations that guide player development, but ultimately all training decisions and activity are the sole responsibility of the athlete and/or their parent/guardian, if the athlete is a minor. User acknowledges that the services provide suggestions based on scientific analysis and user supplied information, however each athlete's personal circumstances may be different and require the use of judgement whether or not the recommendations apply to your situation, and if they can be completed by the user without any injury or harm. By using the services the user agrees to hold harmless and release RePlay, its officers and affiliates, should any injury arise from using the services.



