

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 Philadelphia's **Super Bowl LIX** victory, Noriega led the performance staff that helped the Eagles have all but one of their 22 Week One starters available to play. In the 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 earned a doctorate in Sports Leadership from Concordia University Chicago, where the emphasis was on strategic leadership and organizational culture alignment and management. 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 is the recipient of the 2026 Professional Strength and Conditioning Coach of the Year Award. A recognition given to the top S&C coach across all professional sports leagues in the country by the NSCA for improving athlete performance through safe, effective, science-based programs.

Noriega is a Certified Strength and Conditioning Specialist and a Certified Performance and Sport Scientist through the National Strength and Conditioning Association.

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