



EDWARD GRAYER

ASSISTANT STRENGTH AND CONDITIONING COACH

NFL Experience: 4th season (1st with Eagles)

College: Montclair State Hometown: Scotch Plains, NJ

Edward Grayer was hired by the Philadelphia Eagles as an assistant strength and conditioning coach during the 2020 offseason after spending the previous three years (2017-19) with the Los Angeles Rams.

During his tenure with the Rams, Grayer was a part of the strength and conditioning staff led by current Eagles director of sports performance **Ted Rath**, who was named the Strength Coach of the Year by the Professional Football Strength and Conditioning Association in 2017.

Prior to the NFL, Grayer spent six seasons at Rutgers University in two separate stretches. Most recently, he served four years as the program's director of speed development (2012-15). Grayer originally began his Rutgers career in player development (2008-09) under head coach **Greg Schiano**.

In between Rutgers stints, Grayer spent two seasons at St. Thomas Aquinas High School, where they won the 2010 High School National Championship. Grayer was the secondary/strength coach in 2010 and was promoted to co-defensive coordinator in 2011.

In addition, Grayer spent one season as an assistant strength coach at the University of Louisville. The New Jersey native started his professional career as a performance enhancement specialist at Parisi Speed School in Fair Lawn, NJ.

Grayer graduated from Montclair State University with a degree in physical education/adult fitness. Grayer was a Division III All-American at linebacker, an All-Conference Defensive MVP, and served as a team captain for the MSU football team. He is married to Dr. Nicole Grayer and the couple has a daughter and a son.

CAREER TIMELINE

YEARS	TEAM	POSITION
2020-	Philadelphia Eagles	Assistant Strength & Conditioning
2017-19	Los Angeles Rams	Assistant Strength & Conditioning
2012-15	Rutgers	Director of Speed Development
2011	St. Thomas Aquinas H.S.	Co-Defensive Coord./Head Strength
2010	St. Thomas Aquinas H.S.	Secondary/Strength
2008-09	Rutgers	Player Development
2007	Louisville	Assistant Strength
2003-06	Parisi Speed School	Performance Enhancement Specialist