

Phil Wagner

Sports Performance & Athlete Health Leader | NCAA & Pro Experience

Menlo Park, California

og1coaches.com/p/pwagner

Biography

Phil Wagner, MD is an executive leader in sports performance, athlete health, and team availability. He is the Founder & former CEO of Sparta Performance Science, acquired by Oura Ring, where he partnered with 100+ MLB, NFL, NBA, and NCAA organizations to reduce injuries, improve availability, and integrate performance, medical, and technology systems.

His background spans collegiate athletics, professional sports, and U.S. Special Operations, with a focus on building scalable, interdisciplinary models that align coaching, sports medicine, and data. Phil began his career in collegiate strength & conditioning at UC Berkeley, Penn, and UCLA, and holds an MD from USC with a foundation in biomechanics and injury prevention.

Statement

I began my career working inside collegiate athletics and professional sports, partnering daily with coaches, medical staffs, and performance teams in high-pressure environments. Over 20+ years across NCAA, pro sports, and the military, I've focused on athlete health, availability, and trust-based decision-making. I later founded and led Sparta Science, continuing hands-on work with NCAA and professional organizations.

PRINCIPLES

- Availability is the ultimate performance metric.
 - Integrated systems outperform isolated excellence.
 - Data should serve decisions, not replace leadership.
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ATHLETIC CAREER

Student-Athlete — UC Davis

NCAA Division I - National Collegiate Athletic Association Division I | Football (Men) | 1995 - 1999

Collegiate football athlete; later played professional rugby in New Zealand.
