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Georgia Southern University Athletics



Rich McLoughlin Named Men's Basketball Strength and Conditioning Coach

Marc Gignac

Men's Basketball

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STATESBORO – Georgia Southern men's basketball coach [Brian Burg](#) announced today that [Rich McLoughlin](#) has been named the program's strength and conditioning coach.

McLoughlin will oversee a holistic sports performance plan for the men's basketball program that will enhance athletic performance through individualized strength and conditioning programs along with proper nutrition, rest and recovery.

He is a certified strength and conditioning specialist by the National Strength and Conditioning Association (NSCA) and holds Level I Coach licenses from USA Weightlifting and from Precision Nutrition.

"Rich is a winner, and he has won at every stop in his career," said Burg. "He has hit the ground running with our team here at Georgia Southern and has had great results this past summer. He has an NBA-based training style and relates well with our players. We are fortunate to have Rich leading our strength and conditioning program."

McLoughlin served as an intern and sports performance coach at Stanford in 2018 before returning to Dayton University, his alma mater, to work with the women's basketball program from 2018-21. The Flyers reached the postseason all three seasons and won the A-10 Tournament title in 2019-20, finishing with a 25-8 record and receiving nine votes in the final Top-25 Coaches Poll. Dayton advanced to the WNIT in 2019 and 2021.

McLoughlin graduated from Dayton in 2014 with a bachelor's degree in exercise science and earned his master's degree in education from Dayton in 2020.

Phoenix Suns Head Strength and Conditioning Coach Cory Schlesinger on McLoughlin

"Rich is a rare breed. He has a combination of toughness, integrity, personality and compassion that makes him demanding and beloved at the same time. This is a great hire for Georgia Southern Men's Basketball."

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