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# JOSHUA PALMER

BORN: September 22, 1999 | HT: 6-1 | WT: 210 | 5th year

COLLEGE: Tennessee

ACQUIRED: Free Agent (2025)

✕ Flowercitysown

📷 [joshuapalmer.v](https://www.instagram.com/joshuapalmer.v)

## FIRST-AND-10

**JOSHUA PALMER** signed a three-year contract with the Bills as an unrestricted free agent in 2025. A 3rd round draft pick of the Chargers in 2021, Palmer caught 182 passes for 2,287 yards and 10 touchdowns in his first four NFL seasons in Los Angeles. A native of nearby Brampton, Ontario, Canada, he played collegiately at Tennessee.

## SHOUTOUTS

- During a four-year stint with the Chargers (2021-24), played in 58 regular games (29 starts) and one playoff contest.
- In final season in Los Angeles in 2024, caught 39 passes for 584 yards and a touchdown.
- Logged a career-long 79-yard touchdown reception from Easton Stick at LV (12/14/23).
- Posted a career-high 133 receiving yards on 5 catches at KC (10/22/23).
- In 2022, set career highs in receptions (72) and yards (769) in 16 games (11 starts).
- Set a career-high with 2 touchdown receptions (50 and 6 yards) vs. KC (11/20/22).
- Registered first 100-yard NFL outing with 8 catches for 106 yards at Atl. (11/6/22).
- Tallied a career-high 9 receptions (for 57 yards) vs. Den. (10/17/22).
- Caught a career-best 4 touchdown passes as a rookie with the Chargers in 2021 (33 receptions and 353 yards).
- Scored first NFL touchdown - a 24-yard reception from Justin Herbert - vs. NE (10/31/21).
- During a four-year collegiate career at Tennessee (2017-20), appeared in 47 games (36 starts) and caught 99 passes for 1,514 yards and 7 touchdowns.

## IF YOU HAVEN'T HERD

### CANADIAN FOOTBALL AT A YOUNG AGE

The middle child of three, he excelled at multiple sports in school. As a soccer goalkeeper there was talk of trials in Europe. Basketball was a passion, too. But football kept pulling him back.

"One of the very first things I gave Josh as a baby was a football," said his father, Keith, who played cornerback at University of Windsor as a walk-on. "Football blanket, football pillowcase, a Nerf football. I was saying to myself, 'I hope he becomes a football player. So let me introduce him to it nice and early, condition him'. But you have to let your children be their own person, find their own passions. And Josh did that."

By Grade 9 it was clear that soccer and basketball were pastimes. Football was the passion. So father and son would fire up an old treadmill in the basement and work on drills with tennis balls, footballs and medicine balls. They'd take things outdoors too — but not because the weather was good. "There were days where I'd see it snowing and I'd say, 'You may end up in Buffalo, you may end up in Green Bay ... you're going to have snow days. Playoff games in a blizzard.' So out we'd go." (**Joe Callaghan, Toronto Star, April 23, 2021**)

## THE STAMPEDE

**Favorite actor:** Tom Hardy

**Favorite book:** The 5 AM Club

**Fun fact:** Appeared on show, The Office Movers, on Crave in Canada

**Favorite TV show:** Peaky Blinders

**First job:** Paper route for the Brampton Guardian

**Top of bucket list:** Raise great children

## PERSONAL

Is the son of Keith and Alethia Palmer. His father played cornerback at the University of Windsor. Has two sisters, Lanisha and Keiana. Owns a sphynx cat named Leia. Born and raised in Brampton, Ontario, began high school career at St. Roch Catholic Secondary School before transferring to St. Thomas Aquinas HS in Fort Lauderdale, FL. Helped lead Aquinas to the Florida 7A state title in 2015 and 2016. Majored in business at Tennessee.