



## MATT APPLEBAUM

OFFENSIVE LINE  
COLLEGE: CONNECTICUT  
NFL: FIFTH SEASON  
DOLPHINS: FIRST SEASON

Matt Applebaum joined the Miami Dolphins as offensive line coach in 2022.

The 2022 season marks Applebaum's fifth as an NFL coach. He has more than a decade of coaching experience, primarily at the offensive line position.

Applebaum spent two seasons (2020-21) coaching the offensive line at Boston College, where he had nine All-ACC selections and three All-Americans. The Eagles won six games in each of his two seasons there.

In 2021, three of Applebaum's starting offensive linemen earned All-American honors and all five received all-conference recognition. Guard Zion Johnson was a first-team AP All-American and a first-round pick (17th overall) by the L.A. Chargers in the 2022 NFL Draft. Center Alec Lindstrom was a second-team AP All-American, a finalist for the Rimington Trophy, awarded annually to the nation's best center, and signed with the Dallas Cowboys. Guard Christian Mahogany was a second-team PFF All-American. Johnson and Lindstrom both earned first-team All-ACC honors, Mahogany was named second-team All-ACC, tackle Ben Petruła earned third-team All-ACC honors and tackle Tyler Vrabel earned honorable mention All-ACC recognition. Boston College ranked third in the ACC, allowing just 24.0 sacks during the season.

Boston College posted a winning record (6-5) in 2020, its first season under a new coaching staff. Applebaum helped develop four players that earned all-conference recognition. Lindstrom was named first-team All-ACC. Petruła earned second-team All-ACC recognition at guard, a position he moved to in the offseason. Johnson was third-team All-ACC and Vrabel earned honorable mention All-ACC honors. The offensive line helped the Eagles rank third in the ACC in passing offense (284.2).

Applebaum spent the 2018-19 seasons at Towson as offensive line coach. In both seasons, Aaron Grzymkowski earned All-CAA honors – second-team in 2019 and third-team in 2018.

The 2018 Tigers finished 7-5 and earned an FCS playoff bid. Offensive lineman Matt Kauffman earned FCS All-America honors and was named first-team All-CAA. Applebaum's unit helped protect quarterback Tom Flacco, who was named CAA Offensive Player of the Year. The Tigers had the top scoring (34.5) and total (465.0) offense in the CAA that season.

Applebaum spent the 2016-17 seasons at Davidson, where he coached the offensive line. He was promoted to offensive coordinator/offensive line in 2017. He also coached offensive line for Bucknell (2013) and Southeastern Louisiana (2015).

Applebaum has four years of NFL experience. He was an offensive assistant for Jacksonville in 2014 and spent three seasons (2008-10) with Washington in a variety of roles.

He joined Washington in 2008 as a pro personnel assistant before being promoted to college personnel assistant in 2009 and moving into coaching as an offensive assistant in 2010.

From 2011-12, Applebaum served as a graduate assistant at the University of Miami.

Applebaum's first coaching job came in 2008 at Central Connecticut State, where he served as tight ends coach and video coordinator.

A Yardley, Pennsylvania native, Applebaum was a two-year starter on the offensive line at Connecticut, where he graduated with a bachelor's degree in political science. He and his wife, Bethany, have a son, Colton.

## MATT APPLEBAUM'S COACHING CAREER

<b>2008</b>	Central Connecticut State	Tight Ends
<b>2008-10</b>	Washington Commanders	Pro Personnel Assistant (2008) College Personnel Assistant (2009) Offensive Assistant (2010)
<b>2011-12</b>	Miami (FL)	Graduate Assistant
<b>2013</b>	Bucknell	Offensive Line
<b>2014</b>	Jacksonville Jaguars	Offensive Assistant
<b>2015</b>	Southeastern Louisiana	Offensive Line
<b>2016-17</b>	Davidson	Offensive Line (2016) Offensive Coordinator/Offensive Line (2017)
<b>2018-19</b>	Towson	Offensive Line
<b>2020-21</b>	Boston College	Offensive Line
<b>2022-present</b>	Miami Dolphins	Offensive Line