



TRAIN THE MIND. RAISE THE RATING.

Southlake Carroll High School is an athletic powerhouse in Texas's largest division, competing at the varsity level. In the 2024–25 season, they used SPARC to sharpen focus, build mental performance habits, and give coaches real-time insight into every athlete's mindset.

85%

OF SOUTHLAKE CARROLL
ATHLETES IMPROVED THEIR UTR

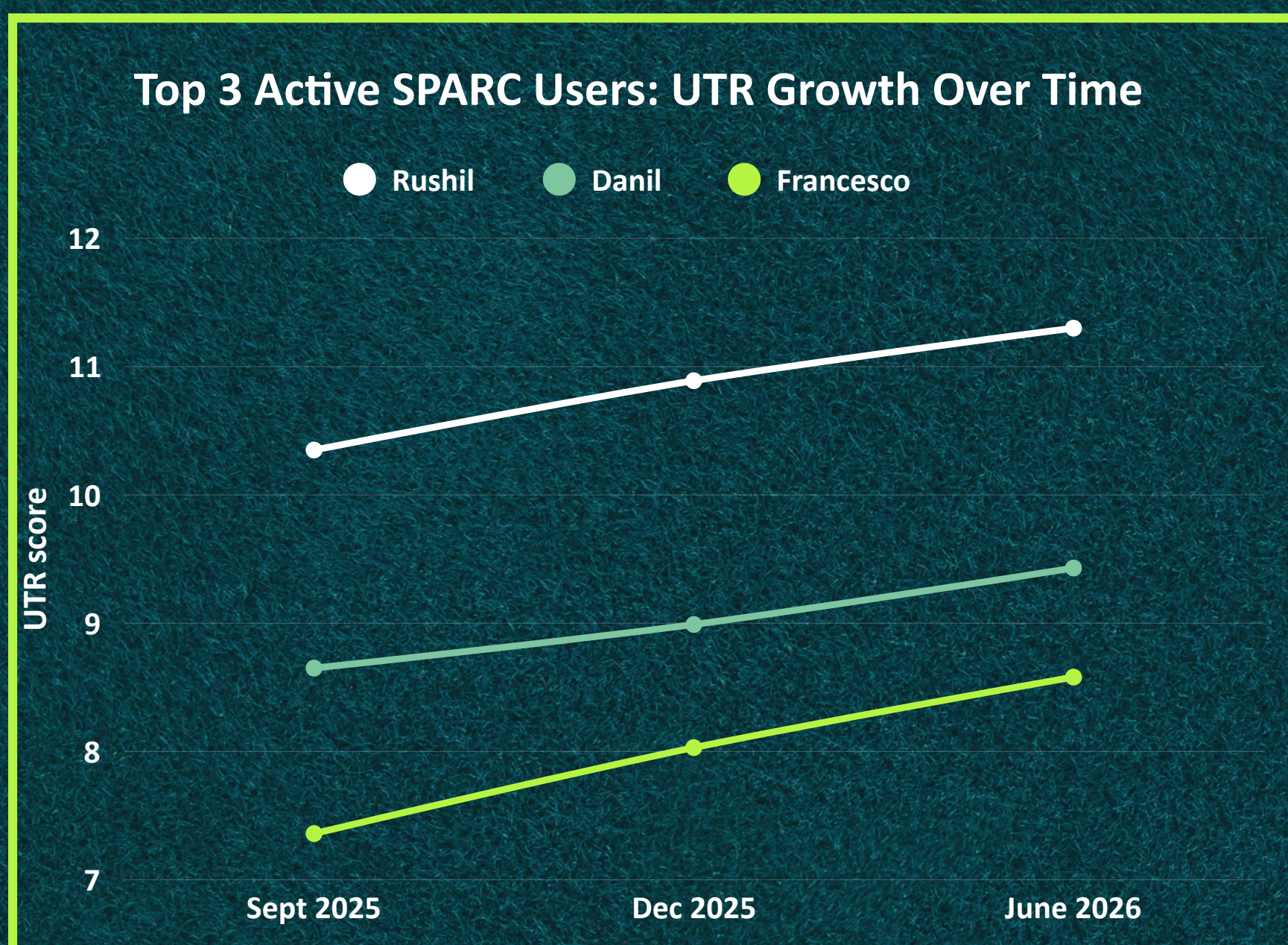
+1.46

BIGGEST INDIVIDUAL UTR
GAIN

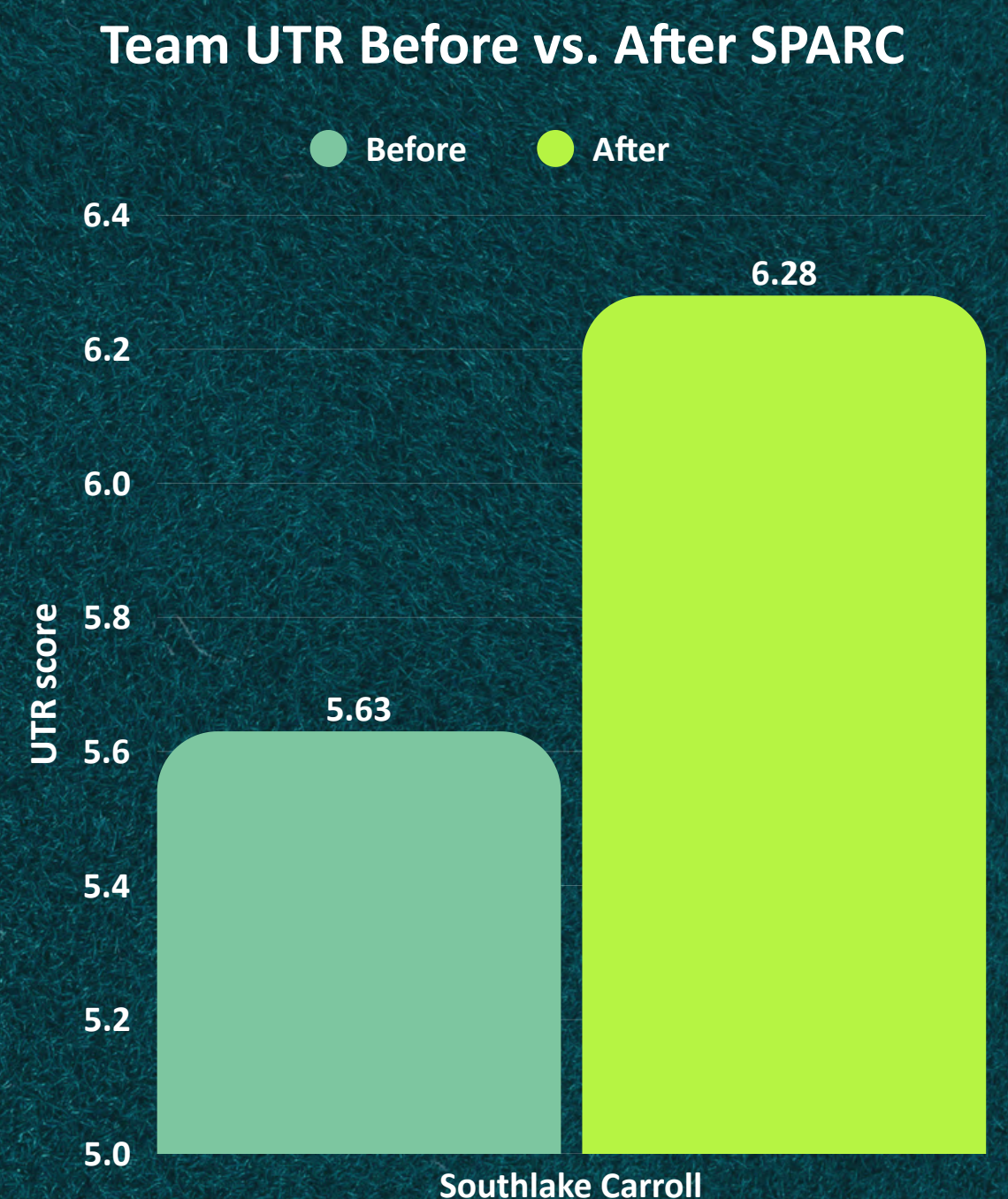
+0.65

AVERAGE UTR GROWTH OF
THE WHOLE TEAM

REAL TEAMS. REAL RESULTS.



Notably, Danil, Southlake Carroll's most active SPARC user at 965 minutes logged, improved his UTR by 9.02% (8.65 to 9.43) in a single season.



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Since we started using the SPARC app, we've collectively noticed a real difference in our team's overall on-court mindset. Kids' focus has sharpened significantly — they seem to stay on task longer without mentally drifting off. Our point patience has also improved, especially during important moments or critical points throughout the match. Players' demeanors seem calmer and more composed.

Corey Aldridge
Head Coach · Southlake Carroll HS Tennis



HOW SOUTHLAKE CARROLL USED SPARC

With 45 athletes on the platform, Southlake Carroll was one of the largest and most active SPARC teams in the cohort. The journaling, match logging, and training module features were used consistently throughout the academic tennis season.

192

JOURNALS COMPLETED

65+

HOURS LOGGED

27

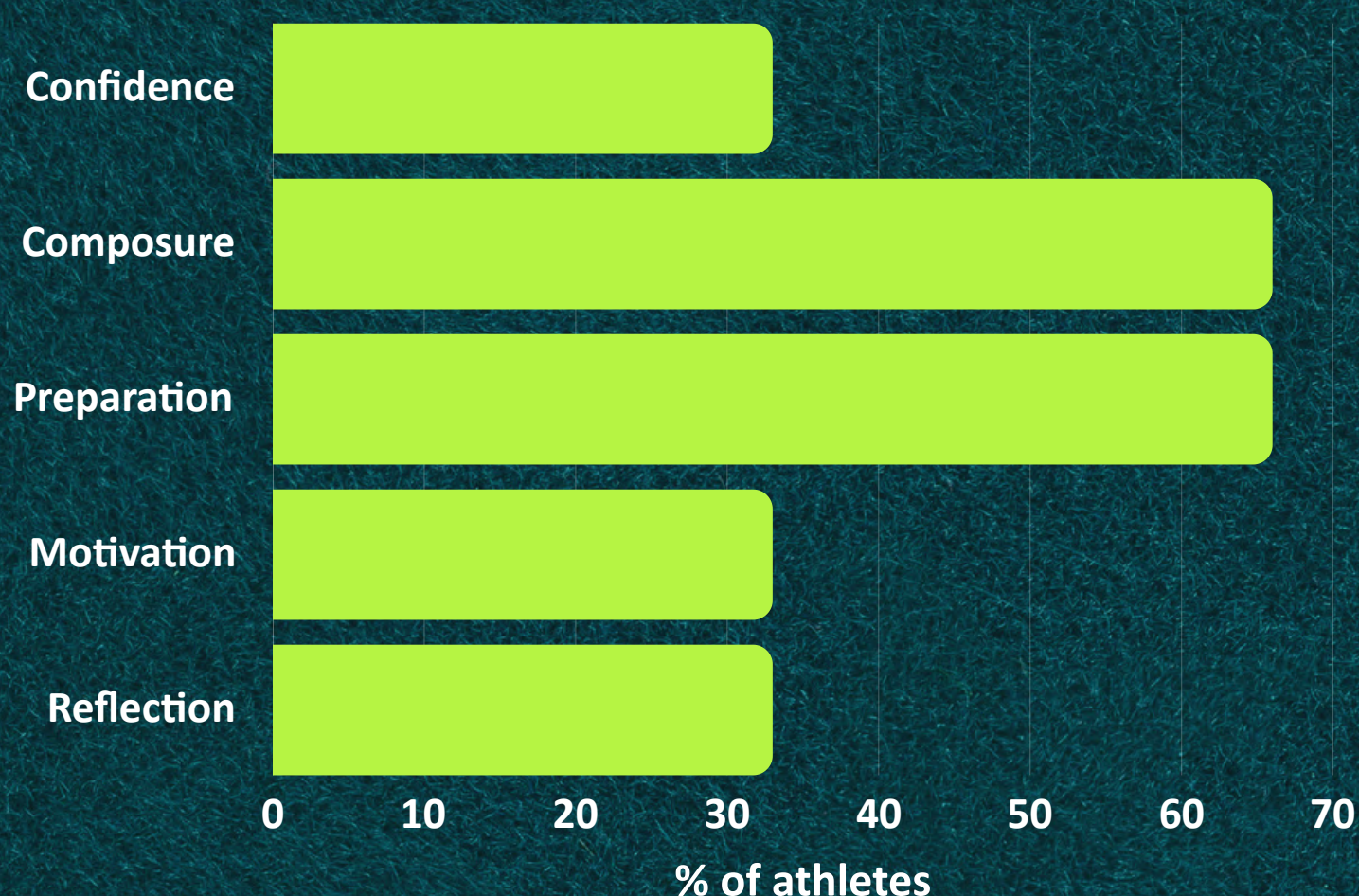
TRAINING MODULES

WHY IT WORKED

SPARC replaced informal post-match conversations with a system that actually works:

- Journals that give coaches direct visibility into every athlete's mindset
- A structured tool to build point patience and composure over time
- Simple enough for a 45-player roster to adopt without friction
- Identifies what each player is doing well and where they need support

Improvement areas seen by athletes



WHAT THE COACH COULD SEE THROUGH SPARC

- Post-match journal entries, in real time
- Who was engaging and who was falling behind
- Individual mental performance trends
- Training module completion per athlete
- Weekly team engagement at a glance



Match Journals

Athletes log post-match reflections. Coaches gain direct visibility into every player's mindset after every match.



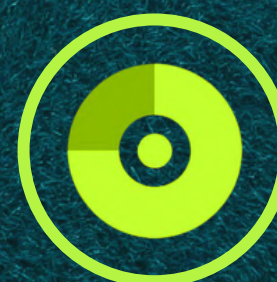
Mental Training Modules

Structured curriculum for focus, composure, point patience, and competitive mindset.



Coach Dashboard Insights

See who is thriving and who needs support, before it shows up in match results.



Engagement Analytics

Monitor weekly active athletes, module completion rates, and overall program engagement at a glance.

Ready to raise your team's game? Scan to book a 15 minute SPARC demo.

UTR data based on tracked athletes using SPARC during the 2025 to 2026 season. Engagement includes completed journals, match reflections, training modules, and active platform usage.

