

Winter 1-16-2014

EMU Men's Basketball: McKeefery Named EMU Director of Sports Performance January 16, 2014

Eastern Michigan University

Follow this and additional works at: http://commons.emich.edu/sports_scr

Recommended Citation

Eastern Michigan University, "EMU Men's Basketball: McKeefery Named EMU Director of Sports Performance January 16, 2014" (2014). Eastern Michigan University, Department of Intercollegiate Athletics. EMU Archives, Digital Commons @ EMU (http://commons.emich.edu/sports_scr/404)

This Article is brought to you for free and open access by the University Archives at DigitalCommons@EMU. It has been accepted for inclusion in Sports Scores by an authorized administrator of DigitalCommons@EMU. For more information, please contact lib-ir@emich.edu.

McKeefery Named EMU Director of Sports Performance

Strength and Conditioning Coach Brings Decorated Resume to EMU



1/16/2014 10:55:00 AM

YPSILANTI, Mich. (EMUEagles.com) — The Eastern Michigan University Department of Intercollegiate Athletics program announced today, Jan. 16, that [Ron McKeefery](#) has been named the Director of Sports Performance. The 2008 Under Armour Collegiate Strength and Conditioning Coach of the Year, McKeefery has served as a strength and conditioning coach at both the professional and collegiate level.

McKeefery spent the 2013 season working with the NFL's Cincinnati Bengals after serving as the head strength and conditioning coach at the University of South Florida and the University of Tennessee. In total, he has coached 27 NFL Draft Picks, including First Round Draft Pick and Pro Bowlers Mike Jenkins and Jason Pierre-Paul, along with Cordarrelle Patterson. Additionally, he has coached numerous all-conference, All-Americans and NFL free agents selections.

"I had the honor of coaching Ron in his senior year of college and watched him lead a team from 1-8 to 9-1," said EMU Head Football Coach [Chris Creighton](#). "He was special then and he is special now. He is an expert at his craft but what separates him from so many are his intangibles. Our team already knows that he cares about them and he is already making us better."

Before heading to Cincinnati, McKeefery was the football head strength and conditioning coach at Tennessee for three seasons. He was also the human performance coordinator for the United States Army Special Forces, 160th Special Operations Aviation Regiment, in Fort Campbell, Ky.

McKeefery got his collegiate start at the University of South Florida, where he served as assistant athletic director for strength and conditioning and the head strength and conditioning coach from 2000-10.

A key member of the South Florida coaching staff, McKeefery's tenure with the Bulls coincided with that program's rise from Division I-AA to perennial Big East Conference contender. In addition to six consecutive bowl games and 16 NFL draft picks, the success of his strength and conditioning program is best exemplified by the fact that South Florida was 10-0 in overtime during his tenure.

The Missouri native owns a bachelor of arts in biology from Ottawa University in Ottawa, Kan., and a master of arts in adult education from South Florida. McKeefery earned all-conference honors in both football and track at Ottawa and was also a two-time Academic All-American.

After spending one season as a coach with Ottawa, McKeefery worked as an intern with the Kansas City Royals in Major League Baseball. He also worked with the Tampa Bay Buccaneers during the 1999 season, a year in which the Bucs played in the NFC Championship Game. McKeefery also spent the 2000 season as the head strength and conditioning coach with the Berlin Thunder of NFL Europe.

In addition, he has lectured for the National Strength and Conditioning Association, Collegiate Strength and Conditioning Association, and numerous major universities. McKeefery has been published in the National Strength and Conditioning Journal, American Football Monthly and Stack Magazine.

He is a Certified Strength and Conditioning Specialist w/Distinction (CSCS*D) and Coach Practitioner under the National Strength and Conditioning Association (NSCA) as well as a Strength and Conditioning Coach Certified (SCCC) under the Collegiate Strength and Conditioning Coaches Association (CSCCA). He also served as the state NSCA Director for Florida (North) and is certified by both the National Strength & Conditioning Association (NSCA) and the Collegiate Strength & Conditioning Coaches Association (CSCCA).

In 2013, McKeefery received the prestigious title of Master Strength & Conditioning Coach at the annual conference for the Collegiate Strength and Conditioning Coaches association in Kansas City, Mo.

McKeefery and his wife, Angela, have four children: James, Tyler, Ava, and Maya.

The Ron McKeefery File

Name: [Ron McKeefery](#)
High School: North Kansas City H.S. - Kansas City, Mo. - 1994
College: Ottawa University - Bachelor's degree in biology/physical education - 1997
University of South Florida - Master's degree in adult education - 2004
Family: Wife-Angela; Children-James, Tyler, Ava, and Maya

Coaching Experience

Year School Position

2013 Cincinnati Bengals (NFL) Strength and Conditioning Coach
2011-13 University of Tennessee Director of Strength & Conditioning-Football
2001-10 University of South Florida Asst. AD/Head Strength & Conditioning Coach

2000-01 University of South Florida Asst. Strength & Conditioning Coach
2000 Berlin Thunder Head Strength and Conditioning Coach
1999-00 Tampa Bay Buccaneers Part-Time Asst. Strength and Conditioning Coach
1998-99 Kansas City Royals Intern Strength and Conditioning Coach
1998-99 Ottawa University Assistant Defensive Backs/Strength Coach

Coaching Honors

2013 Master Strength and Conditioning Coach Collegiate Strength and Conditioning Association
2008 Under Armour Collegiate Strength & Conditioning Coach of the Year
2010 Meineke Car Care Bowl Champions
2010 International Bowl Champions
2008 St. Petersburg Bowl Champions
2007 Brut Sun Bowl
2006 PapaJohns.com Bowl Champions
2005 Meineke Car Care Bowl