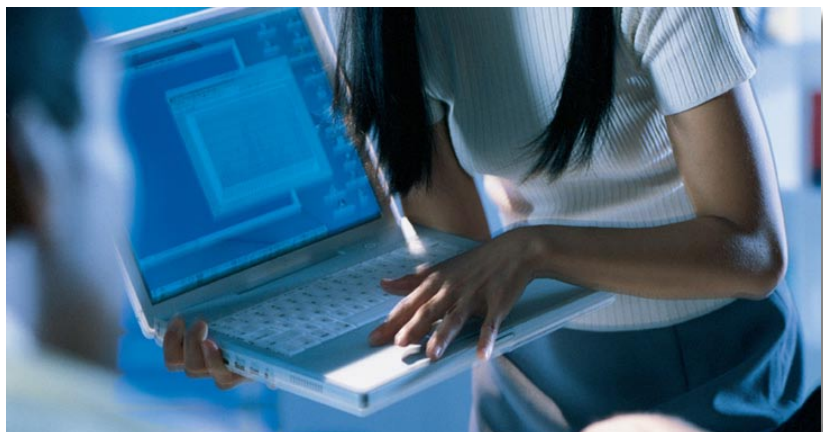


iXmate Coach Presentation





❖ INTRODUCTION



This presentation will give you a general overview of the iXmate concept and two iXmate products.

Whether you are a coach, trainer, therapist or sports doctor you will find iXmate™ has something for you. The innovative iXmate coach edition™ tool allows a professional collaboration between trainer and the client using the iXmate user edition™ software.

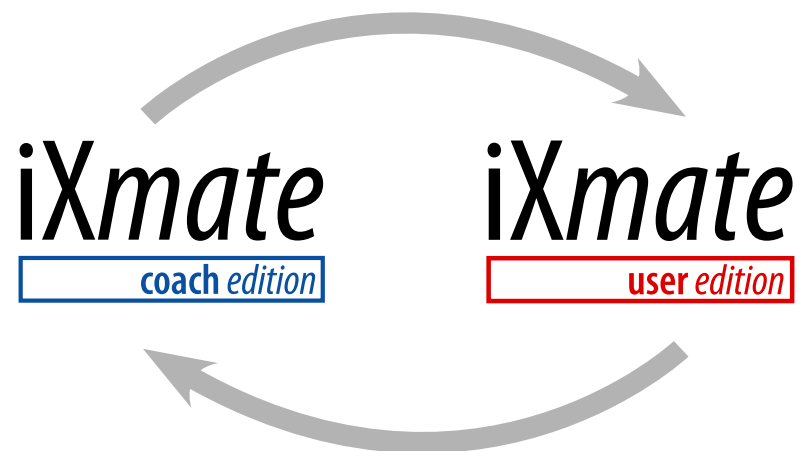
With the iXmate™ software we simplify and strengthen the position of the trainer by allowing him/her to document his/her whole know-how, and to individualise apply and apply it as needed for coaching, injury prevention, or rehabilitation.

We hope you enjoy this presentation.

Team iXmate™



❖ THE CONCEPT



iXmate coach edition™ is a server-software that can be used on a personal computer (PC) or in a local network.

iXmate user edition™ is installed on the user's computer with an Internet connection.

iXmate™ offers a solution for a trainer to set and configure the profile of a user (athlete, patient etc) and direct their training or rehabilitation sessions. Information is transferred between the trainer and user via an encrypted online synchronisation between the iXmate coach edition™ and iXmate user edition™ software.

The user maintains control of his/her data, and can elect to share it with several trainers at the same time. When the user receives a training plan, he/she simply submits the required information and the completed training sessions.

Data is transferred through an **encrypted synchronisation** of separate files between the two software versions.

Attention: Don't confuse iXmate with other software products that store your data on an external server, and therefore expose your data to unnecessary risk!



❖ THE SOFTWARE FOR « COACHES »

iXmate

coach edition

> **The Software**

For a coach, a trainer or a therapist whose clients undertake physical or sports training, iXmate coach edition is the ideal solution for managing his/her workload;

> **Type of Application**

iXmate coach edition is a server-software that makes it possible to work in a group (over a local area network) in a business with several trainers (one and the same licence). Remote work (remote desktop) is also possible;

> **Protection and Data Transfer**

Secured data transfer over the Internet is possible via a connection with minimum speed of 600/100;

> **Minimum Requirements**

Windows® 2000 Pro or Windows® XP Pro or Windows® XP Home Edition, Vista with appropriate current patches. Minimum 512 MB RAM, recommended 1GB RAM. 1GB of free hard disc space, (iXmate requires approx. 350MB). DSL Internet connection with minimum 1200/200 Kbps;

> **Software Standard Contents**

Over 250 sports disciplines, physical activities, general aspects, medical support etc. are preconfigured in the database. Additional individual information and configuration is possible.



❖ THE SOFTWARE FOR « USERS »

iXmate

user edition

POLAR®
compatible



> **The Software**

iXmate user edition is a solution, for planning and acquiring data from physical and sports training activities. It operates as a stand alone program, or together with a coach who uses the iXmate coach edition.

> **iXmate PalmOne**

iXmate is compatible with Palm OS to allow easy data entry and storage when away from home.

> **Multi Licence**

It is possible to install several different iXmate user edition users on a single computer.

> **Minimum Requirements**

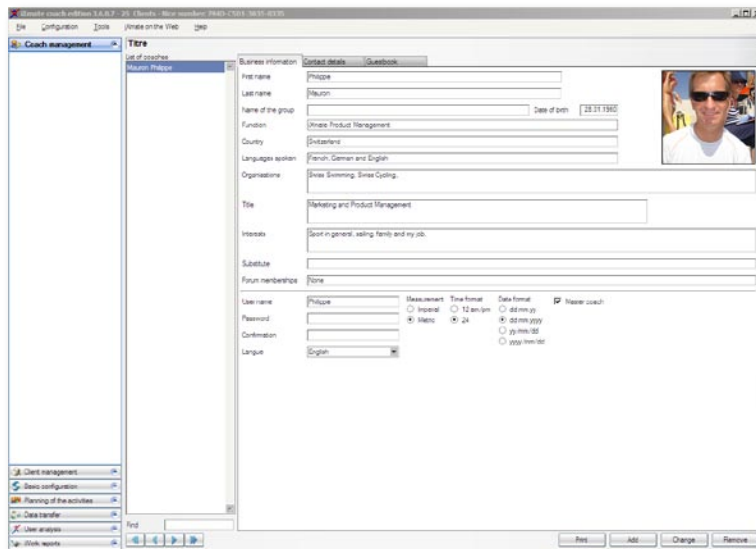
Windows 2000 / XP with current Service Packs, minimum 128 MB RAM;

> **Software Standard Contents**

The iXmate user edition database comes with the same preconfiguration as the iXmate coach edition.



❖ COACH MANAGEMENT



Available Forms :

> Main Functions

Administer all trainers working in under the same licence;

> Business Information

Possibility to include basic information and photos, administer login details;

> Contact details

Keeps detailed contact and personal info on the trainers, bank account details etc.;

> Guestbook

Allows the integration of reference and other messages;

> Miscellaneous

Simplifies producing a document with all trainers and their contact info.



CLIENT MANAGEMENT

The screenshot shows the 'Client management' window in the iXmate software. The window is divided into several sections:

- Client List:** A list of clients with columns for 'Coach', 'Name', and 'Status'. The client 'Mauro Philipp' is selected.
- Personal Data:** Fields for First name (Mauro), Name (Mauro Philipp), Nationality (Schweiz), No of passport, Street (Bodenacher Str), Place (GSA), Country (Schweiz), Phone (022 331 01 42), and Title.
- User Data:** Fields for User (Free), Password, Confirm, and Language (German).
- Measurement:** Fields for Height (170), Weight (80.00), Team (000 Nationaltrainer), and Club (000 Schwimmclub).
- Location Details:** Fields for Training venue, WADA notification (Yes/No), and Discipline (Schwimmen).
- Navigation:** Buttons for 'Print', 'Add', 'Change', and 'Deactivate' at the bottom right.

Available Forms :

> Main Functions

Administration of clients, by trainer, or in read only mode of the clients of all trainers in the workgroup;

> Personal Data

Possibility to integrate all basic info including photos, also administer login details;

> Location Details

Records information regarding training venues and produces a form for notifying WADA of training location;

> Hit List

List of top results;

> Agreement

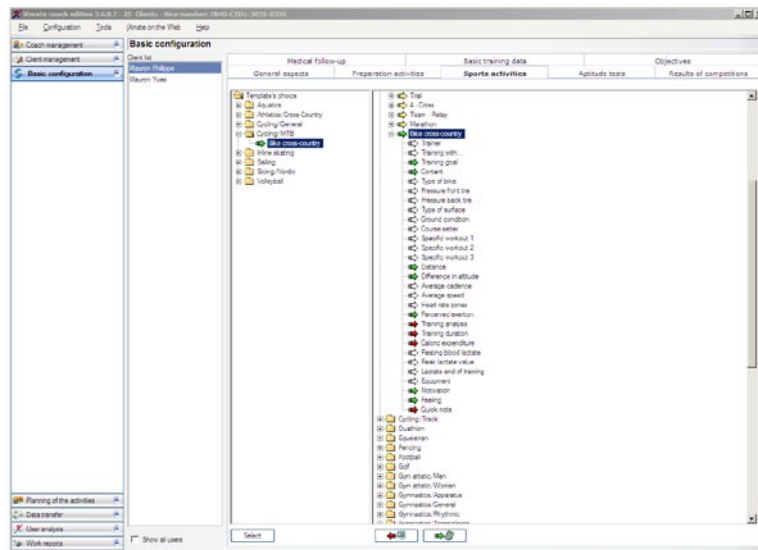
Helps you to produce an agreement with a record of commitments required of the coach and the client;

> Miscellaneous

Simplifies printing a user file with all info.



❖ BASIC CONFIGURATION



> Configuration

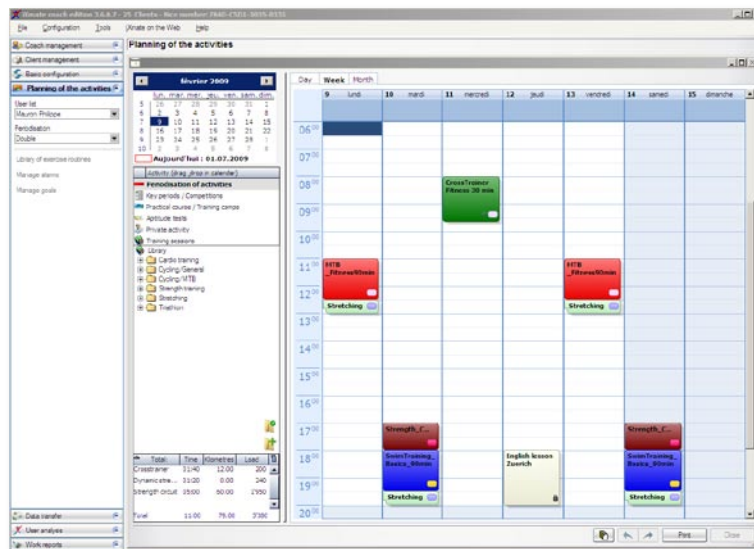
This very interesting area allows you to setup the profile of your client and configure their iXmate user edition. The user can then import the profile and configuration via synchronisation.

> The Topics Available to Configure:

General aspects – Preparation activities – Sports activities
 Aptitude tests – Results of competitions – Medical follow-up
 Objectives



❖ PLANNING OF THE ACTIVITIES



> Assign plans of activities

You have setup your own library with specific training exercises. This is saved under the “Activities” heading and can be quickly assigned to an exercise plan.

> „Drag & Drop“ Function

With the “drag & drop” function you can quickly insert training sessions into the training plan. By starting an event at the selected date you can then insert then the specific information.

> Other Events

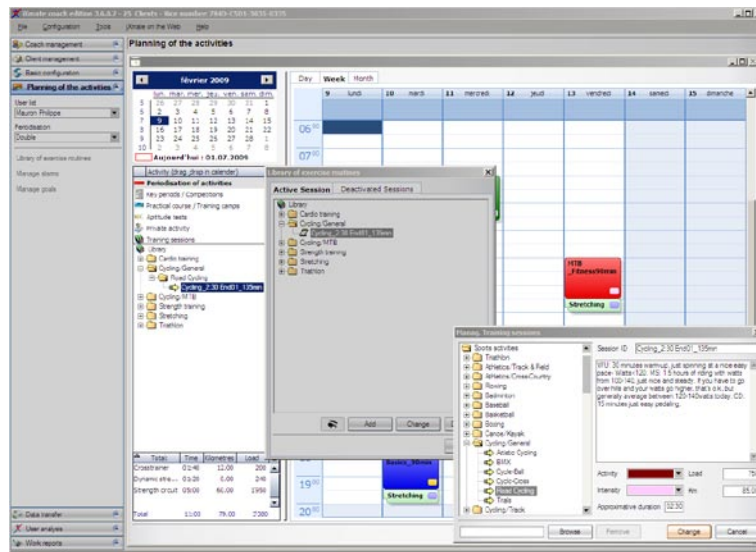
Under the same heading you can also complete exercise plans by specifying repetitions, competitions, practical courses and aptitude tests.

> Fix alarms and objectives

iXmate allows you to set qualitative and quantitative goals within the iXmate software, and even to set alarms to remind you to check on your progress.



TRAINING SESSIONS LIBRARY



Specific Sessions :

> Sessions List

Select from the preconfigured disciplines or preparation exercises that you are training for;

> Session ID

Name (Discipline - Code), that you use to identify the training session;

> Contents of the Session

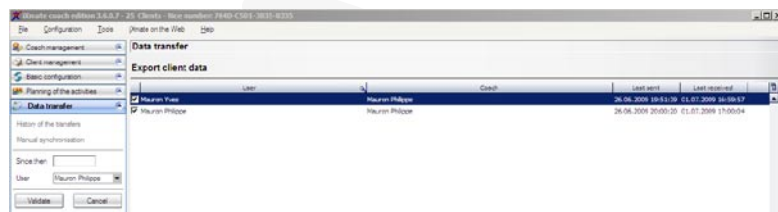
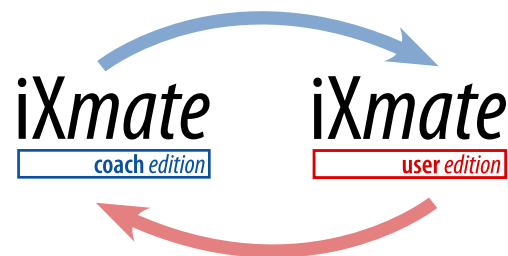
An explanation of the exercise. This text appears on the detailed weekly training plan printout;

> Attach Documents

“Browse” function to attach a document (sketch, document) to the training session (max. 200 KB).



❖ DATA TRANSFER



History of the transfers			
User name	Coach	Sendings	Receptions
Mauron Yencas	Mauron Philippe	14.09.2005 22:41:20	
Mauron Yencas	Mauron Philippe	14.09.2005	

Encrypted Data Transfer :

> Concept

As soon as you modify information, or a training plan for a client, the changes are automatically inserted into the synchronisation queue. If you wish, you can still remove the user's name from the queue before you synchronise and send the data.

> Data Transfer

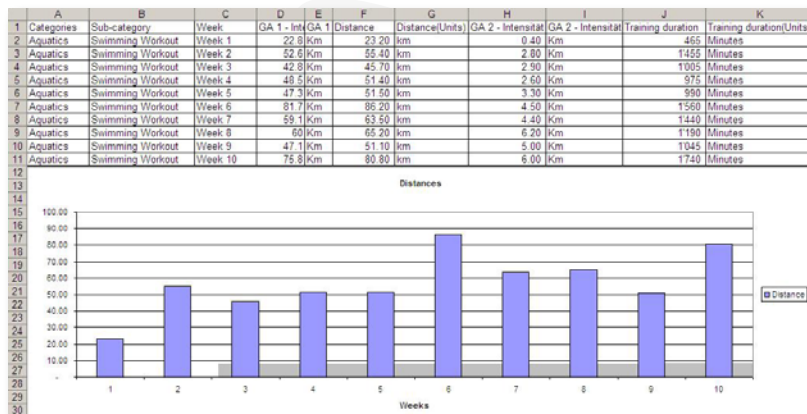
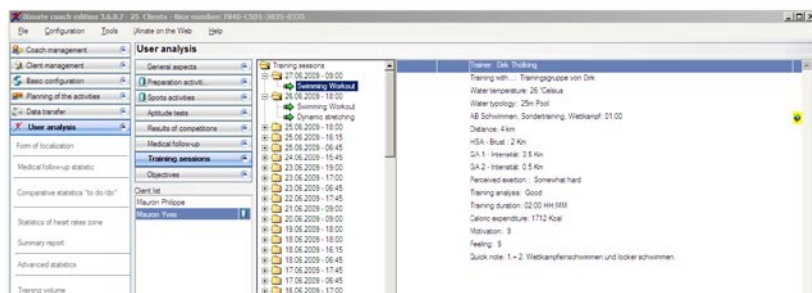
The changed, or newly entered information, is encrypted before being sent over the Internet.

> Transfer Process

The transfer to your client is recorded in a transfer history list, with selection filters available.



USER ANALYSIS



Various Analyses :

> Individual Topics

For every client there is a special search per topic with results shown in chronological order.

> Training Sessions Form

The "Training Sessions" form lets you display all training sessions and exercises organised by date.

> Statistics Menu

Direct links for producing the training location form, weekly activity plan, form for medical support, and access to analysis evaluation functions.



WORK REPORTS

Date	Description	Duration	Rate	Fee Total	Client
14.06.2009	Tests and control of the physical capacities	1.50	120.00	180.00	Houran Yves
14.06.2009	Planning of the competitions and training camps	1.50	80.00	120.00	Houran Philippe
12.04.2009	The first meeting and signature of the agreements	1.00	80.00	80.00	Houran Philippe
14.06.2009	Consultation and planning of the season 2009	2.50	120.00	300.00	Houran Yves

Objectives of Reports :

> Work Documents

Prepare documents for invoicing for work done;
Monitoring in connection with agreements made;
Electronic archive.

> Details of the Reports

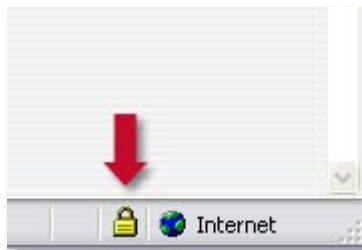
Date, Description, Duration, Fee Rate, Fee Total, Client Selection.

> Options

Filter by user;
Filter date range.



❖ SECURITY IN GENERAL



> **Data Transfer**

iXmate™ ensures the protection of the data transferred by coaches and users. The data transfer is guaranteed by encrypted synchronisation. No information remains on an external server!

> **Your Payment**

Credit card details (VISA or MASTERCARD) are entered in a window for payment by Safepay. Your credit card details are received and processed by Safepay completely independently from us. The possibility for misuse of your credit card information does not exist.



❖ THE COSTS

iXmate

coach edition

Further general information about iXmate™ can be found at www.iXmate.com

- > The licence for iXmate coach edition™ is available in the form of an annual subscription, through which you can use several services such as encrypted synchronisation between the iXmate coach edition™ and iXmate user edition™ software, regular software updates, and our customer service.
- > The basic annual subscription for the iXmate coach edition™ covers a maximum of 25 iXmate user edition™ users who can synchronise their data with the iXmate coach edition™.
- > If you already have more than 25 clients, we can offer you the iXmate coach edition™ “unlimited” licence.
- > The price for the licences is available online at <http://www.ixmate.com/pages/produit/Tarifs.php>



❖ **IXMATE USER EDITION™**

ixmate

user edition

- > The ixmate user edition™ software is available in form of a licence and an annual subscription of maintenance, through which you can use several services such: encrypted synchronisation between your software and your trainers having the ixmate coach edition™ software, regular software updates and the use of our customer support.
- > The price for the licences is available online at: <http://www.ixmate.com/pages/produit/Tarifs.php>
- > Further general information about ixmate™ can be found at: www.ixmate.com



❖ CONTACT

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Contact us for further information, or if you have special questions. We look forward to hearing from you.

Software in 5 languages

French
German
English
Italian
Spanish