



ERIC CIANO

HEAD STRENGTH & CONDITIONING COACH

11th YEAR IN THE NFL
11th YEAR WITH THE BILLS

Eric Ciano enters his eleventh season in the NFL in 2020 after originally joining the organization in 2010. In 2019, Ciano was recognized by the Professional Football Strength & Conditioning Coaches Association as the head NFL Strength Coach of the year.

COACHING HIGHLIGHTS

2010-present: (Buffalo Bills)

- Ciano oversees the year-round strength and conditioning program for the entire Bills roster. This includes coordinating offseason and in-season workout programs. In 2013, Ciano implemented the Catapult training system – a GPS-based system that captures data on each player such as acceleration and deceleration, change of direction, top speed and total distance run. The data is used to help measure players' exertion levels and prevent injuries and assist with rehabilitation assignments.

2005-09: (Georgia Tech)

- Prior to joining Buffalo, he spent five seasons at Georgia Tech overseeing strength and conditioning for all of Tech's athletic teams and working primarily with the football team.

2002-04: (University of Tennessee)/2000-02: (Louisiana Tech)

- Ciano spent 2002-04 at Tennessee as the associate head strength and conditioning coach. He served as the head strength and conditioning coach at Louisiana Tech from 2000-02. He began his college career as a graduate assistant at Tennessee from 1997-99.

COLLEGE/PERSONAL

- Earned his bachelor's degree in 1997 from Springfield (Mass.) College, where he lettered in football and then went on to add a master's degree from Tennessee in 1999. A certified collegiate strength and conditioning coach, Ciano is a member of the Collegiate Strength and Conditioning Association. Ciano is married to the former Ashley Klimkiewicz and the couple has three boys – Brady, Jack and Luke.