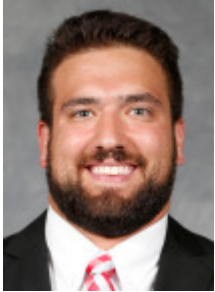


Assistant Director Of Strength And Conditioning Niko Palazeti Takes Job At Cincinnati



Ohio State lost a key member of its strength and conditioning program Wednesday.

Assistant director of strength and conditioning Niko Palazeti announced that he had taken a job as Cincinnati's new director of football performance.

"Coaching at The Ohio State University has been a privilege of a lifetime," Palazeti said via Twitter. "Thank you Gene Smith, Coach (Ryan) Day, Coach Mick (Marotti) & Heather Mason, and all the amazing support staff members. To the players — I love you, thank you for making me a better coach and man. I am forever grateful."

Palazeti concludes a five-year career with the Buckeyes under Marotti, the team's head strength and conditioning coach. He spent a season each at Mississippi State and Maryland, respectively, prior to his arrival in Columbus ahead of the 2017 season.

In college Palazeti played running back at Michigan State, where he was a two-time letter winner. He never ran the football but did make one catch for two yards in his career. Injuries prompted his medical retirement in 2013. He hails from Northville, Mich.