



EMILY ZALER MS, CSCS,*D, RSCC

Assistant Strength & Conditioning
Coach

Denver Broncos

Emily Zaler is a Certified Strength and Conditioning Specialist with distinction through the National Strength and Conditioning Association. She also holds her Registered Strength and Conditioning Coach designation from the NSCA. She is a Strength and Conditioning/ Performance Coach who has experience coaching professional athletes within both the NFL and the NBA, as well as within the collegiate and private settings.

Emily currently serves as an Assistant Strength and Conditioning Coach for the Denver Broncos Football Club and is the first female coach in the franchise's history. Prior to joining the Denver Broncos organization, Emily spent the 2019-2020 NBA season with the New York Knicks as a Seasonal Assistant Strength and Conditioning Coach.

Emily holds her master's degree in Applied Exercise Science- Strength and Conditioning from Concordia University Chicago as well as her bachelor's degree in Exercise Science, and Precision Nutrition, FMS, and USAW certifications. As a former D1 collegiate athlete, Emily has a passion for working with athletes and helping them improve performance in their sport. Emily played soccer for both the University of Oregon as well as the University of Missouri.