



Kevin Ziegler



Kevin is recognized as one of the top sports performance coaches for Ice Hockey in the world. He travels exclusively throughout the U.S. and Canada for Octagon Hockey. Octagon is one of the largest sports representation companies in the world for hockey. Kevin specializes in health and fitness status as it relates to human power.

Over the past 17 years Kevin has worked with some of the top NHL, college, high school, and youth athletes in the field of Strength and Conditioning, as well as performance enhancement. Kevin has a Masters Degree in Physiology from Iowa State University and is certified from the National Strength and Conditioning Association, and the American College of Sports Medicine.

Kevin is also the former Strength and Conditioning Coach, and Director of Strength & Conditioning for the NHL's Phoenix Coyotes. Kevin has also consulted with several NHL teams including the NY Islanders and the Philadelphia Flyers. Kevin has also conducted testing for the NHL Central Scouting Service.

Kevin was one of the first Strength Coaches in the U.S. to open his own sports training center devoted totally to athletic performance enhancement in 1990. The variety of athletes that Kevin has worked with has won World Championships, World Series Championships, National Championships, and the Stanley Cup.

In 2001, Kevin turned down an offer to coach the Stanley Cup Champion Tampa Bay Lightning of the NHL and reunite with Head Coach John Tortorella who he worked with in Phoenix. Since then Kevin has turned down four other offers to coach in the NHL to stay in Minnesota and work as a firefighter for the city of Minneapolis.

In 2006 Kevin accepted a position as Director of Strength & Conditioning with the Sioux Falls Stampede of the USHL working alongside good friend Kevin Hartzell.