

STEVE WATTERSON

AST. HEAD COACH/STRENGTH & CONDITIONING



One of the top strength and rehabilitation experts in the NFL, Steve Watterson is in his 26th season as the Titans' strength and conditioning coach.

In 2010, Watterson earned his 'Art of Strength' Kettlebell Instructor Certification during the 'A.O.S' seminar held at Punch Gym in Franklin, Tenn. He becomes the first NFL Strength and Conditioning coach to complete the certification program and along with his assistant, Jason Novak, are the only tandem of 'A.O.S' certified instructors in professional sports. At the request of the Army's 5th Special Forces Group, Watterson has coached many of their instructors in kettlebell training techniques and team building activities.

In 2008, he was elected to the Alliance for Natural Health's Scientific Advisory Board. The Alliance for Natural Health USA (ANH-USA); which was formed in 1992, is part of an international organization dedicated to promoting sustainable health and freedom of choice in healthcare through good science and good law.

In 2002, Watterson was awarded the President's Award from the Professional Football Strength and Coaches Society for his contributions to the field of strength and conditioning. In 1999, he was appointed to the National Research Council for Health (NRCH) scientific advisory council. NRCH was formed in 1977 to expand the scientific foundation and understanding of natural health science.

In 1992, Watterson received one of the highest honors of his career when he was named Professional Strength and Conditioning Coach of the Year. Watterson has been instrumental in helping to develop and implement various strength and conditioning programs with the Titans and directs the club's successful off-season conditioning program. Watterson joined the Oilers in 1986 as strength and conditioning coordinator before becoming an assistant coach in those areas prior to the 1988 season.

Before joining the Oilers, Watterson spent two seasons (1984-85) as the assistant trainer for the Philadelphia Eagles. From 1979-80, he served as the head trainer at Tucson (Ariz.) High School before accepting a similar post at Amphitheater High School in Tucson (1980-84). Watterson's other activities have included serving as a trainer at the 1982 Olympic Development Camp and at the National Sports Festival in Colorado Springs in 1983. Following the 1990 season, Watterson received national attention when he personally supervised the rehabilitation of auto racing superstar A.J. Foyt. Foyt credits Watterson with his ability to come back from severe leg injuries to race in the 1991 Indianapolis 500.

Watterson has advised Olympic and World-Class athletes on proper nutritional supplementation. NASCAR teams, such as Richard Petty's, have called on Watterson to advise them on proper nutrition for improved performance. He also has advised NASCAR teams on training for proper biomechanics for their pit crews.

Watterson has patents pending on shoulder and leg rehabilitation devices and on a leg measuring device through his company, Kelsea Plus Corp. He received his bachelor's degree from Rhode Island and his master's degree from Arizona.

A native of Newport, R.I. (11/27/56), Watterson has three daughters, Kelsea (22), Bergen (13) and Dottie (5), and three sons, Brock (16), Cole (14) and Caden (8). Steve and his wife, Heidi, live in Hendersonville, Tenn.

Steve Watterson Coaching Ledger

1986-10: Strength and Conditioning, Tennessee Titans

1984-85: Assistant Trainer, Philadelphia Eagles