



STEVE SAUNDERS

DIRECTOR OF PERFORMANCE & RECOVERY

COLLEGE: MILLERSVILLE
BORN: 3/23/70, MYERSTOWN, PA
EXP. (NFL/RAVENS): 1/1



STEVE SAUNDERS, founder of Power Train Sports Institute, is in his first year as the Ravens' director of performance and recovery. In his new role, Saunders oversees all sports science, speed training and recovery initiatives, working closely with the athletic training and strength and conditioning departments. His focus includes player injury prevention, recovery and energy system training in an effort to maximize performance. Prior to joining the Ravens, Saunders grew Power Train from a single unit to a 200-employee operation in 28 locations nationwide. Best known for his work with 2008 NFL Defensive Player of the Year LB James Harrison, Saunders has personally trained hundreds of NFL, NHL and MLB athletes. Saunders, well-known for his draft preparation, has directed one of the nation's top NFL Combine training programs for the last 15 years, while preparing first-round selections in football, baseball and hockey.

1999-2016: (with Power Train Sports Institute) Founded (1999) and built Power Train into one of the world's leading providers of best-in-class sports performance training... Professional athletes benefit from Saunders's proprietary energy training system based on speed and conditioning programs, strength and rehabilitation.

2013-14: (with Team Lokomotiv) Hosted and trained the three-time Russian Superleague champion Lokomotiv Yaroslavl, currently of the Kontinental Hockey League.

2012: Named to the Under Armour Training Council, a collection of the world's highest-caliber strength and conditioning professionals.

2011: Guided more than 90 NFL athletes through rehabilitation, training, speed, strength and conditioning programs during the 2011 lockout.

2005-09: Independently contracted by more than 20 Pittsburgh Steelers for advanced strength and speed training, rehab and recovery during the 2005-09 seasons, assisting the team to two Super Bowl titles (2005 and 2008).

COLLEGE: Graduated from Millersville (Lancaster, PA) University, where he was a captain and four-year starter at DT...Earned multiple All-ECAC and All-PSAC honors.

PERSONAL: Born and raised in Myerstown, PA and attended Eastern Lebanon County (Myerstown, PA) HS, where he was a standout in football, basketball and baseball...Saunders and his wife, Emily, have five children: two daughters (Lily and Morgan) and three sons (Logan, Stone and Major).

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