



His meteoric rise has been so remarkable that the Kansas City Star called him “the most interesting man in the NFL.” And for good reason: not only does **Laurent Duvernay-Tardif** play for the Kansas City Chiefs, he is also studying medicine at McGill University.

In May 2014, at the age of only 26, the Mont-Saint-Hilaire native became the 10th Canadian—and first Quebecker—to be drafted by an NFL team. In his second season in Kansas City, the six-foot-five-inch 330-pound player earned the position of right guard on the team. He finished his third season this winter.

Passionate about both football and medicine, Laurent turned a deaf ear when counselors and family members advised him to choose between sports and studies. And it proved to be the right choice! “It’s all about balance. Don’t give up on your passions!” he tells the young people he meets at the many talks he gives at schools.

Duvernay-Tardif played university football with the McGill Redmen (2010 to 2013) after his college career with the Phénix at Collège André-Grasset (2008-2009). Previously, he played three seasons with the Richelieu Pirates in Beloeil. From the beginning of his career, he has been honored with awards, both athletic and academic. He is a two-time winner of the Montreal Alouettes bursary, awarded in partnership with the Foundation de l’athlète d’excellence du Québec, in 2009 and 2013. In January 2014, he played in the NCAA’s East-West Shrine Game in St. Petersburg, Florida, as part of an all-star team in which only two Canadians are invited to participate. He attracted the attention of NFL recruiters. Already very involved in his community despite his grueling schedule, Laurent is driven by the desire to get young people excited about ph...

## Laurent Duvernay-Tardif

### Speech Topics

- ☐ Sports
- ☐ Peak Performance
- ☐ Life Balance

