SOLOMON THOMAS

94 | DL | 6-3 × 280 × STANFORD

8.26.95 × COPPELL, TX × 4TH YEAR × ACQUIRED D-1A IN '17

AWARDS & HONORS

2019: Ed Block Courage Award

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.
- Named the 49ers Ed Block Courage Award recipient in 2019. The Ed Block Courage Award is named after Ed Block, the former head athletic trainer of the Baltimore Colts of 23 years. Block was a pioneer in his profession and a respected humanitarian whose most passionate cause was helping children of abuse. The award is presented in his name each year to the player that exemplified a commitment to sportsmanship and courage. Ed Block Courage Award winners from each of the 32 NFL teams are honored at a banquet in Baltimore, MD.
- As a junior at Stanford, Thomas earned the Morris Trophy, a prestigious honor voted on by opposing Pac-12 offensive linemen.

THOMAS' GAME-BY-GAME

2020

Date	Opp	W/L	P/S	Tot	Sol	Ast	Sk	Yds	Int	Yds	PD	FF	FR	Yds
Sep 13	Arz	L	1/1	0	0	0	0.0	0.0	0	0	0	0	0	0
Sep 20	at NYJ	W	1/1	2	0	2	0.0	0.0	0	0	0	0	0	0
PLACED ON INJURED RESERVE (Knee) ON 9/23														
TOTALS			**2/2**	**2**	**0**	**2**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**

GOLDMINE (CONTINUED)

- Prior to Week 2's matchup in Cincinnati during the 2019 season, the 49ers spent time in Youngstown, OH, 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. The players spoke at an assembly before helping the kids write compliment cards and discuss how to be kind to one another.

- NFL players had the opportunity to participate in the NFL's annual My Cause, My Cleats campaign during Week 14 of the 2019 season. Thomas and his teammates represented their respective causes with custom-designed cleats in an effort to raise awareness and funding. Thomas represented the American Foundation for Suicide Prevention, and said, "I play for my sister, Ella, and to destigmatize depression."

- The 49ers hosted the third annual Crucial Catch Fashion Show presented by Dignity Health in October of 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.

- The 49ers partnered with CASSY (Counseling and Support Services for Youth) for a mental health awareness event at Monroe Middle School (Campbell, CA) in December of 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.

- 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."
- 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 in October of 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.

- 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 four-time Big Ten 400m hurdles champion.

GOLDMINE (CONTINUED)

- 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 in September of 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' CAREER STATISTICS

				TACKLES					INTERCEPTIONS					FUMBLES		
YEAR	TEAM	GP	GS	TOT	SOL	AST	SACKS	YDS	INT	YDS	LG	TD	PD	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	16	3	21	15	6	2.0	9.0	0	0	–	0	0	0	0	0
2020	SF	2	2	2	0	2	0.0	0.0	0	0	–	0	0	0	0	0
TOTALS		**48**	**30**	**95**	**73**	**22**	**6.0**	**20.0**	**0**	**0**	**–**	**0**	**0**	**0**	**1**	**0**

PLAYOFFS

				TACKLES					INTERCEPTIONS					FUMBLES		
YEAR	TEAM	GP	GS	TOT	SOL	AST	SACKS	YDS	INT	YDS	LG	TD	PD	FF	FR	YDS
2019	SF	3	0	4	4	0	1.0	11.0	0	0	–	0	0	0	0	0
TOTALS		**3**	**0**	**4**	**4**	**0**	**1.0**	**11.0**	**0**	**0**	**–**	**0**	**0**	**0**	**0**	**0**

Milestones:

NFL Debut: vs. Car. (9/10/17); **First Start:** at Sea. (9/17/17); **First Sack:** Regular Season – at Arz. (10/1/17 – QB Carson Palmer); Postseason – vs. Min. (1/11/20 – QB Kirk Cousins); **First FR:** Regular Season – at LAR (12/31/17 – QB Sean Mannion)

THOMAS' CAREER HIGHS

Total Tackles: Regular Season – 9 at Was. (10/15/17); Postseason – 3 vs. Min. (1/11/20)

Solo: Regular Season – 7 at Was. (10/15/17); Postseason – 3 vs. Min. (1/11/20)

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

Sacks: Regular Season – 1.0 (6 times) Last at LAR (10/13/19); Postseason – 1.0 vs. Min. (1/11/20)

Fumble Recoveries: Regular Season – 1 at LAR (12/31/17)

THOMAS' TRANSACTIONS

Originally the first of two 1st–round (3rd overall) draft choices by SF in 2017...Placed on the Injured Reserve List on 9/23/20.

2019

- Played in all 16 games (3 starts) and registered 21 tackles and 2.0 sacks. Appeared in all 3 postseason games and tallied 4 tackles and 1.0 sack.
- 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.
- Made his postseason debut vs. Min. (1/11/20 - NFC-D) and registered 1.0 sack of Vikings QB Kirk Cousins and 3 tackles. Helped the 49ers defense hold the Vikings to 147 total net yds. (21 rushing and 126 passing) vs. Min. (1/11/20 - NFC-D). The 147 total net yds. allowed are the fewest allowed in a postseason game in franchise history. It also marked the fewest total net yds. allowed in an NFL postseason game since 1/3/15 [Carolina held Arz. to 78 total net yds. (27 rushing and 51 passing)]. The 21 rushing yds. allowed by the 49ers defense is the fewest allowed in a postseason game in franchise history.

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 Washington 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.
2020: Placed on the Injured Reserve List on 9/23 with a knee injury.

THOMAS' GAME-BY-GAME

2017

Date	Opp	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 17	at Sea	L	1/1	4	4	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
Oct 1	at Arz	L	1/1	5	5	0	1.0	2.0	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
Oct 15	at Was	L	1/1	9	7	2	1.0	5.0	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 29	at Phi	L	1/1	2	1	1	0.0	0.0	0	0	0	0	0	0
Nov 5	Arz	L	–	–	INACTIVE (Knee)				–	–	–	–	–	–
Nov 12	NYG	W	–	–	INACTIVE (Knee)				–	–	–	–	–	–
Nov 26	Sea	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 10	at Hou	W	1/1	2	1	1	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 24	Jax	W	1/1	6	5	1	1.0	2.0	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
TOTALS			**14/12**	**41**	**34**	**7**	**3.0**	**9.0**	**0**	**0**	**0**	**0**	**1**	**0**

2018

Date	Opp	W/L	P/S	Tot	Sol	Ast	Sk	Yds	Int	Yds	PD	FF	FR	Yds
Sep 9	at Min	L	1/1	1	0	1	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 23	at KC	L	1/1	0	0	0	0.0	0.0	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 7	Arz	L	1/1	1	1	0	0.0	0.0	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 21	LAR	L	1/0	5	3	2	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 1	Oak	W	1/0	3	3	0	1.0	2.0	0	0	0	0	0	0
Nov 12	NYG	L	1/0	0	0	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 2	at Sea	L	1/1	2	2	0	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 16	Sea	W	1/1	2	1	1	0.0	0.0	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 30	at LAR	L	1/0	4	2	2	0.0	0.0	0	0	0	0	0	0
TOTALS			**16/13**	**31**	**24**	**7**	**1.0**	**2.0**	**0**	**0**	**0**	**0**	**0**	**0**

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	1/1	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	W	1/1	1	1	0	0.0	0.0	0	0	0	0	0	0
Nov 24	GB	W	1/0	0	0	0	0.0	0.0	0	0	0	0	0	0
Dec 1	at Bal	L	1/0	1	0	1	0.0	0.0	0	0	0	0	0	0
Dec 8	at NO	W	1/0	0	0	0	0.0	0.0	0	0	0	0	0	0
Dec 15	Atl	L	1/1	1	0	1	0.0	0.0	0	0	0	0	0	0
Dec 21	LAR	W	1/0	1	1	0	0.0	0.0	0	0	0	0	0	0
Dec 29	at Sea	W	1/0	2	2	0	0.0	0.0	0	0	0	0	0	0
TOTALS			**16/3**	**21**	**15**	**6**	**2.0**	**9.0**	**0**	**0**	**0**	**0**	**0**	**0**

2019 Postseason

Date	Opp	W/L	P/S	Tot	Sol	Ast	Sk	Yds	Int	Yds	PD	FF	FR	Yds
Jan 11	Min	W	1/0	3	3	0	1.0	11.0	0	0	0	0	0	0
Jan 19	GB	W	1/0	1	1	0	0.0	0.0	0	0	0	0	0	0
Feb 2	at KC	L	1/0	0	0	0	0.0	0.0	0	0	0	0	0	0
TOTALS			**3/0**	**4**	**4**	**0**	**1.0**	**11.0**	**0**	**0**	**0**	**0**	**0**	**0**