

RaceBetter™

BUILT FOR RACING. BUILT FOR PROGRESS.

CONNECTED PERFORMANCE SYSTEMS FOR SWIMMERS - COACHES - TEAMS



WHO WE ARE

RaceBetter is a performance and education platform that connects science, movement, and coaching. We help swimmers and teams bridge the gap between *knowing what to do* and *doing it well* — combining age appropriate and elite level strength training, biomechanics analysis, and mentorship to improve how athletes move, think, and perform, both in and out of the water.

WHY IT WORKS

Led by a team with Olympic, collegiate, and international experience, RaceBetter blends proven expertise with a collaborative approach to development—grounded in biomechanics, kinesiology, and neural science for lasting performance.

WHAT WE DO

RaceBetter delivers a complete performance platform for swimmers, coaches, and teams striving for excellence — anchored by three connected systems:

- **RaceBetter Lab:** Technical training through video analysis, on-deck sessions, and small-group or full-day learning experiences with top coaches and Olympians
- **RaceBetter Strength:** Science-based programs that build mobility, power, and resilience at every stage of development
- **RaceBetter Team:** Mentorship, systems, and tracking tools that strengthen athlete development, staff collaboration, and culture across programs of all sizes

RaceBetter™ LAB

INSIGHT. PRECISION.
PERFORMANCE.

WHERE SWIMMING MEETS SCIENCE

Combining race analysis, insight-driven feedback, and technique refinement, RaceBetter Lab helps swimmers move better, think sharper, and perform faster through detailed video analysis and elite-level coaching.

HOW IT CAN HELP

- Eliminates technical plateaus
- Refines stroke power and efficiency
- Enhances starts, turns, and underwaters
- Builds athlete awareness and accountability
- Optimizes performance under pressure

WHY IT WORKS

Real improvement doesn't come from training harder — it comes from training smarter.

RaceBetter Lab helps swimmers analyze their technique to identify drag, adjust body position, and move faster through the water with the same or less effort.

PRICING

- **Remote Video Review:** starting at \$75
- **Technical Session:** starting at \$150
- **Workshop:** starting at \$1500



Remote Video Review

Submit race or practice footage from anywhere for professional analysis and get annotated feedback, race strategy insights, and drill recommendations to improve efficiency and performance.



Technical Session

Hands-on, poolside coaching with video feedback and biomechanical correction — ideal for individuals or small groups ready to break through technical barriers.



Workshop

Immersive learning experiences led by elite coach-athlete teams — combining tailored classroom, dryland, and in-water sessions to connect science, movement, and performance while mentoring on-site coaches.

RaceBetter STRENGTH

ENGINEERED FOR STRENGTH.
DESIGNED FOR SPEED.

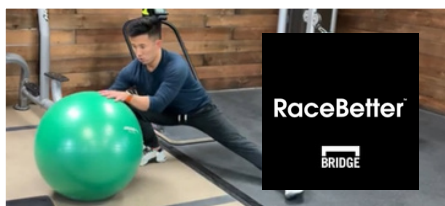


WHAT IS RACEBETTER STRENGTH?

RaceBetter Strength is a training system built for swimmers who want to develop power, mobility, and resilience — on land and in the water. Each program is science-based and intentionally designed by specialists who understand the unique demands of swimming.

WHY IT WORKS

- Blends functional strength, mobility, and velocity training backed by sports science
- Uses age-appropriate loading models
- Scales seamlessly for individuals, small groups, and teams
- Developed and supported by certified professionals (CPT, CSC, DPT, FMS, PES, SNS, USAW, XPS) with 25+ years of experience



Base Series

Structured strength and mobility plans built from the same systems used by elite athletes. Ideal for individuals or teams who want proven programming without customization or technology.



Individual + Team Programs

Tailored strength solutions designed around specific goals, schedules, and training environments. Each plan delivers structured progression, clear coaching cues, and measurable performance outcomes with expert feedback.

YOUR STRENGTH. OUR SYSTEM.

Built to align with your goals, schedule, and environment — RaceBetter Strength adapts to individual or team needs, from limited equipment setups to full performance centers.

PRICING

- **Base Series:** starting at \$49
- **Individual Programming:** starting at \$175*
- **Team Programming:** contact for pricing*

*Output VBT Sensor + Hub Integration available as Add-On



Output VBT Integration

Integrate Velocity-Based Training (VBT) through Output Sports to measure power, speed, and force with precision — helping athletes and teams assess readiness, manage load, and train smarter through actionable data.

RaceBetter TEAM

EVIDENCE-BASED.
TEAM-POWERED.



WHAT IS RACEBETTER TEAM?

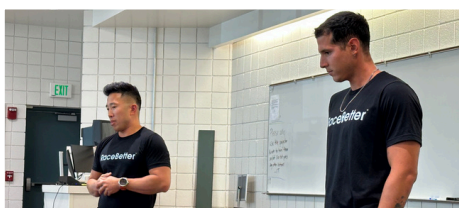
RaceBetter Team works alongside coaches, athletes, parents, and boards to strengthen how programs operate and communicate. Whether it's refining a season plan, rebuilding culture after leadership changes, or helping to align expectations between the pool deck and the boardroom, support is tailored to each team's needs. The goal is simple — clear systems, healthy relationships, and better outcomes for everyone involved.

PRICING

- **Coach Mentorship:** starting at \$250
- **Custom Team Systems:** contact for pricing
- **Team Integration:** contact for pricing

HOW IT CAN HELP

- **Refine Coaching Systems:** Collaborate on training structures + plans to align progressions, taper timelines, and weekly flow — building clarity, consistency, and shared ownership.
- **Support Athlete Progression:** Guide coaches and athletes using evidence-based frameworks to connect daily work to long-term goals — integrating growth-stage strength, stroke efficiency tracking, or race-prep progressions.
- **Strengthen Team Culture:** Align coaches, athletes, parents, and boards through honest dialogue and shared accountability — resolving communication gaps, role confusion, and value misalignment.
- **Empower Coaches and Staff:** Build confidence and a collaborative culture through mentorship, feedback, and strategic planning — grounded in honest dialogue, problem-solving, and growth-minded staff development.



Coach Mentorship

Individual or group mentorship focused on strategy, season design, and leadership — grounded in performance science and real-world experience.



Custom Team Systems

From elite-level consults to adaptable plug-and-play systems for programs of any size, each plan supports your goals, resources, and coaching structure.



Team Integration

Comprehensive athlete-development frameworks that connect directly to your program — complete with templates, communication tools, and seasonal flow to align coaches, athletes, and parents.

RaceBetter™

LET'S BUILD FASTER SWIMMERS BY
DEVELOPING STRONGER ATHLETES
WITHIN SMARTER SYSTEMS — TOGETHER.

Whether you're an athlete seeking sharper feedback, a coach looking to elevate both your athletes and your craft, or a board member investing in long-term development, RaceBetter gives you a clear path forward.

CHOOSE YOUR NEXT STEP

FOR ATHLETES & PARENTS

- Book a Remote Video Review
- Schedule a Technical or Strength session
- Start training with a RaceBetter Strength Base Series plan

FOR COACHES & TEAMS

- Schedule a Program Consultation call
- Explore a team Lab and Strength integration
- Host a RaceBetter Workshop

FOR BOARDS & DIRECTORS

- Set up Introductory Consultation call
- Discuss current team systems, staffing, and culture
- Define long-term goals and measurable benchmarks