



# MIKE MINNIS

DIR. OF PERFORMANCE NUTRITION/ASST. STRENGTH & CONDITIONING



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

**College:** Kansas, Kansas State **Hometown:** Bucklin, KS

**Super Bowl Champion: 2017 (LII)**

**Mike Minnis** enters his sixth season as a member of the Philadelphia Eagles' sports medicine and performance department. During the 2021 offseason, he was elevated to director of performance nutrition/assistant strength and conditioning coach after spending the previous five seasons as the club's coordinator of performance nutrition/assistant strength and conditioning coach.

In his current role, Minnis plans and manages the execution of day-to-day performance nutrition initiatives, administers body composition analysis, and evaluates data to enhance performance and recovery. Additionally, Minnis assists the strength and conditioning staff with program development and implementation.

Before joining the Eagles, Minnis served as the director of performance nutrition at the University of Southern California from 2015-16, working exclusively with the football program.

A native of Bucklin, KS, Minnis earned a bachelor's degree in dietetics and a master's degree in human nutrition (emphasis in exercise science) from Kansas State University in 2013 and 2015, respectively. He originally attended the University of Kansas, where he received an undergraduate degree in business information systems in 2011.

Minnis married his wife, Emily, in the spring of 2021.

## CAREER TIMELINE

Years	Team	Position
2021-	Philadelphia Eagles	Dir. of Performance Nutrition/ Assistant Strength & Conditioning
2016-21	Philadelphia Eagles	Coord. of Performance Nutrition/ Assistant Strength & Conditioning
2015-16	USC	Director of Performance Nutrition