

= David Molk =

David Molk ( born December 15 , 1988 ) is a former American football center . Molk previously played college football at the same position for University of Michigan , where he was a consensus All @-@ American and won the 2011 Rimington Trophy as the best center in college football . He played professionally in the National Football League ( NFL ) for the Philadelphia Eagles , and the San Diego Chargers .

Molk grew up in the Chicago area and played high school football at Lemont Township High School . He was named an All @-@ State player by the Chicago Tribune and was selected to play in the first East @-@ West All @-@ America Football Game in January 2007 .

Molk enrolled at the University of Michigan in 2007 . He missed portions of the 2008 and 2009 seasons with injury . As a redshirt junior in 2010 , Molk was the cornerstone in an offensive line that helped Denard Robinson break the Big Ten Conference single @-@ season record with 4 @,@ 189 yards of total offense . Molk was recognized as a first @-@ team All @-@ Big Ten Conference player at the end of the 2010 season . As a redshirt senior in 2011 , Molk anchored a line that led the way for Denard Robinson and Fitzgerald Toussaint to become Michigan 's first duo of 1 @,@ 000 @-@ yard rushers since 1975 . At the end of the 2011 season , he won the Rimington Trophy and was a consensus first @-@ team All @-@ American .

Molk was selected by the San Diego Chargers in the seventh round of the 2012 NFL Draft . He has appeared in 12 games , none as a starter , for the Chargers during the 2012 NFL season .

= = High school = =

Molk was once a 5 @-@ foot @-@ 6 @-@ inch ( 1 @.@ 68 m ) 175 @-@ pound ( 79 kg ) Lemont Township High School freshman who could only bench press 110 pounds ( 50 kg ) and squat 250 pounds ( 110 kg ) . By the end of his junior year , he was one of the most highly recruited high school football players in the Chicago metropolitan area . By his senior season , he was a 6 @-@ foot @-@ 2 @-@ inch ( 1 @.@ 88 m ) 270 @-@ pound ( 120 kg ) center who could bench press 370 pounds ( 170 kg ) , squat 550 pounds ( 250 kg ) and power clean 320 pounds ( 150 kg ) . His high school gym closed at 5 : 00 PM and he had to go into town for extra workout time . He chose to be a center because , although he is too short to be a major Division I college football offensive guard or offensive tackle , he had the potential to be a successful center . He was actually discovered when a scout came to his school to watch a teammate . During the summer prior to his senior season , he made a verbal commitment to the University of Michigan , in part due to its business school , the Ross School of Business . At the end of his junior year he had received scholarship offers from ten schools , including six Big Ten Conference football programs .

As a senior , Molk was selected to numerous All @-@ area football teams by various organizations including The Star , Daily Southtown , and Prep Football Report selected by Tom Lemming . In addition , he was selected to the Chicago Tribune All @-@ State team , and he was selected to play in the first East @-@ West All @-@ America Football Game sponsored by ESPN and MLS Sports in Orlando , Florida suburb Lake Buena Vista on January 6 , 2007 . Molk was also an honors student in his senior year of high school .

= = College = =

Molk attended the University of Michigan , where he played for the Michigan Wolverines football team from 2007 to 2011 . Entering the 2007 NCAA Division I FBS football season , Molk was a serious contender to start in the season opener due to injuries for the 2007 Michigan Wolverines football team . Upon the arrival of new head coach Rich Rodriguez in the spring prior to the 2008 NCAA Division I FBS football season , Molk was expected to be a starter for the 2008 Michigan Wolverines football team after redshirting the prior year . He spent the summer after his redshirt season perfecting the shotgun formation snap . However , he endured a serious undisclosed illness that caused him to lose 15 pounds ( 6 @.@ 8 kg ) and found himself in a battle with redshirt junior

David Moosman to be the starting center . As his struggles continued , it was revealed that he had mononucleosis . Despite his struggles , he was awarded the Iron Wolverine Award at the spring football awards in recognition of his superior conditioning based on a series of physical tests . As a result of injuries , both Moosman and Molk were in the starting lineup for the 2008 opener . Offensive line injuries continued to affect the lineup through the early part of the season with Molk ( center ) , Moosman ( right offensive guard ) and Stephen Schilling ( right offensive tackle ) being the only players to start each of the first four games . Molk injured his toe at the end of the November 8 , 2008 Battle for the Little Brown Jug against Minnesota , but he was fine the following week . As the young offense finished the season with a 3 ? 9 record , it expected its entire starting offensive line to return the following season . In fact , considering injuries , the team returned a total of seven offensive linemen who started games .

In Molk 's second year of spring football he earned the sophomore award for toughness and work ethic during the Michigan spring football awards . By the end of the spring he was among the 44 centers on the 2009 Rimington Trophy spring watch list for the 2009 NCAA Division I FBS football season . He was also included on the watch list for the 2009 Lombardi Award . Molk suffered a broken foot in the third game of the season as the 2009 Wolverines pushed their record to 3 ? 0 and had surgery two days later . He was expected to miss 4 ? 6 weeks . After missing four games , he returned to practice . However , during the subsequent game against Penn State on October 24 , he tore knee ligaments and was lost for the season as well as spring football .

As a redshirt junior , he was selected to the 2010 preseason Rimington Trophy watchlist for the 2010 Michigan Wolverines football team and later a finalist after the regular season had concluded . That season Denard Robinson established numerous quarterback rushing records lining up behind and often running behind Molk . He broke Drew Brees ' Big Ten single @-@ season total offense record of 4 @,@ 189 yards . Robinson fell 116 yards short of Tim Biakabutuka 's Michigan school record of 1 @,@ 818 rushing yards . However , he led the conference in both total offense and rushing yards per game . Following the Big Ten conference regular season , Molk was a first team All @-@ conference selection by the coaches and second team member as selected by the media . He was also recognized by Sports Illustrated as an honorable mention All @-@ American .

As a fifth @-@ year senior he was selected to three preseason watchlists : the Outland Trophy list , which goes to the nation 's top interior lineman ; the Lombardi Award watch list , which is awarded to the nation 's top lineman ; and the Rimington Trophy watch list , which is awarded to the nation 's top center . During the season , Michigan had two 1000 @-@ yard rushers ( Robinson and Fitzgerald Toussaint ) for the first time since the 1975 team . He earned the 2011 Big Ten Conference Rimington @-@ Pace Offensive Lineman of the Year Award ( the first year it was thus named ) and was a repeat first team All @-@ Big Ten Conference selection by the coaches and a second team selection by the media . The following week , he was named a finalist for the Rimington Trophy . A few days later , he was declared the Rimington Trophy winner . He was also first team All @-@ American selection by AP , Football Writers Association of America , Scout.com , Sporting News and the Walter Camp Football Foundation , which resulted in him becoming a consensus All @-@ American . He was a third team All @-@ American selection by Yahoo ! Sports and an honorable mention All @-@ American selectee by Sports Illustrated and the Pro Football Weekly . Molk was invited to participate in the January 28 , 2012 Senior Bowl , and he was an early invite to the February 22 ? 28 , 2012 NFL Scouting Combine .

= = Professional career = =

= = = 2012 NFL Draft = = =

Molk was one of 54 offensive linemen , and the fourth @-@ ranked center ? behind Peter Konz , Garth Gerhart , and Ben Jones ? , that participated in the 2012 NFL Scouting Combine . However , he tore the peroneal longus tendon in his foot at the 2012 Sugar Bowl , and he had surgery on January 13 . As a result , he was only able to participate in one Combine event . His 41 reps in the

bench press ranked first among offensive linemen and second at the entire combine , behind only nose tackle Dontari Poe . Molk 's total was most by a center and ranks third among offensive lineman since 2000 , behind only Mitch Petrus and Scott Young , who were both offensive guards .

= = = San Diego Chargers = = =

He was selected by the San Diego Chargers in the seventh round of the 2012 NFL Draft with the 226th selection overall . He was one of three Michigan Wolverines and 41 Big Ten players drafted . On May 8 , 2012 , he signed a four @-@ year contract . He played 12 games for the 2012 San Diego Chargers , mostly on special teams and as an extra lineman in short yardage situations , before being placed on injured reserve on December 4 , 2012 . Molk was one of 11 players released by the Chargers on August 31 , 2013 , during the last round of preseason roster cuts .

= = = Philadelphia Eagles = = =

On January 9 , 2014 , he signed a futures contract with the Philadelphia Eagles . He was placed on injured reserve with a torn bicep after the second game of the 2015 NFL season by the Eagles on September 14 , 2015 . Molk announced his retirement from the NFL on March 4 , 2016 .