SPRNTD

CASE STUDY

99% Availability Across Three Competitive Seasons

How a system-level redesign eliminated soft-tissue reinjury cycles and delivered +5 km/h speed gains in a professional sports environment.

CLIENT	DURATION	ROSTER	GAME EXPOSURES
Professional Club	3 Seasons	56 Athletes	2,464

RESULTS AT A GLANCE

99%
OVERALL AVAILABILITY
Across 2,464 possible player-game appearances over three competitive seasons.

<1%
NON-CONTACT INJURY RATE
Three-year average. Including one full season at 0%.

0
REINJURIES
Soft-tissue

0
CHRONIC TENDON
Cases developed

+5 km/h
TOP SPEED GAIN
Top 5, within 3 months

>85%
HIGH-SPEED READY
Reaching 90%+ max velocity

▸ THE SITUATION

A familiar problem with an unfamiliar cause.

A professional club competing in a European league approached SPRNTD with a pattern most performance directors will recognise. Too many players unavailable on game day. No clear understanding of why.

The club had invested in monitoring technology. They employed qualified staff. They followed what they believed were best-practice training methods. Despite this, soft-tissue injuries recurred. Key players missed critical fixtures. Reinjury rates eroded confidence across the organisation.

BEFORE: WHAT WE FOUND

SYMPTOMS
- Recurring soft-tissue injuries
- Key players missing critical fixtures
- Unpredictable return-to-play timelines
- Reinjury cycles eroding confidence
- Training constantly disrupted

ROOT CAUSE
- Not bad luck
- Not bad staff
- Not bad science

A system design problem.
Decisions made in isolation. No shared framework connecting performance, medical, and coaching.

▸ THE DIAGNOSIS

Five systemic failures. Zero people problems.

Before recommending any changes, SPRNTD conducted a structured system audit. The goal was not to evaluate individual staff. It was to understand how decisions were being made and where the gaps existed between intention and outcome.

01 **Reactive load management**
Training load only adjusted after injuries. No proactive thresholds for flagging athletes before tissue tolerance was exceeded.

02 **Speed treated as a risk**
High-speed running removed as protection — actually increasing injury risk by underexposing athletes to match demands.

03 **No individualized profiling**
All athletes followed similar progressions regardless of mechanical profile, injury history, or position-specific demands.

04 **Fragmented monitoring**
Subjective wellness, objective testing, and GPS data in separate silos. No single decision framework.

05 **Time-based return-to-play**
Players cleared by calendar, not readiness. Reinjury was the predictable result.

▸ THE SYSTEM REDESIGN

Four integrated layers. One decision framework.

SPRNTD did not replace what the club was doing. We connected it. The system operated across four integrated layers, each informing the others.

L1 ATHLETE PROFILING & SPEED STRATEGY

- Mechanical sprint profiling for every athlete
- Force-velocity relationship baseline established
- Profiles drive load, monitoring, and return-to-play
- Speed repositioned as diagnostic and training tool
- Max velocity exposure maintained weekly, all season

L2 INTEGRATED MONITORING FRAMEWORK

- Subjective + objective data in single workflow
- Sleep, fatigue, stress, soreness aligned with CMJ, RSI, sprint mechanics
- 90%+ flags resolved via modification, not removal
- Decision rule: modify, do not miss

L3 LOAD ARCHITECTURE & STRUCTURAL DEVELOPMENT

- Speed exposure maintained — load scaled, never removed
- Ankle dorsiflexion improved in >70% of athletes
- Hip internal rotation improved in >60% of athletes
- Calf/Achilles and hip flexor/adductor overload flags reduced

L4 DECISION ALIGNMENT

- Shared decision rules across all departments
- Performance, medical, coaching on common framework
- Eliminated information gaps between departments
- Reactive decision-making replaced with proactive protocols

Speed was not the risk factor. Unprepared, unspecific speed was.

The system ensured every athlete was prepared for the demands they would actually face.

THE RESULTS

Three seasons. 2,464 opportunities. Here is what happened.

AVAILABILITY

99%
OVERALL AVAILABILITY
2,464 player-game opportunities

0.45
GAMES MISSED / PLAYER
Average across 56 athletes

~25
TOTAL GAMES MISSED
All 3 seasons combined

INJURY OUTCOMES

NON-CONTACT INJURY RATE BY SEASON

2023
0%
Zero non-contact injuries

2024
1.4%
Marginal increase

2025
0.86%
Continued reduction

3-YEAR AVERAGE: <1%

SOFT-TISSUE REINJURIES: 0

SOFT-TISSUE DETAIL

TISSUE GROUP	INCIDENTS	REINJURIES
Hamstring	Low	0
Adductor	Low	0
Calf / Achilles	Overload flags reduced	0
Chronic tendon cases	—	0

SPEED & PERFORMANCE

+5.0 km/h
TOP SPEED GAIN
Top 5 athletes within 3 months

>85%
HIGH-SPEED EXPOSURE
Athletes regularly reaching 90%+ max velocity

0.10–0.12s
10M ACCELERATION
Faster over 10m, average across roster

ZERO
SPRINT DROUGHTS
No period without max velocity exposure

OPERATIONAL IMPACT

Availability is not a medical statistic. It is an operational advantage.

TACTICAL CONTINUITY
Lineup consistency increased. Fewer forced changes. Coaching staff could build week to week.

STABLE TRAINING
Weekly disruption minimal. Cumulative adaptation replaced constant restart cycles.

PERFORMANCE EXPRESSION
Available players express built performance. Availability is the prerequisite for everything.

>90%

FLAGS RESOLVED WITHOUT SESSION LOSS
Potential issues addressed before they became availability problems. The rule: modify, do not miss.

STRUCTURAL IMPROVEMENTS

- Ankle dorsiflexion: >70% improved
- Hip internal rotation: >60% improved
- Calf/Achilles overload flags: reduced
- Hip flexor/adductor flags: reduced

THE TAKEAWAY

This case did not require revolutionary science. It required system design.

The club had the expertise, the technology, and the commitment. What was missing was the architecture connecting those elements into a coherent decision-making framework.

Most availability problems in professional sport are not caused by bad luck or bad staff. They are caused by system gaps: reactive load management, fragmented monitoring, unclear decision rules, and a misunderstanding of how to use speed as both a diagnostic tool and a training stimulus.

When speed was repositioned from a risk factor to a preparation tool, and when decisions were aligned across departments, the results followed. Not because athletes trained harder. Because the system made better decisions possible.

Availability is a performance metric.

Athletes are not interchangeable. When the system protects availability, performance takes care of itself.

SPRNTD
PERFORMANCE & AVAILABILITY SYSTEMS

SPRNTD builds decision-making systems that protect athlete availability and accelerate performance expression. We work with professional clubs, academies, and federations to diagnose system-level gaps and design integrated solutions.

Every engagement begins with a diagnosis. Because effective recommendations require understanding the specific decisions, workflows, and constraints of each environment.

▸ **48-HOUR SYSTEM DIAGNOSIS**
A structured audit of your current performance and availability systems. Identifies the specific gaps between your current approach and your desired outcomes. Delivered as a diagnostic report with prioritized recommendations.

▸ **SYSTEM WORKSHOP**
A 1–2 day intensive translating audit findings into practical frameworks your staff can implement independently. Includes tools, decision rules, and monitoring integration.

▸ **INTEGRATED CONSULTING**
Ongoing system design, implementation support, and decision-making integration for clubs seeking full transformation of their performance and availability infrastructure.

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