



RICHARD HOGANS

**DIRECTOR OF PERFORMANCE ENHANCEMENT
SIXTH SEASON | MEMPHIS, 1999**

The Hogans File

Birthdate..... July 8, 1975
 Hometown..... Columbus, Ga.
 High School Spencer College
 College Memphis, 1999
 (Bachelor's)
 Family wife, Wendy;
 sons, Dylan and R.J.;
 daughter, Olivia

Professional History

2004-09 Memphis
 Director of Performance
 Enhancement
 2002-04 NEXGEN Personal
 Training Services Inc.
 Owner
 DeSoto Athletic Club
 Fitness Director/
 Director of Sports Specific
 Training
 2002..... Memphis Xplorers (AFL)
 Offensive-Defensive Line
 Coach
 Strength and Conditioning
 Coach

Postseason History

2008-09 Memphis
 NCAA Sweet Sixteen
 2007-08 Memphis
 NCAA Championship Game
 2006-07 Memphis
 NCAA Elite Eight
 2005-06 Memphis
 NCAA Elite Eight
 2004-05 Memphis
 NIT Semifinals

Conference Titles

2008-09 Memphis
 Conference USA
 (regular season/tournament)
 2007-08 Memphis
 Conference USA
 (regular season/tournament)
 2006-07 Memphis
 Conference USA
 (regular season/tournament)
 2005-06 Memphis
 Conference USA
 (regular season/tournament)

The proverbial saying is “the proof is in the pudding.” Well, it’s very evident the outstanding job Richard Hogans is performing in the area of strength and conditioning within the Tiger basketball program.

Three years ago, it was a national writer that commented that Antonio Anderson was a “beast” — and that was a compliment. Prior to the 2007-08 campaign, it was Willie Kemp who caught the eyes of many with his redefined physique.

This season may provide the best piece of evidence on how well Hogans’ program works when Tiger Nation — along with the rest of the country — sees senior Pierre Henderson-Niles. The senior was 349 pounds during the summer of 2008 and was still around 300 pounds after the 2008-09 campaign. Since then, Henderson-Niles dropped 30 pounds to around 270, and he is still losing pounds and looks to be on pace to reach his goal of 260 by the start of the 2009-10 season.

It’s transformation stories like those that has helped attract nationally-recognized recruits like Derrick Rose and Tyreke Evans. Hogans’ strength and conditioning program has also aided in the Tigers’ deep postseason runs each March of his five-year tenure.

In his five years with the Tigers, Hogans has been a part of the program that has posted a combined 159-30 record,

four-straight sweeps of the Conference USA regular season and tournament titles and five-straight postseason trips, including four NCAA Tournament berths.

The last four years, Hogans has been along on a magical ride that has seen Memphis go from November through the month of March Madness. The Tigers won an NCAA four-year record 137 games (137-14 record) from 2005-09 and became the first program in NCAA Division I history to have four-consecutive 30-win seasons (33-4 in 2005-06, 2006-07, 2008-09; 38-2 in 2007-08). The 38 victories in 2007-08 is an NCAA Division I single-season record.

In that four-year span from 2005-09, Memphis advanced to four Sweet Sixteens, three Elite Eights, one Final Four and one NCAA championship game. The Tigers also had four-straight sweeps of the Conference USA regular season and tournament crowns, and carry a 61-game conference win streak into 2009-10. The streak is second-longest of its kind in NCAA Division I history.

The Tigers finished each season from 2005-09 ranked in the top-five of the final Associated Press poll and top-10 of the ESPN/USA Today coaches poll.

In his first season with Memphis in 2004-05, Hogans and the Tigers played into late March. Memphis posted a 22-16 record and advanced to the National Invitation Tournament (NIT) semifinals.



Playing History

1993-96 Memphis (football)
 1996 All-C-USA first team
 1995 All-C-USA second team
 1996 Butkus Award candidate
 1996 team defensive MVP
 1993 *Sporting News* Freshman
 All-America second team pick

Professional Playing Career

2001..Jacksonville Jaguars (NFL)
 2000-01...Memphis Maniax (XFL)
 1998-2000 ... San Diego Chargers
 (NFL)/Rhien Fire (NFL-EU)
 NFL-EU All-Defensive Team
 1997-98 Chicago Bears (NFL)
 Sixth round pick

Hogan’s Professional Connections

NBA Tyreke Evans
 Derrick Rose
 Chris Douglas-Roberts
 Joey Dorsey
 Rodney Carney
 Shawne Williams
 Anfernee Hardaway
 NFL..... Isaac Bruce
 Boxing..... Michael Moorer

