



TACKLE // 6-8 // 302 // NOTRE DAME '10

ACQUIRED: UFA, '16 (JAX.)

HOMETOWN: CORAL SPRINGS, FLA. // BORN: 6/24/87

NFL: NINTH SEASON // DOLPHINS: THIRD SEASON

NFL CAREER

TRANSACTIONS:

- Signed by Miami on Oct. 15, 2018.
- Released by Miami on Oct. 13, 2018.
- Signed by Miami on Sept. 4, 2018.
- Released by Miami on Sept. 2, 2018.
- Signed by Miami on Sept. 4, 2017.
- Released by Miami on Sept. 2, 2017.
- Signed by Miami on Oct. 11, 2016.
- Released by Miami on Sept. 3, 2016.
- Signed by Miami as an unrestricted free agent from Jacksonville on March 11, 2016.
- Awarded off waivers to Jacksonville on Oct. 8, 2013.
- Waived by Buffalo on Oct. 7, 2013.
- Awarded off waivers to Buffalo on Sept. 6, 2011.
- Waived by Dallas on Sept. 5, 2011.
- 6th-round pick (179th overall) by Dallas in the 2010 NFL draft.

CAREER HIGHLIGHTS:

- Played in 88 career games with 21 starts.

2018 (MIAMI):

- Played in 12 games with 1 start.
- Inactive for 3 games.
- Signed by Miami on Oct. 15.
- Released by Miami on Oct. 13.

AT NEW ENGLAND (9/30): Played 27 offensive snaps as an extra blocker.

AT CINCINNATI (10/7): Entered the game at left tackle for an injured T Laremy Tunsil in the 4th quarter.

AT GREEN BAY (11/11): Started at right tackle in place of an injured T Ja'Wuan James.

2017 (MIAMI):

- Played in 10 games with 6 starts.
- Inactive for 6 games.

VS. DENVER (12/3): Started at right tackle.

- Blocked for RB Kenyan Drake, who rushed for 120 yards and 1 TD in the victory for his 1st career 100-yard rushing performance.

VS. NEW ENGLAND (12/11): Started at right tackle.

- Helped RB Kenyan Drake rush for 114 yards, his 2nd straight 100-yard rushing effort.

VS. BUFFALO (12/31): Started at right tackle.

- Served as a game captain.

2016 (MIAMI):

- Played in 8 games with 1 start.
- Inactive for 3 games.
- Signed by Miami on Oct. 11 after the team released him on Sept. 3.

VS. SAN FRANCISCO (11/27): Started at left tackle.

- Helped QB Ryan Tannehill complete 20-of-30 passes (66.7 pct.) for 285 yards and 3 TDs.

POSTSEASON:

AFC WILD CARD AT PITTSBURGH (1/8): Inactive.

2015 (JACKSONVILLE):

- Played in all 16 games with 3 starts.
- Started 2 games at left tackle and 1 at right tackle.
- Helped QB Blake Bortles complete 355-of-606 passes (58.6 pct.) for 4,428 yards and 35 TDs.

2014 (JACKSONVILLE):

- Played in 9 games with 6 starts at right tackle.
- Inactive for 7 games.

2013 (JACKSONVILLE/BUFFALO):

- Played in 11 games with Jacksonville.
- Awarded off waivers to Jacksonville on Oct. 8.
- Waived by Buffalo on Oct. 7.
- Played in 4 games with Buffalo.

2012 (BUFFALO):

- Played in 12 games with 4 starts at right tackle.
- Inactive for 4 games.

VS. ST. LOUIS (12/9): Started at right tackle.

- Made his 1st NFL start.

2011 (BUFFALO/DALLAS):

- Played in 4 games.
- Inactive for 12 games.
- Spent training camp and the offseason with Dallas.

2010 (DALLAS):

- Played in 2 games.
- Inactive for 14 games.

AT ARIZONA (12/25): Played but did not record any stats.

- Made his NFL debut.

BEFORE THE NFL

COLLEGE (NOTRE DAME):

- 4-year starter (2006-09).

CAREER: Started all 50 games – 40 at left tackle and 10 at right tackle.

SENIOR (2009): Started all 12 games.

JUNIOR (2008): Started all 13 games.

SOPHOMORE (2007): Started all 12 games.

- Opened the season at right tackle and moved to left tackle after 3 games.

TRE FRESHMAN (2006): Started all 13 games.

- Became the 1st freshman to start the season opener at the school since freshmen regained their eligibility in 1972.
- 1st-team Freshman All-American.

HIGH SCHOOL (ST. THOMAS AQUINAS – FORT LAUDERDALE, FLA.)

- Also participated in track and field and won a state title in shot put, setting multiple school records.

SENIOR (2005):

- 1st-team All-American.
- Florida Gatorade Player of the Year.
- Did not allow a sack.

JUNIOR (2004):

- Did not allow a sack.

OFF THE FIELD

COMMUNITY:

- Participated in the 5k at the Dolphins Cancer Challenge in 2017.
- Participated in numerous team events, such as the holiday toy event, AARP Million Meal Pack and the Dolphins Cancer Challenge Celebrity Golf Tournament.
- Helped out at a field day for the Marjory Stoneman Douglas High School community following the Parkland tragedy.

PERSONAL:

- Participated in the 3-day Miami Dolphins Business Combine in New York in both 2016 and 2017.
- Participated in the 2017 Dolphins Business Combine at Hard Rock Stadium where he and teammates learned about the different behind-the-scenes jobs of an NFL team.
- Married to Lauren.
- **MAJOR:** Management-entrepreneurship.

SAM YOUNG'S NFL REGULAR SEASON STATS

GAMES/STARTS: (Dallas) 2010: 2/0, (Buffalo) 2011: 4/0, 2012: 12/4, (Buffalo/Jacksonville) 2013: 15/0, (Jacksonville) 2014: 9/6, 2015: 16/3, (Miami) 2016: 8/1, 2017: 10/6, 2018: 12/1

NFL TOTALS: 88/21

ADDITIONAL STATS

Miscellaneous Tackles: (Miami) 1 in 2018.