



Mickey Marotti

DIRECTOR OF STRENGTH AND CONDITIONING

PROMINENT FORMER PLAYERS

- ILB Anthony Denman – Second-team All-American by the AP and *The Sporting News* in 2000. Selected by the Jacksonville Jaguars in the seventh round of the 2001 NFL Draft.
- TB Autry Denson – Second-team All-American selection in 1998 by the AP. Selected by Green Bay in the seventh round of the 1999 NFL Draft.
- C Jeff Faine – First-team 2002 All-American choice by *The Sporting News* and ESPN.com. A first round NFL Draft pick by the Cleveland Browns in 2003.
- OT Jason Fabini – A three-time all-Conference USA selection and earned All-America honors his senior season...Selected by the

New York Jets in the fourth round of the 1998 NFL Draft.

■ DB Sam Garnes – Tied for the University of Cincinnati single-season record with six interceptions during 1995. A fifth round selection by the New York Giants in 1997.

■ CB Artrell Hawkins – Finished Cincinnati career with 139 tackles, four interceptions, 32 passes defended. As a senior he helped lead Cincinnati to their first bowl appearance since 1950. Selected by Cincinnati Bengals in the second round of the 1998 NFL Draft.

■ DE Eric Kumerow – 1986 and 1987 first-team All-Big 10 honoree. Selected in the first round of the NFL Draft by Miami.

■ LB Brad Jackson – All-Conference USA first-team selection in 1997. A third-round choice by the Miami Dolphins in the 1998 NFL Draft.

■ RB Julius Jones – Earned All-America honors as a senior. Notre Dame's all-time leader in all-purpose yards with 5,372. Carried the ball 634 times for 3,018 yards (4.8 avg.) and 26 touchdowns. Was one of four Irish players to rush for more than 3,000 yards in a career. Owns the school record for kick return yards with 2,104. Was a second-round pick by the Dallas Cowboys in the 2004 NFL Draft.

■ QB Major Harris – Two-time Heisman Trophy finalist and a 1989 All-America selection by Kodak/AFCA. Second-team All-America in 1989 by the Associated Press and *Football News*. Ranks second in career total offense at West Virginia. Was a 12th round draft selection by the Los Angeles Raiders.

■ OT Luke Petitgout – Selected by the New York Giants in the first round of the 1999 NFL Draft.

■ OT Mike Rosenthal – A first-team All-America honoree in 1998 by the Walter Camp Foundation and a second-team choice by the AP. A fifth-round choice in the 1999 NFL Draft by the N.Y. Giants.

■ DE Justin Tuck – Set Notre Dame career sack record with 24.5 in just three seasons of action. Garnered 43 tackles for loss, 164 total tackles and seven passes broken up. Named the Most Valuable Player of the 2004 squad by his teammates.

■ LB Renaldo Turnbull – A first round selection in the 1990 NFL Draft by the New Orleans Saints.

■ CB Shane Walton – Earned consensus All-America honors in 2002 and was a finalist for the 2002 Bronko Nagurski Award. A fifth round selection in the 2003 NFL Draft by the St. Louis Rams.

■ LB Courtney Watson – 2002 first-team ESPN.com All-American and a second-round choice in the 2004 NFL Draft by the New Orleans Saints.

■ DE Tony Weaver – In 2001 he won second-team All-America honors from *The NFL Draft Report* and ABC Sports Online, plus honorable mention from *Football News*. Was a consensus All-Independent first-team pick. A second round selec-

EXPERIENCE

- 2005-Present Florida (Director of Strength and Conditioning)
- 1998-2005 Notre Dame (Director of Strength and Conditioning)
- 1990-1998 University of Cincinnati (Head Strength and Conditioning Coach)
- 1989-1990 West Virginia (Strength Assistant)
- 1987-1988 Ohio State (Graduate Assistant Strength Coach)
- 1987-1988 Grove City High School (Head Strength Coach)

ACCOMPLISHMENTS

- 17 years of collegiate experience.
- One of 36 people in the world to hold the Master of Strength and Conditioning (MSCC) certification.
- Responsible for total development of sport-specific strength and conditioning programs for all 26 varsity sports at Notre Dame.
- Coordinated strength and conditioning program for 20 sports at Cincinnati and also worked in the areas of diet analysis and planning and assisted in student-athlete rehabilitation from injuries.
- Certified through the Collegiate Strength and Conditioning (CSCC) and the National Strength and Conditioning Association (NSCA).
- Earned four letters in football as a fullback at West Liberty State, serving as tri-captain in 1986 and winning first team NAIA All-Academic honors in 1987.



tion by the Baltimore Ravens in the 2002 NFL Draft.

**NFL PLAYERS
(Round Drafted)**

- DE Eric Kumerow – Ohio State '87 – Miami
- LB Renaldo Turnbull – WVU '89 – New Orleans
- OT Luke Petitgout – ND '98 – N.Y. Giants
- C Jeff Faine – ND '02 – Cleveland
- DE Justin Tuck – ND '05 – N.Y. Giants

**NBA PLAYERS
(First Round Only)**

- Corie Blount – Cincinnati '93 – Chicago
- Danny Forston – Cincinnati '97 – Milwaukee
- Pat Garrity – ND '98 – Milwaukee
- Kenyon Martin – Cincinnati '00 – New Jersey
- Troy Murphy – ND '01 – Golden State
- Ryan Humphrey – ND '02 – Utah

**PERSONAL
INFORMATION**

Birthdate: Dec. 24, 1964
 Hometown: Ambridge, Pa.
 Education:
 1987 – B.S. in Exercise Physiology at West Liberty State;
 1988 – Master of Arts in Strength and Conditioning at Ohio State;
 1990 – Master of Science in Sports Medicine from West Virginia
 Marital Status: Wife, Susie
 Children: Son, Mitchell (12) and daughter, Madison (10)



(left to right) Susie, Madison, Mitchell, Mickey

BOWL GAMES

- 1989: Fiesta
- 1989: Gator
- 1997: Humanitarian
- 1999: Gator
- 2001: Fiesta
- 2003: Gator
- 2004: Insight



Matt Balis

**ASSISTANT DIRECTOR,
STRENGTH AND CONDITIONING**

EXPERIENCE

- 2005-Present Florida (Strength and Conditioning Coordinator/Football)
- 2004-2005 Utah (Director of Strength and Conditioning)
- 2003 Utah (Assistant Strength and Conditioning Coach)

- 2001-2003 University of Houston (Assistant Strength and Conditioning Coach)
- 1998-2001 Wheaton North High School (Chicago, Ill.)
- 1996-1998 Wheaton Warrenville South High School (Chicago, Ill.)

ACCOMPLISHMENTS

- Four years of collegiate experience.
- Certified strength and conditioning specialist (CSCS) by the National Strength Conditioning Association (NSCA) and was the Utah state director for the NSCA.

- National champion at competitive power lifting at three levels – placing first at the 1991 Teenage Nationals, the 1992 Collegiate Nationals and the 1995 Junior Nationals.
- 1995 Junior World Champion in powerlifting.

**PROMINENT
FORMER
PLAYERS**

- C Andrew Bogut – Named the 2004-05 national player of the year by ESPN.com and Basketball Times. Associated Press first team All-American and leading vote getter. 2004-05 Mountain West Conference Player of the Year.

- DL – Steve Fifita – Selected to a first-team member of the 2004 All-Mountain West Conference squad.
- OL – Chris Kemoeatu – 2004 Cingular Wireless/ABC Sports All-American and a SI.com first-team All-America choice. A first-team member of the 2004 All-Mountain West Conference squad.
- DB – Hanik Milligan – A first-team All-Conference USA selection in 2002. Selected in the 2003 NFL Draft by the San Diego Chargers.
- TE Ben Moa – 2003 first-team All-Mountain West Conference selection. Was chosen in the 2004 NFL Draft by Miami.





Lanette and Matt

- **DL Sione Pouha** – A first-team member of the 2004 All-Mountain West Conference team.
- **RB Joffrey Reynolds** – Was an honorable mention All-American choice by SI.com and earned first-team All-Conference USA honors in 2002. Rushed for 1,545 yards in 2002, which is the third-highest total in Houston football history and is tied for seventh all-time with 11 rushing touchdowns during the 2002 season.
- **DL Josh Savage** – 2003 first-team All-Mountain West Conference selection. Was selected in the 2004 NFL Draft by Tampa Bay.
- **WR Steve Savoy** – A SI.com second-team All-American and an honorable mention All-American selection by *The Sporting News*.

- Was a 2004 first-team All-Mountain West Conference selection.
- **DB Morgan Scalley** – A second-team SI.com All-American in 2004 and was a first-team CoSIDA Academic All-America honoree. Named Co-Mountain West Conference Defensive Player of the Year in 2004 and was a first-team all-conference pick. Second-team All-Conference honoree in 2003 and was an honorable mention all-conference punt returner in 2001 and 2002.
- **QB Alex Smith** – 2004 Heisman Finalist (finished fourth) as well as the Sports Illustrated and *The Sporting News* Player of the Year. A first-team All-American who was a finalist for the 2004 Davey O'Brien Award and Walter Camp

Player of the Year. Named the 2004 Mountain West Conference Offensive Player of the Year and the CoSIDA Football Academic All-American of the Year.

- **P Ryan Wagner** – Drafted as a sophomore out of the University of Houston by the Cincinnati Reds. Was the Reds' first-round pick (14th overall) in the 2003 first-year player draft. Became the first player of the 2003 draft to appear in the Major Leagues and the Reds' first top pick ever to make his debut in the same year he was drafted. His 15 saves while at Houston were a school record and his 148 strikeouts ranked third on the school's all-time single season list. His strikeouts-per-9 innings ratio of 16.8 broke the 39-year-old NCAA Division I record.

- **WR Paris Warren** – 2003 first-team All-Mountain West Conference selection and a second-team choice in 2003.

PROMINENT FORMER HIGH SCHOOL PLAYERS

Wheaton Warrenville South High School (Chicago, Ill.)

- **Jon Beutjer** – Lettered at quarterback at Iowa in 2000 and at Illinois in 2002 and 2003.
- **John Schweighardt** – Lettered for Northwestern at wide receiver in 1999, 00, 01 and 02.
- **Jerome Collins** – Lettered for Notre Dame as an outside linebacker in 2001, 02, 03.

Wheaton North High School (Chicago, Ill.)

- **A.J. Harris** – Lettered at Northern Illinois at tailback in 2002 and 03.
- **Zach Ulrich** – A redshirt freshman quarterback at Northern Illinois in 2004.
- **Bob McLearen** – A redshirt freshman linebacker at Northern Illinois in 2004.
- **Akim Millington** – A redshirt freshman offensive lineman for Oklahoma in 2004.

PERSONAL INFORMATION

Birthdate: April 27, 1972

Hometown: Chicago, Ill.

Education:

1996 – B.S. in Physical Education at Northern Illinois;

2001 – Masters in Educational Administration and Educational Leadership at Aurora University

Marital Status: Wife, Lanette

BOWL GAMES

2003: Liberty

2005: Fiesta