



# JOHN "MOTHER" DUNN

**ASSISTANT STRENGTH & CONDITIONING**

**COLLEGE: PENN STATE**

**BORN: 7/22/56, GREAT BARRINGTON, MA**

**EXP. (NFL/RAVENS): 28/4**



**J**ohn "Mother" Dunn was named assistant strength and conditioning coach by head coach John Harbaugh in February of 2008. Having built a reputation for producing some of the strongest and best-conditioned players in the NFL, John was voted by his peers as the NFL's Professional Strength and Conditioning Coach of the Year in 1994, while with San Diego. Dunn has 24 years of professional coaching experience and an uncanny knack for getting players to buy in to his programs. Dunn's energetic, open-minded approach to conditioning keeps him receptive to and researching for new training protocols.

**2008-10: (with Baltimore)** Assisted Bob Rogucki in instituting the Baltimore Ravens Competition Day, an offseason event where players participate in different strength-related competitions...Over 50 players take part each year in the Ravens' voluntary offseason training program.

**2007: (with Army)** Served a brief stint with the Black Knights, after being recruited in December, but signed with Harbaugh and the Ravens (2/12/08).

**2004-05: (with Washington)** Tabbed by head coach Joe Gibbs for a second time (1984-86) as head strength and conditioning coach.

**1997-2003: (with NY Giants)** Spent seven years as the Giants' head strength and conditioning coach... Players experienced minimal injuries under Dunn's guidance and were well prepared to stay healthy throughout the season. **2001:** Introduced mandatory yoga classes to the team to provide flexibility, breathing, concentration exercises and diversity. **2000:** Highlights included winning the NFC Championship and advancing to Super Bowl XXXV against the Ravens. **1999:** Offered martial arts as part of the players' training regimen.

**1990-96: (with San Diego)** Three of Dunn's assistants from the Chargers went on to become head strength coaches in the NFL: Chris Clawson (L.A. Rams), former Raven Chip Morton (Bengals) and John Hastings (Redskins).

**1994:** Was part of their championship run, as the Chargers advanced to play San Francisco in Super Bowl XXIX...Voted by his peers as the NFL's Professional Strength and Conditioning Coach of the Year.

**1987-89: (with L.A. Raiders)** **1987:** Hired and posted a three-year stint to lead the Raiders' strength and conditioning program.

**1984-86: (with Washington)** **1984:** Hired and served as assistant strength and conditioning coach under Joe Gibbs in Dunn's first NFL position.

**COLLEGE:** Played defensive line at Penn State for two seasons before switching to the O-line for his junior and senior years...Named one of the Nittany Lions' co-captains as a senior...Graduated with a degree in health and physical education... Signed as a free agent with the Philadelphia Eagles in 1978.

**PERSONAL:** A three-sport star at Taconic Hills (Philmont, NY) HS...Lettered in football, basketball, and track and field...Was nationally ranked in the shot put as a senior...Served as a graduate assistant O-line coach at his alma mater in 1979...Dunn founded his own gym - "Mother" Dunn Nautilus - which had locations in PA and NY in 1980...Nicknamed "Mother" by PSU teammates as a freshman...Named after former Nittany Lions' first All-American at Penn State William Thomas Dunn (1906)...John and his wife, Julia, have two daughters: Jessica, who is a recent graduate of Virginia Tech, and Taylor, who is a junior at Virginia.

## COACHING BACKGROUND

YEARS	COLLEGE/PRO TEAM	POSITION
1984-86	Washington Redskins	Asst. Strength & Conditioning
1987-89	LA Raiders	Strength & Conditioning
1990-96	San Diego Chargers	Strength & Conditioning
1997-2003	New York Giants	Strength & Conditioning
2004-05	Washington Redskins	Strength & Conditioning
2007	Army	Strength & Conditioning
2008-11	Baltimore Ravens	Asst. Strength & Conditioning

