

Jumping Hurdles to Create a Winning Team Between Academic Researchers and Collegiate Coaches

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The purpose of this roundtable is to share a case study experience and facilitate discussion around building relationships between academic researchers and collegiate athletics. This study assessed the combination of laboratory $\dot{V}O_{2max}$ testing and time-trial predicted VO_2 values from field tests to prescribe training regimens for collegiate cross-country (XC) athletes. It also explored the interaction effects of time, sex of athlete, and collegiate XC training experience on $\dot{V}O_{2max}$ scores. A total of 32 University of Incarnate Word NCAA D1 XC athletes performed Bruce Protocol VO_{2max} testing administered by a licensed exercise physiologist and field-tested, coach-administered JVDOT time-trial estimation before and after the Fall 2019 season. The XC coach desired to use this combined data to better individualize athlete training programs. Based on inconsistent protocols throughout the testing season, only 15 profiles were eligible for research analysis. Additionally, minimal improvements were measured at the end of the season. The researchers believe that additional improvements would have been observed with better consistency and communication between the research and coaching staffs. After presenting this case study, the presenter will use Poll Everywhere to engage the room in questions pertaining to: types of study designs, getting coaches to buy in, jumping through IRB and NCAA hoops, and the X's and O's of effectively communicating results.