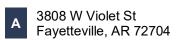
CHRIS COTHERN PERFORMANCE SCIENTIST

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479-200-7024

E chris@chriscothern.com



OBJECTIVE

To leverage my interdisciplinary background in performance science, athlete monitoring, and sports technology to drive data-informed decision-making, support team success, and optimize health and performance outcomes. With a foundation in physical therapy, strength and conditioning, and applied sports science, I aim to contribute to organizations at the intersection of sport, innovation, and education through impactful communication, and collaboration.

VP of Human Performance & Innovation

InnerAthlete January 2024 - Present

- Identify and vet novel performance science tools for partnerships
- Collaborate with leadership for growth, product development, onboarding, and client success in digital applications
- Analyze and prepare data for actionable insights for proprietary Al use
- Developed individualized plans and dashboards integrating genomics, blood biomarkers, sleep, nutrition, recovery modalities, and cognitive metrics to support athlete readiness
- Collaborated with strength coaches and sports scientists to optimize platform workflows and support buy-in

Applied Performance Scientist

Kansas City Royals January 2024 – July 2024

- Assisted coaches to leverage and integrate quantitative tools into player development while evaluating novel performance science tools
- Used R Studio for data wrangling, analysis, and visualization
- Utilized NewtForce with pitchers and communicated findings to all disciplines and players to improve performance and mitigate injury risk
- Participated in daily interdisciplinary meetings to monitor readiness via GPS and force plate data
- Supported performance technology, including data collection, technical maintenance, troubleshooting, test selection, and staff training

Football Data Analyst - Seasonal

Pro Football Focus Sept 2022 – August 2023

- Accurately identified offensive and defensive positions with deadlines
- Collected data based on video analysis of college football

EDUCATION

- Australian Catholic University
 MS in High Performance 2021
- University of St. Augustine Doctorate in Physical Therapy -2009
- University of Central Arkansas
 MS in Physical Therapy 1999
- University of Arkansas
 MS in Microbiology 1995

TECHNICAL SKILLS

- Data and Analytics: R, Excel, Power BI (Beginner), Filmora Video Editor, SQL (Beginner)
- Application Management System: Teamworks Basic Certification, Kitman Labs
- Performance Technology:
 Catapult, Dartfish, SmartSpeed,
 Kinexon, Vald: ForceDecks,

 ForceFrame, NordBord
- **Project Management**: Asana, Slack, Salesforce

CERTIFICATIONS

- NSCA Certified Performance and Sports Scientist (CPSS)
- NSCA Certified Strength and Conditioning Specialist (CSCS)
- NASM Certified Performance Enhancement Specialist (PES)
- NASM Certified Corrective Exercise Specialist (CES)
- Applied Performance Coach Certification – Ramsey Nijem

Applied Performance Specialist

Kitman Labs February 2022 – September 2022

- Successfully decreased injuries with Power 4 team while analyzing contextual data to determine increased training intensity correlated with wins
- Developed athlete profiles and dashboards integrating force plates,
 GPS, and wellness survey data
- Created actionable visualizations and contributed to the development of a new EMR system for NFL and collegiate clients
 - Empowered medical, performance, mental health, and nutrition into a centralized platform for improved efficiency and impactful decision making
 - Onboarded integrated AMS into Power 4 NCAA athletic departments with virtual and in-person meetings with exemplary customer service

Volunteer Sports Science Consultant University of Arkansas Basketball 2019 – 2021

- Implemented force plates and Catapult leading to measurable improvements in athlete performance
- Analyzed data generated by sensors during sports activity to quantify athlete performance using collected and inferred data
- Assisted with S&C sessions while conducting training sessions for coaches, medical staff, and athletes to improve buy-in

High Performance Internship

University of Arkansas Football Summer 2018

- Delivered on-field support for Olympic lifts, sprint mechanics, and change-of-direction drills
- Assisted in implementing Catapult GPS systems to monitor training load and inform coaching decisions

Performance Physical Therapist AthletePlus Physical Therapy & Sports Performance 2005 - 2021

- Founded a physical therapy and sports performance company while empowering ten employees in two locations
- Official provider for high schools, small colleges, and semi-pro teams
- Utilized Dartfish video analysis to break down 40-yard dash mechanics, producing custom DVDs for athletes since 2005
- Trained and treated second-fastest 200m U.S. sprinter of all time and a previously injured NBA player to an injury-free season

PROFESSIONAL SERVICE AND ACHIEVEMENTS

- Former NSCA Arkansas State Director
- Appointed to Arkansas Governor's Council on Fitness
- NWA Award Recipient for Leadership and Community Service
- Youth coach (15+ years) in football, baseball, and basketball
- Coordinated Great Arkansas Workout with 400+ youth participants

REFERENCES

Available upon request

- R Basics Certificate HarvardX
- SFMA Advanced Clinical Integration, FMS, and Y Balance

PRESENTATIONS, VIDEO ANALYSIS, AND RESEARCH

- "Ted Lasso: A Master Class in Soft Skills"
- "Case Study: WNBA Player Utilizing R Studio"
- <u>"Why Monitor Accel and Decel in</u> Practice in Pro Basketball"
- "Performance Optimization Plan Utilizing Genomics and Blood Biomarkers"
- "Load Monitoring, Fatigue & Recovery for NBA Team"
- "Keeping Up with Joneses, Lis and Franc: Foot Injuries in College Football"
- <u>"Prep for Playing at Altitude for College Football Team"</u>
- "Simple Way to Decrease the Risk of Concussions in American Football"
- "How to Choose the Right Sports Technology for Teams"
- "Groin Injury Risk Mitigation in American Football"
- <u>"Is the Probability of Bad Sports</u>
 Science Statistically Significant?"
- "ACL for Female Soccer Player" DPT Capstone Project
- "Cothern, D. C. (2018, July). Stress
 Fractures of the Foot in Football.

 LE Review."
- Case Study: Joel Embiid: 2019