



# DUSTIN WOODS

## INTERPERSONAL PERFORMANCE DIRECTOR/ASSOCIATE STRENGTH AND CONDITIONING COACH

NFL Experience: 11th Year (6th with Eagles)

College: Miami (Ohio) Hometown: Cincinnati, OH



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

Dustin Woods was named the Philadelphia Eagles’ interpersonal performance director/associate strength and conditioning coach during the 2024 offseason. He originally joined the team’s strength staff in 2021.

In 2024, Woods contributed to a performance staff that led Philadelphia to have 21 of 22 Week One starters available to play in **Super Bowl LIX**.

Prior to the Eagles, Woods spent three seasons (2018-20) as an assistant strength and conditioning coach with the Los Angeles Rams.

Before he joined Los Angeles, Woods served two stints (2016-18, 2011-14) as the short track head strength and conditioning coach for the Chinese Olympic Skating Association. During the 2018 Winter Olympic Games, China’s Wu Dajing set a new world record and won the men’s 500m short-track speed skating event. The win marked the first gold medal for China in men’s short track at the Olympics. In total, China speed skaters brought home three medals in 2018. During the 2014 Winter Olympic Games, China won two gold medals, three silver medals and one bronze medal, which marked the most combined medals in men’s and women’s short track.

From 2014-16, Woods served as a strength and conditioning coach at Xavier, working primarily with the baseball team, women’s basketball team and men’s and women’s soccer teams. At the same time, Woods served as an international and university performance coordinator for Ignition Athletic Performance Group, a consultant for short track speed skating for the Olympic Winter Institute of Australia and an educator and speaker for Lead Sports, where he participated in seminars and workshops for sports teams and organizations around China.

Woods broke into the NFL with the Cincinnati Bengals as a part-time assistant strength and conditioning coach in 2015.

A graduate of Miami University (OH) with a bachelor’s degree in kinesiology and health, Woods was a four-year starter on the football team and voted team captain for the RedHawks his senior season (2009-10). During his time in college, Woods worked as a personal trainer and speed coach at Woods Strength and Conditioning, a family-owned personal training facility owned and operated by his brother and mentor in the field, Scott Woods.

A native of Cincinnati, OH, Dustin and his wife, Allyse, have three children, a son, Eli, and two daughters, Zoe and Kaia.

CAREER TIMELINE		
Years	Team	Position
2024-	Philadelphia Eagles	Interpersonal Performance Dir./Assoc. Strength and Conditioning Coach
2021-23	Philadelphia Eagles	Associate Strength & Conditioning
2018-20	Los Angeles Rams	Assistant Strength & Conditioning
2016-18	Chinese Olympic Skating Association	Short Track Head Strength & Conditioning
2015-16	Cincinnati Bengals	Assistant Strength & Conditioning
2014-16	Ignition Athletic Performance	International and University Performance Coordinator
2014-16	Olympic Winter Institute of Australia	Short Track Speed Skating Consultant
2014-16	Xavier	Strength & Conditioning
2014-15	Lead Sports	International Presenter/Educator
2011-14	Chinese Olympic Skating Association	Short Track Head Strength & Conditioning
2010-11	Ignition Athletic Performance Group	Performance Specialist
2008-10	Woods Strength and Conditioning	Personal Trainer/Speed Coach