

Matt Tometz, CSCS, CPSS

(847) 826-9040 | Matthew.Tometz@gmail.com

Experience:

Performance Consultant

June 2024 – Present

Tometz Performance Solutions LLC

- Provided performance solutions to high-level athletes, coaches, and teams from ranging from speed development, strength and conditioning, and sport science
- Consulted for 1080 Sprint implementation, programming, and data analysis (independent of 1080 Motion) for Northwestern Football
- Consulted for #2 nationally ranked TCU Beach Volleyball regarding load monitoring and athlete wellness data to support decision-making processes of sport coaches and support staff members
- Designed speed development programs for Uniao Desportiva Oliveirense, Division 1 UEFA Championship 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
- 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 linear speed, agility, and strength development to groups of 5-40+ athletes and from high school to professional athletes
- Created speed training and sport science initiatives incorporating the 1080 Sprint, VALD Smart Speed lasers, and force plates to inform both long and short-term periodization and programming, 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, WHOOP, TeamBuildr, and Microsoft Excel
- Contributed to staff meetings to support the sport coaches' and support staffs' 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 (175+ 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/Exposure:

- Google Data Analytics Professional Certification from Coursera
- Data workflow and AMS management a variety of training technologies (FYTT, Excel, TeamBuildr)
- Foot profiling and evaluation with Dr. Bruce Williams
- Sprint video analysis for athlete profiling and injury risk mitigation using Kinovea
- 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