# TEXAS ATHLETICS : ELEVATING ATHLETE PERFORMANCE, RECOVERY, AND HEALTH

Elevating Athlete Performance, Recovery, and Health

FUSIONSPORT.COM/SMARTABASE

## ABOUT TEXAS ATHLETICS

Like the state it calls home, the University of Texas at Austin is a bold, ambitious leader. Ranked among the largest and best research universities in the country, UT Austin is home to more than 51,000 students and 3,000 teaching faculty.

The Texas Athletics Applied Sports Science department applies the latest in human performance research to enhance student-athlete health and development. Their mission is to "provide coaches and trainers with unique, accurate, and actionable information in a timely manner and support athlete growth and development through monitoring and education."

Learn more about the Texas Athletics Applied Sports Science department by visiting their website.

## OVERVIEW: TEXAS ATHLETICS & SMARTABASE PARTNERSHIP

### Opportunity

Texas Athletics initially deployed Smartabase with a small percentage of its total student-athlete population. Soon realizing that this solution simplified data aggregation and interpretation, the leadership team decided to extend the scope of the project to encompass all the school's varsity sports. This presented the opportunity to have a greater impact on the performance, healthcare, wellness, and injury management of more student-athletes.

### Challenge

Like many college athletic departments, Texas Athletics was struggling to manage student-athlete performance, health, and wellness data across multiple disparate repositories. Staff members found it difficult to find the precise information they needed, when then needed it, to make it useful to student-athlete preparation, recovery, and injury management.

### Solution

Deploying Smartabase across all sports has enabled Texas Athletics to unite the collection, collation, and visualization of performance, wellness, and health data. This unique combination of an EMR and athlete performance management system enables sports scientists, coaches, and medical personnel to easily access, target, and apply data-driven insights.

### Impact

The vertically integrated Smartabase platform is helping Texas Athletics retain institutional knowledge, share information across performance and medical disciplines, and apply a cohesive approach to performance management. Since extending this solution across the entire department, the timeliness and accuracy of decision-making has improved, and staff members are better able to meet student-athletes' needs on and off the field.

# THE OPPORTUNITY

Enhancing Student-Athlete Wellness, Performance, and Readiness

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One of the biggest factors in the success of our partnership with Smartabase is the fact that we are now vertically integrated in terms of all of our data collection. So whether it's nutrition, medical, strength and conditioning, sport-focused, or behavioral health information, all of it goes directly into Smartabase, where it's readily available to any authorized staff member who needs it to make decisions about athlete health, development, or mental wellbeing.

**-Travis Vlantes, Director of Applied Sports Science at UT**

When Texas Athletics sports science team chose Smartabase as both an electronic medical records (EMR) and performance management platform, they decided to start small to test the efficacy of the system. It soon became apparent that Smartabase was helping sports scientists deliver accurate, unique, and complete information to coaches and athletes in a timely and actionable manner. Knowing they could have a greater impact, they decided to roll out the system to every UT student-athlete.

Before extending Smartabase across the entire athletic department, Vlantes' team and Fusion Sport's expert consultants worked closely to evaluate all the potential inputs into the AMS. They grouped technologies that gather student-athletes' data into three distinct groups: wellness, performance, and readiness. This made it simpler to ensure there was a solid integration between each input and the Smartabase platform and if none existed, the Fusion Sport team helped create, test, and deploy an API. Such integration enables information to flow smoothly between specialists like nutritionists, sport coaches, physicians, athletic trainers, strength and conditioning coaches, behavioral health, and sports scientists, so that they can coordinate the best possible programming and care for all of UT's student-athletes.
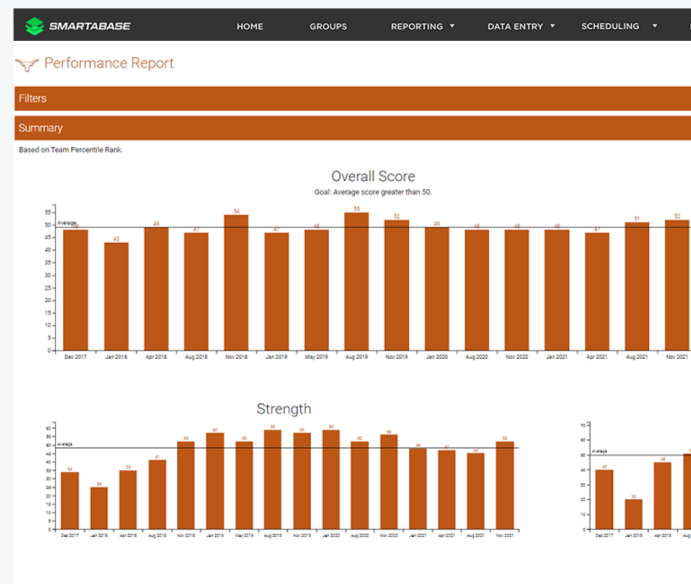
# THE CHALLENGE

Putting Complete Performance and Medical Data at Coaches' and Athletes' Fingertips

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One of the questions we often ask ourselves is, '**How do we maintain consistency through staff turnover?**' because like every college athletics department, people move on to other opportunities. We have to make sure the level of service we continue to provide doesn't drop off. Smartabase helps us retain institutional knowledge and keep cohesion when people leave.

As at many elite colleges, the athletic department at UT struggled to get a handle on numerous and disparate athlete data sources. From assessments to monitoring and Electronic Medical Records, sports coaches, performance staff, and clinicians used multiple systems and databases to manage student-athletes' information.

"The initial challenge was ingesting all these feeds and centralizing the data in a single repository that could be accessed by authorized parties in various specialties," recalled Tom Crameri, Principal Human Performance Consultant at Fusion Sport.

Housing performance and medical data in the one platform would ensure information was shared in real time with minimal downtime, and that no department needed to look outside of the system to quickly find information relevant to them. After evaluating all the best-in-class platforms, the Texas Athletics sports science team chose Smartabase.
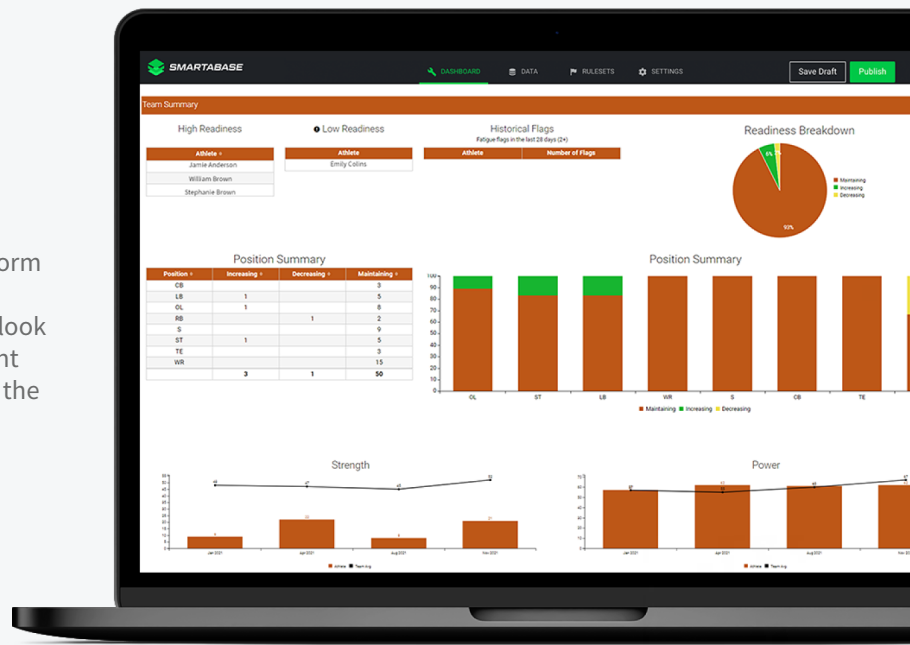
"If you need a complete record on who an athlete is and what they've done during their time here, there's only one place to find that – Smartabase," Vlantes said. "Whereas at a lot of other schools, a coach might have to look for an athlete's medical data in the EMR, a different system to see what's been happening in practice and the weight room, and separate systems to find nutritional, behavioral, and mental health information."

Another challenge at Texas Athletics is retaining institutional knowledge and maintaining stability when staff members move on to new opportunities elsewhere. One of the ways the applied sports science team achieves such continuity is by including Smartabase in a comprehensive onboarding approach that gives incoming staff and coaches an introduction to the people, systems, and colleagues they'll be working with. Faces might change over time, but with a performance management platform in place, there is a degree of stability.
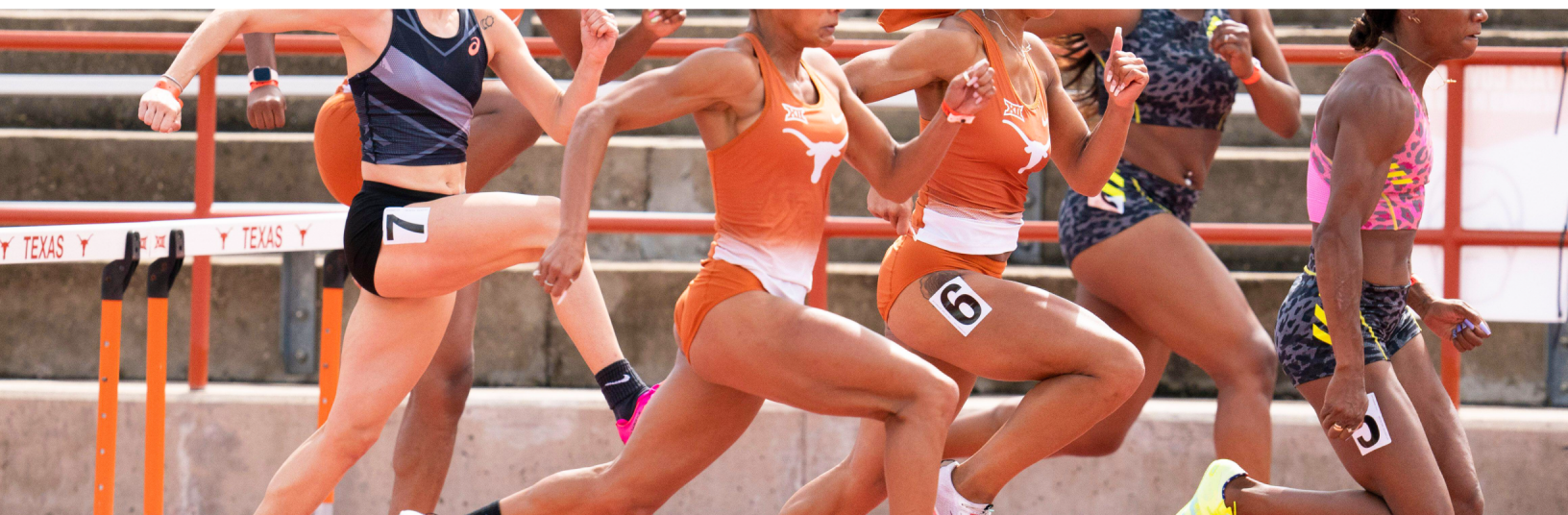
# THE SOLUTION

Reducing Reporting Time from Hours to Minutes

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> We can give a better picture of the status of an athlete and tell a better story because of the dashboard builder in Smartabase. Being able to push a button and see a simple table pull up with force plate results or body composition history helps us get and keep our athletes' attention, which is very important. The same goes for coaches.

Once the Texas Athletics sports science team had centralized student-athlete data, the next step was to present the data so it could be easily understood and acted upon. Student-athletes and the coaches who guide them don't have a lot of free time on their hands, so they need to be able to view, interpret, and understand performance and wellness data at a glance. This is where visualizing the information in intuitive dashboards came in.
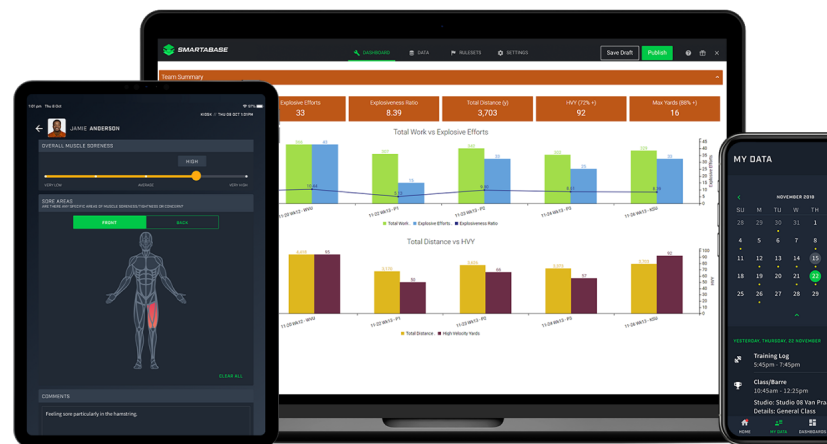
"The new dashboards reduced the time it took to produce a post-game report from three hours to less than five minutes," Crameri said. This report is so helpful to the coaching staff that it's still utilized today.

The Texas Athletics sports science team has since replicated this approach to reporting across all the school's varsity teams. With Smartabase, the reporting process is no longer the time-consuming, frustrating, and manual process that many coaches and sports scientists are used to.

When they open the Reports tool, they simply choose the event or profile form containing the data they're interested in, then select whose data they want to see and choose any filtering options that are needed. This information can then be used to assess game day or practice metrics, strength and conditioning programming, athlete sleep and recovery, or any other aspect of performance, wellness, or development.
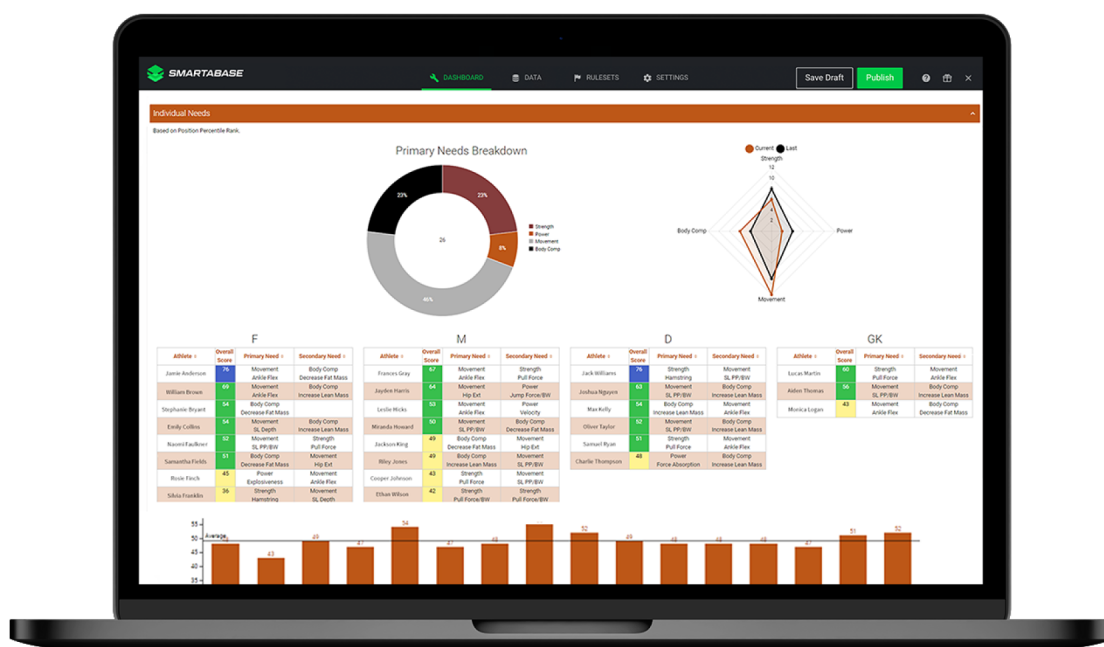
# THE IMPACT

Empowering Student-Athletes to Maximize Their Potential

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We derive tremendous value from having all student-athlete performance and health information in one place. This helps all the practitioners stay on the same page and ultimately benefits our student athletes and how we provide care to them.

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"When an athlete is a freshman at UT, there's a huge scope of improvement, particularly for someone without a lot of previous training experience," Vlantes said. "But once they've been in one of our programs for a couple of years, that potential to improve becomes smaller and smaller, which puts an emphasis on us identifying the few key areas that they can still hone to keep improving their performance. Smartabase helps us do this by allowing us to target specific data sets that pertain to qualities where there is the greatest room for improvement."

Texas Athletics Applied Sports Science is committed to the application of the latest in human performance research for the enhancement of student-athlete health and development. The department's mission is to provide coaches and trainers with unique, accurate, and actionable information in a timely manner. Vlantes and his colleagues also aim to support student-athlete growth and development through monitoring and education.
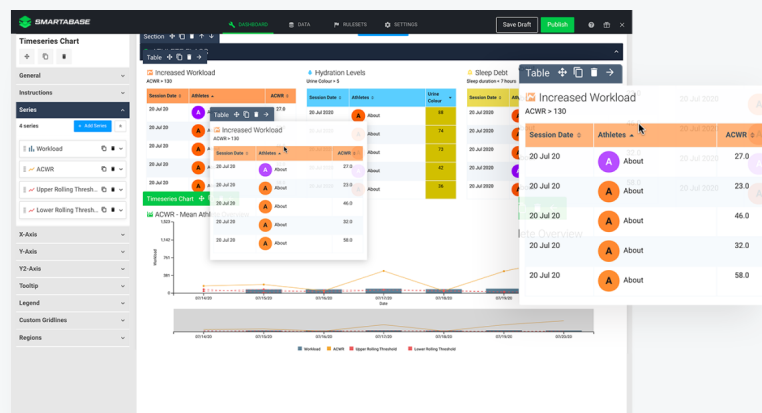
Using Smartabase as both a performance management platform and EMR is helping the Texas Athletics sports science team put these principles into practice at the intersection of a people-first approach and data-informed decision-making. The results? Improved athlete development, performance, and wellbeing.

## ABOUT FUSION SPORT

Headquartered in Brisbane Australia, and with a US office in Colorado, Fusion Sport is a global leader in the human performance sector. Established in 2003 by co-founders Dr. Markus Deutsch and Dr. Douglas Moore, their human performance data and analytics platform, Smartabase, is trusted by national sporting federations, Olympic committees, many of the world's highest profile sporting teams, research and operational wings of military organizations and performing arts.

To discuss how we can help you realize the full potential of your data and improve student-athlete performance, health, and wellness, contact us.

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