PATRICK MCDOWELL

PLAYER DEVELOPMENT ASSISTANT/SCOUT

NFL Experience: 11th Year *(11th with Eagles)*
College: Virginia Military Institute **Hometown:** Virginia Beach, VA

SUPER BOWL CHAMPION: 2017 (LII), 2024 (LIX)

Patrick McDowell enters his 11th year with the Philadelphia Eagles. During the 2022 offseason, McDowell made the transition from the strength and conditioning staff to the football operations department, where he now serves as a player development assistant/scout.

McDowell, who was originally hired by the Eagles as a strength and conditioning intern during the 2016 offseason, previously worked as an assistant strength and conditioning coach during the 2018-21 seasons. He also completed a defensive line coaching fellowship with the team.

Prior to coming to Philadelphia, McDowell was the coordinator of sports performance at Wake Forest from 2015-16.

McDowell spent four years at Fork Union Military Academy (2011-15), where he was a strength and conditioning coach, defensive line coach, and co-defensive coordinator. He also worked as an English teacher and was the supervising officer of Delta Company for one year under John Shuman.

McDowell began his coaching career as a student assistant at Virginia Military Institute. He then coached at his alma mater, First Colonial (VA) High School, from 2004-06, before joining the staff at Ocean Lakes (VA) High School from 2006-11.

A native of Virginia Beach, VA, McDowell attended Fork Union Military Academy from 1995-96 and graduated from Virginia Military Institute with a degree in English in 2001.

CAREER TIMELINE

Years	Team	Position
2022-	**Philadelphia Eagles**	**Player Development Assistant/Scout**
2018-22	**Philadelphia Eagles**	**Asst. Strength and Conditioning**
2016-18	**Philadelphia Eagles**	**Strength and Conditioning Intern**
2015-16	Wake Forest	Coordinator of Sports Performance
2011-15	Fork Union Military Acad.	Defensive Line/Co-Defensive Coordinator
2006-11	Ocean Lakes (VA) H.S.	Coach
2004-06	First Colonial (VA) H.S.	Coach