



RYAN SLOWIK

OUTSIDE LINEBACKERS
COLLEGE: WISCONSIN-OSHKOSH
NFL: 14TH SEASON
DOLPHINS: SECOND SEASON

Ryan Slowik joined the Miami Dolphins as senior defensive assistant in 2022 and was promoted to outside linebackers coach in 2023.

The 2023 season marks Slowik's 14th year of NFL coaching experience, working primarily on the defensive side of the ball.

In his first season with the Dolphins in 2022, Slowik helped the team win nine games and earn a playoff berth, the franchise's first since 2016. Miami's defense steadily improved throughout the season and finished the year ranked fourth in rushing defense (103.0 yards allowed per game). It was the team's best run defense ranking since 2011, when the team finished third. The Dolphins also led the NFL in total defense (245.7 yards allowed per game) in the final three weeks of the regular season.

Slowik served as outside linebackers coach for Cleveland in 2016. The Browns acquired outside linebacker Jamie Collins Sr. at the trade deadline and Slowik quickly helped Collins become a key contributor. In just eight games for the Browns that season, Collins ranked third on the team with 69 tackles (48 solo). He was tied for third with seven tackles for loss and also contributed two sacks. He also worked with outside linebacker Joe Schobert, who played in all 16 games as a rookie.

As assistant defensive line coach for the New York Jets in 2015, Slowik helped the team finish second in the NFL in rushing defense (83.4) and third in yards allowed per carry (3.6). Defensive end Muhammad Wilkerson led the team with 12 sacks and earned his first career Pro Bowl selection. Slowik also worked with rookie defensive end Leonard Williams, who finished fifth among NFL rookie defensive linemen with three sacks that season.

Slowik spent six seasons (2009-14) with the Arizona Cardinals in a variety of defensive assistant coach roles. He was a defensive quality control coach from 2009-11 and was promoted to outside linebackers coach in 2012. He spent the 2013-14 seasons as defensive assistant/defensive backs.

From 2012-14 while serving as a position coach, Slowik helped the Cardinals force 88 takeaways, which was fifth in the league during that span. Arizona also limited opponents to a 35.3 conversion rate on third downs, also fifth in the NFL. The Cardinals posted at least 10 wins in three of his six seasons there.

In 2014, Slowik worked with the defensive backs and two of them – Antonio Cromartie and Patrick Peterson – earned Pro Bowl nods. Arizona finished 11-5 that season, the team's best mark since 1975.

Peterson also earned a Pro Bowl selection in 2013, Slowik's first season working with the defensive backs. Slowik's first NFL coaching position came with the Denver Broncos where he spent four seasons (2005-08) in a variety of roles. After beginning his tenure as a defensive assistant (2005-06), Slowik was promoted to assistant special teams coach in 2007 and assistant defensive backs coach in 2008.

In 2007, kicker Jason Elam became the first kicker since at least 1970 to convert four walk-off game-winning field goals in the same season.

As a defensive assistant (2005-06) in Denver, Slowik worked closely with the defensive backs. In 2006, cornerback Champ Bailey was the runner-up for NFL Defensive Player of the Year after tying for the NFL lead with 10 interceptions. In 2005, Bailey was named first-team All-Pro and both Bailey and safety John Lynch were selected to the Pro Bowl.

Slowik began his coaching career in 2004 at his alma mater, Wisconsin-Oshkosh, where he served as assistant secondary coach.

He also spent one season (2003) as a personnel intern with the Green Bay Packers.

Slowik played safety at Wisconsin-Oshkosh for three seasons (2001-03). He also played two seasons at Youngstown State (1999-2000).

Slowik's father, Bob, spent 10 seasons as an NFL defensive coordinator for four teams – Chicago (1993-98), Cleveland (1999), Green Bay (2004) and Denver (2007-08). Bob is currently coaching for the Calgary Stampeders of the Canadian Football League. Slowik's brother, Bobby, is currently the offensive coordinator for the Houston Texans.

A Gainesville, Florida native, Slowik and his wife, Valerie, have a son, Tye, and a daughter, Averie.

RYAN SLOWIK'S COACHING CAREER

2003	Green Bay Packers	Personnel Intern
2004	Wisconsin-Oshkosh	Assistant Secondary
2005-08	Denver Broncos	Defensive Assistant (2005-06) Assistant Special Teams (2007) Assistant Defensive Backs (2008)
2009-14	Arizona Cardinals	Defensive Quality Control (2009-11) Outside Linebackers (2012) Defensive Assistant/Defensive Backs (2013-14)
2015	New York Jets	Assistant Defensive Line
2016	Cleveland Browns	Outside Linebackers
2017	Tennessee	Analyst
2021	Northern Colorado	Consultant
2022-present	Miami Dolphins	Senior Defensive Assistant (2022) Outside Linebackers (2023-)