

# Tom Nelson

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Football • John Hersey High School • Arlington Heights, IL

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## Biography

Tom Nelson is a dedicated football coach, trainer, and former professional football player based in Arlington Heights, Illinois. A 2011 Illinois State University graduate with a B.S. in Marketing and an EXOS Performance Specialist (XPS) certification, Tom combines high-level playing experience with proven program-building and athlete development skills.

From 2009–2015 Tom competed in the NFL with stints at the Cincinnati Bengals, Philadelphia Eagles, Chicago Bears, Carolina Panthers, and Baltimore Ravens, gaining experience on offense, defense, and special teams. Since 2013 he has served on the coaching staff at John Hersey High School, advancing from position coach and special teams coordinator to Offensive Coordinator (2017–2021) and Head Coach (2022–present). At Hersey he created program-wide standards and systems for game planning, scouting, play design, practice structure, and staff development, and coached eight All-State athletes, including six different quarterbacks over seven years.

In 2010 Tom founded Tom Nelson Training LLC (TNT), where he builds and implements training programs for adolescent and adult athletes, manages coaching staff and interns, and communicates regularly with athletes and parents to support long-term development. His core strengths include mentorship, football tactics, organization, communication, time management, and skill acquisition.

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## Statement

I look forward to connecting!

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