Rick Meyer
Defensive Front/Inside Linebackers Coach
Strength and Conditioning Coach

Coach Rick Meyer is in his eighth year at Bethel University coaching the inside linebackers and defensive front. During his playing career he led a stellar Bethel defense, earning All-MIAC honors as a defensive end in 2000 and 2001 and was a part of two MIAC championship teams. Over the last eight years he has coached 13 All-MIAC defensive linemen and linebackers, including Zach Danielson, the recipient of the 2006 Stam Award, which goes to the league’s best offensive or defensive linemen and Billy Morgan, Bethel’s team MVP in 2011. In addition to coaching the defensive front, he also serves as Bethel’s strength and conditioning coach.

What is your philosophy as a strength and conditioning coach?
Strength training is more of an art than most young athletes think. It is not necessarily about lifting the most weight, but rather it is about improving strength, speed and agility holistically to become better at the skills necessary for a specific position. We don’t need a receiver to squat the same amount as a lineman and we don’t need a lineman to be as agile as a defensive back. Each position has specific qualities that are important. We put together position specific workouts so we can focus on these respective qualities.

What is your best experience at Bethel?
Most people wake up each day and say they are going to work. I wake up and tell my wife that I am going to play. Each day is a blessing because I get to experience the determination, heart and humor of all Bethel student-athletes. The way our players work and care for one another inspires me to do everything I can to help them on and off the field. I am their coach, yet they truly motivate me...pretty cool!

What is your coaching philosophy?
I strive everyday to be the best teacher I can be. My goal as a coach is to give my players all the tools necessary to perform their best on game day. As a group of linebackers we are going to have fun but we will also challenge one another daily to get better individually and as a group. I never want my players to suffer “paralysis by analysis.” In other words, they can never react slowly because they are thinking. Players gain confidence through knowledge. My job is to teach them so they have that knowledge.

Additional thoughts:
Most strength coaches have the job of developing their player’s physical abilities. At Bethel, I get the opportunity to go well beyond this. I do not take this opportunity lightly. I love being able to challenge my athletes physically, but equally important is the opportunity to challenge them emotionally and spiritually.

Head Coach Steve Johnson on Coach Meyer:
“Coach Meyer has an intense love for the players that not only motivates them, but pushes them further than they thought possible. He is tough, fiercely loyal and truly gifted as a teacher, coach and trainer.”

Stam Award winter Zach Danielson on Coach Meyer:
“Coach Meyer is one of the most compassionate coaches that I have ever met. He cares for his players from his head to his toes. Coach has helped me to become a better player, but most importantly a better person.”