



FERNANDO NORIEGA

HEAD STRENGTH & CONDITIONING COACH



NFL Experience: 8th Year (3rd with Eagles)
College: Whitworth **Hometown:** El Monte, CA

Fernando Noriega is entering his third year as the Philadelphia Eagles' head strength and conditioning coach. In the first two years, Noriega, Rath, and the performance staff have impacted the team's health and performance.

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. 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 on the football team.

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

| CAREER TIMELINE | | |
|-----------------|----------------------|-----------------------------------|
| Years | Team | Position |
| 2021- | 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 |