



Black History Month All-Star: Ricky Williams



In high school, Ricky Williams was a multisport athlete playing football, baseball, running track and wrestling at Patrick Henry High School in San Diego, California. Ricky played multiple positions in high school, including outside linebacker and strong safety defensively, because he loved the physical contact of the game. The position he was most dominant was at running back for the Patriots.

He rushed for 4129 yards and scored 55 touchdowns at the position. His senior season, he ran for 2099 yards and scored 25 TDs leading the Patriots to the California Interscholastic Federation Championship in 1994, losing to Morse

High School 13-0. He would earn the *San Diego Union-Tribune's* Player of the Year Award that year.

Ricky Williams 🤖 Texas Highlights(1995-1998)

Williams would accept a scholarship to play at the University of Texas, where he dominated college football his four seasons as a starter. He would play a pivotal role in Texas, claiming the last Southwest Conference Title in 1995 and the first Big 12 Title. His career at Texas Williams broke 21 NCAA and 46 school records, becoming Texas’s second Heisman Trophy winner. His records were 72 rushing TDs, 452 points scored, 33 games with a TD, 11 career 200-yard games and averaging 6.2 yards a carry. He would surpass Tony Dorsett’s 22-year-old NCAA rushing yard record with 6279 yards.

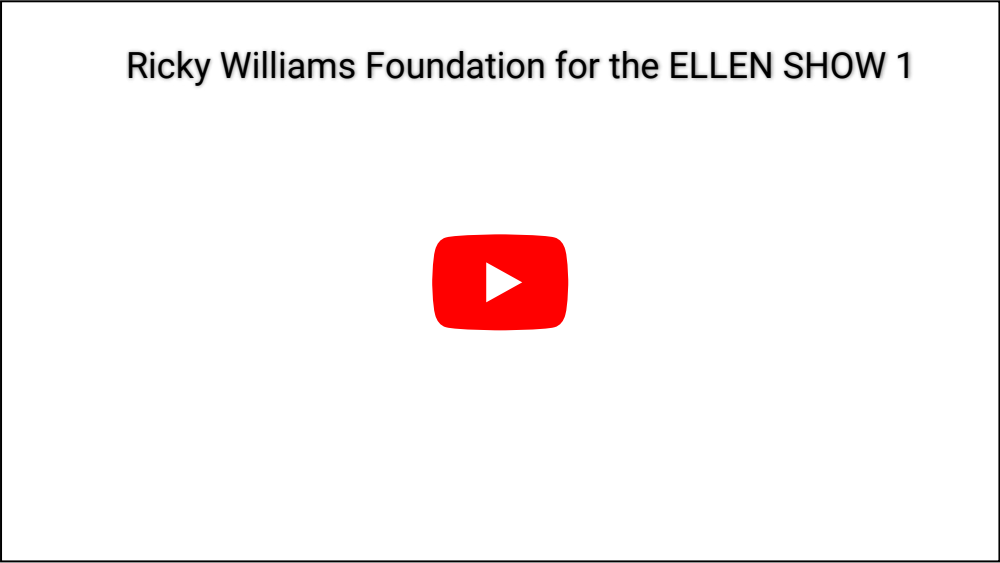
In 1999, Williams was drafted fifth overall in the 1999 NFL Draft by the New Orleans Saints when the team gave away a plethora of draft picks. Saints Head Coach Mike Ditka traded all of the Saints remaining draft picks to the Washington Redskins and the Saints’ first and third-round picks to select Williams in the next year’s draft. Although he was impressive as a Saint rushing for 3129 yards and scoring 16 TDs in three seasons. He could not live up to the hype of what the Saints traded to draft him.

The Saints would trade Williams to the Miami Dolphins for four draft picks, including two first-round picks in the 2002 offseason. In his first two seasons with the Dolphins, he was a workhorse. Williams would lead the league in rushing attempts in 2002 with 383 carries and 2003 with 392 carries, plus lead the league in rushing yards with 1853 yards and yards per game in 2002 with 115.8 yards a game. In those two seasons, he scored a total of 25 TDs.



2004 season started a rocky path for Williams’s career. After testing positive for marijuana and facing a 650000 fine and a four-game suspension for violating the NFL’s substance-abuse policy, he retired. He studied Ayurveda, which is an ancient Indian system of holistic medicine, at California College of Ayurveda that autumn in Grass Valley, California. In 2005 he returned to the Dolphins, sharing carries with Ronnie Brown with 168 carried and 743 yards total. In February 2006, he was suspended for failing NFL drug Policy and played for the Toronto Argonauts in the CFL, signing a 1-year deal. In 11 games, he carried the ball 109 times for 526 yards with 2 TDs. He missed two months of the season from injuries.

He returned to the NFL in 2007 and adhered to the strict regiment. He had to submit drug testing multiple times a week. He started practicing yoga. He was injured in his return tearing his pectoral muscle, taking him out for the rest of the season. He bounced back in 2008, rushing for 659 yards. In 2009 he ran for 1121 yards, scored 11 TDs and started seven games after starter Ronnie Brown was injured for the season. He became only the seventh player in NFL history to rush for over 1000 yards in a season age 32 or older. He played one more season with the Dolphins and his last season with The Baltimore Ravens in 2011 before retiring. That season, Williams surpassed the 10,000-yards career rushing mark, becoming the 26th player in league history.



After his career, Ricky has diverged himself into many ventures. One is the Ricky Williams Foundation, which is committed to developing children and emphasizes improving the lives of youths who are less fortunate or at-risk of dropping out of school. The foundations reward academic performances and overall wellness. The goal is to improve self-esteem, character and work ethic through various academic and athletic programs.

As the CEO and co-founder of Lila Labs, Inc, he is also deep into astrology. It is a cross-platform app that translates astrological symbolism into relatable and practical relationship insights. The first astrology app focuses exclusively on the three dimensions of relationships self-discovery, social discovery, and relationship building.

Williams is also RW Real Wellness’s co-founder, specializing in herbal-based wellness incorporated into daily routines. Their clientele uses the positive effects of herbs like cannabis in a controlled way to explore healing benefits. The goal is to balance the mind, body and soul through cannabis as an everyday wellness tool.



Williams has acted in helping to create solutions for victims of CTE. The Ricky Williams Foundation and Dr. John E. Upledger Foundation joined forces in Palm Beach Gardens, Florida, to facilitate manual therapy treatment programs for 11 professional football players from the NFL and CFL suffering from concussion and post-concussion syndrome. The treatment program utilizes Craniosacral Therapy, Visceral Manipulation, Neural Manipulation and other healing modalities aimed at helping the body heal itself.

[Click here](#) to listen to the complete All-Star list.

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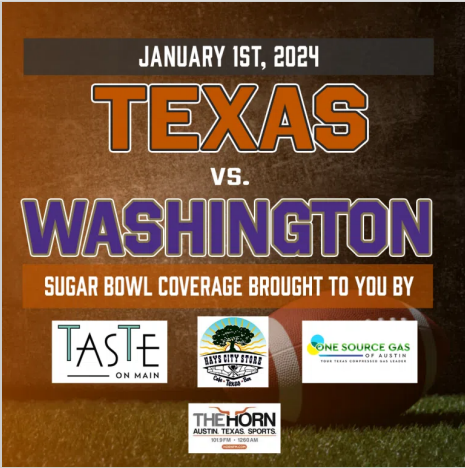
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