



# AUTUMN LOCKWOOD

## ASSOCIATE PERFORMANCE COACH



NFL Experience: 5th Year (5th with Eagles)  
 College: Arizona, East Tennessee State Hometown: Media, PA

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

**Autumn Lockwood** was named an associate performance coach by the Philadelphia Eagles during the 2023 offseason. She originally joined the organization as a strength and conditioning associate in 2022.

In 2024, Lockwood helped contribute to the Eagles’ overall health and performance, which allowed Philadelphia to have 21 of its 22 Week One starters available to play in **Super Bowl LIX**.

Prior to the Eagles, Lockwood served as the director of sports performance at the University of Houston (2021-22) and was the assistant director of basketball sports performance at East Tennessee State (2020-21).

In 2019, Lockwood gained her first NFL experience as an intern for the Atlanta Falcons’ strength staff during organized team activities.

From 2018-20, Lockwood worked as a strength and conditioning graduate assistant with the basketball program at East Tennessee State. She also interned with UNLV’s football program (2017-18) and assisted strength and conditioning efforts for the University of Arizona’s Olympic sports (2017).

A native of Media, PA, Lockwood received her bachelor’s degree in criminal justice with a minor in psychology from Arizona. She also obtained her master’s degree in sports management from East Tennessee State.

CAREER TIMELINE		
Years	Team	Position
<b>2023-</b>	<b>Philadelphia Eagles</b>	<b>Associate Performance Coach</b>
<b>2022</b>	<b>Philadelphia Eagles</b>	<b>Strength &amp; Conditioning Associate</b>
2021-22	Houston	Director of Sports Performance
2020-21	East Tennessee State	Asst. Director of Basketball Sports Perf.
2019	Atlanta Falcons (OTAs)	Strength & Conditioning Intern
2018-20	East Tennessee State	S&C - Basketball Graduate Assistant
2017-18	UNLV	S&C - Football Intern
2017	Arizona	S&C - Olympic Sports Intern