

Matt Cowling

L'Anse High School



Position: Defensive Line

High School Coach:
Mark Leaf

Varsity Letters:
Football (4)

GPA: 3.0

College Attending:
Michigan Tech

Intended Major:
Exercise Science

Awards & Honors: 2007: 1st Team All State Defensive Tackle; All-U.P. Dream Team Defensive Tackle; All-Conference 1st Team Defensive Tackle; Two time All-U.P.; Three time All-Conference (2005-2006); 4 year two-way starter; Team MVP (2x); Team Lineman of the Year (2x); Red Zone Player of the Year Nominee

Extracurricular Activities: Power lifting

Football Stats: Senior year-98 tackles; 280 career tackles; 4 year two way varsity starter; 225 lb x 24 rep bench press; 550 lb dead lift; 525 lb squat