



John Patrick
Strength & Conditioning Coach
Mount Union, 1999

Youngstown native John Patrick joins the Athletic Department to assume duties as Head Strength and Conditioning Coach. He is responsible for developing the strength and conditioning programs for all 18 YSU intercollegiate athletic programs.

Prior to joining the Penguins in June 2008, Patrick was the head strength and conditioning coach at NCAA Division-I Jacksonville University where he was responsible for the strength and conditioning development for 18 athletic programs. The Dolphins are members of the Atlantic Sun Conference and have non-scholarship FCS football.

Patrick spent a year-and-a-half at Georgia Southern where he designed and implemented the strength and conditioning programs women's soccer, women's track and field, men's tennis and men's golf. He is a member of the Collegiate Strength and Conditioning Association and is certified by the National Strength and Conditioning Association, the International Sports Science Association and the United States Weightlifting Association.

A graduate of South Range High School, he earned his degree from Mount Union College in 1999 in exercise science and his M.S. in kinesiology from Georgia Southern in 2004.