**Estonian professional national youth team Strength and conditioning training app**

**Background**

Strength and Conditioning (S&C) training involves a wide range of exercises developed to build a variety of skills with a focus on mind, mobility, stability, strength, endurance, power, speed, agility and performance. Due to many different national youth teams and intense training programs, an update to existing environment is needed to make S&C coach and players life easier and training smoother. Current tools to provide and share information involve different google products (drive etc), excel format, Facebook groups etc.

**Main purpose for update**

To make training content created by S&C coach easily and comfortably accessible and move it all to a dedicated application. Essentially majority of content is related to gym strength and agility trainings, including videos, plans and schedules.

**Target users**

Estonian national youth sportspersons, average age of 14-20, who study in one of Estonian sports schools and/or are in either Estonians masters league or national sports teams player lists.

**Options for build**

1) web app (accessible from all devices)  
2) Phone app (Android, iOS)

**Basic functions needed**

- possibility to log in and access content based on different users/user groups: user (a student, trainee), admin (coach)  
- admin can upkeep all data, add new training videos (different format), training plans etc which are accessible to only logged in users  
- admin can manage users into different user groups and provide access based on it  
- user/client can register and request rights to different content  
- admin can send out notifications to app users related to training times, plans, changes in schedules etc

**Additionally can be intertwined to project if shown interest:**

- Re-Designing (visual updates) of existing workout plans  
- Project participants can provide ideas of app name  
- Project participants can improvise and provide ideas how to improve app (and add additional features)  
- Insights of how Estonian professional youth players prepare for national (and international) matches and sports events  
- possible cooperation in the future

Project especially suitable for anyone who is interested in affecting Estonian youth sports for the better or to students who are already familiar and/or interested in gym trainings and PE.

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