

# Patrick Story

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## Summary

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Started my American football career in 2010. Played multiple different positions and moved to Helsinki Roosters in 2011. Started High school in the best sports high school in Finland in 2011. Since 2011 multiple Championships in the Helsinki Roosters U17 and U19 Juniors teams. Training 5 times a week in school and combining sports and studies. 6 months in Colorado high school for exchange and playing American Football in 2013. After 2015 went to the army and had a year off from football and now playing for the East City Giants Men's 1<sup>st</sup> division. Positions played: FS, SS, CB, WR, HB

## Highlights

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- U17 National League Silver medals 2011,2012
- U19 National Championship Gold 2012-2014
- U17 and U19 Finnish National Team player 2010-2014
- 2013 Finnish National Team Special Teams player award
- 2012-2013 High school sports group captain
- Lead the U19 team in interceptions and passes incomplete against in 2012-2014

## Experience

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**2010-2013** Played HB and FS/SS/CB

**2014-present** played CB

**2014-2015** Assistant-coach for Helsinki Roosters U11 team

**2017-present** Helsinki East City Giants 1 star captain

## Education

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**Haaga-Helia BBA degree 2016-**

**Mäkelänrinne sports high school 2011-2015**

## Skills

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Group leader – Military service 2015-2016

Helsinki Roosters U19 captain 2012-2014

High school sports group captain 2012-2013

Coaching basics of American Football, specializing in defence and defensive backs

Agility and movement training, running technique and explosiveness

40 yard dash time: 4.81sec , L-cone time: 7.7 sec , Broad jump: 2,55m , 20 yard shuttle:  
4,6sec  
Deadlift max: 180kg , Clean lift max: 90kg , Benchpress max: 110kg

## **Additional info**

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Hobbies: American football

Personality: Hard training, structured, motivated, friendly, co-operative, making sure everyone has fun

**Link to 2014 highlight video:** <http://www.hudl.com/v/1Ny0fQ>

**Link to summer camp interview**

<https://www.youtube.com/watch?v=Ue84ARO2fK0> 7:10-8:05

**Recommendations can be provided upon request**