

## Golden Bears' Golden Receiver: Tylor Henry

Sportseh.ca

Despite a disappointing season for the University of Alberta Golden Bears, there have been positive arrows for the struggling squad.

One of those positive points is Tylor Henry, a first-year wide receiver for the Golden Bears, as Henry has emerged as one of the most productive receivers in the CIS.

Henry currently sits 7<sup>th</sup> in the CIS and 2<sup>nd</sup> in Canada West with 88.8 receiving yards per game, while also hauling in 3 touchdowns. His 47 catches are the most in the conference and 2<sup>nd</sup> most in the country.

"[Henry] is one of the best receivers in Canada West, and he has been a great addition," said Chris Morris, head coach of the Golden Bears. "He's explosive and physical and a great blocker without the ball. His speed makes him [dangerous]."

Morris explained that Henry's contributions to the team are more than the offensive numbers he puts up and spoke highly of the young receiver's maturity.

"He's such a good teammate and he knows the importance of our system," said Morris. "He's a very self-motivated guy...I don't need to motivate him."

Henry attributed part of his impressive start in his first season to training done at Playmaker U, a training facility run by ex-CFL player Kamau Peterson.

"Working with him was crucial for me and to get some tricks of the trade," said Henry. "I was able to walk on and compete with anybody I played against."

Henry has also been putting up impressive return yards, averaging 22.1 yards per kick return, and 12 yards per punt return and a touchdown, placing him 12<sup>th</sup> and 11<sup>th</sup> in the CIS and 2<sup>nd</sup> and 1<sup>st</sup> in Canada West in those categories, respectively.

He was acknowledged for his special teams play with a Canada West Player of the Week award, back in September, after putting up 225 all-purpose yards in a loss to Regina.

Accolades are nothing new for Henry.

Henry was named special teams player of the year with the Edmonton Wildcats last year, and had been ranked third nationally for receivers under the age of 20 in Canada.

Coach Morris said that Henry's success stems from the player's dedication and hard work, which directly relates to his success on-field.

"He works really hard in the off-season and he's a gym rat," said Morris. "You have to be willing to put in all the extra work. He's early to work, late to leave."

Henry explained that dedication to the gym is what helps separate the high quality of players that make up the CIS.

"It's critical...the hard work you put in the off-season is what separates you [and] makes you one step faster," said Henry. "One thing people look past as a receiver is physicality. I've always taken pride in doing many things."

Even with the personal success Henry has seen this season, he stressed how fleeting personal stats are without team success, as the Golden Bears are still seeking their first victory of the season.

"You can't live in the superficial realm of individual stats, even when you're doing well they only go so far," said Henry. "For me, football goes a little bit farther...it's more of being a positive contributor for the football team."

"At the end of the day, you can be thankful to play football at this level [and] I think that overall is a bigger thing than individual stats."