

LANDRY CANNON | TULANE FOOTBALL Ø<ßÈ

Hey my name is Landry Cannon I attend Tulane University and I play O line for the Green Wave My sophomore year in high school my O line coach coach uh Jason Smothers Um He he just enlisted in me that just keep working no matter what cause I I went through a time where I was just unmotivated to play I was just like I felt like I should be playing and that I was I was better than the guy in my spot and my coach just enlisted in me that just keep working and your hard work is going to come to light Um And another mentor I had um his his big thing was just work hard and be the best at what you do You don't have to be great at everything but you could try and I ain't sharpen iron So just work with the best Like whoever you think is the best watch them watch the tape just just model your game after who who you wanna be like um the advantage I was I was always with my trainer Uh I worked hard during school activities lifts like weight room activities at school But in my free time I always stayed in the gym with my trainer and got some extra work and whether it was working on my past pass protection rank game or just just like punch and strike just going through the fundamental aspect just better in my technique really But that still wasn't enough So like I'm still going to camps just just working just just working constantly just like sharpening my skills trying to be the best I can just to get that opportunity So balancing academics on top of football and college um what I do is I you you go I make time to do school work no matter what I try to stay ahead of it as possible Um I'm I have s tutoring or study hall every day Um What like for each classes every day of the week di different classes like um I just try to stay in the academic center as much as possible in my free time If I'm not doing anything football related it's academics like the free time in my room instead of jumping on the game I'm gonna be on my playbook or I'm gonna be doing some homework just staying ahead of my school work Really My recruiting process started a little late I would say not late but like my senior year came around it was like spring around spring going into my uh senior year I got my first offer from Nickel State And after that I got Louisiana Tech and Southeastern and the Spring game came around it was around May around May of my senior year going in my senior year Um I got three offers after the Spring game Uh University of Lafayette offered me on my birthday My birthday was May 16th So I got that and um it it just like once once I got my first offer it just took off wherever you feel the most love Like everyone's gonna sell you like oh man you can come and play for us

you can come do this like they're gonna sell you that but just just you you know you you're gonna know where the love is You're gonna feel it like love like the love is just a genuine feeling like man if I come here I feel I'm gonna just be be my best self I committed to University of Lafayette because I I felt that was where the love was really Um And after University of Lafayette I was committed for like 34 months maybe And Tulane came along there was like it was like thi this is where you need to be if you want to do this thing this is where you need to be So I was like I thought about it I I prayed on it discuss it with my family and my friends and it was just like that that's the spot like that that's where you need to be at the biggest piece of advice I would give is keep working If you feel like you're doing more than enough you feel like it's nothing extra you could do it's all something so no matter what keep working it doesn't have to be with a training you can get you can do practice drills on your free time by yourself Keep your body keep your body together like well um just don't don't lay around and just eat junk food and all of that cause all of that is easy But in the long run your body is your temple So I I figured that out the hard way but a piece of advice I would just stay stay on top of your nutrition Try to eat right I mean people could just say that it's not easy but that that's something you want to stay ahead of and just keep working hard man You got it invest in yourself Um Don't don't go to a trainer and feel like they're ripping you off because they're charging you like 300 or \$400 a month uh \$20 a session Uh Just just look at that as an investment Don't don't feel like they're ripping you off cause you can easily go spend 500 on the game or 300 on a pair of shoes But why not invest in yourself Why not spend that money on bettering your craft So you're well prepared to go handle your business on game day Cause on this college level I it's about availability Whoever is taking care of their body the best whoever just in shape and knows what to do know their playbook just ready to go That's who's gonna play and for the when when it's time to replace him like if a helmet comes off someone who goes in it's about who's ready who who's the most ready cause it's going to show up That's really all I have