

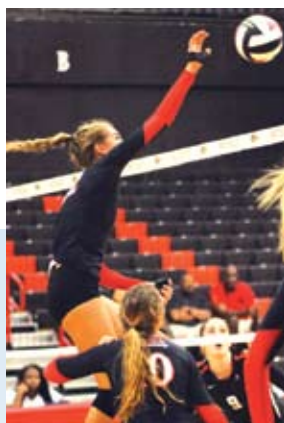


MARAUDERS: BUILDING LEADERS

High school football offers student athletes a challenging opportunity to excel physically and mentally. It also teaches the positive values of teamwork, determination, and the selfless devotion to a common goal.

In "Building Leaders", we present Marauders who exhibit these qualities and more in their daily lives.

At SDSU Eddie is responsible for strength and conditioning for Women's Basketball, Volleyball, Lacrosse, and Men's and Women's Soccer.



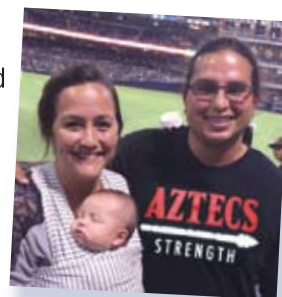
Eddie Padilla
Marauder - Class of 2005
Assistant Director of
Strength & Conditioning,
San Diego State University

Eddie Padilla was an outstanding linebacker on the Marauder football team. He received lots of awards and accolades, but he will tell you that is not why he played. Eddie remembers many long hours with his teammates early in the morning in the weight room. That togetherness was a strong driving force. Eddie says, "My best friends today are from that team."

Mira Mesa's strong weight training program is what got him started in his career. He has a BS in Kinesiology from SDSU, which he followed up with a Masters Degree in Kinesiology - Biometrics. Those early days in the weight room showed him the value of hard work, not only to help prevent injury, but also to enhance performance. "You can push yourself and make gains in the weight room that show on the field," and Eddie has backed up that statement with a record of success.

Eddie attributes part of that success to being a Marauder athlete. "At Mira Mesa, we always had to work to create our own path," he explains. Too far north (and perhaps too dominant) to be a part of the city schools, and not included among the elite North County programs, the Marauders had to set their own goals.

Eddie's wife Brandi is the Assistant Coach of the Aztec Lacrosse team. Brandi is originally from Poway, and played on the National Champion (and three time ACC Champion) Univ. of Maryland lacrosse team. Eddie and Brandi have a 5 month old son, Teddy - a happy addition to this championship family.



Eddie has been a part of 6 Mountain West Conf. Championship Teams for the Aztecs.



Mira Mesa High School
2010-2012
Eddie was the Marauders' Strength & Conditioning Coach for their 2010 CIF Championship Final run.



SAN DIEGO STATE

SDSU
2007-2010
Strength & Conditioning Intern - Football, Softball and Basketball.



Mesa College
2005-2006
Football - Linebacker.



Marauders
Class of 2005
*Football - Linebacker
Eastern League Defensive Player of the Year.
Selected to San Diego All-CIF Defensive Team.
Also Participated in Basketball and Wrestling.*

In addition to his duties at SDSU, Eddie has traveled the country with Finish Line Lacrosse, conducting camps for middle and high school girl's teams.

