

Rob Glass

Director of Strength and Conditioning

Bowl Games as a Coach

1987:	Sun
1988:	Holiday
1996:	Fiesta
1997:	Sugar
1998:	Citrus
1999:	Orange
2000:	Citrus
2001:	Sugar

Coaching Accomplishments

● Joined the UF staff in March of 1995 as the Coordinator of Strength and Conditioning and was promoted to the Director of Strength and Conditioning on December, 16 1998.

● Previously worked as the Head Strength Coach at Oklahoma State (1989-95) and as a football graduate assistant at OSU (1986-88).

● Has worked with two Heisman Trophy winners (Barry Sanders and Danny Wuerffel), a Golden Spikes Award winner (Robin Ventura), a Thorpe Award winner (Lawrence Wright), three Jacobs Blocking Trophy recipients (Jason Odom, Donnie Young and Kenyatta Walker) and countless All-Americans and All-Conference honorees in several sports at UF and OSU.

● Named the 1994 Big 8 Conference Strength and Conditioning Coach of the Year.

● Worked with Florida's 1996 National Championship football team.

● During his tenure the Gators have made six straight January bowl appearances and won three SEC Championships in football.

● Worked with the U.S. Olympic wrestling team which trains annually in Stillwater, Okla.

● Strength coach for the Oklahoma State wrestling team which won back-to-back national championships in 1989 and 1990.

● While at Oklahoma State the Cowboys made five College World Series appearances while OSU's basketball team reached the 1995 Final Four.

● Worked with track star Dennis Mitchell as he prepared for the 1996 Atlanta Olympics.

● Has worked with 14 players taken in the first round of the NFL Draft, six players taken in the first round of the NBA Draft and four players taken in the first round of the MLB Draft.

Prominent Players Coached

● **QB DANNY WUERFFEL** - 1996 Heisman Trophy recipient and two-time SEC Player of the Year. Two-time Davey O'Brien Quarterback Award winner and 1996 Unitas Golden Arm Award recipient. Holder of many SEC career records. Currently plays for the Green Bay Packers.

● **RB BARRY SANDERS** - 1988 Heisman Trophy winner who would become one of the greatest running backs in NFL history for the Detroit Lions. Holder of nine NFL records and was only the third player ever to rush for over 2,000 yards in a season. Rushed for 15,269 yards in his NFL career. Played in 10 straight Pro Bowls from 1989-1998.

● **RB THURMAN THOMAS** - Two-time Big Eight Offensive Player of the Year and OSU's career rushing leader was a second round pick by the Buffalo Bills in 1988. Was the primary offensive weapon on four Super Bowl teams with Buffalo and was named the NFL's MVP in 1991.

● **DE LESLIE O'NEAL** - A three-time first team All-Big Eight pick and a four-time All-Pro for the San Diego Chargers and member of San Diego's Super Bowl XXIX team. San Diego's career sack leader.

● **DE JASON GILDEN** - All-Big 8 pick in 1991 and 1993. Was taken by the Pittsburgh Steelers in the third round of the 1994 NFL Draft and played in Super Bowl XXX. Led Pittsburgh in sacks in 1998, 1999 and 2000.

● **LB KEITH BURNS** - All-Big 8 pick in both 1992 and 1993. Was taken by the Denver Broncos in the seventh round of the 1994 NFL Draft. Was Denver's special teams captain on its Super Bowl XXXII



Coaching Experience

1998-2001	Florida (Director of Strength and Conditioning)
1995-98	Florida (Coordinator of Strength and Conditioning)
1989-95	Oklahoma State (Head Strength Coach)
1986-88	Oklahoma State (Football Graduate Assistant)

Championship team. Later played for the Chicago Bears.

● **RB FRED TAYLOR** - An All-American in 1997 who was a first round pick in the 1998 NFL Draft by the Jacksonville Jaguars. The NFL's Offensive Rookie of the Year in 1998.

● **LB JEVON KEARSE** - First-team All-America in 1998 and the SEC's Defensive Player of the Year. Chosen in the first round of the 1999 NFL Draft by the Tennessee Titans and was the NFL's Defensive Rookie of the Year that season after setting an NFL record for the most sacks by a rookie. A two-time Pro Bowl pick.

● **DT GERARD WARREN** - All-American defensive tackle in 2000 who was the first defensive player selected in the 2001 NFL Draft (third overall) by the Cleveland Browns.

● **OT KENYATTA WALKER** - All-American and the 2000 recipient of the SEC's Jacobs Blocking Trophy. Was a first

round NFL Draft pick of the Tampa Bay Buccaneers in 2001.

● **PG JOHN STARKS** – Signed as a free agent with the Golden State Warriors and has enjoyed a long NBA career, mainly with the New York Knicks. Presently plays for the Utah Jazz.

● **OF JEROMY BURNITZ** – A 1999 MLB All-Star with Milwaukee

● **OF PETE INCAVIGLIA** – Two-time All-American, NCAA career HR record holder and first round pick of the Montréal Expos. Enjoyed a 12-year major league career with six teams, mainly the Texas Rangers and Philadelphia Phillies which he helped to the 1993 World Series.

● **3B ROBIN VENTURA** – 1988 Golden Spikes Award winner as the National Player of the Year and a two-time All-American. Has won six Gold Gloves at third base in his MLB career with the Chicago White Sox and New York Mets and was a 1992 All-Star.

NFL Players: (first round only)

DE Leslie O'Neal – OSU '85
– San Diego Chargers

RB Barry Sanders – OSU '88
– Detroit Lions

WR Hart Lee Dykes – OSU '88
– New England Patriots

WR Ike Hilliard – UF '96
– New York Giants

WR Reidel Anthony – UF '96
– Tampa Bay Buccaneers

RB Fred Taylor – UF '97
– Jacksonville Jaguars

OT Mo Collins – UF '97
– Oakland Raiders

LB Jevon Kearse – UF '98
– Tennessee Titans

DT Reggie McGrew – UF '98
– San Francisco 49ers

WR Travis Taylor – UF '99
– Baltimore Ravens

DT Gerard Warren – UF '00
– Cleveland Browns

OT Kenyatta Walker – UF '00
– Tampa Bay Buccaneers

NBA Players: (first round only)

Byron Houston – OSU '92
– Chicago Bulls

Brooks Thompson – OSU '94
– Orlando Magic

Bryant Reeves – OSU '95
– Vancouver Grizzlies

Jason Williams – UF '98
– Sacramento Kings

Mike Miller – UF '00
– Orlando Magic

Donnell Harvey – UF '00
– New York Knicks



MLB Players: (first round only)

Pete Incaviglia – OSU '85
– Montréal Expos

Robin Ventura – OSU '88
– Chicago White Sox

Monty Fariss – OSU '88
– Texas Rangers

Jeremy Burnitz – OSU '90
– New York Mets

Personal Information

Birthdate: July 3, 1961

Hometown: Newkirk, Oklahoma

Education: 1984 - B.A. in Business Administration from Oklahoma State; 1988 - C.S.C.S. Certification at Oklahoma State

Marital Status: Married to the former Laurie Lype

Children: Garrison (6), Jared (3)



The Glass family (left to right): son Jared (on mom's lap), wife Laurie, Coach Rob Glass, son Garrison.