



# KEITH GRAY

## ASSISTANT STRENGTH AND CONDITIONING COACH



**NFL Experience:** 9th season (*9th with Eagles*)  
**College:** Virginia Tech    **Hometown:** Stuart, VA

**Keith Gray** is entering his 25th season as a strength and conditioning coach and is starting his ninth season with the Eagles after joining the team during the 2012 offseason.

Prior to arriving in Philadelphia, Gray spent the previous 13 years on the University of Georgia’s strength and conditioning staff. Gray joined Georgia’s staff as a full-time assistant in 1999 and was promoted to associate head strength coach in 2003.

During his tenure with the Bulldogs, he worked with the 2002 and 2005 SEC Champion football teams and the 2003, 2006 and 2008 Sugar Bowl squads. Gray has coached in 14 bowl games, coached 14 All-Americans and seen 16 of his former players taken in the first round of the NFL Draft. Gray also worked as the Director of Strength & Conditioning with the UGA women’s tennis teams (SEC Champions 2001-02) and women’s gymnastics teams, earning two NCAA National Championships (2005, 2006).

Prior to his role at Georgia, Gray served as a graduate assistant for strength and conditioning at Auburn University (1997-99), and at Southern Illinois University. Gray was a letterman at Virginia Tech, playing line-backer from 1991-94. He also earned the school’s highest strength honor, “Super Iron Hokie”. He majored in English and also earned a master’s degree in performance enhancement and injury prevention.

Gray was named a Master Strength and Conditioning Coach in 2012 by the Collegiate Strength and Conditioning Coaches association (CSC-Ca), which is registered as the highest honor given in the strength and conditioning coaching profession.

A native of Stuart, VA, Gray was born on July 10, 1973. He is married to Sara Peters, and they live in Woodbury, NJ.

CAREER TIMELINE		
YEARS	TEAM	POSITION
2012-	Philadelphia Eagles	Assistant Strength & Conditioning
2003-11	Georgia	Assoc. Head Strength & Conditioning
1999-02	Georgia	Assistant Strength & Conditioning
1997-99	Auburn	Graduate Assistant/Strength & Conditioning
	Southern Illinois	