

Online Video: YES



On Track 16 Core Courses: Yes

Video Link:

School Data

Southeast Guilford High School
4530 S.E. School Road, Greensboro, NC 27406

Head Coach: Fritz Hessenthaler (336) 675-4524 **E-Mail:** hessenw@gcsnc.com

OL Coach: Coach Carouth (336) 213-2781 **E-Mail:** carroua@gcsnc.com

Conference: Metro 4A **Enrollment:** 1,268

Athletic Profile

Pos/Event: Weak Guard * TE * MLB * Long Snapper

Height: 6' 0" **Weight:** 240 **Jersey #:** 56

Years Playing Varsity: 3

40 Yd: 4.8 **Vert. Jump:** 28" **Bench:** 280

Squat: 500 **Power Clean:** 280 **Wing Span:** 74 ½"

Personal and Academic

Address: 522 Kallamdale, Greensboro, NC 27406

Parent/Guardian: Bob & Cheryl Stone

Phone: (336) 574-3339 **E-Mail:** cstone@triad.rr.com

GPA: 3.25 **Rank:** **PSAT:** 1600

SAT: 1700 **Critical Reading:** 600 **Math:** 520 **Writing:** 580

Desired Major: Education **Religion:** Christian

Financial Aid: Yes **NCAA Clearinghouse:** Yes

Academic / Athletic Stats and Honors

- **2010** Works w/ Ricky Proehl Speed and Agility Training 3 times a week
- **2009** Team Captain * 90% Blocking Grade * 120 Pancake Blocks * 12 Solo Tackles * 26 Assists * 1 Sack
- **2009** French Club * Ping Pong Club * Teacher Cadet * South Elm Street Baptist Church Member
- **2009** Honors: Pre-Calculus * Physics * French III * English 11 * US History
- **2008** All Conference * Honorable Mention All Area * Varsity Wrestling 215 LBS
- **2008** Honors: French II * Algebra II * English 10 * Civics * Economics * Biology * French Club * Ping Pong Club
- **2007** 1st Freshman to Start Varsity under Coach Fritz
- **2007** Honors: English 9 * Geometry * World History * Earth Science

Skills and Attributes

Head Coach Fritz Hessenthaler states, "Seth is a very smart football player. He is physical and tenacious. Seth is strong and fast on the field. Seth is a strong leader both verbally and by example!" Seth is being taught how to read defensive coverage's and make quick decisions with the football while continuing to work on his foot speed, balance and strength. Seth is a very serious student of the game always inquiring about tactical situations and options then brings these tactics immediately into the game. Seth always scores high on his Blocking Grade and will do whatever it takes to help his team win. Seth leads by example. Seth exhibits maturity and confidence on and off the playing field. Seth has explosive short area quickness and is a versatile athlete with high intensity. His aggressiveness and intelligent play make him a viable prospect at the next level. Seth brings all the skills and abilities college coaches are looking for in a talented college prospect. He displays his winning attitude by his dedication in the classroom as well as his involvement in volunteer work, clubs and church. These characteristics have earned him a reputation as a leader on and off the playing field. Seth will make an excellent addition to any football program that values talent, hard work and integrity.