#### eBusiness Success

Industry: Athletic Training

Company: Frappier Acceleration Sports Training



# **Sundog Accelerates Frappier Acceleration**

## Company Profile

Frappier Acceleration Sports Training, Fargo, N.D., operates more than 100 training facilities throughout the United States and in several international locations. Each year thousands of high school, college and professional athletes use the company's unique training protocols and advanced exercise equipment to enhance their athletic performance, health and well being.

#### Challenges

- Frappier training requires athletes to perform various endurance and strength tests on specialized exercise equipment. To track results and adapt programs for specific athletes as they progress, Frappier trainers were required to manually monitor tests to capture critical data.
- Frappier did not have data storage and retrieval system for its employees and clients.
- The look and feel of the company's public website did not match its professionalism.

#### eBusiness Solutions

Sundog integrated open-source tools such as Apache Web server and PERL with high-end components such as an Oracle database and ActiveX controls to meet Frappier's challenges. Our solutions included:

- An interactive, database-driven and Web-enabled athlete information management system. The system uses a cable that ties a laptop computer directly to Frappier exercise machines. Performance information is fed directly into the computer, where customized software provides highly precise performance graphing.
- An extensive extranet for managing athletes, facilities and equipment. In addition to storing athlete performance information, it enables Frappier to generate flexible, customized and meaningful reports.
- An updated and easily maintained website.

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## Results

- Capture and evaluation of critical performance information with fewer employee hours.
- More accurate and timely data capture.
- Enhanced workout efficiency and improved results for clients.
- The ability to quantify and demonstrate training results.
- Easy data access for geographically disbursed Frappier facilities and clients.

To begin writing your own Sundog eBusiness success story, contact DC Lucas at 701-271-1721 or dc@sundog.net.