

2023 Regular Session

SENATE RESOLUTION NO. 3

BY SENATORS BERNARD AND CATHEY

COMMENDATIONS. Commends Coach Barry Rubin on his outstanding accomplishments and on the occasion of his retirement from the NFL.

1 A RESOLUTION

2 To commend Coach Barry Rubin on his outstanding accomplishments and on the occasion
3 of his retirement from the National Football League.

4 WHEREAS, Barry Rubin has been a leading strength and conditioning coach in
5 several high-profile athletic programs since the 1980s; and

6 WHEREAS, Barry entered the coaching profession following his outstanding high
7 school and college performances and multiple apprenticeships at major universities in
8 Louisiana; and

9 WHEREAS, his lengthy tenure in the National Football League with three different
10 teams has advanced Barry Rubin's reputation as a strength and conditioning coach capable
11 of increasing the performance of elite athletes and producing championship results; and

12 WHEREAS, Barry Edwin Rubin was born in Monroe, Louisiana, on July 25, 1957,
13 to Sam and Eileen Rubin; and

14 WHEREAS, Barry started strength training while he was an elementary school
15 student when his father purchased a set of weights for Barry's older brother; and

16 WHEREAS, in junior high school Barry was inspired by Coach Al Miller and later
17 at Neville High School by Coach Willie Ragan; and

18 WHEREAS, while a student at Neville High School, Barry lettered twice in track and

1 three times in football, baseball, and basketball; and

2 WHEREAS, as a high school football player, Barry won all-district honors as both
3 a running back and a punter; and

4 WHEREAS, Barry excelled as both a running back and punter at Louisiana State
5 University from 1976 to 1978, and then transferred to Northwestern State University in
6 Natchitoches, Louisiana, where he played the positions of tight end and punter, set a school
7 record in 1979 with a 75-yard punt, and was named to the Jewish All-American team; and

8 WHEREAS, some of Barry's teammates at Northwestern included future National
9 Football League performers Bobby Hebert (New Orleans Saints), Mark Duper (Miami
10 Dolphins), Joe Delaney (Kansas City Chiefs), Gary Reasons (New York Giants), and Petey
11 Perot (Philadelphia Eagles); and

12 WHEREAS, after graduating from college in 1981, Barry embarked on his strength
13 and conditioning coaching career as a graduate assistant at the institution formerly known
14 as Northeast Louisiana University in Monroe; and

15 WHEREAS, over the next 14 years, Barry served three separate coaching stints at
16 Northeast Louisiana University; spent two years as the head strength coach at Louisiana
17 State University learning periodization and programming for power sports from Mike Stone;
18 and one year as personal trainer for Pittsburgh Steelers quarterback Buddy Brister; and

19 WHEREAS, in 1995, following his third employment at Northeast Louisiana
20 University, Barry Rubin, assisted by Kent Johnson, became the Green Bay Packers' assistant
21 strength and conditioning coach and, in 1999, Barry became the team's head strength and
22 conditioning coach; and

23 WHEREAS, during his tenure with the Packers, Green Bay beat the New England
24 Patriots to win in Super Bowl XXXI in 1997, and beat the San Francisco 49ers the following
25 year to win the National Football Conference title; and

26 WHEREAS, Barry joined the Philadelphia Eagles organization in 2008 as an
27 assistant coach and he became the head strength and conditioning coach in 2010; and

28 WHEREAS, since 2012, Barry has served as the head strength and conditioning
29 coach for the Kansas City Chiefs where he helped the team recover from a 2-win 14-loss
30 record to achieve four consecutive winning seasons with an overall 43-win 21-loss record,

