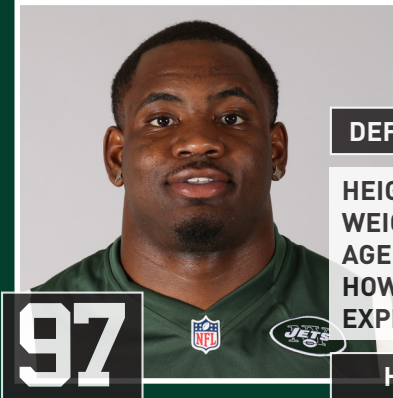


# LAWRENCE THOMAS



## DEFENSIVE LINE

**HEIGHT:** 6-3  
**WEIGHT:** 286  
**AGE:** 23 (as of opening weekend)  
**HOW ACQUIRED:** Undrafted FA, 2016  
**EXPERIENCE:** NFL: Rookie • JETS: 1st

97

Joined Jets in 2016

**HOMETOWN:** Detroit, MI

**HIGH SCHOOL:** Renaissance (MI)

**COLLEGE:** Michigan State

@LawrenceLThomas

## PRO CAREER

- Signed as an undrafted free agent by the Jets (05/06/16).

## CAREER TRANSACTIONS

- 09/29/16, NYJ, IR
- 05/06/16, NYJ, Signed, Undrafted FA

## SEASON-BY-SEASON REVIEW

**JETS (2016) SEASON HIGHLIGHTS:** (9/11 vs. CIN)...Started in his NFL debut against CIN, recording four total tackles.

## BEFORE THE NFL

- Played in 47 career games and finished his career with 27 consecutive starts.
- As a senior, started all 14 games (13 at defensive end, one at defensive tackle)...Recorded a career-high 38 tackles, including a career-best five for losses (31 yards) and three sacks (27 yards)...Ranked third on the team with a career-high six pass break-ups...Honorable mention All-Big Ten (coaches)...Named the team's recipient of the Up Front Award (Outstanding Lineman: Defense) and the Danziger Award (Outstanding Detroit Area Player: Defense)...Helped Michigan State earn a Big Ten Championship and a final four spot in the College Football Playoff.
- In 2014, started all 13 games, collecting 30 tackles, 4.5 tackles for

loss (19 yards) and three sacks (16 yards)...Helped limit No. 4 Baylor to -20 yards rushing in the 2015 Cotton Bowl Classic...Defensive recipient of MSU's Tommy Love Award given to the most improved player.

- Transitioned back to the defensive line after missing the first half of the season due to a back injury.
- As a redshirt freshman, appeared in all 13 games...Moved from defensive end to fullback in Week 2 against Central Michigan...Hauled in seven receptions for 78 yards.
- As a senior at Renaissance (MI) HS, named SuperPrep's Midwest Defensive Player of the Year and rated the region's No. 2 prospect overall...Listed among the country's top linebackers by SuperPrep (No. 3) and CollegeFootballNews.com (No. 8)...Ranked among the nation's top inside linebackers by MaxPreps (No. 1), Rivals.com (No. 5) and Scouts, Inc. (No. 8)...Named high school finalist for the 2010 Butkus Award...Recorded 85 tackles, nine sacks and four forced fumbles his senior season.

## OFF THE FIELD

- Helped conduct a Play 60 event with the American Heart Association at the Atlantic Health Jets Training Center.
- Majored in sociology.

### Career Statistics:

Year	Team	GP	GS	TT	S	A	Sk	Yds	Int	Yds	Lg	TD	PD	FF	FR	Yds	TD
2016	Jets	3	0	5	2	2	0.0	0.0	0	0	0	0	0	0	0	0	0
<b>Career Totals</b>		<b>3</b>	<b>0</b>	<b>5</b>	<b>2</b>	<b>2</b>	<b>0.0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>