

OPTIMIZED TRAINING. IMPROVED OUTCOMES.

The New Mexico State Aggies football team — a customer success story



Optimized training and practice habits. Improved physicality and energy. Increased player confidence. These and other outcomes were improved for the New Mexico State Aggies football team. And quantifiable, real-time data from Zephyr™ performance systems made all the difference in these areas:

- **Heart rate recovery monitoring.** Offensive linemen experienced optimal recovery and improved sprint-repeat performance on Truth Hill. With a modified work-rest ratio, heart rate recovery was 40 bpm. The players broke through mental barriers because the data boosted their confidence about their ability to accomplish the task. (Some softball players got in on this action, too.)
- **Evaluation of the summer training program.** Improvements in physicality and energy were measured in a trifecta of intensities: training, mechanical, and physiological. In the spring, the average training intensity was 4.19. In the fall, it was 3.62. The coach's takeaway? The players handled the stress of fall better than the stress of spring.
- **Identification of speed data.** Skill position players in game-type scenarios turned in these speeds:
 - Receivers: 21.5 mph, 19.5 mph, 19 mph
 - Running back: 20 mph
 - Defensive back: 20 mph

- **Actionable substitution and rep planning for coaches.** With linebacker injuries, one linebacker's normal rotation during spring practice was changed to include more reps. He covered 4.5 miles in that practice (the usual for receivers and defensive backs) compared to the approximately 3.5 miles he usually covered. The knowledge that all players are conditioned the same lessened the worry that this player was being put at risk because of the increased training load. As a result of the performance monitoring data, in-spring lifts were modified, and the position coach made some alterations. Because of Zephyr™ performance systems, everyone involved (player, football coaches, sports performance, and sports medicine) were confident that he could handle what he was being asked to do.

—Don Decker, Director of Sports Performance, New Mexico State University

© 2017 Medtronic. All rights reserved. Medtronic, Medtronic logo and Further, Together are trademarks of Medtronic. ™* Third party brands are trademarks of their respective owners. All other brands are trademarks of a Medtronic company. 04/2017-17-RM-0028-[WF#1617492]

1 Annapolis St., Suite 200
Annapolis, MD 21401 443.569.3603 zephyranywhere.com



Medtronic