

SPRINT.LAB

THE ATHLETIC PASSPORT

Objective, individualised athletic development — for every player.

Executive Summary · Confidential · For partner clubs & academies

SPRINT.LAB is a Cyprus-based sports-science company building the **Athletic Passport** — a standardised athletic profile and individualised training-prescription platform that gives every athlete a measurable target and the exact, evidence-based methodology to reach it, and gives every coach an objective tool to develop players and manage injury risk. We are inviting a select group of leading clubs and academies to collaborate as founding partners.

The problem we solve

In most academies, training is prescribed by age and squad, not by the individual. Programmes overlook the factors that most determine an athlete's development and injury risk — individual strength, biological maturation, training load and readiness, and position-specific needs. Mental readiness is overlooked entirely: a player can clear every physical benchmark while carrying stress, poor sleep or burnout risk that no assessment sees. The result is plateaued development, avoidable injuries, wasted training time, drop-out, and no objective, longitudinal record that travels with the player.

The solution: the Athletic Passport

From a battery of physical, athletic, neuromuscular/strength, body-composition and biological-marker measurements — together with a brief screen of stress, sleep, motivation and burnout risk — the Athletic Passport builds each player a personal “Athletic ID” and delivers a specific, measurable target plus the precise training methodology and milestones to reach it. Its core innovation is a strength-stratified prescription engine — training matched to each player's actual capacity rather than a one-size-fits-all plan, with training load cross-checked against mental readiness — delivered through a digital platform for athletes and coaches.

How it works: **1) Measure** — one standardised assessment, body and mind. **2) Profile** — the strength-stratified Athletic ID. **3) Prescribe & track** — an individualised programme, load-checked against readiness.

What it means for your club

- **Objective player development** — individualised, data-driven programmes that replace guesswork.
- **Lower injury risk** — training matched to each player's capacity, load and readiness.
- **Mental readiness & duty of care** — spot stress, poor sleep and burnout risk early, with a clinical referral pathway.
- **Talent identification & benchmarking** — compare players against standardised, position-specific norms.
- **A record that travels with the player** — a portable athletic history across seasons and teams.
- **Evidence-based, affordable** — elite-grade insight at a fraction of the cost of high-end athlete-management systems.

Grounded in science, built by practitioners

The methodology is founded on peer-reviewed research and developed by an experienced team: senior sports scientists Dr. Michael Rumpf and Andreas Kyriacou-Rossi (S&C coach, MSc Sports Physiology, PhD candidate), with founders Marios Alexandrou and Ioannis Grammos leading business and technical direction. The product is being validated in a live academy environment with U17/U19 cohorts. The

wellness and mental-fitness layer is delivered with GDA Sports (Nectarios Alexandrou), bringing licensed psychologists and experience from EU-funded youth mental-health projects in sport.

An invitation to collaborate

We are selecting a small number of forward-thinking clubs and academies to help shape the Athletic Passport and to be first to adopt it. As a founding partner you would help steer development, gain early access to the product, and be positioned at the front of evidence-based youth development.

Our request today is simple: a short, non-binding Letter of Support/Intent expressing your interest in collaborating with SPRINT.LAB and in evaluating the Athletic Passport once it is ready. It carries no cost or obligation, and it helps us bring this product to clubs like yours faster.