Thurmond Moore

Football • Mountain View, CA

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Biography

Thurmond just concluded his second season as the Assistant Head Coach and Defensive coordinator for Bellarmine College Preparatory.
A Sacramento, California native, Moore possesses extensive experience on the defensive side of the ball. He has coached at a dozen collegiate football programs, secured several NFL internships, and even participated in NFL Europe. Notably, he coached two members of the 2005 AFC Pro Bowl squad—Dwight Freeney (Hall of Fame) and Joey Porter—during their collegiate careers.
Prior to joining the Bells, Moore served as the defensive coordinator for Prestonwood Christian Academy. In that year, the Lions achieved an impressive 10-2 record and competed in the Texas TAPPS State championship game. Before that, he coached at Valor Christian High School in Highlands Ranch, Colorado. The Eagles were a dominant force, going 20-2 and reaching the State Finals in both 2021 and 2020, while allowing only 8.75 points per game. Additionally, he coached at Brophy College Prep from 2015 to 2018.
In 2004, Moore made a significant impact as the cornerbacks coach for the University of Tulsa. In his sole season, the Golden Hurricane achieved a remarkable 22nd-ranked national pass defense, allowing only 191.3 yards per game. This outstanding performance was further highlighted by cornerback Jermaine Hope's second-team All-WAC selection.

Moore, a defensive coordinator, spent two seasons at the University of Buffalo (2001-2003). In his inaugural year at Buffalo in 2001, he orchestrated one of the nation's most significant defensive transformations. The following year, his Bulls' defense achieved a Division I-A school record with 27 sacks, ranking near the top of the Mid-American Conference (MAC).
In 2001, the Bulls' defense remarkably reduced its points allowed from 452 to 286 (a significant 14.9 points per game decrease), making it the most improved defense in the MAC. Buffalo climbed from the bottom of the conference in defense to fourth place in 2001, allowing just 357.4 yards per game (down from 426.1 in 2000).
During his tenure at Buffalo, Moore also contributed to the Syracuse defense's national recognition during his two years as the coach of the Orange's defensive line (1999-2000). In both 1999 and 2000, Syracuse ranked among the nation's top 20 in total defense. They finished 14th in 1999 with 301.2 yards per game and 18th in 2000 with 311.91 yards per game. Additionally, the Orange accumulated 61 sacks over that span, with 30 in 1999 and 31 in 2000.
Prior to his arrival at Syracuse University, Moore had already established himself as a defensive line coach for two seasons (1997-98) at Colorado State University. During his tenure at Colorado State, he played a pivotal role in the Rams' success, contributing to their achievement of the 1997 Western Athletic Conference Championship and a berth in the Holiday Bowl. The Rams emerged victorious against Missouri, concluding with a school-record 14-2 mark.
Moore, a 1977 graduate of San Jose State University, earned a bachelor's degree in human performance. Initially, he started as a fullback and tight end.
In addition to his collegiate coaching experience, Moore possesses extensive professional coaching experience. He has collaborated with linebackers and defensive linemen for several National Football League (NFL) teams, including the San Diego Chargers, St. Louis Rams, Oakland Raiders, San Francisco 49ers, and Arizona Cardinals. Furthermore, he served as the defensive coordinator of the London Monarchs (1995-96) and the defensive line and special teams coach of the Amsterdam Admirals (1994-95) in NFL Europe.
Moore has mentored several future NFL players, including Freeney, Porter, Haggans, Hardy Nickerson (California), Eric Downing (Syracuse), and Adrian Ross (Colorado State), during their collegiate

careers.

Statement

I’m a child of God

Education

B.S.
San Jose State
Human Performance

Feature

Pro experience
Moore also has extensive professional experience. He worked with linebackers and defensive linemen with the St. Louis Rams, Oakland Raiders, San Francisco 49ers, and Arizona Cardinals during summer camps. Moore also served as the defensive coordinator of the London Monarchs (1995-96) and defensive line and special teams coach of the Amsterdam Admi

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PRINCIPLES

• “To inspire athletes to pursue excellence in a relationship with god, in life and in football. While enjoying both the journey and embracing the process.