



# FERNANDO NORIEGA

**DIRECTOR OF PLAYER PERFORMANCE AND SPORTS SCIENCE/HEAD STRENGTH AND CONDITIONING COACH**

NFL Experience: 11th Year (6th with Eagles)  
College: Whitworth Hometown: El Monte, CA



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

Fernando Noriega enters his third year as the director of player performance and sports science and his sixth year as the head strength and conditioning coach of the Philadelphia Eagles.

Noriega’s primary responsibilities include overseeing the players’ on-field workload, sports science program, strength and conditioning program, nutrition program, and coordinating with the player development staff.

In 2024, Noriega led a strength and conditioning staff that contributed to Philadelphia having all but one of its 22 Week One starters available to play in **Super Bowl LIX**. In the 2022 Super Bowl LVI appearance, the team had all Week One starters available.

Prior to joining the Eagles, Noriega served as an assistant strength and conditioning coach (2017-20) and strength and conditioning intern (2016) with the Los Angeles Rams. In 2017, Los Angeles finished as the healthiest team in the NFL based on adjusted games lost due to injury, according to Football Outsiders.

In 2015, Noriega served as a strength and conditioning intern at Cal State Long Beach while simultaneously serving as the head strength and conditioning coach for El Monte (CA) High School’s football program.

Noriega began his career as a strength and conditioning coach at EM Speed and Power Training from 2013-14.

Noriega is a Certified Strength and Conditioning Specialist and a Certified Performance and Sport Scientist through the National Strength and Conditioning Association. In addition, he continues his education in sports management and leadership by pursuing a higher degree in Sports Leadership. Noriega earned a master’s degree in Exercise Science from Cal State Long Beach and a bachelor’s degree in Kinesiology from Whitworth University, where he was a three-year starter and a captain of the football team.

Noriega and his wife, Claudette, have three children: Ethan, Alonzo, and Diego.

CAREER TIMELINE		
Years	Team	Position
2024-	Philadelphia Eagles	Director of Player Performance and Sports Science/ Head Strength and Conditioning Coach
2021-2023	Philadelphia Eagles	Head Strength & Conditioning
2017-20	Los Angeles Rams	Assistant Strength & Conditioning
2016	Los Angeles Rams	Strength & Conditioning Intern
2015	El Monte (CA) H.S.	Strength & Conditioning
2015	Cal State Long Beach	Strength & Conditioning Intern