



74 KADYN PROCTOR

G/T | 6'7" | 360 | ALABAMA '26

NFL EXP. R | DOLPHINS EXP. R | BORN 06/04/05 | ACQUIRED DIA '26

HOMETOWN DES MOINES, IOWA

NFL CAREER

TRANSACTIONS:

- 1st-round-pick (12th overall) by Miami in the 2026 NFL Draft.

BEFORE THE NFL

COLLEGE (ALABAMA):

- 3-year starter (2023-25).

CAREER: Started 40 games at left tackle; 5 carries for 16 yards (3.2 avg.).

JUNIOR (2025): Started all 15 games; 5 carries for 16 yards (3.2 avg.).

- Helped Alabama to the College Football Playoff.
- Consensus All-American.
- 1st-team academic All-American.
- 1st-team All-SEC.
- Co-recipient of the SEC's Jacobs Blocking Trophy, presented to the conference's top offensive lineman.
- Lombardi Award finalist.
- Outland Trophy semifinalist.

SOPHOMORE (2024): Started 11 games.

- 2nd-team All-SEC.

TRUE FRESHMAN (2023): Started all 14 games.

- Helped Alabama to the SEC title and a College Football Playoff appearance.
- SEC All-Freshman team.

HIGH SCHOOL (SOUTHEAST POLK HS - DES MOINES, IOWA):

- Participated in the 2022 All-American Bowl.
- Also played basketball and track & field, finishing 5th in state in shot put as a junior.

SENIOR (2022):

- Led his team to a 12-1 record and second straight state championship.
- All-American and 1st-team all-state.

JUNIOR (2021):

- Helped his team to a 12-1 record and state championship.

OFF THE FIELD

PERSONAL:

- MAJOR:** Sports & Fitness Administration.
- Cousin of former NFL RB Paul Perkins and QB Bryce Perkins.

KADYN PROCTOR'S COLLEGE STATS

DATE	TEAM	GP	GS
2023	Alabama	14	14
2024	Alabama	11	11
2025	Alabama	15	15
COLLEGE TOTALS		40	40