

SENATE RESOLUTION NO. 3

BY SENATORS BERNARD AND CATHEY

A RESOLUTION

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

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

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

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

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

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

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

WHEREAS, while a student at Neville High School, Barry lettered twice in track and three times in football, baseball, and basketball; and

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

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

WHEREAS, some of Barry's teammates at Northwestern included future National Football League performers Bobby Hebert (New Orleans Saints), Mark Duper (Miami

Dolphins), Joe Delaney (Kansas City Chiefs), Gary Reasons (New York Giants), and Petey Perot (Philadelphia Eagles); and

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

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

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

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

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

WHEREAS, since 2012, Barry has served as the head strength and conditioning coach for the Kansas City Chiefs where he helped the team recover from a 2-win 14-loss record to achieve four consecutive winning seasons with an overall 43-win 21-loss record, and Super Bowl titles in 2020 and 2023; and

WHEREAS, Barry was inducted into the United States of America Strength and Conditioning Coaches Hall of Fame in 2003 and the N-Club Hall of Fame at Northwestern State University in 2014; and

WHEREAS, throughout his lengthy coaching career Barry Rubin has implemented strength and conditioning programs focused separately on both big and small players; his programs stress basic exercises done properly to simulate movements done on the football field; and by emphasizing lower volume with greater intensity, his programs train players to be strong, fit, and fast; and

WHEREAS, Coach Rubin's comprehensive year-round programs include components of nutrition, weight control, and rehabilitation from injuries; and

WHEREAS, with an overall record of association with winning franchises and highlighted by six division playoffs, two National Football Conference championship titles, and two Super Bowl titles, Coach Rubin's greatest satisfaction comes from helping players transfer their hard work in the weight room to the playing field.

THEREFORE, BE IT RESOLVED that the Senate of the Legislature of Louisiana does hereby commend Coach Barry Rubin on his outstanding accomplishments and commend him on the occasion of his retirement from the National Football League.

BE IT FURTHER RESOLVED that a copy of this Resolution be transmitted to Coach Barry Rubin.

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PRESIDENT OF THE SENATE