

ZACH KALTHOFF



PROFILE

Experienced strength and conditioning coach / sport scientist with a wide range of leadership experiences in high performance Olympic & University sport.

KEY HIGHLIGHTS

Paris 2024 Olympic Silver Medal (Rowing)

Tokyo 2021 Olympic Gold Medal (Soccer)

McMaster 2019 USport National Champion (Basketball)

MSoc Usport 2x National Champion (UBC)

CONTACT

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WORK EXPERIENCE

Rowing Canada: Lead Strength & Conditioning Coach

Apr 2022 – Mar 2025

- Evaluate, develop, implement and monitor evidence-based strength and conditioning programs for all of Canada's Senior Olympic Rowers within the daily training environment
- Consult, collaborate and provide leadership within the IST staff on performance measures, return to row guidelines and sport-specific KPI's
- Collect & monitor athlete S&C data to review with coaches, athletes and IST staff
- Lead research and innovation projects to reduce injuries in rowers using VALD's sport science technology
- Co-oversight and maintenance of indoor training center

Canada Soccer: Women's National Team Physical Performance Manager (CSI-Pacific)

Nov 2020 – Mar 2022

- Oversaw all aspects of athlete strength and conditioning: warm ups, gym sessions, HIIT/conditioning prescription, speed/agility, recovery, return to play and fitness assessments
- Oversaw all aspects of sport science planning and monitoring: GPS load forecasting, periodization, travel considerations (jet lag, heat/cold, altitude, etc.) and wellness monitoring (surveys, force plate data collection, etc.)
- Provided leadership within the multidisciplinary IST team including co-running medical meetings and the oversight of physical preparation staff (data science, nutrition and sport science)
- Collected, analyzed, and communicated all data (GPS, HR, wellness, and USG) to coaches, IST staff and athletes

McMaster University: Head Strength & Conditioning Coach (Basketball, Volleyball, Soccer)

Aug 2017 – Nov 2020

- Directed, planned, coordinated, coached, implemented and evaluated all aspects of the strength and conditioning for 6-varsity teams (~200 athletes)
- Co-supervised the training and development of 40 part-time staff and student strength and conditioning coaches within the Kinesiology department
- Collaborated with sport medicine and technical staff to implement athlete rehabilitation and injury prevention programs
- Data acquisition (force plate, jump monitoring, wellness surveys), analysis, and reporting to assist coaches in their decision-making processes

Mount Royal University: Lead Strength & Conditioning Coach (Soccer)

Jan 2016 – July 2017

- Directed, planned, coordinated, coached, implemented and evaluated all aspects of the strength and conditioning for 2-varsity teams (~60 athletes)
- Weekly collaboration with varsity soccer coaches & IST staff

- Collaborated with sport medicine staff to implement athlete rehabilitation and injury prevention programs

Vergie Speed Dryland Training Center: Senior Strength & Conditioning Coach

May 2011 – Dec 2016

- Team, small group, and individual program design and coaching for more than 10 different sports
- Co-created sport-specific fitness testing, movement screening and return to play protocols in conjunction with Fortius Rehabilitation

Advanced Spinal Care, Tower Physiotherapy, NeuroMotion Physiotherapy Clinics

May 2012 - Aug 2012

Physiotherapy Assistant

- Over 500 hours of work and volunteer hours accumulated
- Assisted therapists / doctors with: exercise prescription, FMS, chart organization and preparation, diagnostic imaging retrieval, PR communication, Lokomat setup, treatment assistance for neurological conditions and 1-on-1 chaperoning

EDUCATION & CERTIFICATIONS

Edith Cowan University

Master of Science – Sport Science / Strength & Conditioning

Aug 2017 – Dec 2019

University of British Columbia

Bachelor of Kinesiology in Health Science

Jan 2009 - Apr 2014

National Strength & Conditioning Association

Certified Strength & Conditioning Specialist (CSCS/RSCC)

Functional Movement Systems (FMS)

Level 1 & 2

Precision Nutrition

Level 1

Functional Range Conditioning (FRC)

Level 1

Standard First Aid: CPR-AED

Level C

SPORT EXPERIENCE

University of British Columbia Varsity Athletics – Varsity Soccer Player & Assistant Coach

Aug 2010- Jan 2013

Kaiserslautern & Southampton Soccer Clubs – Professional Athlete

July 2004 - Jun 2008

Canada Soccer – National Team Member

Jan 2003- Sept 2008