



BALTIMORE  
**RAVENS**

## BOB ROGUCKI STRENGTH & CONDITIONING COACH

**COLLEGE:** GLENVILLE STATE  
**BORN:** 9/27/53, CLARKSBURG, WV  
**EXP. (NFL/RAVENS):** 24/7

**B**ob Rogucki (pronounced row-GUS-key) is in his seventh year as the Ravens' head strength and conditioning coach. Rogucki is a 40-year coaching veteran who has 24 years of experience as a strength and conditioning coach in the NFL. His philosophy is to direct a training regimen specific to the game of football involving protocols that build both muscular strength and endurance. Rogucki works with every player and believes strength and conditioning is the basis of success for a team. Time-honored strengthening philosophies and hard work prevail in the weight room, but Rogucki makes the program competitive, challenging and fun for the players. His track record shows that he has a reputation for getting players to buy in to his programs.

**2008-13: (with Baltimore)** Joined the Ravens' coaching staff as the team's head strength and conditioning coach in 2008.

**2012:** Awarded the Champions Award from his peers at the annual NFL Strength & Conditioning Coaches' Banquet during the NFL Combine in Indianapolis.

**2006-07: (with Philadelphia)** Spent two seasons as the assistant strength and conditioning coach with Ravens head coach John Harbaugh, who coached the special teams and secondary.

**2005:** Was the director of fitness at Sports & Field, one of the premier athletic performance training facilities, based in Wesley Chapel, FL.

**2004: (with Jacksonville)** Joined the Jaguars for a one-year stint as their assistant strength coach.

**1990-2003: (with Arizona)** Spent 14 years as strength and

conditioning coach...Enhanced the team's weight room to include a wide variety of equipment and implemented a strength and conditioning program that trains the entire body.  
**1990:** Launched his NFL coaching career with the Cardinals.

**1983-1989: (with Army)** Managed the strength and conditioning and the speed development programs for all varsity sports, under stringent guidelines mandated by service academy regulations.

**1982: (with Weber State)** Spent one season as strength coach.

**1981: (with Penn State)** Launched his collegiate coaching career as an assistant strength coach.

**1975-81:** Rogucki coached high school football, basketball and baseball in Ohio, Pennsylvania and West Virginia for six years until he entered the NCAA ranks at Penn State...The three schools were Sebring (OH) HS, Grafton (WV) HS and State College (PA) HS.

**COLLEGE:** Earned a bachelor's degree in health, physical education and safety from Glenville (WV) State in 1975.

**PERSONAL:** Attended Notre Dame (Clarksburg, WV) HS... Bob and his wife, Mary Rose, have a son, Charlie, and a daughter, Katie...Charlie is the art director at State Farm Creative and lives in Bloomington, IL, with his wife, Ashley, and Bob's grandsons, Eli Robert (7) and Will Francis (2), and his granddaughter, Sophie Marie (5)...Katie, who earned a kinesiology degree from Arizona State, is a physical therapy assistant in Scottsdale, AZ.

### COACHING BACKGROUND

YEARS	COLLEGE/PRO TEAM	POSITION
1975-81	High Schools	Head Coach
1981	Penn State	Assistant Strength & Conditioning
1982	Weber State	Strength & Conditioning
1983-89	Army	Strength & Conditioning
1990-2003	Arizona Cardinals	Strength & Conditioning
2004	Jacksonville Jaguars	Assistant Strength & Conditioning
2006-07	Philadelphia Eagles	Assistant Strength & Conditioning
2008-14	Baltimore Ravens	Strength & Conditioning

