



# Readiness Visibility For

Every Family · Every Child · Every Coach · Every Sport · Ready First

## Twenty-five years inside elite high-performance systems, built into something every family can use.

The systems that keep the world's best athletes developing instead of breaking down never existed for the family at the kitchen table. They stayed at the top of sport. Ready First brings them home.

Sport promises confidence, resilience, and belonging. But sport does not deliver them automatically. It offers the opportunity to experience them. For that opportunity to reach a child, they need to arrive ready: confident and focused, physically competent, energetically fueled. That readiness is cultivated at home, in the daily habits and environment surrounding every child, before the first whistle blows.

### What if every family had what only elite athletes have ever had?

Youth sport optimizes for performance not development. **The values sport promises are real, but sport offers no guarantee it will deliver them.** Kids show up, perform, and quit at a rate that can be prevented, if what sport demanded didn't exceed the child's readiness. Sport can't see how ready a child is and therefore has no way of adjusting, not surprising a child struggling in sport goes undetected until they drop out or break down. R1 identifies a child's readiness and assists parents and coaches with how to develop readiness for sport, school and life.

### THE READY FIRST SYSTEM

#### Mind

Confidence, focus, resilience, and motivation, read day to day.

BUILD > GROW > FLOW

#### Body

Movement competency, relative strength, development, coordination, physical capacity and literacy.

BUILD > GROW > FLOW

#### Energy

Sleep, fueling, and recovery, the compass for the other two.

BUILD > GROW > FLOW



### THREE DOMAINS COMBINE INTO ONE DAILY STATE

#### Rebuilding

capacity below demand

#### Rising

closing the gap

#### Ready

demand met, build on it

Reflection earns instruction. R1 shows a child who they are before it tells them what to do.

### THE MIRROR BEFORE THE MAP.

REFLECT > MOTIVATE > INSTRUCT

Motivation and guidance that land on accurate self-knowledge are a different intervention than the same words landing on guesswork.

Everyone sees the same child. Each sees what their role requires.

#### Parent

Guidance in their language, for the child in front of them today.

#### Coach

Intelligence in theirs, so guidance lands instead of broadcasts.

#### Organization

Population patterns, before problems become crises.

Sport is done to most children. Ready First is how we change that. When every adult around a child can see and understand exactly who is in front of them today, development in a fast-paced, technology-driven world becomes relational instead of transactional. That is how we do sport with children instead of to them.