Polar Named Official Heart Rate Technology Supplier of U.S. Soccer Federation

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LAKE SUCCESS, N.Y., Feb. 29, 2012 /PRNewswire/ -- Polar [1], the leader in heart rate monitoring and fitness assessment technologies, announced today that it will be the "Official Heart Rate Technology Supplier" for U.S. Soccer through 2013.

As U.S. Soccer prepares for a year packed with major national and international events, including the London 2012 Olympic and Paralympic Games, heart rate technology devices from Polar will be used to help these nine National Teams gain a competitive training edge:
Men's National Team Women's National Team Men's Under-23 Team Women's Under-23 Team Men's Under-20 Team Women's Under-20 Team Men's Under-17 Team Women's Under-17 Team U.S. National Paralympics Soccer Team
The teams will mainly use the Polar Team2 Pro set [2], which helps coaches and trainers gain unique insight into each athlete's fitness level. Using heart rate-based training sessions can monitor athletes' intensity at all times, optimize their fitness levels, and help prevent overtraining and injuries. By taking into consideration each individual's training load (the cumulative effect of recent training sessions), coaches and trainers can develop personalized practice regimens. From the real-time heart rate data retrieved, coaches can assess how much energy players expended, how hard their bodies were impacted and how much recovery time they will need to maximize performance on game day and throughout the season. The data collected is incredibly accurate and personalized based on each player's age, height, weight and fitness level.

"The U.S. Soccer Federation recognizes the technological edge heart rate training provides," said Ivan Pierra, Head Trainer for the Men's National Team. "This partnership with Polar ensures t
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