

FEATURING











POWERED BY



WE SPOKE TO PERFORMANCE & STRENGTH & CONDITIONING STAFF AT LEADING HIGH SCHOOLS IN AUSTRALIA AND THE UNITED STATES TO UNDERSTAND THE IMPACT LUMIN IS HAVING ACROSS THEIR FACULTY, PROGRAM AND WEIGHT ROOMS.

FROM MANAGING HIGH ATHLETE-TO-COACH RATIOS, TO STREAMLINING PROGRAMMING, AND DRIVING PERFORMANCE AT SCALE, LUMIN IS HELPING COACHES BUILD BETTER ATHLETES.













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COACH PROFILES





Coaches: Kyle Casey | Director of Athletic Performance



LOCATION: Santa Ana, California, United States

ATHLETES: 1400+

ATHLETIC PROGRAM: 28 Athletic Programs

LUMIN TIER: Strength + Core

WEBSITE: https://materdeiathletics.org/

SOCIALS: https://www.instagram.com/mdathletics/





Coach: Todd Kenny | Head of Athlete Development



LOCATION: Melbourne, Victoria, Australia

ATHLETES: 250

ATHLETIC PROGRAM: Physical Education Faculty

LUMIN TIER: Strength + Core

WEBSITE: https://xavier.vic.edu.au/

SOCIALS: https://www.instagram.com/xaviercollege/

COACH PROFILES





Coach: Ryan Letter | Head of Strength & Conditioning



LOCATION: Geelong, Victoria, Australia

ATHLETES: 250

ATHLETIC PROGRAM: Physical Education Faculty

LUMIN TIER: Strength + Core

WEBSITE: https://www.tgc.vic.edu.au/

SOCIALS: https://www.instagram.com/geelong_college/





Coaches: Johnathan Lemery | Head of Strength & Conditioning Tyler Roach | Head Football Coach





Location: La Jolla, California, United States

ATHLETES: 50

ATHLETIC PROGRAM: Football

LUMIN TIER: Strength

WEBSITE: https://lajollahigh.sandiegounified.org/

SOCIALS: https://www.instagram.com/p/DLIOrLYRlyT/

COACH PROFILES





Coach: Nathan Parnham | Head of Performance Development



LOCATION: Brisbane, Queensland, Australia

ATHLETES: 250

ATHLETIC PROGRAM: Physical Education Faculty

LUMIN TIER: Pro

WEBSITE: https://www.brisbanegrammar.com/

SOCIALS: https://www.instagram.com/brisbanegrammar/

WHAT WERE THE MAIN PAIN POINTS AND CHALLENGES IN YOUR WEIGHT ROOM?



PROGRAMMING AND COLLECTING DATA AT SCALE



COMPLIANCE AND MOTIVATION



HIGH ATHLETE-TO-COACH RATIO













KYLE CASEY

Having Excel worksheets up on every rack, having to print those out every day, that was taking time away from the kids, away from the athletes. I was spending way too much time in the office. Not enough time coaching.

RYAN LETTER

Before Lumin, we juggled multiple platforms for strength training, conditioning, communication, and GPS data. This fragmented approach made it difficult to manage and share insights with students. Lumin provided a unified solution, centralising our data and streamlining communication. This shift has significantly improved the overall experience for our student-athletes and staff.

JONATHAN **LEMERY**

It's tough to manage 60 kids that all have different lives, all play multiple sports, have injuries or are doing rehab.

TYLER **ROACH**

Everyone expects to use technology. We were always looking at ways to stay cutting edge, with the latest and greatest that's out there to give our program a competitive advantage on Friday nights.

WHAT WAS A KEY DRIVER IN MAKING THE SWITCH TO LUMIN?



















KYLE CASEY

Me and my coaches can go look at each other's programs and, let's say one of my assistants or I'm out sick, we can just pop Lumin open, or I can even do it from home, and show what we want done that day. Another reason why I honestly went with Lumin is you guys are doing the analytics right.

JONATHAN **LEMERY**

I will say time is money. And one of the best features is building out a phase. You know, a phase is 4 to 6 weeks. I can get my first week of exercise routines in and then just copy that for the next 4 to 6 weeks. I can go in and tweak where I need to, but to not have to sit down and rewrite, rewrite, and rewrite is good.

TODD **KENNY**

Having a compulsory winter and summer season of sport for all students poses a number of logistical headaches. Lumin has allowed staff to easily transition large groups of students across different sporting programs throughout the year.

NATHAN **PARNHAM**

Ultimately, Lumin's ability to perform as an all in one athlete management system capable of wellness, injury, benchmark testing, and for us the ability to have future programming prospects.

HOW DID YOU SUCCESSFULLY ROLL OUT LUMIN TO YOUR STUDENT-ATHLETES?



















TODD **KENNY**

We used QR codes along with links sent to student emails so when they signed up, they were automatically assigned to their sports training program. We have multiple iPads around the gym and each student has access to their program via the Team Training Mode.

KYLE CASEY

So, we started off slow. We started with offseason teams, and we took Lumin's link and we put it onto a QR code. We told our athletes to go ahead and create a profile and that worked really well. Then we started talking about why we're using this, and we told them it's to help us [the coaches] track you guys, to see how you guys are getting better, to have you guys know what numbers you should be doing each week.

RYAN LETTER

Initially, I onboarded students by manually adding their email addresses into Lumin. I then transitioned to using the link option and generating a QR code for sign-ups. This approach proved far more effective, allowing student-athletes to register on the spot rather than relying on them to see and respond to an email invitation. It streamlined the onboarding process and significantly increased participation.

HOW HAS LUMIN STRENGTH IMPACTED PROGRAM BUY-IN AND ATHLETE COMPLIANCE?



COMPLIANCE IS HIGH. ATHLETES WANT TO SEE THEIR PROGRESS



DEMO VIDEOS AND DESCRIPTIONS KEEP ATHLETES ENGAGED



CLEAR STRUCTURE
HAS HELPED
PROGRAM DELIVERY













TYLER **ROACH**

In today's day and age, these athletes want that instant gratification. For them, being able to leave the work out and then pull it back up later and reflect, or even see what they did last week that they've already seen some gains just contributes to that buy in.

TODD **KENNY**

Having used a different strength training platform in the past, students were familiar on how to access and operate the Lumin app. The transition was smooth and the engagement in following a structured sports specific program has increased.

JONATHAN **LEMERY**

I just love how the kids get in there. If they have a question, you know, there's examples, there's demo videos. I can write my own descriptions, so I really love that communication element.

KYLE CASEY

Once we showed them that we cared, they started to buy in a little bit more. We wanted structure. And we figured out that they also wanted a little bit more structure inside the weight room as well.

RYAN LETTER

Student buy-in for strength programs has been excellent, largely due to Lumin's clean and intuitive user interface. One challenge we encountered was getting students to consistently record weights and reps. The review function at the end of each session has helped improve data entry, which in turn has enhanced the feedback we can provide on their physical development. This feedback loop has boosted both engagement and accountability.

HOW HAS TEAM TRAINING MODE HELPED YOUR PROGRAM?





















KYLE CASEY

It's been a game changer. It's something that's making life easier for me and my assistants. They {athletes} just enter results right into the iPad and I'm able to coach the whole time or just lead the program, run the weight room.

TODD KENNY

Team Training Mode has streamlined gym sessions by simplifying workout coordination and enhancing student engagement. With students all following their own program it has allowed staff to efficiently manage group sessions and spend more time actively coaching. Team Training has made sessions more productive and provides S&C coaches with great information to track student compliance, progress and development over time.



HOW DOES LUMIN HELP YOU DEMONSTRATE THE IMPACT AND VALUE OF YOUR PROGRAM?



















TODD **KENNY**

Our students are at a critical age of development, so being able to see their progress across multiple years provides insightful information on the effectiveness of each program.

KYLE CASEY

My goal here is to have athlete profiles for each one of my athletes so they're able to have their parents and coaches see them getting better. So that's a huge part of why I went with Lumin and I didn't go with some of the other software companies because you guys are listening to us.

NATHAN **Parnham**

It has encouraged accountability regarding the successful load monitoring for S&C staff to engage with head coaches should this be necessary both pre/retrospectively. This has also proven worth in our weekly triage for head coaches, HPE teachers, heads of department/ head of year in student welfare.

TYLER ROACH

Once a year or twice a year, I'll get up in front of our families and do a kind of presentation on what our values are and how we've built our program. And one thing that I always sell, you know, is that we want to be a first-class operation.

I like to run our program like a collegiate program. We want to bring in the technology to drive that and the results, I think, speak for themselves. And Lumin has really helped accomplish that.



HOW HAS LUMIN STRENGTH BENEFITED YOU OUTSIDE OF THE WEIGHTROOM?













TYLER **ROACH**

Any little thing that can help distinguish us from other schools is important. We'll call them [prospective students], you know, and just say that 'we're not just about the football on Friday night. Our program is a 12 month program, and there's always something to be doing to push the needle.' I think any time we can bring something in to differentiate us, from the others, we take a lot of pride in that.

RYAN LETTER

Although still in our early adoption phase we've seen a noticeable increase in coaches accessing data through Lumin to help plan and manage training loads. This internal adoption is a promising step toward broader impact.

HOW HAS YOUR EXPERIENCE BEEN WORKING WITH THE LUMIN TEAM?



COMMUNICATION





RESPONSIVE TO CUSTOMER FEEDBACK AND IDEAS













TODD KENNY

The support from the Lumin team has been incredible. The constant communication and willingness to update the software to meet the needs of sporting programs has been fantastic. Future plans are to use Lumin as a one stop shop for all our testing and wellbeing information.

KYLE CASEY

You guys care about us and you guys want to get better for us, the coaches, you know, other companies out there, they just haven't done that. They stopped really listening to the consumers.

JONATHAN **LEMERY**

You guys respond immediately. We vetted two other programs, and we just knew we were in better hands with you guys.

RYAN LETTER

Any questions I've had were answered promptly, and they've been very receptive to feedback. Their commitment to continuous improvement is evident in the regular and meaningful updates to the platform. For performance staff, having a team that listens and evolves the product is invaluable.

NATHAN **PARNHAM**

The best AMS system and support I've utilised to date. Not only is it affordable, realistic and easy to use, it's combined with amazing tech support that allows for its immediate use/ onboarding/ and evolution of our programs to continue at a realistic rate.

SEE LUMIN IN ACTION



LEARN MORE

ACCESS A FREE INSTANT DEMO

https://luminsports.com/access-demo

SEE PRODUCT ROADMAP

https://luminsports.featurebase.app/roadmap/status

REQUEST A FEATURE

https://luminsports.featurebase.app/

BOOK A CALL OR SPEAK WITH OUR TEAM

https://luminsports.com/contact

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