

# Jamie Howlett



London, ON

Football- LB/FB/OL

## PERSONAL DATA:



<b>Sex:</b>	Male	<b>Height:</b>	5'11"
<b>Born:</b>	13 Nov, 1989	<b>Weight:</b>	210
<b>Birthplace:</b>	London, ON	<b>Marital Status:</b>	Single
<b>Hometown:</b>	London, ON	<b>School:</b>	St. Thomas Aquinas
<b>Residence:</b>	7160 Clayton Crt/ 519-652-0510	<b>Coach:</b>	Joe Murray
<b>Languages:</b>	English	<b>Occupation:</b>	Sports Camp Counselor/ Student
<b>Track Club:</b>	London Legion T&F	<b>Event:</b>	SP, DT, SAC Football

## Football Achievements/ History:

**2006-** Starting LB/OL and named team captain for the St.Thomas Aquinas SR. Football Team as a grade 12 student

**2006-** Traveled to the University of Michigan to participate in their annual high school football camp on behalf of St.Thomas Aquinas's SR. Football Team

**2005-** Starting LB on the SR. Football Team at St.Thomas Aquinas and received the Spirit of the Flames Award for the Sr. Football Team as a grade 11 student

**2004-** Starting LB and named team captain for the St.Thomas Aquinas JR. Football Team as a grade 10 student and named the team's Most Inspirational Player as a grade 10 student

**2003-** Joined the JR. Football Team at St.Thomas Aquinas and started on special teams. Helped team go on to become TVRAA Finalists

## Progression

**40-yd Dash-** 5.02

**Bench Press-** 230 lbs

**Vertical Jump-** 30"

## **Other Sport Achievements**

**2006**- competed in WOSSA Track and Field in Discus

**2006**- competed at TVRAA for Tennis

**2006**- named Grade 11 Male Athlete of the Year at St.Thomas Aquinas

**2006**- became Minister of Sports for the Student Council at St.Thomas Aquinas

**2005**- won TVRAA and WOSSA for Tennis. Also, competed and placed third at OFSSA for Tennis

**2005**- was named the MIP (Most Inspirational Player) for JR. Football Team, MVP for both the Tennis and JR. Hockey Team at St.Thomas Aquinas

**2005**- was nominated for Grade 10 Male Athlete of the Year

**2004**- was nominated for Grade 9 Male Athlete of the Year

## **Academic Achievements**

**2006**- received 86% average on Semester 2 report Card

**2006**- received a 98% final average in Business Marketing

**2005**- received grade 10 Honour Roll Award, along with Principal's Platinum Award

**2004**- received Principal's Platinum Award for both semesters

**2003**- graduated Delaware Central Public School as top Male Athlete/ Graduate

**2003**- received History, English, Boy's Academic Overall, Athletic Leadership, Honour Roll Awards at graduation

## **Future Interests**

I am planning on studying Business at the university level along with playing football at the university level as well. Further down the road I will apply to business school and then become more specific in Sports Business/ Management and hope to become a General Manager or Sports Agent as an occupation when I'm older.

