



# KEITH GRAY

## ASSISTANT STRENGTH AND CONDITIONING

### 7TH YEAR IN NFL • 7TH IN PHILADELPHIA COLLEGE: VIRGINIA TECH



Keith Gray is in his seventh season with the Eagles after joining the team during the 2012 offseason. Prior to arriving in Philadelphia, Gray spent the previous 13 years on the University of Georgia's strength and conditioning staff.

Gray joined Georgia's staff as a full-time assistant in 1999, and was promoted to associate head strength coach in 2003. During his tenure with the Bulldogs, he worked with the 2002 and 2005 SEC Champion football teams and the 2003, 2006 and 2008 Sugar Bowl squads. Gray has coached in 14 bowl games, coached 14 All-Americans and seen 16 of his former players taken in the first round of the NFL Draft.

Gray also worked as the director of strength and conditioning with the women's tennis teams (2001 and 2002 SEC Tournament Champions) as well as the women's gymnastics program, which captured five SEC titles (2001-02, 04-06) and two NCAA National Championships (2005, 2006).

Prior to his role at Georgia, Gray served as a graduate assistant for strength and conditioning at Auburn (1997-99), and at Southern Illinois. Gray played linebacker at Virginia Tech from 1991-94 and earned the school's highest strength honor, the "Super Iron Hokie" award. He majored in English and also earned a master's degree in performance enhancement and injury prevention.

Gray was named Master Strength and Conditioning Coach in 2012 by the Collegiate Strength and Conditioning Coaches association (CSCCa), which is regarded as the highest honor given in the strength and conditioning coaching profession.

A native of Stuart, VA, Gray was born on July 10, 1973.

### BEHIND THE SCENES ...



- Favorite team growing up:** Virginia Tech Hokies
- Favorite athlete growing up:** Walter Payton
- Biggest influence on your career:** My father and brother
- On your iPod:** Dave Matthews Band
- Favorite TV show of all-time:** *Magnum P.I.*
- Favorite Book:** *To Kill A Mockingbird*
- Favorite Movie:** *The Godfather*
- Favorite Web Site:** [www.elitefts.com](http://www.elitefts.com)
- If I was not in football, I'd be:** an English professor

