### Cover Letter



Dr. D. Chris cothern  
PT, CSCS, CES, PES

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My passion for performance began at an early age where a lack of funds led to b training myself to dunk a basketball by high school and going through rehab after a knee injury. But I am not ashamed of my humble childhood because this experience has led to my perseverance, work ethic, and a uniquely personal way to relate to today’s athlete. Today I look back and realize that my personal experiences with teammates, coaches and family members really set me apart from the rest. Growing up in a trailer park at times without a dad being present and watching me play sports has only driven me to be the best father and mentor for youth while coaching my kids in every sport. This experience also motivated my heart for local youth in similar situations while helping them out in any way possible such as clothing, meals, rides or just as a positive role model. Also, this led to establishing scholarships and leading youth to be active while part of government organizations and may explain my motivation to be a lifelong learner and first doctorate degree in my family. However, I am aware that my experience does not compare to the struggles that a female friend of minority descent in that same trailer park had to undertake to be successful in life. Diversity is not only the right thing to do, but cognitive diversity can also improve your high-performance staff with a wide range of backgrounds when making decisions.

After managing clinics for a large company, I started my own business from scratch in a new city and expanded to two clinics while training and treating professional athletes. With a broad-based experience in all areas of high performance, my recent education at the prestigious Australian Catholic University with professors among those who have assisted in founding companies such as Catapult while learning the advantages of the embedded, High-Performance model. My experience has given an ability to look at the bigger picture and evaluate issues on a risk/benefit basis while making quick decisions when needed being mindful of long-term impact. I hope to publish my last ACU project on Deceleration (Movement-Dependent Deceleration in High-Performance Elite Team Sports: A Review of the Literature) while partnering with my new employer.  
 My strengths include transparency and accountability while being respectful but proactive with a level head in emotional environments. My goal is to find a position in an embedded department without egos with medical, strength, nutrition, and mental working together in an athlete-centered organization with psychological safety. I am committed to a High-Performance team that is one step beyond a real team because members are committed to one another’s personal growth and success.   
  
 “It does not matter how fast or strong you are if you are not on the court or field”.   
  
D. Chris Cothern PT, CSCS, PES, CES  
[www.chriscothern.com](http://www.chriscothern.com)

### **------------------------------------------------------------------------** Professional experience

## Skills & Abilities

Monitoring and analyzing GPS and force plate KPI’s for player readiness and recovery into coach-friendly reports.

Data analysis, data aggregation and formatting into visualization.   
  
Performance video analysis utilizing diverse background in High-Performance.

Performance ANalysis

[Video Analysis for Speed from Hudl](https://dartfi.sh/b0q3MEschRc)  
 [Top HS Basketball Recruits 2019-2020](https://www.youtube.com/watch?v=WFnGL_0zhjk&t=9s)   
  
NFL Combine 40 yd Video Analysis  
[Case Study: Joel Embiid: 2019](https://www.youtube.com/watch?v=mXTk0LwFZ24)  
  
[College Player Video Analysis 2020](https://www.youtube.com/watch?v=db3Jajvnf_w)   
  
[Free Throw Video Analysis](https://softball.info/freethrows/)

#### Applied Sports Science Consultant

##### University of Arkansas basketball 2019 – Present

* Conducted embedded presentations along with weekly emails.
* Data and video analysis integration into actionable results.
* Designing athlete monitoring database.

#### high performance Internship

##### University of Arkansas Football - Summer 2018

* Developed training device to assist squat form.
* Contributed to Olympic lifts, speed, and agility training.
* Assisted with all aspects of Catapult wearable technology.

#### AthletePlus Physical Therapy & Spine – Owner

##### performance physical therapist 2005 – Present

* Founded physical therapy and sports performance company while empowering 10 employees in two locations.
* Negotiated collaborative agreements to become official provider for local high schools, small colleges, and semi-pro teams.
* Creatively performed time-motion analysis in 2015 by breaking down player movement for work/rest ratio in basketball.
* Dartfish 40-yard dash analysis and Brower timers since 2009.
* Trained and treated 2nd fastest 200 m U.S. sprinter of all time, high school athletes who set college speed records, and trained a previously injured NBA player to injury-free season.

**-----------------------------------------------------------------------**Certifications  
Rapsodo Pitching Certification and SABR member.  
Data Science: R Basics Verified Certificate – HarvardX   
SFMA Advanced Clinical Integration, FMS and Y Balance Certification  
NASM Corrective Exercise and Performance Enhancement Specialist   
NSCA CSCS and NSCA Past State Director   
Certificate in Workload - Tim Gabbert. Barca Innovation. FC Barcelona  
Foundations in Dry Needling by Sue Falsone  
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### Professional Service & Achievements

* NW Arkansas Award for Best Leaders and Community Volunteers.
* Appointee to Arkansas Governor’s Council on Fitness & Coordinator for event for over 400 kids with 30 volunteers.
* Sponsor and Coach in Youth Sports for over 15 years.

### PRESENTATIONS and Research

“[Movement-Dependent Deceleration in High-Performance Elite Team Sports: A Review of the Literature](https://softball.info/wp-content/uploads/2021/02/DECEL-12-17-20-Full-Draft.pdf)” – 2021  
“[Annual Periodization Group Project for MLB Team” - 2019](https://secureservercdn.net/198.71.233.161/db5.68a.myftpupload.com/wp-content/uploads/2020/05/Annual-Periodization-Plan-Baseball-Project-2019.xlsx)  
“[Valid and Reliable Vertical Jump Testing for Basketball” -2019](https://www.youtube.com/watch?v=K4U5iAUo5JQ&feature=youtu.be)  
[“Groin Injuries in Pro Soccer: Early Detection with Testing” – 2019](https://www.youtube.com/watch?v=_3Ki01CVSo8)  
“[Groin Injury Risk Mitigation in American Football” -2019](https://www.youtube.com/watch?v=b9Ojw3O2oBY&t=10s)  
“[Load Monitoring, Fatigue & Recovery for NBA Team” – 2020](https://softball.info/wp-content/uploads/2020/04/Load-Monitoring-Fatigue-and-Recovery-for-Example-National-Basketball-Association-Team-2020-2.pdf)“[Why Monitor Acceleration & Deceleration in Pro Basketball” – 2019](https://softball.info/wp-content/uploads/2020/04/Why-Monitor-Accel-and-Decel-in-NBA-2019.png)  
[“Blade Runner: The Limits of Being Human Ethical Debate”](https://softball.info/wp-content/uploads/2020/04/Final-Paper-Pistorius.pdf) – 2019  
[“Data Visualizations: Power 5 College Basketball Team”](https://softball.info/wp-content/uploads/2020/05/PL-Visualizations-Player-names-blacked-out-2019-20.pdf)  
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“[ACL for Female Soccer Player” – DPT Capstone Project - 2009](https://db5.68a.myftpupload.com/wp-content/uploads/2020/05/Post-ACL-Rehab-Project-2009.pdf)   
[Cothern, DC. “Stress Fractures of the Foot in Football”. Lower Extremity Review. July 2018.](https://lermagazine.com/cover_story/stress-fractures-of-the-foot-in-football)  
[“Is the Probability of Bad Sports Science Statistically Significant?”](https://softball.info/wp-content/uploads/2019/07/Keeping-up-with-the-Joneses-Lis-and-Franc_-Foot-Injuries-in-Football.pdf)   
[“Keeping Up with Joneses, Lis and Franc: Foot Injuries in College Football”](https://softball.info/wp-content/uploads/2019/07/Keeping-up-with-the-Joneses-Lis-and-Franc_-Foot-Injuries-in-Football.pdf)   
[“What is the Risk of Ignoring the Sports Science Revolution?”](https://softball.info/wp-content/uploads/2020/05/What-is-the-risk-of-ignoring-the-Sports-Science-revolution-2017-with-references-full.pdf)   
[“Guide to Playing at Altitude for Prep for College Football Teams”](https://softball.info/wp-content/uploads/2020/04/Guide-to-Traveling-and-Playing-at-Altitude-2018.pdf)   
[“One Simple Segway Way to Decrease the Risk of Concussions in American Football”](https://softball.info/wp-content/uploads/2020/04/Atta-Boy-Helmet-Slaps.pdf)   
[“How to Choose the Right Sports Technology for College and Pro Teams”](https://softball.info/wp-content/uploads/2020/04/How-Do-You-Choose-the-Right-Sports-Technology-Company.pdf)   
[“Next Level Sports Medicine Conference Overview on SportsDiscovery.net”](https://softball.info/wp-content/uploads/2020/05/2019-Orlando-Magic-Conference-Review-for-Sports-Discovery.pdf)   
[“Guide to Nutrition for College & High School Basketball Teams”](https://softball.info/wp-content/uploads/2020/05/Guide-to-Nutrition-for-College-Basketball-from-Experts.pdf)   
  
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### Education

#### Australian Catholic University

Master’s in High Performance

#### University of St. Augustine

Doctorate in Physical Therapy – 2009

#### University of Central Arkansas

Master’s in Physical Therapy – 1999

#### University Central Arkansas

Bachelor of Science in Health Sciences – 1999

#### University of Arkansas

Bachelor of Science in Microbiology, Minor in Psychology – 1995

## Professional References

Roderick Moore Jr – Atlanta Falcons. Formerly Vald Performance   
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Mat Young – Business Development Manager – Catapult Sports  
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Jose Fernandez – Head of Sports Science – Houston Astros

Email: [jose.fernandezdv@gmail.com](mailto:jose.fernandezdv@gmail.com) Cell Phone: 346-212-8278

Tom Robinson – Director of Football Research -- Dallas Cowboys   
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Todd Barbour – Head Strength Coach – Washington St.  
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Dave Richardson - Head Strength Coach – Arkansas Men’s & Women’s Basketball  
Email: [dr039@uark.edu](mailto:dr039@uark.edu) Cell Phone: 614-531-0607

Mark O’Neal – Former Head Athletic Trainer - Chicago Cubs and   
University of Arkansas – Cell Phone: 773-439-9208

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