

CASE STUDY

UNIVERSITY OF SAN FRANCISCO

Reinvesting back into the
student-athlete experience



ABOUT

UNIVERSITY OF SAN FRANCISCO

- 200-250 Athletes
- Partnership with Sparta Science established 2012



THE CHALLENGE

Prior to 2012, University of San Francisco, a mid-major university in the West Coast Conference, needed a clear, tangible way to connect all coaches, Sports Medicine and Administration. With the goal of creating a unifying philosophy, the athletic department decided to implement Sparta Science as a way to enhance organizational communication and alignment with student-athlete safety as the main priority.

With those goals in mind, the major challenges that the department faced were:

Philosophy Alignment

Staff Turnover

Time Required for Individualized Care

“We utilize [Sparta Science] for collaboration between our strength coaches and athletic trainers to speak a common language.”

Stephanie Ludwig

Assistant Athletic Director, Sports Medicine

THE SOLUTION

University of San Francisco utilizes the Sparta Science System to evaluate their student-athlete movement patterns, identify injury risk, and create individualized athletic performance programs.

The efficiency of the Sparta System allows USF's staff to assess all 220 student-athletes for their Pre-Participation Physical Exam and reassess frequently throughout the year as determined by each sport.

The simplicity of the Sparta data allows it to be shared among the entire athletic department staff (Admins, ATs, S&Cs, Sports Dietitian, Sports Psychologist), each sports' coaching staff, and most importantly, each student-athlete.

Sparta Science provides a centralized platform which creates the foundation for meaningful conversations with student-athletes and enables the entire department to communicate clearly on the well-being and availability of every athlete.



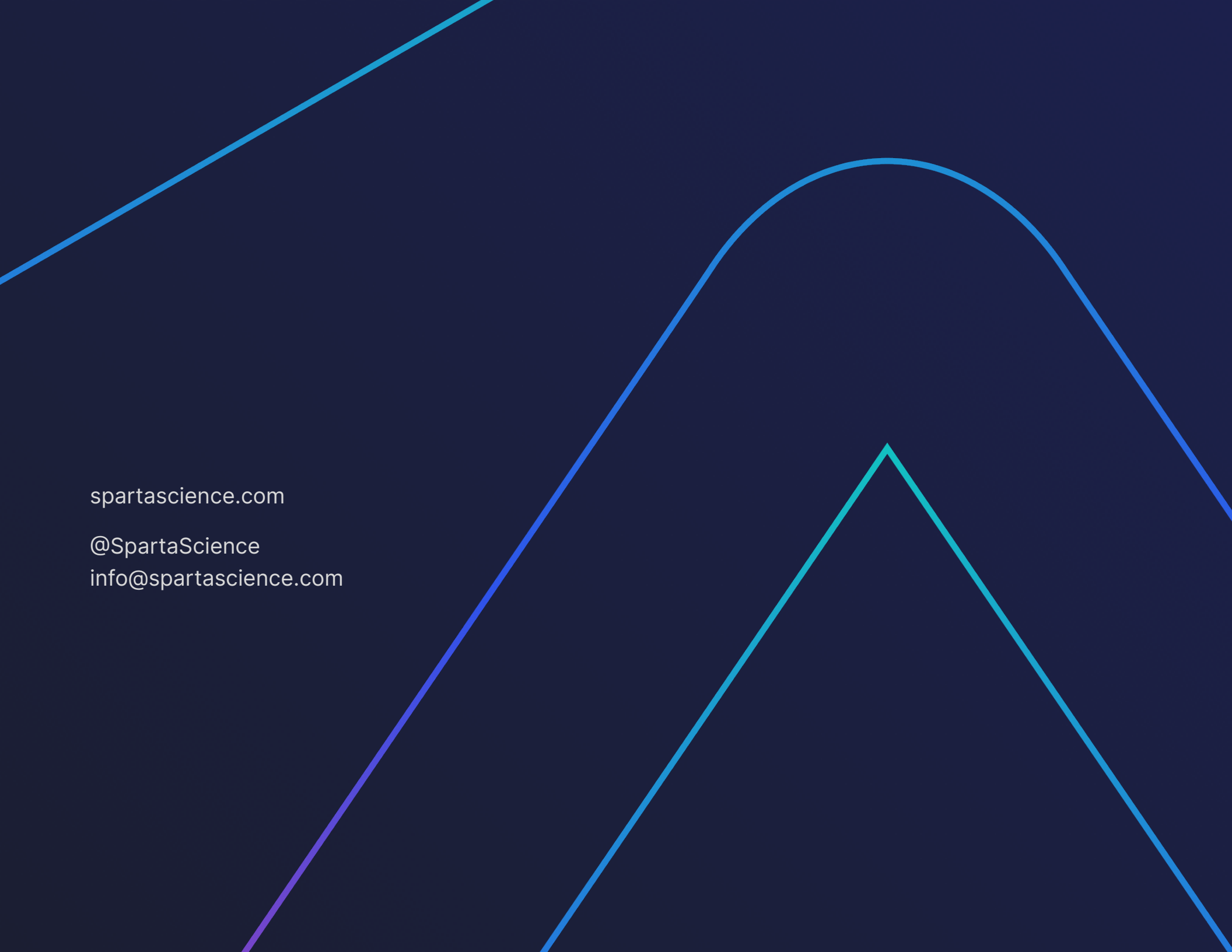
THE RESULT

57% Reduction
in Yearly Medical Costs

“Medical costs that we had were over \$400,000 per year. Two years after putting Sparta in place, we now average about \$230,000 per year in pure medical costs. Just a ridiculous amount of savings.”

Doug Padron

Senior Associate Athletic Director



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