



Michael Lavon Gates

4315 Redlands Street
Newark, CA 94587
(510) 972-0579



E-mail: gatestwins@yahoo.com • Website: www.gatestwins.com

ACADEMICS

High School: **Newark Memorial High School, Newark California**
Graduation Date: **Class of 2008**
GPA: **2.66**
ACT / SAT Scores: **Awaiting Test Results**

PHYSICAL STATS

Height: **6'2.5** Weight: **175 lbs.** DOB: **7/25/90**
40: **4.45** Bench Press: **225** Vertical: **36**

ATHLETIC EXPERIENCE

Main Sport: **Football**
Position(s): **QB / RB/ WR / DB**
Playing History - High School: **2007 Newark Memorial Cougars Varsity Football**
2006 Newark Memorial Cougars Varsity Football
2005 St. Francis Lancer JV Football
2004 St. Francis Lancer Freshmen Football
Non-School Playing Experience: **6 years San Jose PAL Youth Football**
Secondary Sport: **Track & Field**
Track History: **2007 Newark Memorial High School Varsity Track & Field**
2006 St. Francis Lancer JV / Varsity Track & Field
Achievements: **2007 NCS Meet of Champion Top 8 Qualifier 110 HH**
2007 110 High Hurdles MVAL 1st Place Champion
2007 Bay Area 110 High Hurdles Top 8 Qualifier
2006 CCS 65M High Hurdles Bay Area Top 8 Qualifier
2006 65M High Hurdles WCAL 1st Place Champion (9.7)
2006 300M Intermediate WCAL 1st Place Champion (44.3)
2007 Track & Field Events: **110 High Hurdles (15.35) and 4x1 Relays**
Other Sport(s): **Wrestling (2 yrs), Baseball (9 yrs) & Basketball (3 yrs)**

PERSONAL

Community Involvement: **Tri-Cities Titans Pop Warner Youth Football Coach Trainee**
2005 to Present
Special Skills: **Sign-Language**
Sibling: **Twin Brother, Myles D. Gates**
Camps Attended: **NFL High School Player Development - May 2007**
University of Oregon – June 2007
Coaches Contacts: **Rich Swift**
Head Varsity Coach & Athletic Director, Newark Memorial
(510) 818-4339