



**NATE
STANLEY
CLIPS**

**SATURDAY,
APRIL 25, 2020**

HEADLINES

Hawk Central

Leistikow: Iowa QB Nate Stanley answers questions, many suitors ahead of NFL Draft

By Chad Leistikow

<https://www.hawkcentral.com/story/sports/college/columnists/chad-leistikow/2020/04/14/iowa-quarterback-nate-stanley-confident-his-accuracy-ahead-nfl-draft/2984267001/>

Associated Press

Senior QB Nate Stanley shoots up Iowa history books

By Luke Meredith

<https://apnews.com/b3dfdd62b3c64fa696d7ad735149288d>

FOX News

Iowa QB Nate Stanley, a Wisconsin native, making star turn for Hawkeyes

By Luke Meredith

<https://fox11online.com/sports/college/iowa-qb-nate-stanley-a-wisconsin-native-making-star-turn-for-hawkeyes>

The Spun

Q&A With Nate Stanley: Favorite Win At Iowa, NFL Combine Talk, What Hawkeyes Need To Win Big Ten

By Chris Rosvoglou

<https://thespun.com/big-ten/iowa-hawkeyes/interview-with-iowa-quarterback-nate-stanley>

San Diego Union-Tribune

Big-armed Iowa QB Nate Stanley has thrilled, frustrated Hawkeye faithful

By Tod Leonard

<https://www.sandiegouniontribune.com/sports/story/2019-12-24/iowa-football-quarterback-nate-stanley-nfl-draft-holiday-bowl>



Leistikow: Iowa QB Nate Stanley answers questions, many suitors ahead of NFL Draft

By Chad Leistikow

With isolation a necessity during the COVID-19 pandemic, it would seem to be a perfect opportunity for Nate Stanley to escape into his outdoors passion while back home in western Wisconsin.

But hunting and fishing are on hold for a good reason: The ever-responsible former Iowa quarterback doesn't want to risk losing cell phone service ahead of next week's NFL Draft. Stanley needs to be ready to answer to any team that is interested in his talents at the next level, and for the past month he's been doing that with regularity from his parents' home in Menomonie (population 16,540).

In a half-hour interview with the Des Moines Register, Stanley discussed the feedback he's getting from the NFL as he waits to hear where his life goes next. He says there have been "10 to 12 teams that have consistently reached out" in recent weeks. Teams are frequently scheduling online video conferences that last 30 to 45 minutes at a time, and they'll quiz him on how well he understands protections, coverages and everything else that is saddled to a quarterback's shoulders.

This is an area where a three-year starter at Iowa who won 27 games and threw for 8,297 yards and 68 touchdowns particularly shines.

"Every team that I've talked to, my interviews have gone really well. I feel like I can explain (the Iowa offense) very well," Stanley says, "which shows that I'm able to do a lot of different things at the line of scrimmage."

Without naming the teams, Stanley says his primary suitors have established starting quarterbacks and are looking for a backup who can not only be groomed for future use but quickly acclimate to a system and deliver in a pinch.

That seems to be where the pundits see Stanley's NFL future, too, although the quiet QB chuckles at how badly the pundits can whiff.

A pre-draft Athlon Sports writeup contended that Stanley "lacks elite arm strength."

"I take personal offense to that," says Stanley, whose fastball topped 90 mph as a baseball pitcher in high school. "... Because we're throwing 'post' balls and 'go' balls that travel 45, 50, 55 yards down the field that are on the money."

While questioning Stanley's arm strength is silly, he understands that accuracy questions are valid. A crucial overthrow of T.J. Hockenson at Penn State in 2018 will forever be lamented. He never reached the 60% completion rate for a season at Iowa (topping out at 59.4% as a senior).

Stanley, though, wishes he could have in-person workouts with teams to prove his accuracy is far better than it was 3½ months ago, when he completed his Hawkeye career with a 49-24 Holiday Bowl rout of USC. Hiring New Jersey-based quarterbacks specialist Tony Racioppi (who he met at the Manning Passing Academy last summer) opened his eyes to things he was never trained to do at Iowa.

"I feel I was prepared for every single game (at Iowa), X's and O's wise," Stanley says. "But when it came to my fundamentals, I never really had any extended periods of time when we could actually work on throwing and my base. So that's why all these NFL guys are going to (specialized coaches)."

Racioppi says there were three major things that he changed with Stanley's delivery that has especially helped his accuracy on second-level throws and deep balls.

"Nate has become a more balanced, rotational passer," Racioppi says. "Where before, he was more like a baseball pitcher loading weight on the back leg and coming over his front leg, bending at the waist and hurting his accuracy and power."

Tony Racioppi

@Tonyrazz03

NFL Draft Prep QB Nate Stanley working 7 Step and Jump Stop Reset with Dovetail Throwing 18yd Speed Cut Dig with anticipation, accuracy and velocity. NFL drop and throw layering ball over Nickel. @TEST_Football @Njstan4 @MoveTheSticks @McShay13 @gregcosell #nfl draft #qb

Embedded video

70

8:09 PM - Feb 11, 2020

[Twitter Ads info and privacy](#)

[See Tony Racioppi's other Tweets](#)

Another thing that Stanley realized during his time with Racioppi was the need to shed extra pounds that were added under the watch of Iowa strength and conditioning coach Chris Doyle.

Stanley's Iowa playing weight was a true 243 pounds (there was no roster fudging, he says). He had slimmed down to 235 on his 6-foot-4 frame at the late-February NFL Scouting Combine, and now is consistently at 232 with the possibility of getting lighter yet without sacrificing power. Since Iowa closed its football facility in mid-March, Stanley has been running hills at his family's home and until recently had access to the weight room at Menomonie High School, where his dad is a teacher and coach.

"I probably dropped 20 pounds of body fat and put some muscle back on," Stanley says. "So, I feel really good with where my body's at now."

Hawkeye Football

✓

@HawkeyeFootball

Dropping 🏈🏈 @Njstan4 | #NFLCombine

Embedded video

2,605

10:58 PM - Feb 27, 2020

[Twitter Ads info and privacy](#)

200 people are talking about this

It's clear that Stanley has identified and addressed some of the negatives (accuracy, agility) that have him rated between the eighth and 15th draft-eligible QBs.

What does all this mean for Stanley's future?

We'll see.

"I haven't gotten a number on a specific round from anybody," Stanley says. "But what's been said, the interactions, it's more than likely fourth round on."

Stanley will be an easy guy for a general manager to love. He'll be a team-first player at the next level with a fierce competitive fire that helped him win over Iowa's locker room so quickly. He'll be a fast learner. He's a combination of a safe pick but one with upside, if his accuracy — his biggest knock — is truly enhanced.

He will find out his new destination soon, probably on Day 3 of the draft (April 25). After that, there will more than likely be some down time before reporting to NFL camps.

And, Stanley notes, hunting season for turkeys and pheasants is just around the corner.

"Obviously I'd like to go as high as possible (in the draft)," Stanley says, "but as long as I can continue playing football ... I'll be extremely happy."



PUBLICATION: Associated Press DATE: 11/26/19

Senior QB Nate Stanley shoots up Iowa history books

By Luke Meredith

IOWA CITY, Iowa (AP) — Iowa quarterback Nate Stanley, typically as staid as they come, was nearly overcome with emotion after beating Illinois in his final home game.

Stanley poured all he had into being a three-year starter for the Hawkeyes, and those efforts will be reflected in the program's record books.

Stanley, who will start his 38th game for No. 19 Iowa (8-3, 5-3 Big Ten) on Friday against Nebraska, is 10 yards away from becoming just the third Hawkeye to throw for 8,000 yards. He is also second in school history with 66 touchdown passes, and Iowa is 25-12 in games Stanley has started.

ADVERTISEMENT

The Hawkeyes have asked Stanley to handle more than ever, on and off the field. Stanley has answered the challenge as a senior, ranking second in the Big Ten with 2,639 yards while providing understated but steady leadership from the sport's most scrutinized spot.

"Growing up, I was pushed hard in sports. I was coached hard," Stanley said. Leadership "just comes from knowing how to handle the ups and downs and tough situations. We get put through tough situations pretty much every day....the one thing you can control is your attitude."

Stanley wasn't a high-profile recruit coming out of Menomonie, Wisconsin, where his father was one of the team's assistant coaches. But Stanley showed enough as a true freshman in 2016 that Iowa used his redshirt — even though the program had a senior quarterback in C.J. Beathard.

It was assumed that Stanley would be handed the job ahead of the 2017 season. But the competition to replace Beathard was so heated that Stanley wasn't named the starter until less than a week before that year's opener.

Once Stanley won the job, he never came close to giving it up.

Stanley threw for 333 yards and five TDs in his second career game, a 44-41 win over Iowa State on the road, and he finished that season with 26 touchdowns.

Stanley entered his junior year subject to speculation that he could shoot up NFL draft boards with a strong season, given his 6-foot-4, 243-pound frame and strong arm. Stanley never quite matched those expectations, but he again finished with 26 TDs while evolving into more of the vocal leader that his position demands.

Stanley said he has leaned on the team's psychologist, Dr. Carmen Tebbe Priebe, to help understand and overcome the challenges that come with being the face of a Big Ten program.

Stanley said he learned he tends to make mistakes when he allows himself to get too excited during games. Stanley has since learned to use techniques to increase what he calls his mindfulness.

ADVERTISEMENT

"You can really learn how to optimize your performance, how to narrow your focus," Stanley said. "Different things that can get you in the right mindset. She's really great at helping you figure those things out. And, along the way, if you are dealing with something or something comes up, you can talk about anything. It's not just football."

Stanley was occasionally subject to criticism over not being able to win more big games on the road. But with Stanley under center, Iowa has dominated most of their border rivals except for Wisconsin.

Stanley went 0-3 against his home-state Badgers, a fact that no doubt irks him. But Stanley went 3-0 against Iowa State, Illinois and Minnesota, and with a win on Friday he will finish his career 3-0 against the Cornhuskers.

“Going back over the last four years, anytime I’m asked about Nate, the first thing I talk about is the mental approach that he takes,” Iowa coach Kirk Ferentz said. “His work ethic, his ability to study and process.”



PUBLICATION: FOX News DATE: 11/8/17

Iowa QB Nate Stanley, a Wisconsin native, making star turn for Hawkeyes

By Luke Meredith

IOWA CITY, Iowa (AP) -- Iowa didn't really know what it had in sophomore Nate Stanley when it named him its new starting quarterback in August.

The verdict is in.

The kid is a star.

Stanley's coming out party came last weekend, when he threw five touchdown passes in a stunning 55-24 rout of then-No. 3 Ohio State. It was the second five-touchdown performance of the season for Stanley, and it helped the 25th-ranked Hawkeyes (6-3, 3-3 Big Ten) reach the Top 25 for the first time this season.

Stanley, who has thrown 12 TD passes without a pick in four games against ranked teams in this week's Top 25, will face yet another ranked foe when the Hawkeyes travel to his native Wisconsin to face the sixth-ranked Badgers (9-0, 6-0) on Saturday.

"He's really knowledgeable about the offense. He does a great job of putting ourselves in position to make plays, and also being really smart with the ball," Iowa wide receiver Nick Easley said. "He's extremely composed. When things are going badly he doesn't get rattled."

Iowa had always thought highly of Stanley, choosing against a redshirt for him last season even though he threw just nine passes while backing up the durable C.J. Beathard.

Stanley, a self-described introvert who taught himself how to play the position in part by watching drills on YouTube while in high school, has become arguably Iowa's most indispensable player.

"I've been most impressed with how he handles the bumps," coach Kirk Ferentz said. "He's made some really big plays for us already, so it's impressive. He's shown his mettle and his toughness, too."

The 6-foot-5 Stanley rallied from a sluggish start to throw three TD passes in his first career start, a 24-3 win over Wyoming in the opener. He then tossed five touchdown passes in a 44-41 win at Iowa State that looks better for Stanley and the Hawkeyes in retrospect given how strong the Cyclones' defense has proven to be.

Iowa's offense stumbled at times after that, in part because the Hawkeyes were leaning on a pair of freshmen to replace their senior tackles, and partly because Stanley struggled to connect on some deep routes.

But Stanley improved at protecting the ball after a shaky debut, and the development of young tight ends Noah Fant and T.J. Hockenson -- who combined to catch four TD passes against the Buckeyes -- has bolstered Iowa's passing game.

"Learning how to prepare smarter and better, from that standpoint I continue to get better every week," Stanley said. "My decision making has gotten quicker and better."

Stanley now has 22 touchdown passes against four interceptions, and his teammates have taken notice.

Nationally, only Oklahoma's Baker Mayfield and Ohio State's J.T. Barrett have a higher TD-to-INT ratio while throwing for at least 20 TDs.

"He's getting to the point where he's facilitating and putting balls on the money and a whole bunch of different stuff that you don't see very often," Fant said. "The sky is the limit for that guy, especially with how strong his arm is and how far he can throw the ball and just the way he reads the defense is pretty special."

Ferentz has long used the term "Kodak moment" to describe plays that stick out to him.

Stanley's picture-perfect play came in the second half against Ohio State after a fake field goal put Iowa at the Buckeyes' 2-yard line.

Stanley was out of the pocket with an Ohio State defender draped around his ankle. Instead of going down, Stanley fired a touchdown pass to Hockenson that gave Iowa a 38-17 lead and essentially sent the Buckeyes packing.

"I think it fired us all up. He's a big dude, obviously," Easley said. "Staying in there with a guy hanging on his leg was pretty awesome."



PUBLICATION: The Spun DATE: 3/24/20

Q&A With Nate Stanley: Favorite Win At Iowa, NFL Combine Talk, What Hawkeyes Need To Win Big Ten

By Chris Rozvoglou

This year's NFL Draft is loaded with quarterback prospects, which includes Nate Stanley from Iowa. After spending four years with the program, he's ready for the next chapter of his career.

00:39
01:21

Stanley had an incredible run as a three-year starter at Iowa. He's second all-time in program history in passing yards and touchdowns.

Not only did Stanley have success in the regular season with the Hawkeyes, he's one of two Iowa quarterbacks to post a 3-0 record in bowl games. The other signal-caller to own that record is Ricky Stanzi.

We sat down with Stanley to discuss his favorite moments from his time at Iowa, his experience at the NFL Combine and much more. Let's get this interview started.

The Spun: What was your favorite win at Iowa?

Nate Stanley: Yeah definitely 2017 against Ohio State, that would be my favorite. Kinnick at nighttime is just different as a different atmosphere and to beat them the way that we did, you know – in a truly team win – was just super awesome. It was one of the best games I've ever been a part of and something I'll remember for a long time.

The Spun: I was going to ask you when's the loudest Kinnick Stadium has ever been. Would you say it was during the Ohio State game?

NS: Yeah, I think that's definitely one of the loudest times that I've heard Kinnick, especially on that opening play when Amani Hooker got that pick-six. It was crazy, so yeah that was definitely one of the loudest times I've heard Kinnick.

The Spun: What's the final step for Iowa to win the Big Ten?

NS: I think just winning those close games. We play in a lot of close games, but we also lost three games by a total of 14 points last year. So, really just being able to finish a couple more of those close games in the fourth quarter and squeak out one or two more of those wins. I think that's huge and something that we weren't able to do, but going forward, I'm pretty optimistic that they'll be able to do that and compete for Big Ten championships.

The Spun: What's the most important thing you learned from C.J. Beathard in your freshman season?

NS: I think just the preparation that he put in, kind of the way that he went about studying the game. When I went into college, I didn't understand how to watch tape and the time commitment that it takes to really understand and know the game plan. He did a great job at teaching me how to get into a routine and the most effective way to watch tape. He had been in the quarterback room at Iowa with a couple of different good quarterbacks and players and they all had their own styles, so he would share with me what they would try to do and things like that.

The Spun: Who's the best player you've faced in practice and during games?

NS: The best player I faced every day in practice was Desmond King. I wasn't going against him a lot, but when I did, he was by far one of the best players that I've played against. As far as in games, Nick Bosa from Ohio State when

we played them. This year I'd say Zack Baun from Wisconsin and Yetur Gross-Matos from Penn State. Those two were both great players and I hope the best for them going to go forward.

The Spun: How do you feel you performed at the NFL Combine?

NS: Yeah, I thought all my meetings went really well – both the formal and informal interviews. I feel really confident with how those went and I feel like I connected with a lot of coaches. On the field, I felt that I performed pretty well. I'm happy with my 40-yard dash time and how I threw. I think I performed well enough in some of those athletic testing drills to show that I'm a little more mobile than what people might've thought.

The Spun: Is there a coach or team that you met with during the NFL Combine that you thought to yourself it would be a dream come true to play for them?

NS: I had a really good talk with the Cowboys and the Dolphins. Both those coaching staffs were ones that I got along with very well. I had two really good meetings with them and felt that I would fit with their offensive schemes and coaching staffs very well.

The Spun: Which quarterbacks do you try to model your game after?

NS: As far as the preparation aspect goes, I had the honor to go to the Manning Camp last summer, so I had the opportunity to sit down and ask Peyton about how he goes about preparing. I've also had a cool connection with Coach Ferentz, who is good friends with Tom Moore, who was Peyton's offensive coordinator in Indianapolis. Talking with him, I tried to model my preparation for games after Peyton and the amount of time that he puts into it. But when I'm out on the field, you see guys like Tom Brady and Drew Brees and their competitive nature and fiery attitude out in the field. Those are two guys that I try to try to learn from and take parts from their game and incorporate into mine.

The Spun: What's the one area of your game you're trying to fix heading into the draft?

NS: In college, my completion percentage was just under 60%. That's something that I knew was going to be a question from people going into the combine and throughout this whole draft process. That's something that I've taken steps to improve and continue to work on. I never really worked with a quarterback coach in high school or in college. Now I'm working with Tony Racioppi, who is based in New Jersey. He has really helped me develop and become more fundamentally sound in my lower-body mechanics. I feel like I'm a lot more consistent and accurate. So, just that accuracy is the biggest thing that I've continued to work on from the end of the season and that I'm going to continue to work on moving forward.

The Spun: Looking back at your career with the Hawkeyes, what's the one thing you're going to miss the most?

NS: I think just the relationships that I've made with my teammates. Obviously in the NFL you're there for eight months maybe, but then you kind of go your separate ways in the offseason. I think for me the biggest thing that I'm going to miss is those times in the offseason just hanging out with my teammates and building that bond together.

This past season, Stanley threw for 2,951 yards and 16 touchdowns. He finished his collegiate career with an impressive performance against USC in the Holiday Bowl.

Stanley is projected to be a mid-round pick in the upcoming draft. In addition to having the ideal size at quarterback, the former Hawkeye does a great job limiting turnovers.

While the rest of Stanley's career is still unwritten, there's no doubt that he'll be remembered as one of the best signal-callers in Iowa history.



PUBLICATION: San Diego Union-Tribune DATE: 3/24/20

Big-armed Iowa QB Nate Stanley has thrilled, frustrated Hawkeye faithful

By Tod Leonard

For the Iowa football team's Senior Day on Nov. 23, quarterback Nate Stanley walked onto the field at Kinnick Stadium with his parents at his side and was surprised by how calm he felt.

He wasn't nearly as stirred by the scene as he thought he might be, knowing that he was playing his final home game in Iowa City after four years with the Hawkeyes.

It turned out that Stanley's emotions were fizzing and bubbling as if in a shaken bottle of champagne. In a postgame news conference after a 19-10 victory over Illinois, the cork popped.

Known for his stoic nature, Stanley entered the room with his eyes already red and moist. He'd come off the field joyously waving to the student section. He'd just sung the Iowa fight song with his teammates in their home locker room for the last time. Somebody asked him about what Iowa meant to him.

"It's something I'll never forget," Stanley said through tears. "The friendships, the relationships."

He laughed.

"The throwing up during workouts. It sucks in the moment," Stanley said. "When you look at the bigger picture, when you look at it in hindsight, it's hard to keep your emotions in check."

Few quarterbacks in Iowa history have more to reflect upon than the 22-year-old Stanley.

Entering Friday's San Diego County Credit Union Holiday Bowl against USC, Stanley has thrown for the second-most touchdowns in school history with 66, eight fewer than Chuck Long, who started for four years (1981-84).

With a career passing yards total of 8,089, Stanley needs 204 yards against the Trojans to pass Drew Tate for No. 2 all-time at Iowa. A victory in the Holiday would give Stanley 27 career wins — also second all-time — and three bowl triumphs by the starting quarterback would tie for the most in school history.

"He's come a long way," Iowa offensive coordinator Brian Ferentz, the son of Hawkeyes head coach Kirk Ferentz, said this week.

"When I think of Nate, I really look at a guy who has won a boatload of games as a starter. He has done it with grace and dignity. He's overcome some rough challenges. That's probably his best attribute.

"If you're going to be a competitor, things aren't going to go your way all of the time. Nate has handled it all with class and grace — probably more so than other people along the way. And I have a ton of respect for that."

Read between the lines and you begin to understand that Stanley's career at Iowa comes with mixed emotions and reviews. He has achieved so much, but the disappointments weigh heavily in Iowa City, too.

In three years under Stanley's leadership, the Hawkeyes twice beat top-10 ranked teams. He has played impressively in some enormous victories.

In 2017, Stanley threw for five touchdowns against then-No. 3 Ohio State in a 55-24 embarrassment of the Buckeyes. In last year's Outback Bowl, against the nation's No. 1 defense in Mississippi State, he tossed three TDs in a 27-22 upset.

But also in Stanley's time, Iowa couldn't seize a Big Ten West title, despite having two first-round NFL Draft picks, possibly two more in the near future, and three consensus All-Americans.

In a difficult circumstance, when expectations were running high, Stanley was the quarterback successor to C.J. Beathard, who led the Hawkeyes to their only West championship in 2015.

Wisconsin has been the West champion in two of Stanley's three seasons (Northwestern is the other), and he is 0-3 against the Badgers.

With NFL size at 6-feet-4, 240 pounds and a cannon right arm (he reached 90 mph as a high school pitcher), Stanley has been thought to have all of the tools. But he's frustrated himself and fans at times by frequently missing the strike zone.

In three seasons, Stanley's accuracy has been his black mark. He has a career completion percentage of 58.1 percent, or 10 points lower than recent Heisman Trophy winner Joe Burrow of LSU.

"That's the one thing I would like to have been better at," Stanley said on Tuesday after Iowa's practice at San Diego Mesa College. "We also don't throw the ball a lot, and we throw the ball down the field, as well. So you can take it with a grain of salt, however you want to."

NFL Draft prognosticators have not looked on the inaccuracy kindly. Some said Stanley needed to improve upon that this season if he was to be highly attractive to the pros next April. That really hasn't happened. Stanley's percentage was flat (58.9 percent) and, worse, his touchdown total is at 14 this year after he notched 26 in the previous two seasons.

He has three fewer interceptions (seven this year; 10 last year), but one more than in his first season as a starter.

Stanley hopes that NFL scouts will recognize what his coaches do — that he has provided the leadership intangibles and the decision-making on the field that goes unnoticed by all but the most astute observers.

"The coaches put a lot on our quarterbacks on the field to make good decisions," Stanley said. "We have the ability to check down on every play. I feel like that through preparation, studying the playbook and meeting with coaches, I have a good handle on that."

As for Stanley's character, he is a devout Christian who is said to have never stepped foot into the nightclubs of Iowa City since he's been there. He doesn't play video games, choosing instead to study either for his next test or next opponent.

Stanley didn't seem at all to be feigning a humble tone when he spoke Tuesday of his admiration for fifth-year backup quarterback Ryan Schmidt, who paid his own tuition, did every grueling workout and showed up for every practice — and never played a down in a game.

Schmidt would love to have experienced Stanley's ups and downs, to have heard the gripes and praise.

"Pride," Stanley said, "comes with doing those things as part of a team."