



TRENT WILLIAMS

71

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6-5 × 320 × OKLAHOMA

719.88 × LONGVIEW, TX × 11TH YEAR × ACQUIRED TR IN '20 - WAS.

AWARDS & HONORS

- 2012:** NFC Pro Bowl
- 2013:** Pro Bowl
- 2014:** Pro Bowl
- 2015:** AP Second-Team All-Pro, PFWA All-NFC Team, Pro Bowl
- 2016:** PFWA All-NFC Team, *Sporting News* First-Team All-Pro, NFC Pro Bowl
- 2017:** *Sporting News* First-Team All-Pro, NFC Pro Bowl
- 2018:** NFC Pro Bowl

GOLDMINE

- When Williams was young, he and his family lost his paternal grandfather, John L. Hawkins, due to Type 2 diabetes. It affected Williams deeply, saying, "Not being able to build that relationship with my grandfather, sometimes I still think about it." To honor his memory and expand the awareness and prevention of diabetes, Williams began to serve as an ambassador for the American Diabetes Association in 2014, and has done so ever since in order to help others focus on the importance of wellness in life. "As we all know, it affects a lot of Americans, not just around the world, but in America we have almost 30 million people living with the disease," Williams said. "It's almost catastrophic, and it can be without the right awareness. Obviously, I lost my grandfather at a young age to this disease, so I have a special interest in working with the ADA every year. To me, I feel like it's something that I have to do," Williams said. "I owe it to my family and to myself to do."
- In June of 2018, Williams hosted the 5th Life and Skills Camp, also known as Silverback football camp, at Lobo Stadium in his hometown of Longview, Texas. Williams hosted more than 100 athletes during the afternoon with assistance from Los Angeles Rams LB Travin Howard, who also attended Longview High School, as well as other volunteer coaches. Williams enjoys being able to give back to his community, and said, "This is where I grew up, the place that birthed me. Anytime I get a chance to come back and connect with the community, I love it."



WILLIAMS' GOLDEN NUGGETS

- Honored in his hometown of Longview, Texas, with "Trent Williams Day" on May 12, 2010 to celebrate his selection in the NFL Draft.
- In 2016, Williams partnered with Nike in order donate over 1,000 shoes to give to each elementary school campus in his hometown of Longview, Texas, for kids who are in need.

GOLDMINE (CONTINUED)

- In May of 2017, Williams returned to his roots as he walked through the Lobo Stadium tunnel at his alma mater of Longview High School. Williams returned to Texas to partake in a ceremony held by the school for the 2006 Longview graduate in conjunction with the football team's Green-White Game in order to retire his No. 71 jersey. He became the second former player to have his jersey number retired in the school's history. "It's a surreal feeling," Williams said. "Never in my wildest dreams did I ever imagine getting my jersey retired, especially at a high school like this that's rich in tradition in football. To know that I've done enough in my career, and I feel like I've got a lot left to do, to have my jersey retired, it's a blessing."



- Throughout his career, Williams has made it a priority to assist and help those who shaped him in his younger years. In 2015, Williams donated \$25,000 to his high school alma mater to help fund EKG screening for every member of the football program. He has also donated a new locker room, new shoes for elementary students and Christmas gifts for those in need in his hometown of Longview, Texas. "This is home," his mother, Veronica, said. "Trent loves giving back to the community here. When it's involving children, that's his first love." Williams' former high school coach, John King, added, "The money he's given our football program, our athletic program, our high school, the at-risk kids throughout the district and in this community, he's never forgotten home. He's done a lot of things that haven't gotten recognition. Just a tremendous person."



WILLIAMS' CAREER STATISTICS

GAMES/STARTS – 121/120: 2010 (14/13); 2011 (10/10); 2012 (16/16); 2013 (16/16); 2014 (15/15); 2015 (14/14); 2016 (12/12); 2017 (10/10); 2018 (13/13); 2020 (1/1)

POSTSEASON GAMES/STARTS – 2/2: 2012 (1/1); 2015 (1/1)

Additional Statistics:

Fumble Recoveries – 2: 2017 (1); 2018 (1)

Tackles – 10: 2010 (1); 2011 (2); 2013 (4); 2014 (1); 2017 (2)

Milestones:

NFL Debut: vs. Dal. (9/12/10); **First Start:** vs. Dal. (9/12/10); **100th Career Start:** at KC (10/2/17)

WILLIAMS' TRANSACTIONS

Originally a 1st-round (4th overall) draft choice by Was. in 2010...Placed on the Reserve/Suspended List on 12/6/11...Signed a five-year extension through 2020 on 8/30/15...Placed on the Reserve/Suspended List on 11/1/16... Activated from the Reserve/Suspended List on 12/6/16...Placed on the Injured Reserve List on 12/23/17...Placed on the Reserve/Did Not Report List on 7/27/19...Placed on the Exempt List on 10/30/19...Placed on the Reserve/NFI List on 11/7/19...Traded to SF on 4/25/20.

2019 (WASHINGTON)

- After being placed on the Reserve/Did Not Report List on 7/27, was placed on the Exempt List on 10/30 and later placed on the Reserve/NFI List on 11/7.

2018 (WASHINGTON)

- Started all 13 games he appeared at LT and helped RB Adrian Peterson rush for over 1,000 yds.
- Recovered a fumble on offense vs. Car. (10/14).

2017 (WASHINGTON)

- Started all 10 games in which he appeared at LT.
- Helped Washington's offense rush for 229 yds. on 39 carries (5.9 avg.) at LAR (9/17).
- Made his 100th career start as part of an offensive line that did not allow a sack on 24 atts. by QB Kirk Cousins at KC (10/2).
- Part of an offensive line that helped QB Kirk Cousins throw for 327 yds. vs. Min. (11/12).
- Helped Washington's offense produce 456 net yds. (156 rushing, 300 passing).

2016 (WASHINGTON)

- Started all 12 games in which he appeared at LT and was part of an offensive line that led Washington to team records in net yds. (6,545) and passing yds. (4,758) while allowing only 23 sacks, the 4th-fewest in the NFL.
- Part of an offensive line that did not allow a sack on 43 atts. by QB Kirk Cousins vs. Pit. (9/12).
- Helped Washington's offense gain 432 net yds. (82 rushing, 350 passing) vs. Dal. (9/18).
- Part of an offensive line that helped Washington rush for 230 yds. vs. Phi. (10/16), the most by the team since the 2012 season [274 rushing yds. vs. Dal. (12/30/12)].
- Helped Washington gain 546 net yds. at Cin. (10/30), the most by the team since 1991 [559 net yds. vs. Atl. (11/10/91)].
- Part of an offensive line group that helped Washington's offense rush for 208 yds. and 4 TDs on 35 carries and did not allow a sack on 29 atts. by QB Kirk Cousins at Chi. (12/24).

2015 (WASHINGTON)

- Started all 14 games in which he appeared at LT. Started 1 postseason game.
- Helped Washington rush for 182 yds. vs. StL (9/20).
- Part of an offensive line that helped the offense amass 510 net yds. (301 passing, 209 rushing) vs. NO (11/15).

2014 (WASHINGTON)

- Started all 15 games in which he appeared at LT. Started 1 postseason game.
- Helped Washington rush for 191 yds. and 3 TDs vs. Jax. (9/14).

2013 (WASHINGTON)

- Started all 16 games at LT for the second-consecutive season.
- Helped pave the way for 216 rushing yds. at Dal. (10/23).
- Part of an offensive line that helped the offense rush for 209 yds. and 3 TDs vs. Chi. (10/20).
- Part of an offensive line that helped Washington rush for 191 yds. on 36 atts. (5.3 avg.) at Min. (11/7).

2012 (WASHINGTON)

- Started all 16 games at LT and started 1 postseason game.
- Part of an offensive line that helped Washington rush for 183 yds. and 3 TDs vs. Min. (10/14).
- Helped Washington rush for 248 yds. on 38 atts. (6.5 avg.) at NYG (10/21).
- Helped Washington rush for 274 yds. on 42 atts. (6.5 avg.) vs. Dal. (12/30) in the season finale to clinch the NFC East.

2011 (WASHINGTON)

- Started all 10 games in which he appeared at LT before being placed on the Injured Reserve List on 12/6.
- Part of an offensive line that helped Washington rush for 172 yds. vs. Arz. (9/18).

2010 (WASHINGTON)

- Appeared in 14 games (13 starts) as a rookie.
- Made NFL debut and 1st career start vs. Dal. (9/12).
- Part of an offensive line that helped RB Ryan Torain rush for 100 yds. and 2 TDs vs. Ind. (10/17).
- Part of an offensive line that helped RB Ryan Torain rush for 172 yds. on 24 atts. (7.2 avg.) vs. TB (12/12).

COLLEGE

Appeared in 50 games (39 starts) at Oklahoma. Started 12 games as a senior in 2009 and was named First-Team All-American. As a junior in 2008, started all 14 games and earned First-Team All-Big 12 honors. Part of an offensive line that helped Oklahoma finish 3rd in the nation in passing (349.4 ypg), total offense (547.9 ypg) and fewest sacks allowed (0.93 sacks per game), while leading the country in scoring (51.1 ppg). As a sophomore in 2007, appeared in all 14 games (7 starts) and helped the Sooners rank 5th in the nation in scoring (42.3 ppg) and fewest sacks allowed (1.0 sacks per game), while averaging 448.9 ypg. Appeared in 11 games (6 starts) as a freshman in 2006 and was part of an offensive line that led the Big 12 and finished 11th in the nation in fewest sacks allowed per game (1.2) and allowed the Sooners to rush for 177.1 ypg.

PERSONAL

- Attended Longview (TX) HS, where he was a unanimous first-team All-District selection as a senior, earned first-team All-East Texas and second-team Texas all-state.
- Son of Freddie and Veronica Williams.
- Born Trent Williams (7/19/88) in Longview, TX.

INJURY REPORT

- 2010:** Inactive 2 games [at StL (9/26) and at Phi. (10/3)] with a toe, knee injury.
- 2011:** Inactive 2 games [at Car. (10/23) and at Buf. (10/30)] with an ankle injury.
- 2014:** Inactive at SF (12/23) with a knee, ankle injury.
- 2015:** Inactive at NYJ (10/18) with a neck injury.
- 2017:** Inactive 4 games [vs. Dal. (10/29), at Sea. (11/5), vs. NYG (11/23) and vs. Arz. (12/17)] with a knee injury and was placed on the Injured Reserve List on 12/22.
- 2018:** Inactive 3 games [vs. Atl. (11/4), at TB (11/11) and vs. Hou. (11/18)] with a thumb injury.
- 2019:** Placed on the Reserve/NFI List on 11/7 with a head injury.