

Matthew Thome

47582 First St.
Houghton, MI 49931

thomemd@comcast.net
248.318.7707

Sports Performance Experience

Michigan Tech Strength & Conditioning

Houghton, MI

Head Strength & Conditioning Coach (Interim: September 2012 – December 2012; Full-Time: January 2013 - Present)

- Oversee Strength and Conditioning for all 14 varsity sports
- Oversee Assistant Strength Coach, Graduate Assistants, and their respective duties
- Coordinate schedules for three varsity weight rooms
- Work with Associate Athletic Director to order and replace necessary equipment for weight rooms

Central Virginia Sports Performance Website (www.cvasps.com)

Contributor (March 2012 – Present)

- Write articles concerning physical preparation of athletes
- Regular podcast guest
- Locate and correspond with leading coaches and researchers in strength and conditioning
- Promote the Central Virginia Sports Performance Seminar
- Assist in gathering of the greatest minds in sports performance to Richmond, VA to discuss and present their areas of expertise

University of Richmond Strength & Conditioning

Richmond, VA

Assistant Strength & Conditioning Coach (September 2011 – August 2012)

- Assisted in developing programs for men's basketball, women's basketball, football, field hockey, lacrosse, and swimming & diving
- Coached day-to-day programs for all sports listed above
- Used technology such as the Omegawave, Optosource, Just Jump, and the Polar T2 Team System to monitor and track athletes' progress and current status
- Researched daily in any and all aspects of human performance and physical preparation

University-Level Instruction

Michigan Technological University

Houghton, MI

Kinesiology and Integrative Physiology Department Lecturer (September 2012 - Present)

Courses Taught:

- EH 4510: Strength and Conditioning
- EH 4090: Theory of Training
- EH 3820: Personal Training
- EH 5510 Advanced Strength and Conditioning (Graduate level)
- EH 4200: Sport Nutrition Seminar

Education

Indiana University

Bloomington, IN

Masters of Science in Kinesiology, May 2011

Major: Exercise Physiology

Grand Valley State University

Allendale, MI

Bachelor of Science in Exercise Science, April 2008

Emphasis: Clinical Exercise Science

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Speaking Engagements

- 2014 University of Minnesota Sports Performance Clinic
Title: *Is the Science of Strength & Conditioning Settled? Continually Challenging "Truths"*
- 2015 University of Minnesota Sports Performance Clinic
Title: *How Strong is Strong Enough? Adapting Training to Maximize Performance*

Publications

- Issurin, Vladimir. *Building the Modern Athlete: Scientific Advancements and Training Innovations*. Muskegon, MI: Ultimate Athlete Concepts, 2015. (Editor)
- Currently editing Henk Kraaijenhof's latest book
Title TBD (Sprint training manual)
- Currently editing Dr. Anatoly Bondarchuk's latest book
Critique of Soviet Methods
- Book Chapter, first draft submitted
Respiratory Muscle Training for Athletes (Author)