

## CARREER HIGHLIGHTS

- **USSF:** Coach educator & author of sports science curricula: Pro, Academy Director, A, B, C, and GK Licenses
- **MLS:** Director of Sports Science (Portland Timbers 2013) and Assistant Coach (Sporting KC 2005, 2006)
- **Founder of Fit for 90:** Delivering the monitoring system used by USWNT for WC 2015, and over 300 teams in professional, collegiate, and youth sports
- **Publications & presentations** bridging domains of performance and injury, soccer-specific sports science, testing & monitoring, return to play from injury, and youth development

## EDUCATION & CERTIFICATIONS

- Ph.D. in Kinesiology:** *Effects of soccer-specific fatigue on movement mechanics* (2007-2010)  
*University of North Carolina at Greensboro*  
Performed integrated research studying the effects of an individualized soccer match simulation accounting for combined physiological and neuromechanical demands on lower extremity movement mechanics.
- M.S. in Exercise Physiology:** *Youth development of fitness & athleticism in soccer* (2000-2003)  
*The University of Tennessee at Knoxville*  
Completed research project focused on the development of a comprehensive model for developing fitness and athleticism in youth athletes with a special focus on soccer.
- B.A. in Comparative Literature** (1993)  
*Butler University, Indianapolis, IN*
- USSF A License:** *The United States Soccer Federation* (2004)  
Highest national license offered by the USSF federation licensure program
- TheFA Fitness Trainers' Award:** *The English football Association* (2003-2004)  
Awarded in 2004 – 1<sup>st</sup> American to complete and receive the award  
The course is a 4 week, 1-year course on the practical application of soccer-specific sports science
- UEFA A Course:** *The English football Association* (2007-2008)  
Course taken in 2008, final assessment remains incomplete
- World Football Academy:** *Periodization Expert Meeting, Amsterdam* (2012)  
Member of an invited group for the inaugural meeting of sports scientists and coaches
- UEFA B Goalkeeping License:** *The English Football Association* (2002)  
Awarded in 2002 – 1<sup>st</sup> American to receive the licensure
- Performance Enhancement Specialist (PES)** (2003)
- Certified Strength & Conditioning Specialist (CSCS)** (1998)

## WORK EXPERIENCE

- USSF National Instructor & Curriculum Author** (2006-present)
- *Professional license:* Developed and delivered all sports science content for the 1<sup>st</sup> ever USSF Pro license.
  - *Academy Director Course:* Developed and delivered all sports science elements focusing on growth, maturation and optimizing the individual player development pathway and periodization of the individual in the team for performance, development and injury prevention.
  - *Licensing A through F, and Goalkeeping licenses:* Developed and delivered all sports science content.
  - *US Development Academy Scout*
- Founder & CEO of Athletes Research Institute: Fit For 90 ([www.fitfor90.com](http://www.fitfor90.com))** (2012-present)
- Soccer-specific consulting and periodization experience with >10 seasons at the professional level, >70 seasons university, and >60 seasons elite youth. Clients include: NASL, NWSL, USL, NCAA division I, II, and III, USSDA and ECNL teams. Accolades include: multiple NASL and NWSL playoff appearances, 3 NCAA Final-4 appearances, and 1 NCAA championship (non-soccer).
  - Developed proprietary player-monitoring software used by international, professional, collegiate, and youth teams in all sports. Clients include the USWNT, NWSL League, and pro teams in the MLS, NASL and USL, and multi-sport teams at NCAA division I, II, and III.

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## ***Co-Founder, Sports Science Consultant for MVTRAK (www.MVTRAK.com)*** (2015-present)

- Wearable technology start-up out of Duke University delivering monitoring of head motion and impact for the better identification of the risk of head injury.
- Responsible for collaborative development of research grants, and optimizing hardware and software systems to deliver the solution to the market.

## ***Director of Sports Science: Portland Timbers, Major League Soccer (MLS)*** (2013)

- MLS Cup Semi-finalist, and Western Conference Champions.
- Responsible for all aspects of player physical performance, development, injury prevention, and return to play from injury, inclusive of testing and monitoring of players, and implementing a long-term periodized training plan.

## ***Adjunct Faculty/Graduate School Lecturer, University of North Carolina-Greensboro*** (2009-13, 2016 present)

- Adjunct faculty member overseeing MS level studies in Kinesiology and performing collaborative research
- Developed and instructed a graduate level course in Kinesiology focusing on the comprehensive development of performance, injury prevention, and return to play following rehabilitation.

## ***National Academy of Sports Science Consultant*** (2009-2010)

- Consultant for the development of a board-certified strength & conditioning/sports performance licensure. Developed accreditation requirements, course content, and testing material working with a collaborative group of professional practitioners across sports (NHL, NFL, MLB).

## ***Assistant Coach: Sporting KC, formerly Kansas City Wizards (MLS)*** (2005-2006)

- Coaching responsibilities included development and performance of the team's goalkeepers, and team training, and match analysis and scouting.
- Sport science responsibilities included developing and implementing strength, fitness, and injury prevention programs, and testing and monitoring of player health and performance.

## ***Assistant Coach: The University of North Carolina at Chapel Hill, men's soccer*** (2002-2005)

- Responsible for the training of the team's goalkeepers, and physical team preparation and injury prevention via the implementation of dynamic warming targeting movement development.

## ***Director of Goalkeeping and Fitness Development: Raleigh CASL*** (2002-2005)

- Responsible for the training and development of the club's elite level goalkeepers.
- Delivered a comprehensive age-specific performance curriculum for the club targeting injury prevention, player performance, and development.

## ***SoccerPlus: Director*** (1992-2005)

- Authored curriculum for goalkeeping-specific training in 2004, following over 10 years of work experience with Tony DiCicco's camp.

## ***Assistant Coach: The University of Tennessee at Knoxville, women's soccer*** (2000-2001)

- Responsible for team defensive tactics and training of goalkeeper's, recruiting and identification of players, scouting opposition, travel and managing budget.

## ***Assistant Coach: The Metropolitan State College of Denver, men's soccer*** (1998-2000)

- Responsible for training the team's goalkeepers and implementation of the teams fitness and athletic development.

## ***Assistant Coach: Colorado School of Mines, men's soccer*** (1997-1998)

- Responsible for training the team's goalkeepers.

## ***Assistant Coach: Butler University, men's soccer*** (1995-1996)

- Responsible for training the team's goalkeepers.

## **PUBLICATIONS & RESEARCH**

- Montgomery M.M., Tritsch A.J., and Cone J.R., et al. Influence of lean mass on lower extremity biomechanics during prolonged exercise. *Journal of Athletic Training*. 52(5): 000-000, 2017.
- Berry N.T., and Cone J.R., et al. Changes in Performance, HRV, and Inflammation following an Individualized Soccer Specific Training Program. American College of Sports Medicine (ACSM). Annual Meeting; June 2016.
- Tritsch A.J., Montgomery M.M., and Cone J.R., et al. Effect of Lean Mass on Performance during a prolonged exercise challenge. *Journal of Sport Sciences*. Submitted 11/2015.
- Cone J.R., (2016). Systematic development of fitness for return to play from lower extremity injury. Published in: *International Research in Science and Soccer II*; editors: Favero, T., Drust, B., and Dawson, B. Routledge Press.
- Schmitz J.S., and Cone J.R., et al. (2014). Lower-extremity biomechanics and maintenance of vertical jump height during prolonged intermittent exercise. *Journal of Sport Rehabilitation*. 23(4): 319-29.
- Schmitz J.S., and Cone J.R., et al. (2014). Changes in drop-jump landing biomechanics during prolonged intermittent exercise. *Sport Health*. 6(2): 128-35.
- Shultz J.S., and Cone J.R., et al. (2013) Multiplanar knee laxity increases during a 90-minute intermittent exercise protocol. *Medicine Science in Sports & Exercise*. 45(8): 1553-1561.
- Cone J.R., (2012). Soccer-Specific Performance Testing of Fitness & Athleticism: The Development of a Comprehensive Player Profile. *National Strength and Conditioning Journal*. 34(5): 11-19.
- Cone J.R. et al. (2012). The effect of an individualized soccer match simulation on vertical stiffness and impedance during a complex jump task. *Journal of Strength and Conditioning Research*. 26(8): 2027-36.
- Co-investigator, NFL charities funded study (2009-2012). The effect of individualized intermittent exercise on knee laxity and lower extremity biomechanics.
- Contributing author: *NASM Essentials of Sports Performance Training*, Eds. Clark, M.A. and Lucett, S.C. (2010).
- Cone, J.R., (2007). Warming up for intermittent endurance sports. *National Strength and Conditioning Journal*. 29(6): 70-77.

## **NATIONAL & INTERNATIONAL CONFERENCE PRESENTATIONS**

- National Athletic Trainers' Association (NATA) Convention, Feature Presentation 2017: "Managing Fitness  
Managing fitness development during rehabilitation"
- 4<sup>th</sup> World Conference on Science and Soccer, Invited Speaker: "Field-based testing for performance assessment and quantifying return to play" 2014
- National Soccer Coaches Association of America (NSCAA) convention presentations: 1) "Soccer-specific dynamic warming to develop athleticism," 2003 2) "Training & conditioning for youth development," 2007 3) panel: "Why the American Goalkeeper," 2008

## **CURRENT RESEARCH AND MANUSCRIPTS IN PROCESS**

- Anderson, T.A., and Cone, J.R. The Relationship between subjective readiness and neuromechanical performance during matches across a collegiate soccer season. In revision.
- Ehlert, A, Cone, J.R., Wideman, L., and Goldfarb, A.H. On-going research: Evaluation of the Goalkeeper adaptation to the YYIR1. Data collection in process.