



ANNOUNCEMENT 2 - " ITSPORTS - PARTNERSHIP"

President Rob Burns has announced a partnership between ITSPORTS and Macarthur Rams Football Club. This partnership will enable all member clubs, their players and parents to benefit. In announcing the ITSPORTS partnership Rob Burns advised that the partnership is for a two-year period.

ITSPORTS make compression garments which aid players in their recovery. This product is endorsed by the New South Wales Institute of Sport and is worn by elite athletes around the country

ITSPORTS are proud to be associated with the Macarthur Rams Football Club and will make its product available to all members clubs.

A percentage of every garment sold in the region will go back into the sport in the Macarthur region.

Rob Burns – President

Macarthur Rams Football Club

What are they

ITSPORT's tights are compression garments designed to help give athletes a competitive advantage over their opponents.

Often sports clothing is more about aesthetics than functionality. But the new sports compression tights by ITSPORTS have certainly tested the boundaries of science and come up trumps.

According to NSWIS athletes Ben Kersten, Craig Stevens and Alicia McCormack, who have been involved in the testing process, this new product works magic for training and recovery needs. "They are very comfortable to wear between sessions and at night," Stevens said.

"They help me to perform at my optimal level at each session by reducing recovery time and muscle fatigue."

Australian water polo player McCormack agreed with Stevens. "ITSPORTS Tights are like a security blanket for me. I don't go anywhere with out them." she joked. "They help me train harder, lift heavier weights and recover painlessly and effortlessly.

"I started wearing the tights in the gym because I felt they gave me the confidence to lift heavier weights.

"Now I wear them to all my training sessions and if I need good recovery I will even wear them to bed."

While the main goal when designing our tights was improved athletic performance we didn't neglect comfort or durability. The result is a durable product that is comfortable enough to wear for extended periods of time.

Benefits

ITSPORTS tights are designed to improve athletic performance and enhance the rate of recovery.

Kenneth Graham

Principal Scientist NSWIS

The benefits are targeted towards two major areas:

- Improving athletic performance by
- Maintaining repeated jump performance
- Reducing the oxygen cost of running

Aiding post workout recovery by:

- Reducing muscle soreness
- Acceleration of the muscle's repair process
- Increased clearance of Creatine Kinase (CK) - a marker of tissue damage

The Product Features

IT Sports' thorough approach included consultation with tailors, sports science experts, and athletes and the result is very impressive

- Moulded for unrestricted movement Acceleration of the muscle's repair process
- IncreLight breathable fabric with active moisture management
- Light breathable fabric and sanitised
- Fabric complies with AS/NZS 4399:1996, UPF 50+
- Designed with gradient compression

Why Are They Good To Wear?

Athlete Testimonials



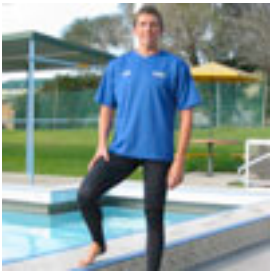
Being on the road so much ITSPORTS tights have greatly improved my ability to recover, particularly between sessions and on the long flights to competitions. I also believe that they have increased my maximum strength in the gym leading to improved performance when training and competing.

Ben Kersten - Cycling

2006 Commonwealth Games - Gold Medal, Men's 1km Time Trial

2006 World Championships - Silver Medal, Men's 1 km Time Trial

2006 Australian Male Track Cyclist of the Year



ITSPORTS tights are very comfortable to wear between sessions and at night. They help me to perform at my optimal level at each session by reducing recovery time and muscle fatigue.

Craig Stevens - Swimming

2007 FINA World Championships - Bronze Medal, Men's 800m Freestyle

2004 Athens Olympic Games - Finalist Men's 1500m Freestyle

2003 FINA World Championships - Gold Medal, Men's 4x200m Freestyle Relay



ITSPORTS tights mould around my lower body and compress my muscles to give me added confidence to lift heavier weights in the gym and give me the recovery I need to back up session after session.

Alicia McCormack - Water Polo

2007 FINA World Championships - Silver Medal

2006 Commonwealth Championships- Gold Medal

2006 World Cup - Gold Medal

These factors allow the athlete to increase training load & quality in their schedule.



Living on the Gold Coast and training in the heat, it is amazing that wearing these new ITSPORTS tights produces no discomfort whatsoever, if anything I feel stronger. I sleep in ITSPORTS tights most nights and definitely feel my recovery is enhanced. Now being a master competitor I believe the benefits are even greater for the older person.

Mr Dennis Green, OAM, BEM

1956, 1960, 1964, 1968 & 1972 Olympics

5 x Olympian



In the sport of Triathlon there is plenty of training sessions to cover in a limited amount of time. ITSPORTS tights have enable me to recover and stabilize my muscles in a reduced time period, which in turn enables me to back up for my next session in a shorter amount of time. They have also increased my awareness of which muscle groups are working effectively and which ones need improvement.

Chris Stanton - Triathlon

2006 Long Course Triathlon World Champion Male 20-24 Years

2007 Long Course Triathlon Australian Champion Male 20-24 Years

2007 Ironman Triathlon Australian Champion Male 20-24 Years

I have been using ITSPORTS tights for the past 18 months and find they are an essential part of my Rugby kit. Whether it be training or post game recovery, I find my body to recover quicker from the rigours of 7's and 15's Rugby Union.

Shawn MacKay - Rugby

2006 Commonwealth Games Australian Rugby 7's Captain

2004, 2005, 2006 & 2007 Australian Rugby 7's

I recommend any athlete who is serious about achieving optimal performance and recovery to wear them.

Tim Wright - Rugby

2007 Australian Rugby 7's

Physiotherapist

I have been wearing the ITSPORTS tights and they have helped with the recovery of my knee. I have had knee pain but since my physio and sleeping in the tights my knee is feeling great. My legs in general feel real good.

Liam Rush - Basketball

West Sydney Razorbacks

The Australian Team recorded a best ever result of second in the 2006 World Championships. The feedback on your new ITSPORTS tights from the team was extremely positive. Some athlete's continued to wear them for a couple of days after there long flight and also during the competition. Some comments were; " Will definitely look to use again, felt fresher and better prepared when we arrived in Germany" " Felt so much better when we hit the pool in Germany" " Sensational, would highly recommend ITSPORTS tights to anyone traveling overseas" " Very comfortable"

Australian Surf Lifesaving Team - 2006 World Championships Germany

Medical Testimonials

"My name is Ben Eaton and I am 27 years old. I am fit and healthy but over the last 12 months I have experienced the sudden onset of varicose veins. It has affected both of my legs and is proving to be quite painful. I fly regularly for both business and pleasure (I have my private pilots license) and this is possibly the cause of the sudden onset. After seeing a varicose surgeon I have been advised that surgery is the only option. In the mean time it was recommended that I wear pressure stockings daily. This proved to be of little relief.

I have since discovered the ITSPORTS tights am now wearing them daily, sometimes for up to 12 hours. To my surprise they have proven to be extremely cool and comfortable and have massively reduced the discomfort in my legs. I actually forget that I am wearing them. I plan not only to wear them up until the operation but in the future to help reduce any relapse in my condition."

Ben Eaton

Varicose Veins Sufferer

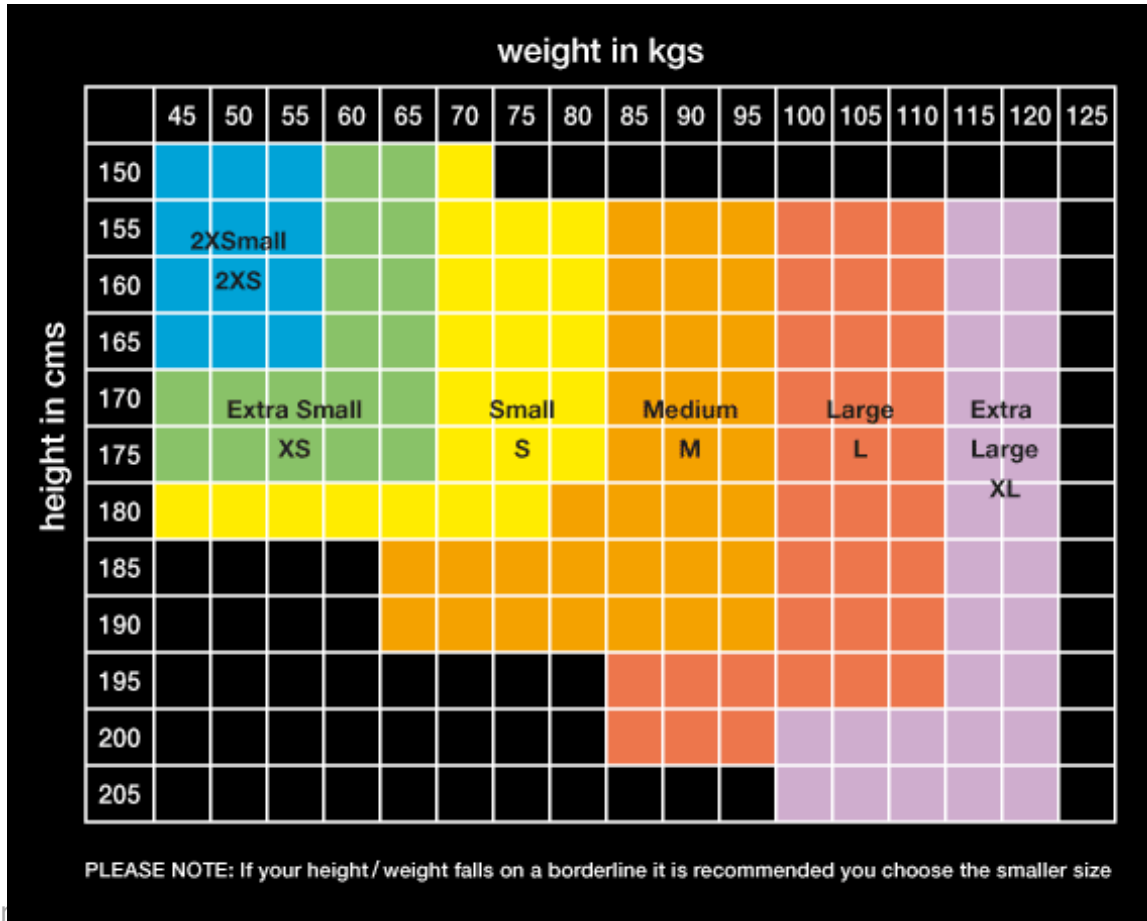
Thank you ITSPORTS for greatly improving the quality of my life with you sports tights. I am a 60 year old man doing a physical occupation and diagnosed with osteoarthritis in both hips. My movements have been greatly impaired over the last 3 years, simple things like walking, bending over, putting on my shoes and socks have been quite traumatic but since wearing your sports tights all these activities have become far easier and less painful.

This is not a cure for this debilitating disease that will happen with the double hip replacement but in the meantime how much more pleasant and easier are simple living activities.

John Milner

Osteoarthritis Sufferer

Sizing:



Scientific Studies:

Influence of Compression garments on Vertical Jump Performance in NCAA 1 Volleyball Players

William J. Kraemer, Jill A. Bush, Jeffrey A. Bauer, N. Travis Triplett-McBride, Nigel J. Paxton, Angeliqué Clemson, L. Perry Koziris, Lisa C. Mangino, Andrew C. Fry, and Robert U. Newton

The Journal of Strength and Conditioning Research: 10(3): 180–183. 1996

ABSTRACT

The purpose of this study was to determine whether compression shorts affected vertical jump performance. Subjects, 18 men and 18 women varsity volleyball players, were thoroughly familiarized with the jump tests and experimental techniques. Testing utilized compression shorts of normal fit (CS), undersized compression shorts (UCS), and loose fitting gym shorts as the control garment (CT). All tests were conducted on the same day using a balanced, randomized block design to remove day-to-day variation. Jumps were performed on an AMTI force plate interfaced to a computer with customized software to determine jump force and power. Ten consecutive maximal countermovement jumps with hands held at waist level were evaluated. The garments had no effect on maximal force or power of the highest jump. However, mean force and power production over the 10 jumps when wearing the CS were significantly ($p < 0.05$) higher than CT for both men and women. In men the UCS mean power production was also higher than the CT. The data indicate that compression shorts, while not improving single maximal jump power, have a significant effect on repetitive vertical jumps by helping to maintain higher mean jumping power.

Graduated compression stockings: physiological and perceptual responses during and after exercise

Ali, A., M. P. Caine, et al..

Journal of sports sciences 25(4): 413-9. 2007

ABSTRACT

The aim of this study was to examine the effect of wearing graduated compression stockings on physiological and perceptual variables during and after intermittent (Experiment 1) and continuous (Experiment 2) running exercise. Fourteen recreational runners performed two multi-stage intermittent shuttle running tests with 1 h recovery between tests (Experiment 1). A further 14 participants performed a fast-paced continuous 10-km road run (Experiment 2). Participants wore commercially available knee-length graduated compression stockings (pressure at ankle 18 - 22 mmHg) beneath ankle-length sports socks (experimental trials) or just the latter (control trials) in a randomized counterbalanced design (for both experiments). No performance or physiological differences were observed between conditions during intermittent shuttle running. During the 10-km trials, there was a reduction in delayed-onset muscle soreness 24 h after exercise when wearing graduated compression stockings ($P < 0.05$). There was a marked difference in the frequency and location of soreness: two participants in the stockings trial but 13 participants in the control trial indicated soreness in the lower legs. Wearing graduated compression stockings during a 10-km road run appears to reduce delayed-onset muscle soreness after exercise in recreationally active men.

Effectiveness of Post-Match Recovery strategies

N D Gill, C M Beaven and C Cook

British Journal of Sports Medicine;40:260-263 (2006)

OBJECTIVES: To examine the effectiveness of four interventions on the rate and magnitude of muscle damage recovery, as measured by creatine kinase (CK). **METHODS:** 23 elite male rugby players were monitored transdermally before, immediately after, 36 hours after, and 84 hours after competitive rugby matches. Players were randomly assigned to complete one of four post-match strategies: contrast water therapy (CWT), compression garment (GAR), low intensity active exercise (ACT), and passive recovery (PAS). **RESULTS:** Significant increases in CK activity in transdermal exudate were observed as a result of the rugby match ($p < 0.01$). The magnitude of recovery in the PAS intervention was significantly worse than in the ACT, CWT, and GAR interventions at the 36 and 84 hour time points ($p < 0.05$).

CONCLUSIONS: An enhanced rate and magnitude of recovery was observed in the ACT, CWT, and GAR treatment groups when compared with the PAS group. Low impact exercise immediately post-competition, wearing compression garments, or carrying out contrast water therapy enhanced CK clearance more than passive recovery in young male athletes

Comparison of three types of full-body compression garments on throwing and repeat-sprint performance in cricket players

Duffield, R. and M. Portus

British journal of sports medicine 41(7): 409-14; (2007).

OBJECTIVE: To compare the effects of three types of full-body compression garments (on repeat-sprint and throwing performance in cricket players). **METHODS:** Following familiarisation, 10 male cricket players performed four randomised exercise sessions (3 garments and a control). Each session involved a 30 min repeat-sprint exercise protocol comprising 20 m sprints every minute, separated by submaximal exercise. Throwing tests included a pre-exercise and a post exercise maximal distance test and accuracy throwing tests. During each session, measures of heart rate, skin temperature, change in body mass, rate of perceived exertion and perceived muscle soreness were recorded. Capillary blood samples were analysed before and after exercise for lactate, pH, O₂ saturation and O₂ partial pressure, and 24 h after exercise for creatine kinase (CK). Ratings of perceived muscle soreness were also obtained 24 h after exercise. **RESULTS:** No significant differences ($p > 0.05$) were evident in repeat-sprint performance (10 m, 20 m time or total submaximal distance covered) or throwing performance (maximum distance or accuracy). No significant differences ($p > 0.05$) were observed in heart rate, body mass change or blood measures during exercise. Significant differences ($p < 0.05$) were observed by way of higher mean skin temperature, lower 24 h post exercise CK values and lower 24 h post exercise ratings of muscle soreness when wearing compression garments. Analysis between respective brands of compression garments revealed no statistical differences ($p > 0.05$). **CONCLUSIONS:** No benefit was noted when wearing compression garments for repeat-sprint or throwing performance; however, the use of the garments as a recovery tool, when worn after exercise, may be beneficial to reduce post exercise trauma and perceived muscle soreness.

Why are they better than their competitors?

But the athlete testing is just one part of the process undergone by ITSPORTS to ensure they have the best product possible.

The Directors of ITSPORTS approached NSWIS Applied Research Program Director Kenneth Graham in 2006 for his advice with the design of their compression tights.

Graham and his team discussed the key design criteria for the new product and this has resulted in a product that matches the way the body moves and operates in sport.

ITSPORTS thorough approach included consultation with tailors, sports science experts, and athletes and the result is very impressive. “The tights have a very high lycra content and heavy stitching to create anchor points,” Graham said.

“It’s a multi-functional design that allows for the disparate body positions that occur in sport.”

Graham said that his involvement with the tights had increased his knowledge of lycra, materials and stitching more than he imagined possible but that it was these finer points and ITSPORTS attention to detail that was integral to what he believes is a winning design.

Cyclist Ben Kersten agrees.

‘As I’m on the road so much, the tights have greatly improved my ability to recover, particularly between sessions and on long flights to competitions,’ Kersten said. “I also believe that they have increased my maximum strength in the gym leading to improved performance when training and competing’.

Athletes like cyclist Ben Kersten who have been trialing the product are happy to get any help they can, and are convinced that ITSPORTS new tights could well give them the extra edge they need.

The key design criteria for the new product and this has resulted in a product that matches the way the body moves and operates in sport.

They do not lose their shape and compression

Endorsements

- NSWIS (New South Wales Institute of Sport)