College student-athletes are among the fittest people in the world. They push their body beyond the limits of normal limits on a regular basis. Whether an athlete is attempting to get faster or stronger, they are taxing their muscles, joints, and mind to the extreme. In the past, teams had a harder time understanding when an athlete was suffering from fatigue or exhibiting early signs of an injury. Now, sports science is changing the game.

Sports science has changed things in a big way at Florida State. We were amongst the first Division I athletic programs in the country to implement performance technology, and today just about all of our 20 Seminole teams utilize one or more sports science technologies. Teams and athletes can now get real-time data on performance, endurance, recovery, technique, sleep and more. We can compare that data with previous benchmarks to understand their body’s condition. More, high-quality data means recovering from training sessions, games and injuries more efficiently than ever.

Today, Florida State Athletics faces new challenges. As we adapt to these unprecedented circumstances, we’ll continue to serve our teams, coaches, staff, alumni, supporters and fans as best we can. We’re doing everything possible to sustain operations and provide the necessary resources to our programs. While there’s a lot of uncertainty, we know that we need to adapt quickly to our changing reality. Now, more than ever, Florida State Athletics needs you.

**IF YOU ARE ABLE TO, WE ASK YOU TODAY TO SUPPORT OUR EFFORT TO PROVIDE ESSENTIAL SPORTS SCIENCE TECHNOLOGIES AND EQUIPMENT FOR THE 2020-21 SEASON.** Your support of any amount is important to our teams and has a big impact on helping our programs compete at the highest level.

We are always available if you would like to discuss this opportunity or if you have any questions. Thank you for your interest in supporting this critical initiative and Go Noles!