



TED RATH
VICE PRESIDENT OF PLAYER PERFORMANCE



NFL Experience: 15th Year *(4th with Eagles)*
College: Toledo **Hometown:** Dundee, MI

Ted Rath enters his third season as the Philadelphia Eagles’ vice president of player performance. He originally joined the team as the director of sports performance during the 2020 offseason.

A two-time NFL Strength and Conditioning Coach of the Year, Rath most recently earned the honor following his outstanding work during the 2022 campaign, when the Eagles reached Super Bowl LVII. In addition, after the season, he was chosen as the inaugural president of the newly formed Professional Football Performance Coaches Association. The PFPCA represents all performance, strength and conditioning, and sports science practitioners working within professional football with a mission to increase player health and safety through proper training and player-tracking initiatives.

Prior to his arrival in Philadelphia, Rath spent the 2017-19 seasons 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, when the Rams earned a trip to Super Bowl LIII.

In 2017, Rath was voted 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).

A native of Dundee, MI, Rath played linebacker at Toledo from 2003-06 and went on to become his alma mater’s assistant director of strength and conditioning before entering the NFL ranks in 2008.

Rath and his wife, Robin, have three children: Brooklyn, Brady, and Emmy.

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	Director 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. Director of Strength & Conditioning