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« [Leftovers from the Nate Solder feature \(part one\): 'Freak of nature' Tom Brady headlines strong group of Patriots quarterbacks](#) »

[Leftovers from the Nate Solder feature \(part two\): He'll be a left tackle for 12-15 years](#)

It's time for round two. I've spent the day emptying my notebook from my [Nate Solder feature](#), which ran in yesterday's Herald. Earlier today, I highlighted some [leftovers from Bob Marken](#), who was Solder's high school coach.

For this edition, here are some unused notes and quotes from **Dan Hawkins**, who was the head coach at Colorado during Solder's collegiate career. Let's start with the notes:

-Hawkins said Solder wanted to be a veterinarian in college, and he believes Solder is still interested in the field.

-Hawkins said Solder used to apologize to the coaches after losses.

-Hawkins said the players were responsible for two hours of community service in the fall and two hours in the spring, but Solder would do 30 hours. "And you never even knew about it," Hawkins said.

Now, for the quotes:

Hawkins, on Solder's personality: *"His quietness, I think (fools) some people. He's got a tremendous competitive fire. He really does. But just a great all-around person. You talk about being smart. You talk about being tough. You talk about being a hard worker. You talk about being a team guy. I was very fired up when the Patriots drafted him just because I thought it was a great fit with their culture and who he is. He's all about it when it comes to competing to win but being a professional, a team guy that's going to show up every day. He was just a tremendous athlete."*

Hawkins, on Solder's diet: *"This guy eats like **Jack LaLanne**. It's unbelievable — no sugar, no fat, knows exactly how many calories are going into his body."*

Hawkins, on Solder's physical tools: *"Genetically, he's off the charts. Athletically, it's very hard to beat him. He's as good athletically as anybody. Then, you combine that with he's very, very smart, and he's going to work at it. He's going to watch film. He's going to be coachable. He's going to soak it all up. He's going to get better. I told (NFL) scouts the same thing. This guy is going to get to left tackle, and he's going to be somebody's left tackle for 12-15 years in the NFL if that's what he wants to do because he's just the consummate professional."*

Hawkins, on his message to the Patriots: *"I told the Patriots, 'This guy is only going to get better.' He's not one of those guys who has played left tackle since the fifth grade. He's going to get better."*

Hawkins, on Solder's workout routine: *"Our strength coach loved him, and our strength coach was a grinder. You know how those guys are. Nate was the first one in, last one out, always did extra reps, always demanded other guys do it. That impression sticks in my mind."*

This entry was posted on Monday, July 2nd, 2012 at 2:00 pm and is filed under [General](#). You can follow any responses to this entry through the [RSS 2.0](#) feed. You can skip to the end and leave a response. Pinging is currently not allowed.



COMMENTS (2) »

1. Hawkins said "the players were responsible for two hours of community service in the fall and two hours in the spring, but Solder would do 30 hours. "And you never even knew about it." Huh?

Comment by **Joe** - July 3, 2012 @ [5:52 am](#)

2. Haha, Joe. I was about to post about the same thing. Makes zero sense.

Comment by **CJ** - July 3, 2012 @ [8:12 am](#)

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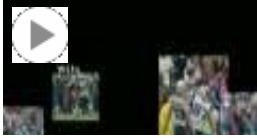
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Jeff Howe joined the Boston Herald in 2012 after a three-year stint with NESN.com. Howe has been covering the Patriots beat on a full-time basis since 2009. The Lowell native has covered the professional sports scene in Boston for the past six years since graduating from UMass in 2006, including a two-year run on the Celtics beat for the Boston Metro. Howe also has experience covering the Red Sox, Bruins and Hockey East.

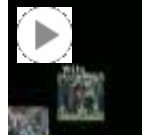


[Karen Guregian](#) has been a member of the Boston Herald sports staff since 1984, performing a variety of jobs. Since 2007, she's covered the Patriots full-time, both as the main beat writer as well as beat columnist. Previously, the Chelmsford native and Northeastern graduate was a long-time Bruins writer and also a key contributor to the paper's Red Sox coverage. A two-time Boston Magazine "Best of Boston" award winner in the outstanding sports reporter category, Karen has covered Super Bowls, World Series, Stanley Cups, NBA Finals, golf and tennis majors, and the Olympics during her Herald career.

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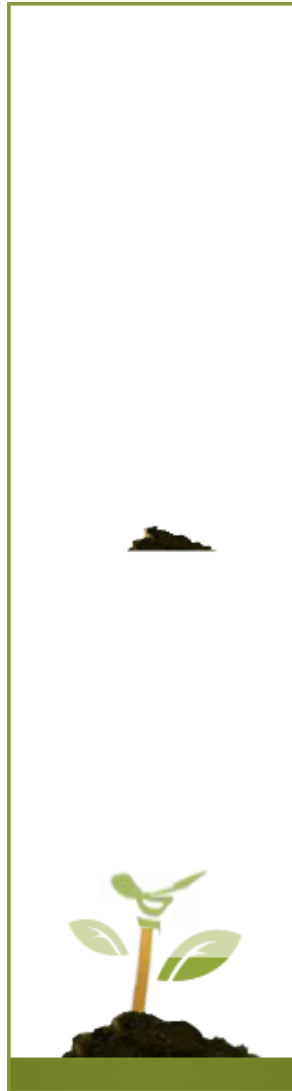
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