



RYPT

All-in-one performance coaching platform for athletic development, helping teams manage individualized training, athlete monitoring, and injury risk reduction.

<https://www.rypt.app>

Overview

RYPT is an all-in-one athletic development and performance coaching platform designed for multi-disciplinary teams to manage every aspect of the client/athlete relationship, from grassroots to Olympic level . The platform centralizes athlete data to provide coaches with better insights, helping them optimize performance and reduce injury risk .

Key Features and Capabilities:

Individualized Programming: Coaches can create and deliver bespoke training programs using a customizable exercise database that includes technique videos and a dedicated workout/program builder .

Athlete Monitoring: The system collects and analyzes a comprehensive suite of data, including well-being (sleep, mood, energy, stress, muscle soreness), internal and external training load (RPE, volume, GPS), nutrition, and body composition progress .

Injury Management: It functions as a central hub for injury risk management, allowing medical teams to securely record and track detailed injuries, communicate injury status, training availability, and target return dates . The Performance PRO plan includes Injury Tracking, Injury Risk assessment, and Menstrual Cycle Tracking .

Data Analysis & Reporting: In-depth analysis dashboards provide insights into workout compliance, training volume, and other metrics. Coaches can generate branded PDF reports to communicate progress to athletes, parents, or management .

Business Tools: The platform supports remote coaching monetization by allowing coaches to create custom web-pages to advertise and sell workout programs online, with secure payment processing and sales analytics integrated via Stripe .

Target Users and Use Cases:

RYPT is used by S&C Coaches, Sports Teams, Youth Academies/Schools, Gyms, and individual Performance Coaches . Primary use cases include optimizing athlete performance, reducing injury risk, streamlining coaching operations, and developing long-term athlete profiles .

Key Features

- Individualized Training Program Delivery
- Athlete Well-being and Load Monitoring
- Injury Risk Management and Tracking
- GPS Data Integration and Analysis
- Performance Profiling and Data Visualization
- Customizable Exercise Database with Videos
- Menstrual Cycle Tracking
- Remote Coaching Monetization

Pricing

Model: freemium

Offers a FREE tier for 1 client/athlete. Subscription plans start at €20 EUR/month (Performance plan for up to 5 clients/athletes) and €25 EUR/month (Performance PRO plan for up to 5 clients/athletes). Annual plans offer 2 months free. Also supports a product-selling model with transaction fees only.

Starting at: EUR \$20

Target Company Size: startup, small, medium, enterprise

Integrations

Stripe, GPS Data Integration