



## UNIVERSITY OF COLORADO ATHLETICS DEPARTMENT

### University of Colorado – LRW Case 1240823 Letter of Support – Sports Medicine

March 20, 2025

Dear NCAA,

I am writing to recommend that the University of Colorado Football team be allowed to participate in joint practices and a spring game with another NCAA University. This proposal is rooted in the significant medical benefits that would arise from such an arrangement, particularly in terms of reducing injury exposure for our football student-athletes.

Research supports the notion that spring practice injuries are of particular concern. According to the 2007 article *Descriptive Epidemiology of Collegiate Men's Football Injuries*, injury rates during spring practices tend to be higher than those seen during preseason and regular season practices. Furthermore, the 2022 article *Similar Concussion Rates in Spring Football and Preseason: Findings from the Concussion Assessment, Research and Education Consortium* reports that concussion rates during spring practices are on par with those of preseason practices, despite a lower number of spring practices. These findings highlight the need to reconsider how we approach spring training and align with the 2022 spring football practice changes put forth by the D1 Football Oversight Committee.

By engaging in practice with another team, we can simulate game-like scenarios, enhancing the effectiveness of training while minimizing the repetitive risks associated with practicing solely against one's own team. This would provide a controlled and competitive environment, ultimately lowering the overall injury risk for all student-athletes involved.

By pursuing this arrangement, we not only increase the quality of our spring practices but also take a proactive step in safeguarding the health of our athletes. I believe this initiative would provide both short and long-term benefits for the football student-athletes from both universities.

Thank you for considering this recommendation.

Sincerely,

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