



Jeff Dillman

Head of Physical Conditioning, IMG Performance Institute

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In today's athletic world, becoming stronger, faster and more powerful requires an in-depth knowledge of the correct training program for each individual athlete. As the Head of Physical Conditioning at IMG Academies, Jeff Dillman oversees all strength and conditioning programs for all of the youth, adult, collegiate and professional athletes who train at the Academy.

Formerly the Strength and Conditioning Director at Appalachian State University, Dillman helped lead the school's football program to multiple Division I-AA national championships and a historic upset of then top-five ranked Michigan in Michigan Stadium. Before ASU, Dillman as Assistant Strength and Conditioning coach helped Louisiana State University's athletic teams become some of the nation's elite.

