JAMES CREGG

ASSISTANT OFFENSIVE LINE

7TH NFL SEASON × 1ST WITH 49ERS

James Cregg is in his first season as a 49ers assistant offensive line coach. He joined the 49ers after spending after spending three seasons (2018-20) as the offensive line coach at Louisiana State University.

In 2020 with LSU, Cregg saw the Tigers rush for an average of 121.7 yards per game. The year prior, LSU had eight players start along the offensive line with the Tigers using a different starting lineup on the offensive line in consecutive games until games 8 and 9 in wins over Auburn and Alabama. C Lloyd Cushenberry, who was later drafted in the third round of the 2020 NFL Draft by the Denver Broncos, and RG Damien Lewis, who was later drafted in the third round of the 2020 NFL Draft by the Seattle Seahawks, started every game for the Tigers and both earned All-America honors. LSU's offensive line in 2019 helped pave the way for the first offense in NCAA history to feature a 5,000-yard passer, two 1,000-yard receivers and a 1,000-yard rusher. LSU's offense led the country in both scoring (32.0) and total offense (433.9) and set numerous SEC and school records on its way to a 15-0 record and a national title. The Tigers offensive line was also selected as the winner of the Joe Moore Award for the Most Outstanding Offensive Line Unit in college football that season.

The 2018 Tigers had an offensive line that returned only two starters (Garrett Brumfield and Saahdiq Charles), as Cregg's unit helped pave the way for 1,000-yard rusher RB Nick Brossette. LSU had eight different players start at least one game on the offensive line in Cregg's first season at LSU and the Tigers used a total of seven combinations on the offensive line in 13 games.

Cregg joined LSU after one season (2017) with the Los Angeles Chargers where he assisted with an offensive line that allowed the fewest sacks in the NFL (18) and helped RB Melvin Gordon III rush for a career-high 1,105 yards in 2017.

Cregg went to the Chargers following three seasons (2014-16) as the assistant offensive line coach with the Denver Broncos. In his first year with the Broncos in 2014, Denver's offensive line allowed the fewest sacks in the NFL (17) and ranked fourth in the League in total offense (402.9 yards per game). T Ryan Clady earned his fourth-career Pro Bowl selection. The Broncos won Super Bowl 50 in Cregg's second season in Denver, as the Broncos defeated the Carolina Panthers, 24-10, at Levi's Stadium. The Broncos featured six new additions who made starts along the offensive line. In 2014, he assisted an offensive line that allowed the fewest sacks in the NFL (17) and helped the offense finish fourth in total offense (402.9) and second in scoring offense (30.1).

From 2010-13, Cregg worked as the offensive line coach at the University of Southern California. Cregg coached First-Team All-Pac-12 selections in each of his four years with the school, including future NFL first-round picks T Tyron Smith (number nine overall to the Dallas Cowboys in 2011) and Matt Kalil (number four overall to the Minnesota Vikings in 2012). In 2011, USC finished second in the nation in sacks allowed (eight), as Kalil was named a First-Team All-American, while G Marcus Martin was a First-Team Freshman All-American. Cregg spent the 2009 season at the University of Tennessee, where the Volunteers allowed just 12 sacks, tied for fewest on the SEC.

Cregg first entered the NFL with the Oakland Raiders, working as the team's assistant offensive line coach for two seasons (2007-08). The 2008 Raiders ranked 10th in the NFL, averaging 124.2 rushing yards per game after finishing the 2007 season with the sixth-best rushing offense (130.4).

Cregg went to the Raiders following three seasons (2004-06) as defensive line coach at the University of Idaho. He joined Idaho after spending the 2000-03 seasons at Colgate University coaching the defensive line. From 1997-99, Cregg worked as a defensive graduate assistant at Colorado State University.

A native of Norco, CA, Cregg spent four years (1992-95) at Colorado State, where he was an offensive lineman for the school and started along the line his final two seasons and earned All-WAC honors as a senior in 1995. Cregg and his wife, Dayna, have one daughter, McKenzie.

CREGG'S BACKGROUND

YEARS	COACHING BACKGROUND	HEAD COACH
2022-current	Assistant Offensive Line, San Francisco 49ers	Kyle Shanahan
2018-20	Offensive Line, Louisiana State University	Ed Orgeron
2017	Assistant Offensive Line, Los Angeles Chargers	Anthony Lynn
2014-16	Assistant Offensive Line, Denver Broncos	Gary Kubiak/John Fox
2010-13	Offensive Line, University of Southern California	Clay Helton/Ed Orgeron/ Lane Kiffin
2009	Offensive Line, University of Tennessee	Lane Kiffin
2007-08	Assistant Offensive Line, Oakland Raiders	Tom Cable/Lane Kiffin
2004-06	Defensive Line, University of Idaho	Dennis Erickson/Nick Holt
2000-03	Defensive Line, Colgate University	Dick Biddle
1997-99	Graduate Assistant, Colorado State University	Sonny Lubick
1992-95	*Offensive Lineman, Colorado State University	Sonny Lubick/Earle Bruce

* Player