

Ben Gable

Rudyard High School



High School Coach:
Pat Maloney

Varsity Letters:
Football, Wrestling, Track

GPA: 3.38

College Attending:
Ferris State University

Intended Major:
Welding Engineering Technology

Awards & Honors:

1st Team Class ABC All-U.P.; 1st Team All-Conference; Team Defensive Lineman of the Year.

Extracurricular Activities:

Non-sanctioned U.P. Powerlifting Champion (207 weight class) & overall best varsity lifter. Sanctioned multiple USAPL State Champion and records holder. Sanctioned USAPL Ironworks 220 lb Open & T-2 Champion. First in Nation-Powerlifting, T-1 Division. Past Ambassador & top UP fundraiser March of Dimes. Twelve year committee member EUP Ducks Unlimited.

Football Stats:

2009: 11 solo sacks, 3 assisted sacks, 87 yds lost, 5 pass deflections, 5 FF, 4 FR, 52 solo tackles, 20 assisted tackles, 72 total tackles, PAT's: 9- 10.