



FRED
HALE

ASSISTANT STRENGTH AND CONDITIONING COACH



NFL Experience: 2nd Year *(1st with Eagles)*

College: Mercyhurst Hometown: Mentor, OH

Fred Hale enters his first season with the Philadelphia Eagles after joining the club as an assistant strength and conditioning coach during the 2026 offseason.

Prior to joining the Eagles, Hale served as the associate director of football strength and conditioning (2022-25) and assistant strength and conditioning coach (2021) at Notre Dame. He also held positions as co-director of sports performance and assistant strength and conditioning coach at Eastern Michigan from 2014-20.

In 2013, Hale worked as a performance coach for Power Train Sports Institute.

Hale gained his first NFL experience as a strength and conditioning assistant with the Buffalo Bills during the 2012 offseason before heading to Tennessee to serve in the same capacity for that season. With the Vols, he worked directly with the football, baseball and track and field teams.

A native of Mentor, OH, Hale graduated from Mercyhurst University with a bachelor’s degree in exercise science. He later went on to earn his master’s degree in exercise physiology while also working closely with the Lakers’ rowing team.

CAREER TIMELINE		
Years	Team	Position
2026-	Philadelphia Eagles	Assistant Strength & Conditioning
2022-25	Notre Dame	Associate Director of Football Strength and Conditioning
2021	Notre Dame	Assistant Strength and Conditioning Coach
2016-20	Eastern Michigan	Co Director of Sports Performance
2014-20	Eastern Michigan	Assistant Strength and Conditioning Coach
2013	Power Train Sports Institute	Performance Coach
2012	Tennessee	Strength and Conditioning Assistant
2012	Buffalo Bills	Strength and Conditioning Assistant