

# 15 months, 20 projects

- **ACL Rehabilitation - Supporting the Athletic Trainer with Data** (Men's Football)  
'Tracking improvement every day, every session, every repetition to help athlete recovery'
- **Training vs. Competition Workload** (Women's Tennis)  
'Redesigning training to accurately reflect competition.'
- **Measuring Stability, Power Development and Acceleration** (Men's Basketball)  
'Individualized sport specific movement analysis for injury prevention and performance gains'
- **Individual Athlete On-Court Balance** (Women's Basketball)  
'With multiple athletes returning from major injuries, understanding of on-court balance data was required to ensure each athlete was ready for training'
- **Laboratory Testing Data to Assist Return to Play Decisions** (Multi-Sport)  
'Detailed information is helping the athletic training staff discuss return to play readiness with coaches'
- **Reflection for Preparation** (Men's Golf)  
'Guiding athletes to find their own answer is the highest form of learning'
- **Nutrition Education to Improve Jump Height** (Women's Volleyball)  
'Learning to eat, cook, and understand food to prepare for training and recover like champions'
- **Estrogen and Athletic Capacity** (Women's Tennis)  
'Understanding our female athletes health and wellbeing to improve long-term performance'
- **Position Specific Workload in Training and Competition for Fitness Gains** (Women's Soccer)  
'Evolving fitness training to account for position specific demands'
- **Measured Workload by Position - Workload in Spring Training** (Men's Football)  
'Our first step in using data to improve player preparation across the spring training'
- **Measured Workload by Position - Workload in Summer Training** (Men's Football)  
'Our second step in using data to improve player preparation, using data collected across the summer training'
- **Lower limb Athlete Screening for Performance and Injury** (Women's Basketball)  
'Understanding athletes' physical limitations prior to heavy training demands to reduce injury risk'
- **Biomechanical Analysis of Hitting** (Softball)  
'Using data to help athletes understand and then change their swing mechanics to improve swing speed''
- **Biomechanical Analysis of Softball Pitching** (Softball)  
'Our first step in understanding pitching mechanics to improve specificity of individual coaching'
- **Coach Knowledge and Scientific Support Understanding** (All sports)  
'Semi-structured interviews with the entire coaching staff to assess scientific needs and demands, including interaction style'
- **Lower limb Training Intervention for Pre-habilitation** (Women's Basketball)  
'Using gathered data on leg strength and landing mechanics a 6 week on-court program was is being implemented to reduce injury risk factors'
- **'Tiger Bites' – Hands on Cooking and Applied Education – Large Group Pilot** (Softball)  
'Following the success with a small team, a large group pilot in a new cooking facility is being trialed'
- **Using Bone Density and Body Fat to Improve Athlete Nutrition** (Track and Field)  
'Using scientific data and standards to drive sport specific athlete demands'
- **In Season workload analysis – GPS Data the Third Step** (Men's Football)  
'Building on previous knowledge, daily and weekly workload reports by individual help define our understanding and implementation of data to training methods'
- **Lisfranc Rehabilitation - Supporting the Athletic Trainer with Data** (Men's Football)  
'Tracking improvement every day, every session, every repetition to help athlete recovery'



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