



TED RATH

VICE PRESIDENT OF PLAYER PERFORMANCE



NFL Experience: 13th Year (2nd with Eagles)

College: Toledo **Hometown:** Dundee, MI

Ted Rath originally joined the Philadelphia Eagles as the team's director of sports performance during the 2020 offseason and was promoted to vice president of player performance in 2021.

Prior to coming to Philadelphia, Rath spent three seasons (2017-19) with the Los Angeles Rams. He began his stint with the Rams as the head strength and conditioning coach before being named director of strength training and performance in 2018.

In 2017, Rath was named the Strength Coach of the Year by the Professional Football Strength and Conditioning Coaches Association, an award voted on by the league's strength and conditioning coaches. According to Football Outsiders, Los Angeles finished as the healthiest team in the NFL based on adjusted games lost due to injury.

Before his stint with the Rams, Rath spent one season as the assistant strength and conditioning coach for the Miami Dolphins (2016) and seven seasons in the same role with the Detroit Lions (2009-15).

Rath played linebacker at the University of Toledo from 2003-06 and went on to be the assistant director of strength and conditioning at his alma mater in 2008 before entering the NFL.

CAREER TIMELINE

Years	Team	Position
2021-	Philadelphia Eagles	V.P. of Player Performance
2020	Philadelphia Eagles	Director of Sports Performance
2018-19	Los Angeles Rams	Dir. of Strength Training/Performance
2017	Los Angeles Rams	Head Strength & Conditioning Coach
2016	Miami Dolphins	Asst. Strength & Conditioning Coach
2009-15	Detroit Lions	Asst. Strength & Conditioning Coach
2008	Toledo	Asst. Dir. of Strength & Conditioning