

# Kyle Voigt

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## **Work Experience**

**Assistant Performance Coach & Sports Scientist**, Austin Football Club

January 2022 – Present

*Austin, TX*

- Manage all in-training Catapult GPS and FirstBeat Heart Rate tagging and post-session uploading of all training sessions and matches.
- Collaborate with the Fitness & Rehab Coach in the designing and administering of individualized pre-training activation protocols and in-season strength training sessions.
- Manage, design, and implement weight room physical testing protocols including force plate technology.
- Evaluate player performance through performance testing, workload monitoring and body composition testing.

**Sports Science Coordinator**, USC Athletics

June 2019 – December 2021

*Los Angeles, CA*

- Utilized Catapult Sport to monitor external load metrics for USC Football and to aid in the development of summer training programs, in-season periodization schemes, and monitor return-to-play student-athletes.
- Developed and implemented an applied sports science system with USC Women's Volleyball, monitoring external load metrics with Catapult Sport, subjective load with session Rating of Perceived Exertion, and aided in recovery protocol implementation.
- Collaborated with USC Master of Biokinesiology department to implement a part-time internship program.

**Performance Analytics Fellow**, University of Louisville Sports Performance

July 2018 – May 2019

*Louisville, KY*

- Assisted with the development of a high-performance model as a Performance Analyst within top-ranked Men's Soccer and Women's Basketball programs by utilizing various methods to communicate how to best optimize physical performance and reduce injury risk.
- Developed and executed comprehensive resistance training programs for University of Louisville Diving, utilizing the Louisville Sports Performance training methodology.

**Graduate Assistant Athletic Performance Coach**, UCLA Athletic Performance

June 2017 – July 2018

*Los Angeles, CA*

- Designed and applied comprehensive resistance training programs for UCLA Cross Country.
- Aided in the construction and implementation of various performance metric databases, including athlete load monitoring, performance assessment, and body composition platforms using Microsoft Excel and Power BI.

**Strength and Conditioning Intern**, USC Strength and Conditioning

Jan. 2017 – May 2017

*Los Angeles, CA*

- Assisted full-time coaches with the implementation of strength and conditioning programs for Baseball, Beach Volleyball, Women's Basketball, Diving, Men's & Women's Golf, Women's Lacrosse, Women's Soccer, Swimming, Men's & Women's Tennis, Track & Field, and Men's & Women's Water Polo.
- Educated student-athletes in utilizing fundamental movements correctly to ensure proper movement patterns, enhancing their athletic ability and reducing injury risk.

**Athletic Performance Intern**, UCLA Athletic Performance

June 2016 – December 2016

*Los Angeles, CA*

- Instructed groups of 30+ student-athletes in the safe and correct execution of Olympic lifts, free weight exercises, plyometrics, speed and agility, as well as energy systems development.
- Assisted coaches with the application of complete strength and conditioning programs for Men's and Women's Soccer, Men's and Women's Golf, Men's Water Polo, Baseball, and Track & Field.

## **Education**

### **California University of Pennsylvania**

July 2018

Master of Science, Exercise Science and Health Promotion

*Concentration: Performance Enhancement and Injury Prevention*

### **University of Southern California**

May 2016

Bachelor of Science, Human Biology *Emphasis: Applied Physiology*

Minor in Business Administration

## **Certifications and Training**

**Certified Performance and Sport Scientist, NSCA**

July 2023 – Present

**USA Weightlifting Sports Performance Coach Level 1, USA Weightlifting**

July 2018 – Present

**Adult and Pediatric First Aid/CPR/AED, American Red Cross**

Feb. 2018 – Present

**Certified Strength and Conditioning Specialist, NSCA**

Sept. 2016 – Present

## **Skills Section**

- Microsoft Excel
- Python
- PostgreSQL
- Power BI

Github: <https://github.com/kvoigt11>

## **Speaking Engagements**

### **Austin FC High Performance Symposium Sponsored by Catapult**

Dec 8-10, 2022

- Presentation Title: Sprint Monitoring without Sprinting: A Novel Assessment Process using Catapult Sensor Data.

### **Collegiate Strength and Conditioning Coaches Association Conference**

May 9, 2019

- Presentation Title: Louisville Men's Soccer.

### **University of Southern California Division of Biokinesiology and Physical Therapy** January 2021 – April 2021

- Course Title: BKN610: Technology in Sport: Field Assessment of Athlete Performance.
- Presentation Titles: Why We Use Wearable Technology in Sports, Principles of Data Collection, Data Management and Reporting, Contextualization, Examples of Data Use: Return to Play.