

DANIEL TARABOI | MICHIGAN FOOTBALL Ø<βÈ

I'm Daniel Tabo I play offensive line for the University of Michigan football The best advice I'd probably ever gotten was my basketball coach freshman year a life coach of mine just to never give up Just because like you've been through a lot of hard times with the recruiting process and like going through high school not getting recruited as highly as I wanted to um just to never give up and trust God and everything will work out in the end just trust the process I mean I played basketball because it's really good for offensive linemen for their feet and stuff because I mean I was a bigger guy so obviously I can't move as well as the other fast guys So playing basketball after the football season was just really good for me every day Getting better staying in shape and yeah my mentality every day just to show up and do the same thing over and over again and just sticking through the process And a little over a year ago I had back surgery So that put me out for over a year So just um showing every day like rehab and trying to get better every every day even though like I couldn't go to a meeting or a practice or even playing games like just sticking to the process and trusting that I'd eventually come back and play again I kind of got stuck in that COVID era thing Like where I couldn't really go anywhere talk to any coaches But like I played at a really small high school in Wisconsin So like Wisconsin football isn't known for being that good So just um nobody ever really got has like gotten to the level where I'm at like from my high school except a few people So like just learning how that the recruiting process goes on my own was pretty tough but I I picked it up eventually and got some offers and then eventually chose Michigan I think my character really set me aside from a lot of recruits and other people just like being a genuine nice person the way I was raised just like being myself the coaches I think really stood out to them Don't listen like the outside people just like you and your parents just you'll know when the right decision is when when the time comes just like trust the process trust God because it'll all work out when I came here My first like game day visit was three year or I don't even know how many years ago it was against Northwestern It's just the first time I've ever been here and like I knew right away that I wanted to come here and like I was gonna recruit by a lot of schools but like I went on other visits and it just wasn't the same Like I'd be coming back here and be like I need to be here Like it's not really what I've developed it's what I've been coached just because like again coming from a small school like not like we it wasn't bad football but like I wasn't getting

the proper technique or like wasn't playing like I don't wanna say not good football but like I came here I didn't know how to take like a pass that so like I had to learn how to do all that Like taking all the coaching again like what Joey said watching all the film just developing all those skills really has It really made me a better player Honestly for me I enjoy it the the long schedule cause like if I'm I always need to be doing something So like it gets a little tough when you have a early lift and then class for five hours or whatever and then football for another four But I just say like know that what you wanna do like at the end of the day I'm trying to graduate here with a good degree and then at the same time to win a national championship So like having the bolt those goals like in the back of my mind every day really helps that Uh a lot Like if we have a lift it's a day where we have lift during the season It'd be like you have so I left at 630 just because I have class at 830 So that lift at 630 to like probably eightish and then class 830 till it depends how many you have that day So if you have three it'll be 830 to 1 and then you'll get probably like 20 minutes off 20 to 30 You'll have another you have meetings until probably uh I'd say 1 to 330 ish and then you get an hour to get ready for practice So practice at 430 till probably around 630 And then if you need like help with your classes at like your tutor or anything then you go to our academic center and get help with that Take advantage of every opportunity I think that in high school like I didn't know much about recruiting like when I started doing it So like I'd say maximizing every every every opportunity may have presented myself more but I'm not really upset that it didn't because I'm here now but just maximize every opportunity