



BAT LOGIC ***GO FAST***

PRODUCT GUIDE

GAIN SPEED AND REDUCE
INJURY ON THE WATER AND
THE ERGOMETER WITH A SIMPLE
CLICK-IN / CLICK-OUT

WWW.BATLOGIC.NET

“AT COMMUNITY ROWING, INC. WITH ALL OF OUR BOATS ROWED 2-3 TIMES PER DAY BY DIFFERENT MEMBERS, THE SHOEPLATE PRO QUICKRELEASE HAS GIVEN EVERYONE THE OPPORTUNITY TO ROW THEIR BEST BY HAVING THE CORRECT SHOE SIZE IN ANY BOAT AT ANY TIME AND HAS HAD A POSITIVE IMPACT ON OUR OVERALL MEMBER SATISFACTION.”

MATT LEHER
DIRECTOR OF COACHING EDUCATION
COMMUNITY ROWING, INC. – USA

“THE BAT LOGIC SHOEPLATE PROS HAVE BEEN PART OF OUR SET UP TO SUCCESS. THE SHOEPLATE WAS A GREAT ADDITION TO THE ROWERS RIG, IT CERTAINLY HELPED TO HAVE IT ON BOARD.”

PAUL THOMPSON
OLYMPIC GOLD MEDAL
WINNING COACH - GREAT BRITAIN



Recent results

SUCCESS WITH BAT LOGIC



BAT LOGIC CHAMPIONS OF WORLD ROWING 2015



**CHANGING THE WORLD
OF ROWING, BAT LOGIC IS
TRUSTED BY OVER 25 NATIONS
TO SUPPLY ELITE ROWING
EQUIPMENT.**



About BAT Logic

At BAT Logic we are passionate about helping athletes achieve their best. BAT is an acronym for the Latin 'bio altus teneo', which translates into 'a superior understanding of the workings of the body'. In developing our innovative, easy-to-use rowing products, BAT Logic's team have consulted with the world's best coaches and analyzed over 2000 athletes, both in the boat and on the ergo.

This extensive research has been combined with our expert knowledge of biomechanics and anatomy to deliver a range of products designed to:



INCREASE PERFORMANCE

Enhanced leg muscle use, improved power and increased efficiency from the specific biomechanic and sports medicine based design.



REDUCE INJURY

Support through all phases of the stroke, with a focus on the feet, legs and spine. Greater gluteal control and use, better stability in the boat, improved foot support.



ENHANCE STABILITY AND CONNECTION

Improved foot support, greater engagement and enhanced heel load through the whole stroke. Providing confidence, consistency and a stronger base for the drive, as well as improved boat trim & feel.



IMPROVE EASE-OF-USE

Easy to install and simple to use. Click-in click-out technology allows shoes and ShoePlates to be moved easily and quickly between boats and the erg. Compatibility across a wide range of shoes.



DELIVER BETTER HYGIENE

Avoids the need to share shoes. Reduces the risk of spreading fungal foot infections.





ShoePlate Pro QuickRelease

Click into any seat, any boat and the erg; the base for your best performance. Enhanced foot connection, heel load, stability and muscle use for increased speed and reduced injury risk factors. And with our click-in click-out technology, you can wear your own shoes every time.



CustomPack

Personalize your setup to your exact needs. Whether it be ankle inflexibility or leg length discrepancy, the CustomPack is the key to a finely tuned row, reducing injury risk factors and increasing performance.



ErgAdaptor

Erg with more power, connection and feel. Drop splits and feel the instant benefits of the Concept2 endorsed ErgAdaptor. When used with the ShoePlate Pro QuickRelease, click your shoes out of the boat and directly onto the erg with ease.



Nike Omada

The highest quality performance rowing shoe on the market. Built to the specification and demands of the world's best rowers, used by the world's best boat makers.

ShoePlate Pro QuickRelease



The ShoePlate Pro QuickRelease is a key performance piece used by the world's top rowers, schools and clubs. Over 210 World medals have been won using BAT Logic ShoePlate Pros including 4 Gold and 3 Silver medal winning crews at the London 2012 Olympic Games.

The ShoePlate Pro QuickRelease allows rowers to move from seat to seat-boat-erg and back again with their own plates and shoes – taking their settings with them and avoiding sharing shoes. Boats can be shared seamlessly, freeing up boatmen's time.



FEATURES

- ▶ Fits under the steering foot seamlessly
- ▶ 7 degree rise with toe wedge
- ▶ 4 degree rise with heel wedge
- ▶ Standard drill pattern
- ▶ Light weight, at less than 190gm (under 7 ounces)
- ▶ QuickRelease feature for rapid seat & boat changes
- ▶ Compatible with most rowing shoes

BENEFITS

- ▶ Greater foot stability
- ▶ Enhanced connection and heel load
- ▶ Improved muscle recruitment
- ▶ Increased performance
- ▶ Reduced injury risk factors
- ▶ Click in / out of any seat, boat or ergo
- ▶ Science based, race proven
- ▶ Enhanced longevity of shoes
- ▶ Enhance hygiene in the boat shed, use your own shoes

The shape and function have come from years of research and development focusing on performance gain and injury reduction. The end product is lightweight and designed with performance biomechanics to enable all rowers – regardless of skill level – to achieve a benefit over a standard flat board. With a 7 degree wedge at the toe and a 4 degree wedge at the heel, the ShoePlate Pro provides maximum connection and stability and helps rowers tap into their most powerful leg muscles.

The ShoePlate Pro can be used with almost all rowing shoes that share the common drill pattern, including most adidas, H2Row, New Wave, JL Sport, Dibi and Boat Builder shoes. To suit all rowers and boats, the ShoePlate Pro QuickRelease comes in two sizes – small (US size 6-9 shoes) and large (US size 10-16 shoes).

Note The ShoePlate Pro QuickRelease is not designed for walking. Walking on ShoePlates may cause injury. FISA approved heel ties must be used.

Users of BAT Logic ShoePlates



Our clients include:

OLYMPIC NATIONS

Great Britain, United States of America, Canada, Australia, New Zealand, Italy, Denmark, Netherlands, Czech Republic, Slovenia, Switzerland, France, Sweden, Norway etc. At present over 28 Olympic Nations use BAT Logic Products & the number keeps growing.



COLLEGES/UNIVERSITIES

Ohio State, University of Virginia, Harvard University, Yale University, Stanford University, Brown University, University of San Diego, Michigan University, Michigan State University, Cambridge University, Oxford University. BAT Logic products have been used in 4x consecutive NCAA title wins and numerous Oxford-Cambridge Boat Race wins and other National Titles.



SCHOOLS

Eton College, Sir William Borlase School, Marin Rowing Association, Scotch College, Shore School, St Margaret's Anglican Girl's School, Loreto College, Nudgee College, St Joseph's Prep School PA. BAT Logic products have been used in the last 5x National School Boy Wins in Australia, 4x National School Girl's and numerous Henley and Head Of The River National / State titles.



CLUBS

Vesper Rowing Club, California Rowing Club, Community Rowing Inc., Melbourne University Boat Club, Mercantile Boat Club, Sydney University Boat Club, Mosman Boat Club.

"The combination of the BAT Logic consultancy and the use of the ShoePlate Pro in the boat was a pivotal part in the setup of our National Schools and Henley winning crews. Every athlete that uses the footplate is able to get into a stronger position."

Robin Dowell
Great Britain Junior Head Coach,
Junior World Champs Gold Medal 2015 JM4x
Prev. Head Coach Sir William Borlase School

"At Rowing Canada we align ourselves with companies who continually innovate, like BAT Logic, to bring us the best equipment for performance impacts, which are so important at this level."

John Keogh
Rowing Canada Head Women's Coach,
Olympic Silver 2012 W8+

Hygiene & boat house benefits



HYGIENE AND SIZING IN THE BOAT HOUSE

Did you know that up to 25% of people suffer from the fungal infection that causes Athlete's Foot? That equates to 2 seats in your 8 with gross foot fungus! Did you know that every time you take a stroke in a shoe that is too big or too small for you, your ability to apply force is reduced, your muscles are fatiguing faster and you may even increase your risk of injury?

Facts:

- › Up to 25% of the population have fungal foot infections - are you ok with yourself or your kids sharing shoes that may contain foot fungus and infection causing bacteria?
- › Foot health is linked to general well being - the feet are a common site for infection transmission.
- › Moist, warm shoes that don't see the light of day are an ideal environment for germs and fungus to flourish.
- › Incorrect shoe size is a risk factor for loss of performance and even possible injury risk.
- › Shoes that can be removed and dried after each session are more hygienic and last much longer.

Everyday as rowers we are used to sharing shoes and equipment but this is now no longer needed, nor is it good enough. This doesn't happen in other sports! Wear your own shoes and keep your own specific settings with the ShoePlate Pro QuickRelease and let's get rowing into the 21st Century.

USE IN THE BOAT HOUSE

SCHOOLS

Jonathan Voller is the coach of 160 athletes in his senior girl's school based program at St Margaret's Anglican Girls School.

Each time he wanted to seat race or change athletes from VIII to IVs for training each rower previously had to just use whichever shoes were in the seat, regardless of whether the shoe size suited them or not. If they had custom settings for leg length issues or injury these could not be carried with them or the boatman had to spend hours installing the equipment needed for each row. This was a compromise, and it reduced on-water time and boat use. Then Jonathan got the BAT Logic ShoePlate Pro QuickRelease.

Since getting the BAT Logic Solution:

- › It now only takes seconds to move every set of shoes and plates in an entire VIII vs over an hour with the normal foot stretchers and shoes.
- › He can simply click girls from boat to boat, seat to erg and even boat to ergo.
- › There are the hygiene benefits of the girls using their own shoes.
- › Jonathan benefitted from the volume discounts available for larger orders.
- › For the cost of one single skull, Jonathan fitted his entire boat shed and made each shell more useable for all athletes.
- › Now if an athlete wants to buy their own shoes they can with no effect to the boathouse and we can reuse all the existing shoes in most brands if we want.

CLUBS

Matt Lehrer is one of the coaches at Community Rowing, the largest boat club in the world.

"At CRI with all of our boats rowed 2-3 times per day by different members, the ShoePlate Pro QuickRelease has given everyone the opportunity to row at their best by having the correct shoe size in any boat at any time and it has had a positive impact on our overall member satisfaction."

Since getting the BAT Logic Solution:

- › Improved equipment for all members
- › Enhanced usability of boats
- › Improved hygiene and performance
- › Happier members!



Compatibility



COMPATIBILITY WITH DIFFERENT ROWING SHOES

The ShoePlate Pro QuickRelease is designed to be used with all existing rowing shoes that share the common drill pattern and alignment.



BOAT COMPATIBILITY

All of our equipment is designed to fit in any boat and will do so in almost all boats as standard. If your boat has a different screw pattern on the foot stretcher, this can easily be rectified.

For a full boat fitment guide and more information see www.batlogic.net/compatibility/

SHOE	WILL IT FIT?
NIKE OMADA	Yes – designed to fit the ShoePlate Pro QuickRelease. The best match for ultimate performance.
ADIDAS	All models except the white model of 2009-2011 will fit. The black model will sit lower down the ShoePlate Pro QuickRelease but will function well.
NEW WAVE	2015 model – Yes Pre 2015 – Yes, up to size 13
WINTech	2015 model – Yes Pre 2015 – Yes, but alignment may vary
H2ROW	Yes, but only in small sizes up to size 10
JL SPORT	Yes
DIBI	Yes
POCOCK	Yes
VESPOLI	Yes



FEATURES

- ▶ Fully portable
- ▶ Factory quality fit
- ▶ Fully Concept2 endorsed
- ▶ Easy to use, simple to fit
- ▶ Legal for most indoor racing events
- ▶ Allows in-boat foot stretcher setups on the erg

THE BAT LOGIC ERGADAPTOR IS A FULLY PORTABLE, STRAP ON/OFF ERGOMETER PLATE THAT EASILY ATTACHES TO ANY MODEL D/E OR DYNAMIC ERGO TO PROVIDE ACCESS TO ALL OF THE BENEFITS OF THE BAT LOGIC IN-BOAT EQUIPMENT.

BENEFITS

- ▶ More efficient performance and reduced injury risk with improved foot hold, support and connection
- ▶ Greater ability to apply power
- ▶ Improved comfort and support – no slipping straps or loose connection
- ▶ Greater use of large leg driving muscles
- ▶ Adjustable for height and fully customizable with the CustomPack shims
- ▶ Enhanced and earlier heel loading
- ▶ Attachable and removable seamlessly in seconds
- ▶ Allows more specific training
- ▶ Enhanced and hastened long-term effects for in-boat ShoePlate Pro QuickRelease users
- ▶ Improved ergo performance and muscle load patterns for non-rowers e.g. Cross Fit athletes also

**SHOEPLATE PRO
& ERGADAPTOR**

**9 INDOOR
WORLD
RECORDS**



Over 95% of the population has a leg length discrepancy and many rowers are affected badly by this discrepancy. Leg length issues are linked to a number of common injuries including spinal, pelvic, rib and muscle overuse dysfunctions as well as steering and boat balance issues.

FEATURES

- ▶ 1 x 1.0 mm white leg length shim (CustomShim 1.0)
- ▶ 1 x 2.0 mm white leg length shim (CustomShim 2.0)
- ▶ 2 x 5.0 mm black heel shims (CustomHeel)
- ▶ Fits with all standard shoes

BENEFITS

- ▶ Choice of leg length and heel shims
- ▶ Adjust for leg length discrepancies
- ▶ Aid Inflexible ankles
- ▶ Increase heel load
- ▶ Improve timing and symmetry between legs
- ▶ Personalize and improve comfort

USED PROPERLY THE CUSTOMPACK WILL GIVE ROWERS PERFORMANCE GAINS AND CAN REDUCE THEIR RISK OF INJURY.

HOW?

Adjust for
leg length
discrepancies.

Cater for
inflexible
ankles.

Increase
heel
loading.

Improve
timing
and leg
symmetry.

RESULTING IN

PERFORMANCE GAIN & REDUCED INJURY RISK FACTORS


“I’VE BEEN IN THE SPORT OF ROWING A LONG TIME, AND IN THAT TIME I’VE SEEN A LOT OF “INNOVATIONS” COME AND GO. HAVING STARTED USING BAT LOGIC A FEW SEASONS AGO, I CAN SEE THIS IS AN INNOVATION THAT IS HERE TO STAY! YOUR FOOTPLATE IN A ROWING BOAT IS THE GATEWAY FOR THE TRANSFERRAL OF POWER. CREATING AN ERGONOMIC AND STABLE FOOTPLATE ENABLES US, THE ATHLETES, TO BE CONFIDENT THAT ALL OF OUR HARD WORK IS BEING TRANSLATED INTO BOAT SPEED.”

**JESS EDDIE
WORLD CUP MEDALIST
GB W8+**





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