

Freddie Whittingham

Football • Utah Utes • Provo, Utah

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Biography

A cornerstone of Utah Football’s identity, Freddie Whittingham enters his 10th season as tight ends coach and recruiting coordinator in 2025, having helped shape the program for over a decade. A former Director of Player Personnel (2012–15), he’s been instrumental in transforming Utah into “Tight End U.”

Under Whittingham’s leadership, Utah tight ends have accounted for 32% of the team’s passing yards over the last five seasons, tallying 56 touchdowns and leading the team in receiving yards in three of the past six years. His hybrid-style tight ends have also powered Utah to three conference rushing titles in that span.

He’s developed elite talent like Dalton Kincaid and Brant Kuithe, both All-Americans and All-Conference selections. Kincaid led all FBS tight ends in yards in 2022, while Kuithe capped off 2024 as Utah’s all-time leader in tight end receptions and yards. Whittingham has consistently elevated new talent, including transitioning players like Miki Suguturaga and walk-on phenoms like Caleb Lohner.

Beyond position success, Whittingham plays a key role in recruiting. Since 2016, he’s been the architect behind some of Utah’s most productive classes and has been involved in nearly every facet of talent acquisition.

A former three-year starter and captain at BYU, Whittingham led the Cougars in rushing from 1987–89 and earned first-team Academic All-American honors. He also spent time with the LA Rams and in the World League of American Football.

Coaching excellence runs in the family—his father, Fred Sr., coached in the NFL and at Utah, and his brother Kyle is Utah’s head coach.

Whittingham’s blend of leadership, talent development, and recruiting acumen continues to define Utah’s championship culture.

Statement

Coaching is about building men of character, not just athletes. I take pride in developing talent, elevating tight ends to the highest level, and recruiting players who fit our culture. It’s an honor to help shape this program, mentor young men, and continue a family legacy of toughness, trust, and excellence.

Education

Psychology
BYU

ATHLETIC CAREER

Running Back — BYU

NCAA Division I - National Collegiate Athletic Association Division I | Football | 1987 - 1991

COACHING CAREER

Tight Ends Coach/Recruiting Coordinator — Utah

NCAA Division I - National Collegiate Athletic Association Division I | Football | 2016
