

Thomas Carroll

DAD FIRST

Football • North Carolina Central University • DURHAM, NC

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CAREER RECORDS

DIRECTOR OF STRENGTH AND CONDITIONING — NORTH CAROLINA CENTRAL UNIVERSITY

NCAA Division I - National Collegiate Athletic Association Division I | 7 seasons | 45W-21L (68.2%)

Assistant Strength and Conditioning Coach — FLORIDA INTERNATIONAL UNIVERSITY

NCAA Division I - National Collegiate Athletic Association Division I | 7 seasons | 32W-52L (38.1%)

Biography

Thomas Carroll, C.S.C.S., USAW Level 1, has built his career on developing powerful, disciplined athletes while shaping resilient young men prepared for success beyond sport. Since accepting the role of Head Strength & Conditioning Coach at North Carolina Central University in February 2019,

Carroll has been a driving force behind one of the most successful eras in NCCU football history, helping guide the Eagles to the 2022 HBCU National Championship, 2022 MEAC Championship, 2023 FCS Playoff appearance, and consecutive top-20 FCS national rankings peaking at No. 7 in the FCS top-25 polls, the Eagles' highest national ranking as a NCAA Division I-FCS program

Carroll's coaching philosophy is rooted in accountability, competitive excellence, and holistic development. He believes elite performance starts with discipline and consistency, reinforced through a scientifically grounded, sport-specific training model that prioritizes injury prevention, mental toughness, and long-term athletic growth.

At NCCU, he oversees all aspects of the performance program, including staff leadership, individualized athlete development, nutrition management, and professional player development—serving as a key liaison to NFL organizations, with more than 45 scouts from 28 teams visiting campus during the 2023 Draft process.

Before NCCU, Carroll spent seven seasons at Florida International University, contributing to bowl-winning teams and overseeing strength programs across multiple sports. His path into coaching began at the grassroots level at his alma mater, Lakewood High School (N.J.), where he balanced roles as a defensive coordinator, educator, and mentor—an experience that continues to shape his people-first leadership style.

A former defensive end at the University of Miami, Carroll played during one of the most dominant stretches in program history, earning two national championship appearances and multiple major bowl wins.

That championship pedigree, combined with his commitment to Positive Mental Attitude (P.M.A.) and servant leadership, defines a coach who measures success not only by wins—but by the lives he impacts.

Statement

I am an experienced strength and conditioning coach with extensive background working in Division I football and Olympic sports. Currently serving as Head Strength and Conditioning Coach at North Carolina Central University, I design and implement performance programs that emphasize discipline, consistency, and athlete development. My goal as a coach is to build strong, confident athletes while fostering leadership, accountability, and a positive mental attitude that carries beyond competition.

Achievement

2023 Meac Softball Champions
Tournament Champions

2022 MEAC Champions Football
Awarded to Meac Champions

2022 HBCU NATIONAL CHAMPIONS
Top Ranked team in Black College Football

2003 Orange Bowl - Big East Champions
Big East Champions

2002 FIESTA BOWL NATIONAL CHAMPIONSHIP
TEAM MEMBER

2001 BCS NATIONAL CHAMPIONS
BEST TEAM EVER

Education

Bachelor of Arts - Sociology
University of Miami

Career

Assistant Strength and Conditioning Coach at FLORIDA INTERNATIONAL UNIVERSITY
Lead assistant with FIU Football Strength and Conditioning.

Head Strength and Conditioning Coach - Men's and Women's Basketball

DIRECTOR OF STRENGTH AND CONDITIONING at NORTH CAROLINA CENTRAL UNIVERSITY

Feature

NCCU Strength Coach T.C. Carroll focuses on building men on and off the field

"Coach T.C. always reminds us of who we are and what we can be," says Twan Flip, a junior wide receiver.

<https://www.wral.com/story/nccu-strength-coach-tc-carroll-focuses-on-building-men-on-and-off-the-field/21399212/>

Meet Thomas Carrol

Today we'd like to introduce you to Thomas Carroll.

<https://voyagemia.com/interview/rising-stars-meet-thomas-carroll-sweetwaterdurham-nc>

PRINCIPLES

- Explosive Power is the foundation of performance, connecting strength and speed through rapid, efficient force production that carries directly to the field. The training approach prioritizes intent, velocity, and movement quality, using Olympic lift derivatives, jumps, throws, and acceleration work.

- P.M.A.

Positive Mental Attitude is a foundational principle that guides behavior, decision-making, and response to adversity.

PMA is the discipline to respond positively, regardless of circumstance.

Team rule:

PMA is non-negotiable — body language, communication, and effort must reflect belief.

PLAYER DEVELOPMENT

Jonnu Smith

FIU | Football

Jonnu Smith — NFL Drafted (2017, Round 3 Tennessee Titans)

Career History

Pittsburgh Steelers 2025-

Miami Dolphins 2024-2025

Atlanta Falcons 2023-2024

New England Patriots 2021-2023

Tennessee Titans 2017-2021

Johnathan Cyprien

FIU | Football

Johnathan Cyprien — Jacksonville Jaguars — NFL Drafted (2013, Round 2) — NFL Veteran

TYRICE BEVERETTE

LAKEWOOD HIGH SCHOOL | Football

Corey Bullock

NCCU/ MARYLAND | Football

Corey Bullock — Center

Baltimore Ravens | Undrafted Free Agent (2024)

Torcelli Simpkins

NCCU/SOUTH CAROLINA | Football

Torcelli Simpkins — Offensive Line
New Orleans Saints | Rookie Minicamp / Undrafted Free Agent

BRANDON CODRINGTON

NCCU | Football

Brandon Codrington — Defensive Back
BUFFALO BILLS -New York Jets | Undrafted Free Agent (2024)

D'Antne Demery

FIU | Football

D'Antne Demery — CFL: Calgary Stampeders / Edmonton Elks — Offensive Lineman

Johnathan Cyprien

FIU | Football

Johnathan Cyprien — Jacksonville Jaguars — NFL Drafted (2013, Round 2) — NFL Veteran

D'Vonte Price

FIU | Football

D'Vonte Price — Indianapolis Colts — NFL Undrafted Free Agent;
CFL: BC Lions — Active

Brad Muhammad

FIU | Football

Brad Muhammad — CFL: Toronto Argonauts / Calgary Stampeders — Defensive Back

Noah Curtis

FIU | Football

Noah Curtis — CFL: Edmonton Elks — Defensive Lineman — CFL Draft Pick (2023)

Mike Wakefield

FIU | Football

Mike Wakefield — CFL: Ottawa Redblacks / BC Lions — Defensive Lineman — CFL All-Star, Multi-Year Starter

Jose Borregales

FIU | Football

Lou Groza Award Winner (2020) Transferred to Miami (FL) —
TAMPA Bay Buccaneers — NFL Offseason / Minicamp (K);

Maurice "Hardtime" Alexander

FIU | Football

Maurice "Hardtime" Alexander — Return Specialist;
NFL: Denver Broncos, Detroit Lions — Offseason/Camp;
XFL: DC Defenders; USFL: New Orleans Breakers

Dominic Rhymes

FIU | Football

Dominic Rhymes — CFL: BC Lions — Wide Receiver — CFL All-Star, Multiple 1,000-Yard Seasons

Richard Leonard

FIU | Football

Richard Leonard — Grey Cup Champion (2018): Calgary Stampeders / Hamilton Tiger-Cats — Defensive Back

Teair Tart

FIU | Football

Teair Tart — Tennessee Titans — NFL Undrafted Free Agent

Tennessee Titans: 2020–2023

Houston Texans: 2023

Miami Dolphins: 2024 (short off-season stint)

Los Angeles Chargers: 2024–Present

Stantley Thomas-Oliver III

FIU | Football

Stantley Thomas-Oliver III — Carolina Panthers — NFL Drafted (2020, Round 7)

James Morgan

FIU | Football

James Morgan — New York Jets — NFL Drafted (2020, Round 4);

CFL: Montreal Alouettes — Active

Alex McGough

FIU | Football

Alex McGough — BUSFL Champion (2022, 2023),

USFL League MVP

Seattle Seahawks — NFL Drafted (2018, Round 7, Pick 220);

USFL: Birmingham Stallions —

Tourek Williams

FIU | Football

Tourek Williams — San Diego Chargers — NFL Drafted (2013, Round 6) — NFL Veteran

ATHLETIC CAREER

Defensive End — FLORIDA FIRECATS

AF2 | Football | 2008 - 2008

Defensive End — EDMONTON ESKIMOS/ELKS

CFL | Football | 2007 - 2007

Defensive End/ OUTSIDE LINEBACKERS — NEW YORK FOOTBALL GIANTS

NFL - National Football League | Football | 2006 - 2006

Defensive End/ Linebacker — New York Football Giants

NFL - National Football League | Football | 2006 - 2006

Defensive End — UNIVERSITY OF MIAMI (FL)

NCAA Division I - National Collegiate Athletic Association Division I | Football | 2001 - 2005

FOOTBALL, BASKETBALL, TRACK — LAKEWOOD HIGH SCHOOL

NFHS - National Federation of State High School Associations | Football | 1998 - 2001

2008 LAKEWOOD HIGH SCHOOL ATHLETIC HALL OF FAME

COACHING CAREER

DIRECTOR OF STRENGTH AND CONDITIONING — NORTH CAROLINA CENTRAL UNIVERSITY

NCAA Division I - National Collegiate Athletic Association Division I | Football | 2019 - 2026

Assistant Strength and Conditioning Coach — FLORIDA INTERNATIONAL UNIVERSITY

NCAA Division I - National Collegiate Athletic Association Division I | Football | 2012 - 2019

Lead assistant with FIU Football Strength and Conditioning.

Head Strength and Conditioning Coach - Men's and Women's Basketball

Part -Time Strength and Conditioning Coach , Coaching Assistant, Unpaid Intern — University of South Florida

NCAA | Football, Softball, Women's Basketball, Volleyball | 2009 - 2009

Graduate Assistant — Mississippi State University

NCAA Division I - National Collegiate Athletic Association Division II | Football | 2009 - 2009
