

Matt Kritz

Senior Associate AD - Athletic Performance at UC San Diego

San Diego, CA, US

Kritz led the growth of New Zealand's national strength & conditioning discipline, High Performance New Zealand, from 3 to 36 staff members.

Biography

The UC San Diego athletics program appointed high performance specialist Matt Kritz as Senior Associate Athletic Director for Athletic Performance in February of 2019. Kritz, who served as the department's Director of Athletic Performance from 1999-2006, returns to UC San Diego after spending a decade in New Zealand helping develop a national strategy to positively impact performance in international competition. He served as National Director of Strength and Conditioning for High Performance Sport New Zealand from 2008-15 before co-founding and serving as Managing Director of Athlete Nation. Previously, Kritz served in a consulting role for UC San Diego in athletic performance. Under his direction, the unit has expanded to provide Triton student-athletes with first-class support services related to strength and conditioning, nutrition, rehabilitation, sport psychology and injury prevention. In 2014, Kritz helped design and manage the opening of the Spanos Athletic Performance Center. A 1996 graduate of Sacramento State, Kritz earned a Master of Science from United States Sports Academy in 2004. In 2012, he earned a doctoral degree in human movement from AUT University in New Zealand. While with High Performance New Zealand, Kritz was an integral figure in a national sport initiative that yielded a 100 percent increase in Olympic medals won by New Zealand athletes from 2008-16. He assisted with the effort to secure a \$40 million investment that led to six national sport training centers equipped with state-of-the-art biofeedback training and monitoring solutions. Kritz led the growth and expansion of the country's national strength and conditioning discipline from three to 36 full and part time staff members. He served as a national sport science lead for a variety of New Zealand's sport athletes and programs, including women's rugby 7's, field hockey, netball, BMX and track and field. Over the years, he has made numerous international presentations on sport science, has been published seven times and owns a patent on a world recognized movement competency screening tool designed to assist sport and health professionals to better understand an individual's movement competency related to injury mechanics.

Areas of Expertise

Remote Training In Isolation, Care and Prevention of Athletic Injuries, High Performance Amateur Athletes, Athletic Performance, High Performance Professional Athletes, Mental Health

Affiliations

Member, National Strength and Conditioning Association: 1999 to present

Education

Auckland University of Technology

Ph.D. Strength and Conditioning/Human Movement, Sports, and Exercise

United States Sports Academy

M.Sc. Sports and Exercise

California State University - Sacramento

B.S. Criminalistics and Criminal Science

Accomplishments

Registered Strength and Conditioning Specialist with Distinction

National Strength and Conditioning Association 2015

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