

## PREP ATHLETE INFORMATION PACKAGE



# JACOB BOWER

Senior - Class of 2023 | Santa Margarita Catholic  
Hometown: Rancho Santa Margarita, CA | 6-0 / 195 | 1/31/2005  
Football: Linebacker, Long Snapper, Full Back  
Rugby: Outside Center, Wing

### Personal Information

2 Calle de Vida, RSM, CA, 92688

[jake@bower.org](mailto:jake@bower.org)

(949) 357-4403 – mobile

[JRBower.com](http://JRBower.com)

### Family Contact Information

Christopher Bower

(360) 402-3874 - mobile

[christopher@bower.org](mailto:christopher@bower.org)

Rebecca Bower

(360) 402-3531 - mobile

[rebecca@bower.org](mailto:rebecca@bower.org)

### Academic / Education Information

- Santa Margarita Catholic High School
- Wendeline Borowski, (949) 766-6010 [borowskiw@smhs.org](mailto:borowskiw@smhs.org)
- Graduation: Spring 2023
- Cumulative Grade Point Average: 4.0714 (W)
- College Preparatory Classes: English 1 H, French 1 H, English 2 H, French 2 H; Chambers Sing H, English HL 1 IB, French 3 H; AP Eng Lit Comp
- SAT Scores: pending
- School Organizations: Founding the SM Rugby Club, Chamber Choir.
- Awards: Honor Roll Fall 2020, Spring 2020, Fall 2021, Spring 2021, Fall 2022, Spring 2022
- Scholarships: Jack Meehan - 2020; Grandparent's Club - 2021; Eagles to Eagles - 2022

### Football

Freshman - 2019: QB, DE, TE, LS

Varsity - 2020, 2021, 2022: LB, LS, DE, TE, FB

Pop Warner – Orange Bowl Champions, WESCON D2 Champions

Freshman year - I played under coach McIntosh as a QB before switching to TE and DE prior to week one. I ended the season with 7 total touchdowns and 6 recorded sacks in 8 weeks. On Special Teams I was the team's leader in kick return yards and filled in as the team's LS as we had no other available player.

Sophomore year - With COVID postponing the CIF season, I saw limited playtime. I participated in the Winner Circle League, playing for OC Elite. The regular season was reduced to 5 total games in 2021. I transitioned to linebacker under Coach Rouzier and broke my wrist the first week of the regular season in April. Once healed, I played in the final two games against Mater Dei and Servite. Despite my limited play time, I earned an honorable mention for all Trinity League awards and Academic All-American.

Junior year – This season was productive in all facets of play. As the team’s starting linebacker and LS, I recorded 60 total tackles, 3 INTs, 2 FF, 2 FR, 1 TD, and 2 sacks in 10 games. I earned recognition as 2<sup>nd</sup> team all Trinity League, academic All-American, and a spot on our team’s leadership council. Santa Margarita finished the season ranking 6<sup>th</sup> in the state and 4<sup>th</sup> in the Trinity League.

## **Rugby**

OC Raptors Rugby Club  
Position: Outside Center, Flanker, Wing  
2020 – limited season (COVID), 2021, 2022

Crean Lutheran:  
Position: Outside and Inside Center  
Winter 2021

SD Legion Academy:  
Position: Outside Center, Wing  
2021, 2022

USA Rugby, Junior National Tour:  
Position: Outside Center, Wing  
Summer 2022

## **Events**

- Tournaments
  - USC 7on Tournament
  - Edison 7on Tournament (Battle of the Beach)
  - 4Vert 7on Tournament (8<sup>th</sup> grade champions)
  - Highschool National Rugby Championship – 2021 (6<sup>th</sup> place)
  - Highschool National Rugby Championship – 2022 (5<sup>th</sup> place)
  - San Diego MLR Tournament – Austin, Texas
- Camps
  - Eagle Impact Rugby (EIRA) – 2021, 2022
  - UCLA Football camp - 2022
  - Sacramento State Football camp - 2022
  - Trinity University Football Camp - 2022
- International Games
  - Selected for Eagle Impact Rugby (EIRA) 2022 Ireland tour
  - Netherlands USA U18 player – Corendon Junior National Tour
    - Belgium (Win)
    - Netherlands (Win)
    - Canada (Win)

## **Current Performance Statistics**

Sophomore Year Stats: (IR partial season – Varsity)

- 6 total tackles (1 TFL)

Junior Year Stats: (Varsity)

- 60 total tackles
- 2 sacks
- 2 FR
- 2 FF
- 5 QB Hurries
- 1 TD

Most recent test date: January 2, 2022

- Vertical Leap: 35 inches

- Speed: 4.7 seconds - 40-yard dash
- Strength: 225 pounds x 5 reps - Bench press. 500 pounds x 3 reps - Deadlift

### **Training Regiment**

- Coaches and Personal Trainers:
  - Damian Holley, Santa Margarita Strength Coach
  - Tony Dye (professional football player) UCLA Alum., Cincinnati Bengals, Santa Margarita Defensive Coordinator
  - AJ Cruz (professional football player) NFL Miami Dolphins, Chicago Bears, Arizona Rattlers, Los Angeles KISS, Personal Trainer
  - Tim Holt (professional football coach) Tampa Bay Buccaneers, Chicago Bears, Oakland Raiders, Santa Margarita Coach/Personal Trainer
- Weightlifting:
  - 6 days a week, 1.5 hours
- Speed
  - 5 Days a week practice. Training with AJ Cruz
- Endurance
  - 5 Days a week endurance training
- Quickness
  - Break on Ball Drills
- Flexibility
  - World's Greatest

### **Athletic Skills + Talents**

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• Mental:           <ul style="list-style-type: none"> <li>○ Intelligence</li> <li>○ Aggressiveness</li> <li>○ Experience</li> <li>○ Versatility</li> <li>○ Toughness</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>• Physical:           <ul style="list-style-type: none"> <li>○ Violent Hips</li> <li>○ Hand placement</li> <li>○ Quick Feet</li> <li>○ Vision</li> <li>○ Agility</li> <li>○ Hand Eye Coordination</li> <li>○ Plays both sides</li> <li>○ Long Snapper</li> </ul> </li> </ul> |
|---|---|

### **Individual Accolades**

- Football
  - Most Defensive Tackles in a Game – Week 0 2022
  - Tied for 8<sup>th</sup> Most Tackles in a Game at Santa Margarita
  - 2<sup>nd</sup> Team All-Trinity 2021
  - Projected to break the record for Most Impact Plays at Santa Margarita

### **Athletic Awards, Honors and Accomplishments**

- Football
  - Second Team All Trinity in 2021
  - 3<sup>rd</sup> on the team for most tackles in 2021
  - Academic All American in 2020 and 2021
  - SM Defensive Player of the Week
    - 2021 Week 5 vs Los Alamitos
    - 2021 Week 6 vs JSerra,

- 2022 Week 1 vs San Juan Hills
- Rugby
  - Offer from the University of Arizona – identified as the #1 Outside Center in 2023 class
  - #6 in the Nation in 2020
  - #5 in the Nation in 2021
  - Captain of team 2021
  - Selected for the USA Junior National Tour
- Speed Skating
  - Set Two Records in 2014
    - Fastest lap in Juvenile Class (0:11)
    - Fastest 2 laps in Juvenile Class (0:22)

## References

AJ Cruz – Personal Trainer – (949) 230-8992  
 Anthony Rouzier – Head Football Coach at Santa Margarita (305) 495-2210  
 Tim Holt – Coach, Personal Trainer (860) 836-4296  
 Chris De Vera - Position Coach at Santa Margarita (909) 753- 6795  
 Joe Torres – Calc Teacher and Assistant Positional Coach  
 Sam McMillan – Rugby Head Coach – South OC Raptors (949) 517-8532  
 Thomas Wagner – San Diego Legion Major League Rugby Pathways (858) 382-7372  
 Brendan Keane – USA Rugby Director of High Performance Pathways (980) 722-1413  
 Salty Thompson – Director of Eagle Impact Rugby (480) 241-7964  
 Dominic Wareing – Director of Youth Development and Head Rugby Coach Old Blue RFC, U18  
 Junior Eagle Coach – Corendon Tour (347) 575-2938

## Upcoming Schedule

<u>DATE</u>	<u>OPPONENT</u>	<u>LOCATION</u>	<u>TIME</u>	<u>RESULT</u>
<b>Thu. 8/11</b>	<b>UPLAND (Scrimmage)</b>	<b>SMCHS</b>	<b>7:00</b>	
Fri. 8/19	SAN JUAN HILLS	Away	7:30	W 18-8
<b>Fri. 8/26</b>	<b>NORCO</b>	<b>Saddleback JC</b>	<b>7:00</b>	
Fri. 9/2	ST. AUGUSTINE	Mesa College	7:00	
<b>Fri. 9/9</b>	<b>MULLEN **</b>	<b>Saddleback JC</b>	<b>7:00</b>	
Fri. 9/16	LOS ALAMITOS	Away	7:00	
—	BYE	—	—	
Fri. 9/30	ORANGE LUTHERAN *	OCC	7:00	
<b>Fri. 10/7</b>	<b>JSERRA * ***</b>	<b>Saddleback JC</b>	<b>7:00</b>	
<b>Fri. 10/14</b>	<b>SERVITE *</b>	<b>Saddleback JC</b>	<b>7:00</b>	
<b>Fri. 10/21</b>	<b>MATER DEI *</b>	<b>Saddleback JC</b>	<b>7:00</b>	
Fri. 10/28	ST. JOHN BOSCO *	SJBHS	7:00	

**Bold:** Home Game \* Trinity League Game

\*\* Senior Night \*\*\* Homecoming

## Work History

- Cal Elite Swim Instructor/Lifeguard. Supervisor – Bridget Holt (860) 836-4621

## Character Traits

- Coachable, accepts criticism
- Communication, interpersonal skills
- Championship Mindset
- Mental Agility
- Adaptable
- Resilient
- Humility
- Grit
- Extraordinary Leadership
- Goal directed
- Highly Competitive
- Persistent
- Loyal
- Takes Initiative

## **Highlight Links**

Hudl: <https://www.hudl.com/profile/13192606/Jacob-Bower>

YouTube: <https://www.youtube.com/channel/UCAoJo3S2ye39rU6skxPTX4w>  
<https://www.youtube.com/watch?v=q5VFqsKhF6c>  
<https://www.youtube.com/watch?v=KfDfiBbJE8o>  
<https://youtu.be/xRVosSVIxiY?t=870>

Eagle TV: [https://www.youtube.com/watch?v=NLJDEd9\\_V8M](https://www.youtube.com/watch?v=NLJDEd9_V8M)  
<https://youtu.be/tIjilPB5KwA?t=150>  
<https://youtu.be/Eg5wIB0i-CQ?t=324>  
<https://youtu.be/ZDga6OhRFPY?t=70>

## **Social Media / Highlights**

<https://www.maxpreps.com/athlete/jacob-bower/uGUZRouUEeqAzqREozo6lw/default.htm>  
<https://www.hudl.com/profile/13192606/Jacob-Bower>  
<https://www.youtube.com/channel/UCAoJo3S2ye39rU6skxPTX4w>  
<https://www.instagram.com/jake.bower/>  
<http://jrbower.org>

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