

Matt Tometz, MS, CSCS, CPSS

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Experience:

Tometz Performance Solutions LLC

June 2024 – Present

Performance Consultant

- Delivered performance solutions to college and professional athletes, coaches, and teams ranging from speed development, strength and conditioning, and sport science initiatives
- Consulted for 1080 Sprint programming and data analysis for Northwestern Football
- Consulted for #1 nationally ranked TCU Beach Volleyball for load monitoring and athlete wellness data to support decision-making processes of sport coaches and support staff
- Designed speed development programs for a Division 1 UEFA Championship soccer team in Portugal



Northwestern University, Evanston, IL

September 2023 – June 2024

Assistant Director of Olympic Sports Performance

- Directed and led all performance and development for Baseball and Men's/Women's Swimming teams
- Integrated [weightlifting](#), [speed training](#), and conditioning [in conjunction with technology](#) including force plates, GymAware, and radar guns in an annual athletic calendar
- Facilitated weekly staff "chalk talks" about programming/training, networking, and career development



TCBoost Sports Performance, Northbrook, IL

June 2020 – September 2023

Sports Performance Coach, Sports Science Coordinator

- Coached 25+ sessions a week of advanced sprinting, agility, and strength development to groups of 5-40+ athletes ranging from high school to professional athletes
- Created speed training and sport science initiatives incorporating the 1080 Sprint, timing laser, and force plate technologies to inform both short- and long-term periodization, including for NFL Combine Training



The Sports Science Center, Texas Christian University (TCU)

August 2018 – May 2020

Sport Scientist, Research Assistant

- Served as sport scientist for Beach Volleyball and Women's Tennis teams integrating technologies including Polar Team Pro, Firstbeat, and TeamBuildr
- Contributed to staff meetings to support the sport coaches' planning and decision-making processes, including collaboration with strength coach, athletic trainer, and nutritionist
- Thesis published in JSCR: [Validation of Internal and External Load Metrics in NCAA D1 Women's Beach Volleyball](#)



Content Creator and Podcast Host, Matt Tometz Performance Podcast (180+ episodes)

July 2019 – Present

- Wrote [SimpliFaster](#) and [Patreon](#) articles on applied sport science research projects and integrating coaching and data
- Created [coaching education videos](#) including training strategies, coaching tips, and sport science explanations

Relevant Skills/Exposures:

- [Sport Science Portfolio on GitHub](#) of data analytics and coding projects
- Data workflow and AMS management a variety of training technologies (FYTT, Excel, TeamBuildr)
- Sprint video analysis for athlete profiling and injury risk mitigation using Kinovea
- Google Data Analytics Professional Certification (R and SQL) and Google Crash Course on Python Certification
- Intermediate Spanish communication skills
- Basic Life Support (CPR and AED) Provider, American Heart Association

Athletic Experience:

Varsity Baseball, Truman State University

August 2014 – May 2018

- Competed in 2015 NCAA Division II College World Series after walking-on the prior fall

Education:

Texas Christian University, Fort Worth, TX

May 2020

- Master of Science in Kinesiology, Concentration in Exercise Physiology

Truman State University, Kirksville, MO

May 2018

- Bachelor of Science in Exercise Science, Concentration in Strength & Conditioning