

Eric Yavarone

Major League Strength & Conditioning Coach & Director of Performance Scouting Los Angeles Dodgers

Eric is the Director of Performance Scouting and Major League Strength & Conditioning Coach for the Los Angeles Dodgers. Eric is currently in his 5th year with the organization. Prior to the 2019 season, he served as a Minor League Performance coach at various levels. His current role splits time within both the Performance and Amateur Scouting Departments. Within Performance, he works directly with the players on the Major League side. Within Amateur Scouting he creates the physical evaluations for all players that have been identified as potential draft picks.

Prior to the Dodgers, Eric spent time in the private sector of Strength and Conditioning. He completed an internship at Cressey Sports Performance (Hudson, MA) before working at Ranfone Training Systems (Hamden, CT). He completed his undergraduate degree at the University of Connecticut where he was a 4-year member of the baseball team. While at UConn, he completed an internship with the Sports Performance Department. These experiences have offered him the opportunity to work with athletes across many different ages and sport demographics.

- Bachelor of Science in Exercise Science w/ Concentration in Strength and Conditioning- University of Connecticut
- National Strength and Conditioning Association: Certified Strength and Conditioning Specialist
- Functional Anatomy Seminars: FRCms, FRA
- Functional Movement Systems: FMS Level 1, SFMA Level 1
- Dynamic Neuromuscular Stabilization: Level 1
- Postural Restoration Institute: Baseball
- OnBase University: Hitting Level 1
- National Exercise & Sports Trainers Association: Biomechanics
- Certified Massage Therapist in the state of California