



INSPIRE X Yeronga Devils

This partnership provides a great opportunity for Inspire and Yeronga to offer the highest standard of performance testing, training and education to all athletes involved.

Inspire will conduct baseline performance / injury screening testing + education & on-field AFL specific warm-up protocols for all 13's+ athletes. Inspire will also organise ongoing group strength based sessions at our West End facility to ensure we are focussing on athletic development and injury prevention across 2025.



ABOUT US

Inspire Health Services is an allied health business based in south-east Queensland, with three operational allied health facilities operating out of Albion, West End and Newmarket. We service approximately 1600+ members of the community each week, assisting with their own individual health, wellness and/or performance journeys.

Our 50+ staff span across strength and conditioning, rehabilitation, general health training, physiotherapy, dietetics, and massage therapy, alongside our business management team.



TEAM ASSESSMENTS

One team based assessment per squad based at Inspire's West End clinic. The purpose will be to record baseline flexibility, strength and power scores for each player & each squad.

This is to compare individual and team data to previous seasons, to ensure physical growth and performance is on track as well as identifying any key injury risks ahead of the season. This is the best way to get an overall snapshot on where your body's capacity is at and what you can work on physically over the next 12 months.

Length of the assessment night will be approx 60mins.

There is one night of 40 available spaces for the female program on the 24th of March and for the male program on the 17th of March

PART 1: TEAM PHYSICAL ASSESSMENTS

MARCH
24

Girls u13's - u/17s - 6:30-7:30pm
365 Montague Rd, West End

MARCH
17

Boys u13's - u/17s - 6:30-7:30pm
365 Montague Rd, West End



SCAN TO SIGN UP FOR JNR **GIRLS TESTING NIGHT!**



SCAN TO SIGN UP FOR JNR **BOYS TESTING NIGHT!**

PART 2: INDIVIDUAL PHYSICAL REVIEW / PLAN

After the team assessment nights, one individual player assessment review will be provided to each player at Inspire's West End or Albion clinics.

The physical screening and explanation will be conducted with a university qualified exercise physiologist/scientist to explain the results of the team assessment night to the parents relevant to their child, and provide further individualised testing and education based on injury history and playing goals.

This is so each player and parent get an in depth snapshot into where the athlete is at in terms of performance or injury risk in line with their physical health and sport goals.

A performance or injury prevention plan can be stepped out with the parent and player on how to maximise their physical health in 2024 based on results.

ON-FIELD STRENGTH & CONDITIONING, SPECIFIC WARM-UP PROTOCOLS & RUNNING MECHANICS

Inspire to run 2 sessions covering specific warm ups with each squad, that they will carry on for the rest of pre-training and games across the season to ensure their body's arte best prepared for every training session & game in 2025.



EDUCATION PRESENTATIONS

2025
TBC

Physiotherapy Education Presentation

- Educational seminar on Injury management and Injury prevention around training, games and tournaments

2025
TBC

Nutrition Education Presentation

- Educational Seminar on fuelling for training, games and tournaments. Information regarding nutrition and its impact on growth, performance, recovery and injury prevention

CONTACT US

Should you have any questions, please don't hesitate to get in touch:

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We look forward to working with you across 2025!

