

# Athletic Resume

Andrew LaChapelle

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## Playing Career

### Thousand Oaks High School,

2011 - 2014

- Varsity Football WR/DB 2013 & 2014 seasons
- 2013 Varsity Practice Player of the year
- 2013 2nd place Maramonte League West
- 2014 2nd Place Camino League
- 2014 CIF SS Playoffs, #6 CIF SS Northern Division

### Eastside Junior College, Bellevue, Wa

2016 - 2017

- WR/DB/LS 2016 & 2017 Seasons
- 2016 Northwest Junior College Football League Champions
- 2017 Coaches Honorable Mention
- Highest GPA on team both 2016 & 2017 Seasons (3.7)
- Graduated CC with AA, and honors
- Received multiple NCAA Division 2 and NCAA Division 3 offers/opportunities to continue football career
- Committed to Division 3 Pacific Lutheran, decommitted upon acceptance into UW

### University of Washington, Seattle, Wa

2018 - Present

- Trained daily on top of classes for Husky Football walk-on tryouts
- 2018 Try out: ineligible due to lack of credits
- 2019 Try-out: cancelled after Coach Petersen resigned
- 2020 Try-out: Ineligible due to NCAA rules on eligibility clock
- Coordinated/planned workouts/training regime centered around strength and speed
- Played Club Baseball, also member of Husky club rugby and Cycling club
- Mentored by former NFL wideout Diandre Campbell

## Personal Bests

2016 - 2017

-WR/DB/LS 2016 & 2017 Seasons

- 4.7 40-yard dash

- 10.9 hand timed (Non FAT) 100m dash 2019:

<https://youtu.be/XeCOFiYfEs>

- 2 TD's, 81 yards Rec, vs Lewis and Clark Valley College 2016

- 385 lbs Deadlift @ 163lbs body weight

- 405 lbs squat @163lbs bodyweight

## Coaching Experience

### **Thousand Oaks High School, Thousand Oaks, CA — Freshman WR/DB Coach, Assistant Defensive Coordinator, Asst. S&C**

June 2018 - October 2018

-Brought in as a volunteer to coach the Freshman team WR/DB's while also helping implement varsity defensive strategy to the freshman team.

-Created laminated play sheets as well as contributing to weekly game plans on both offense and defense

-Assistant Strength and Conditioning, aided in program design structure, & instruction.

-Broke down game and scout film, created safe innovative drills to keep the young men engaged and in a position to win each and every week.

### **Warrior Wide Receiver Academy, Kent, Wa**

2018 - present

-Worked for free in helping group HS sessions for NFL WR & trainor Diandre Campbell

-Set up drills, cones, coordinated/mentored younger football athletes training to improve their game

### **Spellman Performance, San Diego, Ca**

2020 - present

-Working as a Data Analyst, assisting director Les Spellman whose clientele ranges from high level NFL athletes, to Olympic athletes.

-Excel, C#, Sports Video Binary App, SQL

## References:

Les Spellman, Owner of Spellman Performance:

202-421-3521

Evan Yabu, Head Football Coach Thousand Oaks High School:

805-405-5546

Diandre Campbell, Former NFL WR:

510-717-9802

John Monte, former Central Wash University Asst, Army West point sprint asst, current OC Stanwood HS:

(206)-518-4133

Kevin Bouwman, Former Utah St LB, Current Eastside JC Head Coach:

425-444-7832

Danny Salonen, Bellevue HS QB Coach, Archbishop Murphy Head Lacrosse Coach:

(206)-963-6165

## Coach John Monte:

“When you have adversity it can either destroy you, define you or develop you. Andrew has a great football IQ and consistently showed a desire to make those around him better. Always engaged during practices and film Andrew gave extra time to help his teammates learn the playbook and develop the younger players. Truthfully, there are many reasons Andrew is one of the most impressive young men I have coached. He has demonstrated excellence in everything he has sought out to accomplish. He’s faced adversity and made the choice to be developed, not defined or destroyed by it. He’s displayed a selfless character to put others above himself but maintain confidence in his own ability. There are no limits to Andrew’s achievements in college and beyond and therefore, he has my highest recommendation.”- JM

## Coach Danny Salonen:

“As a junior college, high school, and youth football and lacrosse coach for over a decade, Andrew is one of the most coachable athletes I’ve ever had the privilege of working with. On the football field, he is a dedicated and tenacious athlete, with a knack for finding space and making timely big plays. On the sideline and in the classroom, Andrew is an outstanding teammate, who not only can be counted on to take care of his own business in the classroom, but can also be trusted to make sure his teammates are taking care of their business. Andrew will never let you down with his work ethic and attitude, and I cannot imagine a team where he would not be a contributor to a great culture.” - DS