



2017 Notre Dame Football Pro Day: By The Numbers

- ❑ Twelve former University of Notre Dame football players worked out at the annual Fighting Irish Football Pro Day today at the Guglielmino Athletics Complex and Loftus Sports Center.
- ❑ Height and weight measurements, vertical jump, broad jump and bench press were all conducted at Haggar Fitness Complex within the Guglielmino Complex.
- ❑ The 40-yard dash, pro agility (20-yard shuttle), 60-yard shuttle, three-cone drill and position-specific drills all occurred on Meyo Field at Loftus Sports Center.
- ❑ Players worked out in front of 54 representatives from 27 NFL teams. That group included two offensive coordinators, one defensive coordinator and seven combined general managers, player personnel directors or scouting directors.
- ❑ Wide receiver Amir Carlisle, long snapper Scott Daly, running back Tarean Folston, running back Jonas Gray, tight end Chase Hounshell, defensive lineman Jarron Jones, quarterback DeShone Kizer, cornerback Cole Luke, linebacker James Onwualu, wide receiver Corey Robinson, defensive lineman Isaac Rochell and safety Avery Sebastian all participated in the Pro Day.
- ❑ Folston, Hounshell, Luke, Onwualu and Sebastian were the only players to take part in all drills. Daly only skipped the 60-yard shuttle. Jones did not do the bench press or the 60-yard shuttle.
- ❑ Carlisle, Gray, Kizer and Robinson only did position drills.
- ❑ Onwualu registered 24 reps of 225 and recorded a vertical leap of 36 inches. No linebacker at the combine collected 24 or more reps along with a vertical leap of 36 inches or better. In fact, the closest linebacker to that feat was Ben Gedeon of Michigan (27 reps, 34.5-inch vertical). Onwualu recorded a broad jump of 9'11" (119 inches). That effort would've tied him for 12th among linebackers at the combine (with Gedeon). Onwualu's short-shuttle time of 4.28 would've ranked seventh among linebackers at the combine, while his 4.73 in the 40-yard dash would've ranked tied for 15th.
- ❑ Rochell, who injured his hamstring during last month's NFL combine, did not do any events, but was measured.
- ❑ Folston recorded a time of 6.93 in the three-cone, which would've ranked tied for fourth among running backs at the combine. He recorded a short-shuttle time of 4.31 -- only six running backs registered better times at the combine. Folston posted 20 reps of 225 pounds on the bench press, which would've ranked tied for ninth at his position at the combine. His 33.5-inch vertical would've tied for 14th at the combine with both T.J. Logan of North Carolina and FBS all-time leading rusher Donnel Pumphrey of San Diego State. Folston's broad jump of 9'7" (115 inches) would've tied for 23rd.
- ❑ Jones improved his 2017 NFL Combine mark in the vertical leap by four inches (20.5-inches to 24.5 inches).
- ❑ Luke recorded a 35.5-inch vertical leap, which would've tied for 10th among cornerbacks at the combine. His short-shuttle time of 4.15 would've ranked 10th, while his time of 6.82 in the three-cone drill would've ranked eighth.

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