

BALLMATICS



ATHLETIC DEVELOPMENT PLATFORM

BALLMATICS

A full-stack digital platform — built, deployed, and running live **for the Uchenna Academy** basketball program. Ready to be scaled to the world.

◆ Dashboard

● Athletes

📅 Practice

👤 S&C

🧠 Wellness

📊 Stats

🏥 Medical

📄 Reports

THE HEADLINE

What we built



Ballmatics is a custom web application that runs an entire basketball program from a phone. It replaced scattered spreadsheets with one secure, real-time system covering athletes, practices, wellness, performance, health, and reporting - and it's live on the web today.

12

modules

covering the full athlete lifecycle

LIVE

on the web

deployed at ballmatics.onrender.com

100%

mobile

installs to phone like a native app

1

secure login

PIN-gated, real-time cloud database

Dashboard Athletes Practice S&C Wellness Stats Medical Reports

Practice Schedule

June 2026 — 13 sessions

Calendar Teams + Practice Generate

✓ All Jr Academy Mon/Wed/Fri Jr Academy Tue/Thu Saturday Development Senior Prep

13 Scheduled 0 Completed 0 Cancelled 0 Make-ups

← June 2026 → Today

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Jr alt	2	3 Jr alt	4	5 Jr alt	6

From a coaching idea → a designed system → working software people use every day.

WHY IT EXISTS

The problem it solves



✘ BEFORE

- Player data scattered across Google Sheets
- No single view of who's cleared to play
- Coach accountability tracked informally
- Wellness & injuries logged on paper
- Reports rebuilt by hand, every time

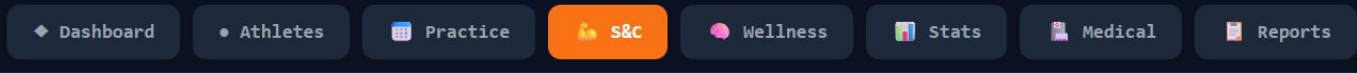
✔ WITH BALLMATIC

- ✔ One real-time database, one secure login
- ✔ Status board shows clearance at a glance
- ✔ Coach sign-off logged on every session
- ✔ Players check in; staff log SOAP notes & RTP
- ✔ Full player reports generated automatically

Cooldown Stretches - Hold 20-30 seconds minimum						
2P FG		3P FG		Name	Instruction	Muscle Stretched
M - A	2P FG%	M - A	3P F			
161 - 335	48.1%	20 - 102	19.6	Wide Feet with Toe Reach	Both Legs Together	Hamstring/Groin
53 - 93	57.0%	20 - 93	21.5	Walk into Calf Stretch	Single Limb, alternate	Calf
32 - 66	48.5%	1 - 17	5.9	Cobra Pose (on stomach, press up)		Core
22 - 44	50.0%	1 - 22	4.5	<i>Roll to Side</i>		
48 - 120	40.0%	46 - 141	32.6	Side Laying Quad Stretch - Bottom Leg	Single Limb, alternate	Quad
238 - 393	60.6%	23 - 78	29.5	<i>Roll to Back</i>		
19 - 40	47.5%	4 - 19	21.1%	Figure 4 Glute Stretch	Single Limb, alternate	Glute
56 - 114	49.1%	3 - 33	9.1%			
20 - 32	62.5%	7 - 25	28.0%			
86 - 158	54.4%	23 - 96	24.0%			
280 - 495	56.6%	21 - 97	21.6%			
218 - 418	52.2%	52 - 174	29.9%			

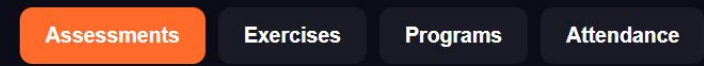
	D	E
Legend:		
OUT		
AS TOLERATED		
CLEAR		
CAUTION		

ROM = range of motion
WNL = within normal limits



S&C Program

3 assessments · 9 exercises · 12 programs · 1 active assignments















THE PLATFORM AT A GLANCE

12 modules, one app



+ a unified dashboard that pulls medical alerts, recent results and top performers into one home screen.

 Athletes & Status Roster, clearance, restrictions	 Attendance Logged every practice	 Practice Plans Daily structured sessions	 Coach Log Accountability sign-off
 Wellness Mood, body, sleep, hydration	 Game Stats Box scores & performance	 Strength & Cond. Assessments & programs	 Athletic Therapy SOAP notes & return-to-play
 Film & Playbook Video library of plays using Peripheral Labs 3D immersive data - first of its kind	 Reports Auto-built player profiles and coach's reporting based on organization's KPIs for player development	 Nutrition Meal & calorie logging	 Shooting Tracker Post-practice drill results

◆ Dashboard • Athletes 📅 Practice 🏋️ S&C 🧠 Wellness 📊 Stats 🏥 Medical 📄 **Reports**

Reports & Evaluations

3 evaluations · 12 athletes

KPI Evaluations Wellness Attendance Game Stats Injury Report

HOW A DAY RUNS

Daily operations, on one device



Everything a coach touches in a session lives in one flow — open the app, take attendance, run the plan, sign off.



Status board

See the full roster, who's cleared, who's restricted, and any medical alerts — before practice even starts.



Attendance

Roll call and a quick wellness check logged at the top of every session, stored to the cloud instantly.



Practice plans - for team, S&C, recovery

A standard 2.5-hour template with timed blocks; coaches adjust content and every change is recorded.



Coach log, Sign-off & Reporting

Each session is signed off by the coach - turning the program's #1 organizational gap into a paper trail.

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Wellness & health monitoring



Daily player check-in

After every practice, players log how they're doing — building a wellness trend the staff can actually see.



Mood meter



Body check



Hydration level



Sleep last night

Body & Mind Check

Energy Level

Empty Low OK Good Fully charged

Mood / Mental State

Very low Low Neutral Good Great

Body Soreness

Very sore Sore Moderate Light Fresh

Sleep Quality

Terrible Poor OK Good Excellent

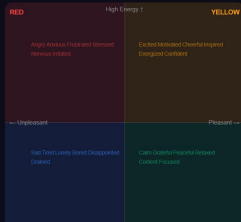
Hours of Sleep

<5 hrs 5-6 hrs 6-7 hrs 7-8 hrs 8+ hrs

Hydration Today

Very low Low OK Good Well Hydrated

Step 1: How are you feeling?
Tap on the grid where you feel right now



Athletic therapy

The therapist's notes move off paper and into the same system that controls who can play.



SOAP notes

Structured injury & treatment records



Return-to-play

Clear protocols and clearance status



Status sync

Flags feed straight to the roster board

Update Medical Status

#11 Claudia Man

STATUS

Healthy
 Minor Issue
 Modified Activity

Limited — Partial Practice
 Injured — In Rehab

Out — Not Training

BODY PARTS

- Ankle
- Knee
- Hip
- Lower Back
- Upper Back
- Shoulder
- Elbow
- Wrist
- Hand
- Foot
- Hamstring
- Quad
- Groin
- Calf
- Achilles
- Neck
- Head
- Other

RESTRICTIONS

Performance, tracked & reported



Game stats

Box scores and per-player performance feed top-performer rankings on the dashboard.



Film room & playbook

A searchable library of plays and game footage links the staff can pull up on demand.

Student-Athlete Athletic Evaluation
 Uchenna Academy Athletic Team
 AT: Dave McNeel
 Head Coach: John Clara
 S&C: Ryan Mingo

Student Athlete: #3 Diego [Avatar] | Position: G | Grad Year: 2026
 Report Date: 2026-06-04 | Period: Initial Assessment | Evaluated By: John Clara
 Academic Status: 77%

Coach Feedback — KPI Evaluation

KPI	Level* and Coach Notes
Attitude	(4) Diego has a good attitude. He has joined over 75% of the 6am optional morning practices
Skill	(2) Diego has foundational skills that need refinement, particularly shooting
Athleticism	(4) Very good athleticism; effective in speed, stamina, and agility with occasional weaknesses. The first player to pass the 12 minute sprint test
Game IQ / Awareness	(2) Limited understanding of plays and how to make quick decisions.
Execution	(2) Needs guidance due to his limited IQ

Goals: Improve IQ - watch selected games and make notes. Work on skills with Coach Ryan, particularly ball handling with weak hand

Wellness Summary (2 Check-ins)

Mood Meter Distribution — based on the RULER framework:

50% RED — High Energy, Unpleasant (Angry, Anxious, Stressed)	50% YELLOW — High Energy, Pleasant (Excited, Motivated, Confident)
0% BLUE — Low Energy, Unpleasant (Sad, Tired, Drained)	0% GREEN — Low Energy, Pleasant (Calm, Relaxed, Focused)

Energy: 2.5 (OK)
 Mood: 2.0 (Low)
 Soreness: 3.5 (Light)
 Sleep Quality: 3.0 (OK)
 Sleep Hours: 2.5 (6-7 hrs)
 Hydration: 3.0 (OK)
 Stress: 2.5 (Moderate)
 Motivation: 2.5 (Neutral)

Pre-Practice Nutrition (most common):
 Full Meal 🍽️ (1x) · Fruit 🍌 (1x) · Protein Shake 🥤 (1x)

Mood Meter based on the RULER framework by the Yale Center for Emotional Intelligence. [Learn more](#)



Strength & conditioning

Fitness assessments, an exercise library with video, and individualized player programs.



Shooting & nutrition

Post-practice shooting results and meal/calorie logging round out the daily picture.



One tap = a full player report. Seven sections auto-assembled from every module above — no manual rebuilding.

UNDER THE HOOD

Built on a modern, real stack



Not a mock-up or a slide deck of a product — working software, architected and shipped.



Next.js + React

Component-based app, fast and maintainable



Supabase

Real-time cloud database — no more spreadsheets



Render hosting

Live on the public web, always on



Progressive Web App

Installs to a phone home screen like a native app



PIN-secured access

The whole platform sits behind a login gate



Real-time sync

Every entry saves to the cloud instantly

◆ Dashboard

● Athletes

📅 Practice

🏋️ S&C

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S&C Program

3 assessments · 9 exercises · 12 programs · 1 active assignments

Assessments

Exercises

Programs

Attendance



FROM AN IDEA TO A LIVING PLATFORM

We didn't just describe a vision - We built and shipped it.

Ballmatics is a deployed, secure, mobile-first platform running a complete athletic program — and an education engine teaching math through the game. It's real, it's in use, and it's mine.

◆ Dashboard

• Athletes

📅 Practice

👉 S&C

🧠 Wellness

📊 Stats

🏥 Medical

📄 Reports

Mental Wellness Check-In

19 total check-ins · Based on the RULER framework by Yale Center for Emotional Intelligence

Check-In

Dashboard

History