



# EDWARD GRAYER

## ASSOCIATE STRENGTH AND CONDITIONING COACH



NFL Experience: 10th Year (6th with Eagles)  
 College: Montclair State Hometown: Scotch Plains, NJ

**SUPER BOWL CHAMPION: 2024 (LIX)**

Edward Grayer was named an associate strength and conditioning coach during the 2021 offseason after joining the Philadelphia Eagles as an assistant strength and conditioning coach in 2020.

In 2024, Grayer contributed to a strength and conditioning staff that helped Philadelphia have all but one of its Week One starters available to play in **Super Bowl LIX**.

Prior to Philadelphia, Grayer spent three seasons (2017-19) working as an assistant strength and conditioning coach for the Los Angeles Rams.

Before 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 (NJ) 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 the 2007 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, from 2003-06.

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
2021-	Philadelphia Eagles	Associate Strength & Conditioning
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 (NJ) H.S.	Co-Defensive Coordinator/Head Strength
2010	St. Thomas Aquinas (NJ) H.S.	Secondary/Strength
2008-09	Rutgers	Player Development
2007	Louisville	Assistant Strength
2003-06	Parisi Speed School	Performance Enhancement Specialist