

Dear Game Plan Participants,

We want to invite you to participate in our next "Game Plan" series meeting on Wednesday, November 10, 2021, from 6:00 pm – 7:00 pm (virtual format: ZOOM). As we previously mentioned, the idea is that you must have a “game plan” to win in sports, and the same applies to success in academics. Our series will allow you to hear the game plans from former (collegiate and professional) athletes to aid you in your preparation. Our guest speaker is Dr. Jeremy Towns, MD, former NFL player and Emergency Medicine Resident at UAB.



Dr. Jeremy Towns, MD, is a former National Football League (NFL) Defensive Tackle with stints with the Washington Football Team (formerly the Washington Redskins), Philadelphia Eagles, and Buffalo Bills. Dr. Towns’ hometown is the city of Dolomite in Alabama, where he grew up with his three brothers (one of them is his twin) and attended Wenonah High School in Birmingham, Alabama. Dr. Towns went on to become an athletic star at Samford University for their college football team, played on the defensive line from 2008-2012, and graduated magna cum laude with a degree in sports medicine in 2013.

Dr. Towns once dressed up as a doctor for Halloween as a kid. He wore scrubs, a stethoscope, and a hospital badge that read “Emergency Medicine.” His costume foreshadowed his future in the medical field.

After high school, he was recruited by Samford University head coach (and former Heisman Trophy-winning Auburn University quarterback) Pat Sullivan and got accepted to USA's medical program the day before Pro Day with NFL scouts. After going undrafted in the NFL draft, he decided to fulfill his childhood dream of becoming a doctor and attend a weeklong mission trip to Dominica (an island country of the Lesser Antilles in the eastern Caribbean Sea) with Samford University's athletic director. Ironically, the Washington Redskins tried to contact him the day after he left. Thus, a path to the NFL appeared. After his stint in the NFL, he graduated from the University of South Alabama College of Medicine and is currently a medical resident working in emergency medicine at the University of Alabama at Birmingham.

Dr. Towns is a mentor to students (both young and old) through a faith-based organization called Radical Athlete And Student Oasis Ministry (RANSOM) and other sports camps like Next Level Sports Camps for children in Birmingham.