



MIKE MINNIS

DIR. OF PERFORMANCE NUTRITION/ASST. STRENGTH & CONDITIONING



NFL Experience: 8th Year *(8th with Eagles)*
College: Kansas, Kansas State **Hometown:** Bucklin, KS

SUPER BOWL CHAMPION: 2017 (LII)

Mike Minnis enters his eighth 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 with development and implementation of the strength and conditioning program.

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 and 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 and his wife, Emily, have one daughter, Chloe.

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