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SOLOMON THOMAS

6-3 | 280 | STANFORD

8.26.95 | COPPELL, TX | 3RD YEAR | ACQUIRED D-IA IN 17

2019 HIGHLIGHTS

- Sacked Bengals QB Andy Dalton at Cin. (9/15) for his 1st sack of the season.
- Brought down Rams QB Jared Goff at LAR (10/13) for an 8-yd. loss.

GOLDMINE

 Each year, Thomas walks to raise money for the American Foundation for Suicide Prevention. "I lost one of the most important people in my world to suicide earlier this year," said Thomas. "I will be walking for her and for everyone who suffers from the pain she felt. Ella was my sister. Ella was my best friend. She loved harder than she could breathe. She filled a room with such a strong presence that it would light up the room. She made my life go. Having Ella as my



sister was the greatest gift this life has given me. She taught me to be myself, to make everyone feel loved, to appreciate everything in front of me, and so much more. She was so perceptive and so compassionate. I will live every day for my amazing sister.

"I walk not only because of what happened to Ella and our family; I walk because I want to help others. I want others to have better information and resources. It's time to talk about mental health. It's time to acknowledge that everyone is going through something that we don't know about and might not understand. It's time to have empathy for those things we don't understand. The funds raised at this walk will benefit the American Foundation for Suicide Prevention. Net proceeds will help those affected by suicide and mental health conditions by supporting research, advocacy, survivor resources, education and awareness programs.

"Be meaningful in every conversation, seek to show others you care. You never know what you could say that might save someone's life. I want to make this a better world. Please help me in support of those who suffer." Each year, the Thomas family gets together a group of family and friends which will be known as team "Ella's Sunflowers."

If you are in crisis, please call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or contact the Crisis Text Line by texting TALK to 741741.



THOMAS' GOLDEN NUGGETS

Born in Chicago, IL, Thomas moved and spent part of his childhood living in Australia. His father, Chris, was an international sales manager for Proctor & Gamble and he was stationed there. Thomas grew up learning to surf and enjoyed playing on the beach and eating fish and chips. He didn't begin playing football until he moved to Coppell, TX.



- One of Thomas' two career touchdowns at Stanford came at Levi's Stadium, returning a fumble recovery 34 yards for the score in the Cardinal's 41-22 victory over USC in the 2015 Pac-12 Championship Game.
- As a junior at Stanford, Thomas earned the Morris Trophy, a
 prestigious honor voted on by opposing Pac-12 offensive linemen. He joins 49ers teammates DL DeForest Buckner and G
 Joshua Garnett as Morris Trophy winners on the roster.

THOMAS' GAME-BY-GAME

2019														
Date	Opp	W/L	P/S	Tot	Sol	Ast	Sk	Yds	Int	Yds	PD	FF	FR	Yds_
Sep 8	at TB	W	1/0	0	0	0	0.0	0.0	0	0	0	0	0	0
Sep 15	at Cin	W	1/0	3	2	1	1.0	1.0	0	0	0	0	0	0
Sep 22	Pit	W	1/0	3	2	1	0.0	0.0	0	0	0	0	0	0
Oct 7	Cle	W	1/0	1	1	0	0.0	0.0	0	0	0	0	0	0
Oct 13	at LAR	W	1/0	2	2	0	1.0	8.0	0	0	0	0	0	0
Oct 20	at Was	W	1/0	2	2	0	0.0	0.0	0	0	0	0	0	0
Oct 27	Car	W	1/0	2	1	1	0.0	0.0	0	0	0	0	0	0
Oct 31	at Arz	W	1/0	1	1	0	0.0	0.0	0	0	0	0	0	0
Nov 11	Sea	L	1/0	1	0	1	0.0	0.0	0	0	0	0	0	0
Nov 17	Arz													
Nov 24	GB													
Dec 1	at Bal													
Dec 8	at NO													
Dec 15	Atl													
Dec 21	LAR													
Dec 29	at Sea													
TOTALS			9/0	15	11	4	2.0	9.0	0	0	0	0	0	0

GOLDMINE (CONTINUED)

 The 49ers hosted the third annual Crucial Catch Fashion Show presented by Dignity Health on October 2nd, 2019, featuring cancer warriors representing all cancers as they modeled apparel donated by Levi's. Thomas and his teammates were paired with each of the warriors to share their stories of strength and courage with the audience and walk the runway.





GOLDMINE (CONTINUED)

 Prior to Week 2's matchup in Cincinnati during the 2019 season, the 49ers spent time in Youngstown, Ohio, where they participated in the Community Blitz. Thomas and some of his teammates joined the students at Williamson Elementary School to talk about inclusion and anti-bullying. They players spoke at an assembly before helping the kids write compliment cards and discuss how to be kind to one another.



The 49ers partnered with CASSY (Counseling and Support Services for Youth) for a mental health awareness event at Monroe Middle School (Campbell, CA) on December 18, 2018. Thomas and his teammates joined the 6th, 7th and 8th grade students who were pre-identified as having mental health struggles, and held group discussions centered on managing stress and destigmatizing mental health matters.



• NFL players had the opportunity to participate in the NFL's annual My Cause, My Cleats campaign during a designated home game between Weeks 13-15 of 2018. Thomas and his teammates represented their respective causes with custom-designed cleats in an effort to raise awareness and funding. The American Foundation for Suicide Prevention (AFSP) gives those affected by suicide a nationwide community empowered by research, education and advocacy to take action against this leading cause of death. Thomas also included the phrase "Bad Boys for Life," as a tribute to he and his sister Ella's favorite movie, Bad Boys.



 After posing for a photoshoot, Thomas and his teammates joined Levi's in support of breast, colon and pediatric cancer warriors at the Crucial Catch Fashion Show presented by Dignity Health on October 2, 2018. 49ers players and cancer warriors took to the runway to show off their attire and share their stories of strength and courage with the audience.



In partnership with the One Love Foundation, Thomas, his 49ers teammates and their significant others participated in a film-based workshop with local high school students about healthy and unhealthy relationships. The group watched a film together, and thereafter, held group discussions about the implications of the relationship behaviors depicted in the film. The One Love Foundation believes that love is a skill we can work on, and focuses on three main elements to convey their message: content, conversation and community action.



• The 49ers joined forces with Martha's Kitchen of San Jose as part of their Community Tuesday kickoff event on September 11, 2018. Thomas and teammates took part in the event by serving dinner to nearly 200 residents in need, refilling beverages and bussing tables. Both the 49ers and Levi's Stadium partner with Martha's Kitchen throughout the year by donating excess food after stadium events. Martha's Kitchen's mission is to "feed the hungry with dignity, no questions asked, no judgements made."



Thomas comes from an athletic family. His father, Chris, and mother, Martha, each attended the College of Wooster (OH) where Chris played basketball and Martha ran track. Solomon's uncle, Jon Thomas, ran track at Indiana University where he was a fourtime Big Ten 400m hurdles champion.



GOLDMINE (CONTINUED)

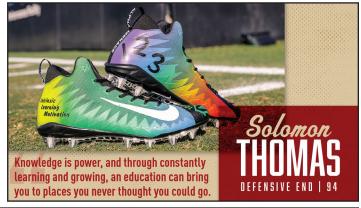
- Thomas spent part of his life living in Australia. Says Solomon, "My dad was an international sales manager for Proctor & Gamble, and they had him out there. It was an amazing experience to be there from two to seven or eight. It definitely gave me a different perspective on life and definitely shaped me for life." Thomas' family moved back to the United States and spent a few years living in Connecticut. It wasn't until his family prepared to move to Texas that Thomas was introduced to football, when his parents had him watch 'Friday Night Lights.'
- During his childhood, Thomas grew up speaking with a thick Australian accent. When he moved back to the States, no one in school could understand him, so he took three years of speech therapy classes to remove the accent. However, if it was up to Thomas, he would have kept the accent. Said Thomas, "It's unfortunate, because I'd love to still have my Australian accent."
- In October of 2017, the 49ers partnered with Bags of Fun to deliver backpacks to children undergoing treatment at Lucile Packard Children's Hospital. Each bag was personalized with educational, interactive and fun toys to provide joy, laughter and relief from the stress and anxiety of being in the hospital. Thomas and his teammates spent time with patients receiving Bags of Fun and other families in the hospital to uplift them during a difficult time.



In honor of the NFL's Crucial Catch campaign, the 49ers hosted
a fashion show in October of 2017, featuring breast cancer and
pediatric cancer warriors in apparel donated by Levi's®. Thomas,
along with his 49ers teammates, walked the runway with cancer
warriors as they shared their stories of strength and courage with
the audience.



• During all Week 13 games in 2017, NFL players had the chance to share the causes that are important to them as part of the NFL's My Cause, My Cleats campaign. Thomas is supporting 10 Books A Home for his My Cause, My Cleats initiative. Thomas' mom was a teacher and his family instilled the importance of having an education. 10 Books A Home is an early childhood education non-profit whose mission is to send all high poverty preschoolers to kindergarten prepared to perform above grade level. "Knowledge is power, an through constantly learning and growing, an education can bring you to places you never thought you could go," said Thomas.



	THOMAS' CAREER STATISTICS															
					TACKLES	3	INTERCEPTIONS FUMBL									
YEAR	TEAM	<u>GP</u>	<u>GS</u>	<u>TOT</u>	<u>SOL</u>	AST	SACKS	<u>YDS</u>	INT	YDS	<u>LG</u>	<u>TD</u>	<u>PD</u>	FF	FR	YDS
2017	SF	14	12	41	34	7	3.0	9.0	0	0	_	0	0	0	1	0
2018	SF	16	13	31	24	7	1.0	2.0	0	0	_	0	0	0	0	0
2019	SF	9	0	15	11	4	2.0	9.0	0	0	_	0	0	0	0	0
TOTALS		39	25	87	69	18	6.0	20.0	0	0	_	0	0	0	1	0

Milestones:

NFL Debut: vs. Car. (9/10/17); First Start: at Sea. (9/17/17); First Sack: at Arz. (10/1/17 – QB Carson Palmer); First FR: at LAR (12/31/17 – QB Sean Mannion)

THOMAS' CAREER HIGHS

Total Tackles: 9 at Was. (10/15/17) **Solo:** 7 at Was. (10/15/17)

Assists: 2 (3 times) Last at LAR (12/30/18)

Sacks: 1.0 (6 times) Last at LAR (10/13/19) **Fumble Recoveries:** 1 at LAR (12/31/17)

THOMAS' TRANSACTIONS

Originally the first of two 1st-round (3rd overall) draft choices by SF in 2017.



2018

- Appeared in all 16 games (13 starts) and registered 31 tackles and 1.0 sack.
- Credited with 1.0 sack, his 1st of the season, vs. Oak. (11/1).

2017

- Played in 14 games (12 starts) and registered 41 tackles, 3.0 sacks and 1 FR.
- Brought down Cardinals QB Carson Palmer at Arz. (10/1), notching the 1st sack of his career.
- Registerd a career-high 9 tackles at Was. (10/15), while also notching his 2nd career sack, bringing down Redskins QB Kirk Cousins.
- Brought down Jaguars QB Blake Bortles for a 2-yd. loss vs. Jax. (12/24), marking his 3rd sack of the season.
- Notched his 1st career FR at LAR (12/31), jumping on a fumble by Rams QB Sean Mannion.

COLLEGE

Appeared in 27 games in three seasons at Stanford and registered 101 tackles, 11.5 sacks, 25.5 TFLs, 4 FRs and 2 TDs. In 2016, was named Second-Team All-America by *USA Today* and Third-Team All-America by the Associated Press. Also earned First-Team All-Pac-12 honors and the Morris Trophy award, a prestigious honor voted on by opposing Pac-12 offensive linemen. Appeared in all 13 games and registered 62 tackles, 8.0 sacks, 15 TFLs and 2 FRs. As a sophomore in 2015, appeared in all 14 games for the Cardinal and was named All-Pac-12 honorable mention after recording 39 tackles, 3.5 sacks, 10.5 TFLs and 2 FRs. Thomas did not see action as a freshman in 2014.

PERSONAL

- Attended Coppell (TX) HS, where he recorded 272 total tackles and was named second-team all-state in 2013. Also had 21 sacks throughout his final three years. Was named Second-Team All-USA by USA Today as a senior in 2013.
- · Also lettered in basketball at Coppell.
- · Son of Chris and Martha Thomas.
- Born Solomon Christopher Thomas (8/26/95) in Chicago, IL.
- · Studied communications at Stanford.

INJURY REPORT

2017: Inactive vs. Arz. (11/5) and vs. NYG (11/12) with a knee injury.

THOMAS' GAME-BY-GAME

2017															2018														
Date	Орр	W/L	P/S	Tot	Sol	Ast	Sk	Yds	Int	Yds	PD	FF	FR	Yds	Date	Орр	W/L	P/S	Tot	Sol	Ast	Sk	Yds	Int	Yds	PD	FF	FR'	Yds
Sep 10	Car	L	1/0	2	2	0	0.0	0.0	0	0	0	0	0	0	Sep 9	at Min	L	1/1	1	0	1	0.0	0.0	0	0	0	0	0	0
Sep 17	at Sea	L	1/1	4	4	0	0.0	0.0	0	0	0	0	0	0	Sep 16	Det	W	1/1	2	2	0	0.0	0.0	0	0	0	0	0	0
Sep 21	LAR	L	1/0	1	1	0	0.0	0.0	0	0	0	0	0	0	Sep 23	at KC	L	1/1	0	0	0	0.0	0.0	0	0	0	0	0	0
Oct 1	at Arz	L	1/1	5	5	0	1.0	2.0	0	0	0	0	0	0	Sep 30	at LAC	L	1/1	2	2	0	0.0	0.0	0	0	0	0	0	0
Oct 8	at Ind	L	1/1	2	1	1	0.0	0.0	0	0	0	0	0	0	0ct 7	Arz	L	1/1	1	1	0	0.0	0.0	0	0	0	0	0	0
Oct 15	at Was	L	1/1	9	7	2	1.0	5.0	0	0	0	0	0	0	Oct 15	at GB	L	1/1	1	1	0	0.0	0.0	0	0	0	0	0	0
Oct 22	Dal	L	1/1	1	1	0	0.0	0.0	0	0	0	0	0	0	Oct 21	LAR	L	1/0	5	3	2	0.0	0.0	0	0	0	0	0	0
Oct 29	at Phi	L	1/1	2	1	1	0.0	0.0	0	0	0	0	0	0	Oct 28	at Arz	L	1/1	2	2	0	0.0	0.0	0	0	0	0	0	0
Nov 5	Arz	L	_	_	IN	ACT	IVE (K	nee)	_	_	_	_	_	_	Nov 1	0ak	W	1/0	3	3	0	1.0	2.0	0	0	0	0	0	0
Nov 12	NYG	W	_	_	IN	ACT	IVE (K	nee)	_	_	_	_	_	_	Nov 12	NYG	L	1/0	0	0	0	0.0	0.0	0	0	0	0	0	0
Nov 26	Sea	L	1/1	2	2	0	0.0	0.0	0	0	0	0	0	0	Nov 25	at TB	L	1/1	2	2	0	0.0	0.0	0	0	0	0	0	0
Dec 3	at Chi	W	1/1	1	1	0	0.0	0.0	0	0	0	0	0	0	Dec 2	at Sea	L	1/1	2	2	0	0.0	0.0	0	0	0	0	0	0
Dec 10	at Hou	W	1/1	2	1	1	0.0	0.0	0	0	0	0	0	0	Dec 9	Den	W	1/1	0	0	0	0.0	0.0	0	0	0	0	0	0
Dec 17	Ten	W	1/1	3	2	1	0.0	0.0	0	0	0	0	0	0	Dec 16	Sea	W	1/1	2	1	1	0.0	0.0	0	0	0	0	0	0
Dec 24	Jax	W	1/1	6	5	1	1.0	2.0	0	0	0	0	0	0	Dec 23	Chi	L	1/1	4	3	1	0.0	0.0	0	0	0	0	0	0
Dec 31	at LAR	W	1/1	1	1	0	0.0	0.0	0	0	0	0	1	0	Dec 30	at LAR	L	1/0	4	2	2	0.0	0.0	0	0	0	0	0	0
TOTALS			14/12	41	34	7	3.0	9.0	0	0	0	0	1	0	TOTALS			16/13	31	24	7	1.0	2.0	0	0	0	0	0	0