



TRAIN THE MIND. RAISE THE RATING.



Haverford College Men's Tennis is a Division III program in Haverford, PA. In the 2025–26 season, they used SPARC to build mental performance habits, sharpen post-match reflection, and give coaches real-time insight into every athlete's mindset..

66%

OF HAVERFORD ATHLETES
IMPROVED THEIR UTR

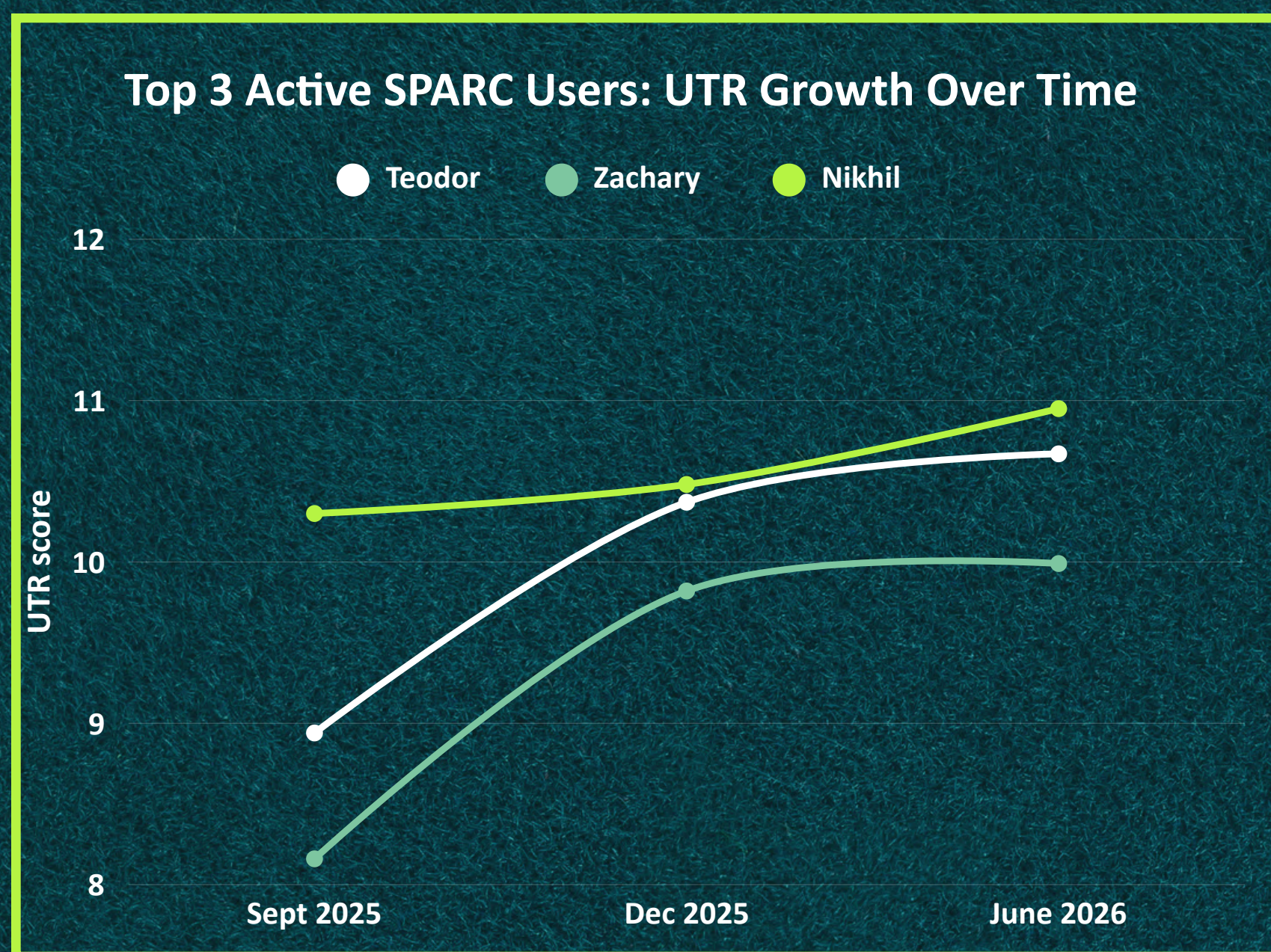
+1.83

BIGGEST INDIVIDUAL UTR
GAIN (8.16 → 9.99)

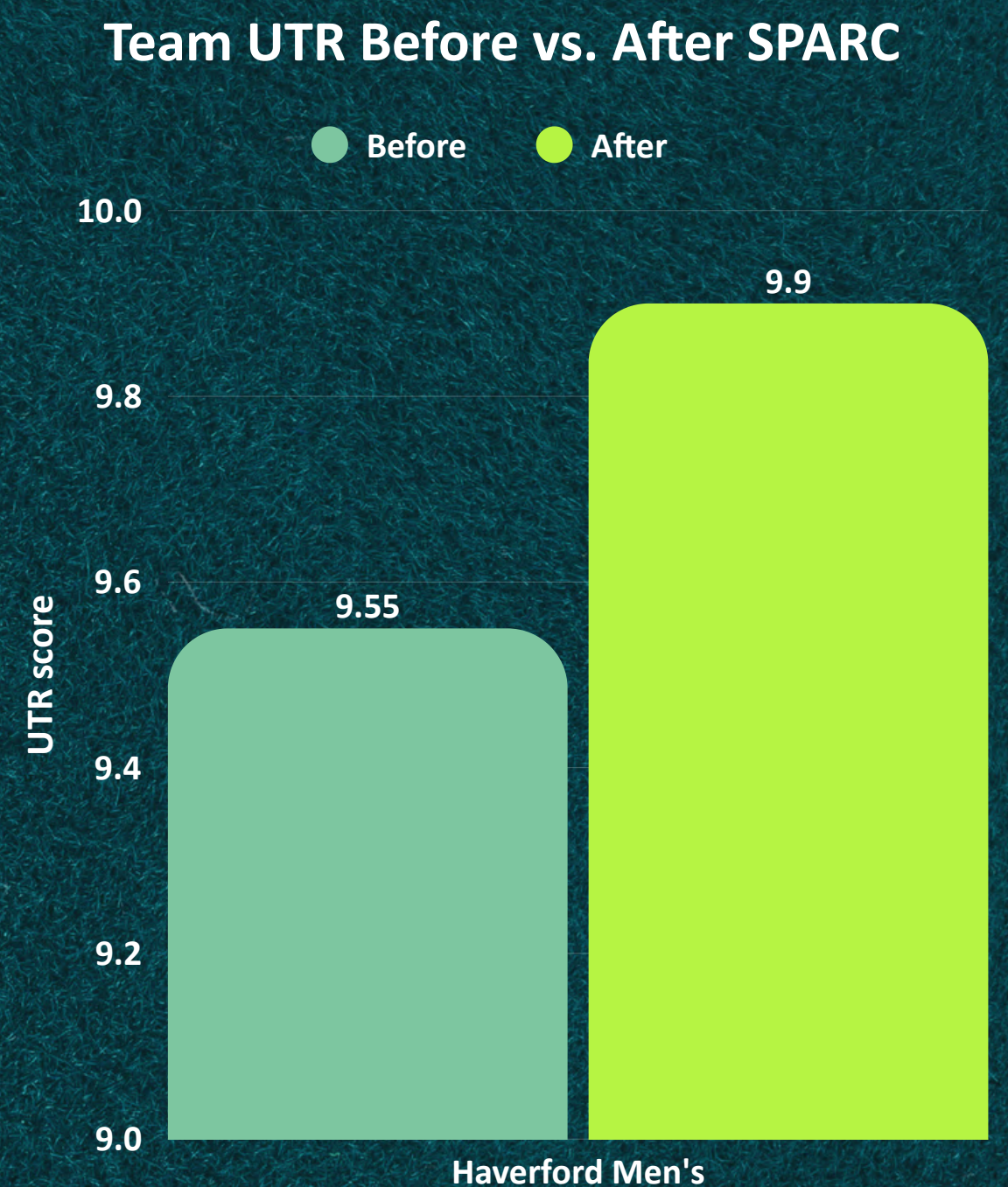
+0.32

AVERAGE UTR GROWTH OF
THE WHOLE TEAM

REAL TEAMS. REAL RESULTS.



Notably, Teodor, Haverford's most active SPARC user at 250 minutes logged, improved his UTR by 19.4% (8.94 to 10.67) in a single season.



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Over the past year of using SPARC we've noticed significant improvements as a college team. It has been helpful in giving us data to guide both mental performance work and on-court training. The match logging and reflection features have been especially valuable in helping our athletes learn from their experiences and improve over time, which is the key to sustainable growth.

Eric Spangler
Head Coach · Haverford Men's Tennis



HOW HAVERFORD USED SPARC

The Haverford team logged meaningful platform activity throughout the season, with coaching staff and athletes using SPARC for match analysis, journaling, and training modules. Also, Haverford Men’s Tennis ranked among the top teams across the SPARC network for total time logged.

174

JOURNALS COMPLETED

1671

MINUTES LOGGED

95%

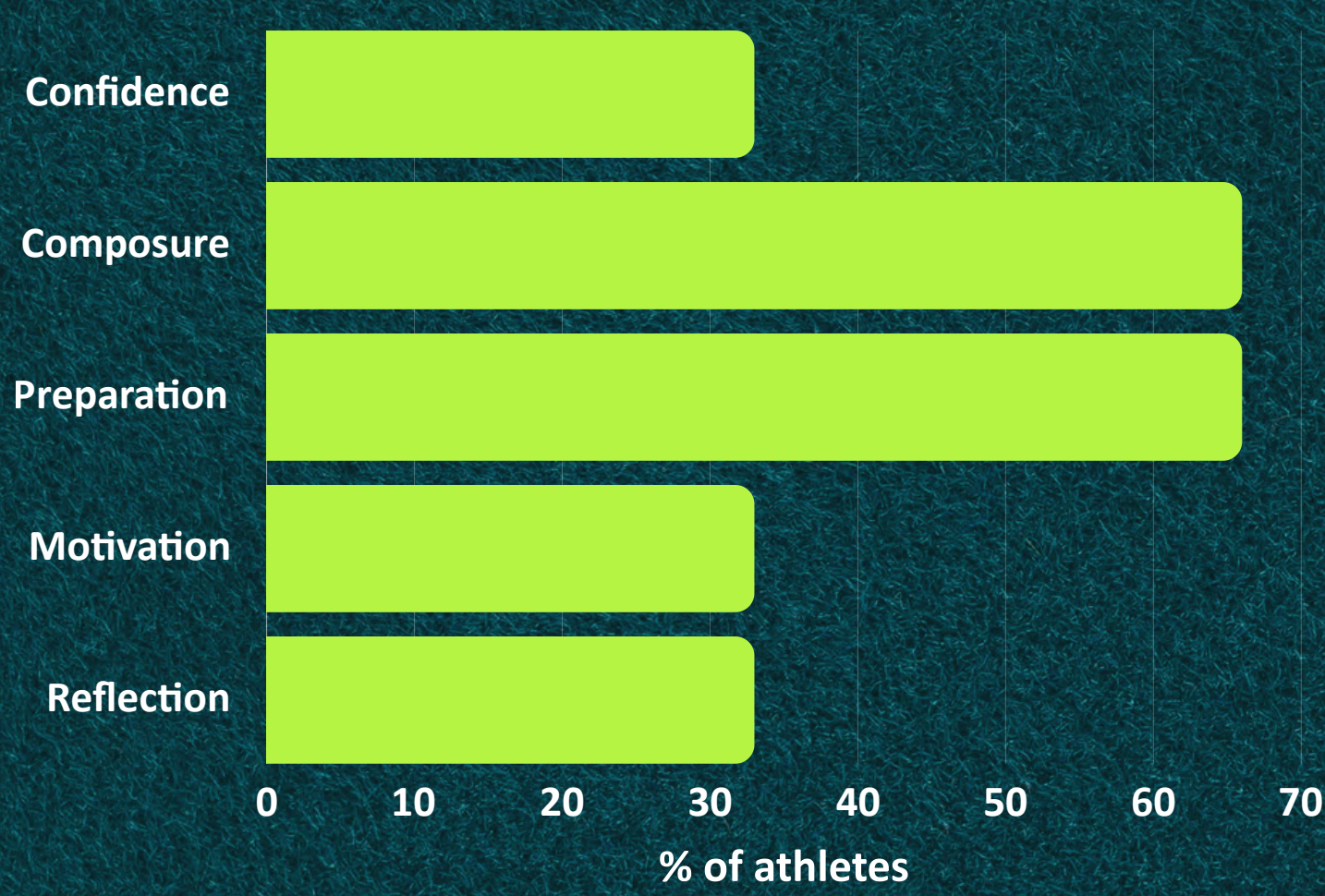
TEAM MODULES COMPLETED

WHY IT WORKED

SPARC replaced ad-hoc post-match chats with a system that actually works:

- Data to guide on-court and mental training decisions
- Match logging that turns every result into a lesson
- Built for sustainable growth, not short-term fixes

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.