Since November 2011, the JCU strength and conditioning program has been under the direction of Tim Robertson. As the head strength and conditioning coach, Robertson is responsible for the physical training and wellness efforts of all Blue Streak varsity sports.

Contact Tim:
- Email – trobertson@jcu.edu
- Phone – 216-397-1552

A co-founder and current owner of Speed Strength Systems training facility and program, Robertson has more than 14 years of experience in strength and conditioning.

He has trained dozens of professional athletes, including the NFL's Troy Smith, Ted Ginn, Jr., and Nate Clements, as well as NBA stars like Leandro Barbosa and Nene. His impressive clientele also includes members of Major League Baseball and numerous college athletes in every division.

"I want to be a positive impact in each athlete's experience here at JCU and I believe being healthy/strong and developing a strong work ethic will lead to a successful life after JCU and sports," said Robertson.

Once an assistant strength and conditioning coach at the University of Miami (FL) and Ohio University, he brings a wealth of experience and knowledge in his profession to John Carroll.

Robertson earned a Bachelor's degree in Education & Exercise Science from the University of Dayton and a Master's in Sport Physiology from Ohio University. He is a Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association.

“My job is to prepare the athlete for battle, no matter what the sport is, no matter what the grade level is, no matter what the goal is”