

DILLAN FONTUS | MARYLAND FOOTBALL Ø<BÈ

My name is Dylan Fons I played football for the University of Maryland and number 46 Uh some pieces of advice that I was given uh for my coaches was definitely to make sure you stand out as a player and a person on and off the field and make sure that you leave a mark and make someone want to learn more about you and ask you more questions about yourself Um And I feel like yeah that played a huge role in the way I was recruited and how I got to where I am now Um Some things I did while training to be here now to give myself an advantage was definitely doing the things that were difficult Um A coach told me once before that anything that's hard is good So I definitely try to get better at the things that I'm not necessarily the best at or I need to cut corners or make sure I get better and at the small things in this area uh just try to do as many hard things or things that are difficult for me as possible Uh My recruitment process my recruitment process is actually uh a little different than the normal recruiting process I actually didn't have a single offer a single interest or even had a conversation with the college coach about football until my 11th grade year of high school And that was when I transferred from one school to another And then I received my first offer the day before uh our first game of the season and I was from Temple University and um it was yeah it was definitely fast Everything went fast I was uh getting calls from coaches almost every day having to come downstairs from class answer talk to them conversate Uh and within a span of a year before my senior even started I received around like 25 offers and the process was very fast and I made sure I got through it Uh some things that you should definitely be focus up focusing on on the field to get recognition is just making yourself stand out uh running to the ball every play picking up loose change making yourself stand out You know what I'm saying Being being the person on the field who's running around with their hair on fire every play whether they're playing against the worst team in the league or the best uh just being the guy who never plays down to anyone's standards and is going 100% every play and every second that they get the opportunity to play the game Some things that I feel like are very important about picking your school Uh is definitely starting to gain a connection and uh uh yeah gain a connection a strong connection with your coach being that this is the guy who's gonna coach you and develop you as a man for the next four years Uh Make sure you know who he is at heart You know what I'm saying You don't go to school for just

the name or don't go to school just to say I'm going here make sure that you're going there and this school has the best interests for you and make sure the school is showing as much interest in you as you are in them Uh some things that I definitely feel like I picked up on while in college was just the small things like uh offensive scheme or the way an offensive lineman stands in his stance Uh like this puts a little bit more back than usual You'll pick up on that and know ok this might be a pass play and you can get a better get off than usual and there's certain things that uh you pick up on over time having fully padded full full full speed practices almost every day You get to play the game a lot more and learn new things and have more experience doing it It's definitely uh it's definitely hard trying to balance both sports and academics but it can be uh extremely easy if you use your time wisely Time management is very important while in college while playing football while trying to do school and making sure that you set time aside for this and actually doing this at that time and holding yourself accountable to get assignments done on time in a timely manner turned in or even done early if you have free time So I I really feel like time I said that word about six times Time is about the most important thing when trying to handle football and sports I said football and sports when trying to handle football and academics some academic goals that I actually have for my self set is to make sure I'm failing no classes obviously and to have an above an 80 average no matter what make sure all my classes are put in line and I can get everything done in a timely manner Uh Oh easy way to try to balance out sports and academics is probably time management Time management is probably the most important thing that you have to handle with because if you're turning in assignments in a timely manner and you're making sure you're getting everything that you need to get done in the right time you'll be fine You'll make it to practice on time You'll have all your assignments done as long as you're using your time wisely and not procrastinating or not letting something roll over and doing it last minute because that's when it gets uh it gets difficult just make sure you're doing everything ahead of time or setting time aside to do So definitely how important every play is every chance and opportunity you get to play the game Uh I actually recently saw a post or uh yeah it was a post saying that 95 94% of your time is used in preparation and 6% is actually playing the game So it's just you don't get a lot of who needs to go out there and play So one thing I wish I knew was just to take every opportunity go 100% each snap every time that ball moves while you're out there on the field Take advantage Uh Some words of wisdom that I have for

guys trying to get to division one level is definitely to just surround yourself with guys who are like minded and have the same goals as you and plan to be in the same place one day Um Make sure that you are putting yourself in the right position on a daily basis to go ahead and make it here and getting extra work trying extra hard because not everyone gets to go do one and it's the people who go out of their way to work harder and to do more off the field and to do more on the field when they have time to do something