



RYAN BATES

GUARD/CENTER

71

6-4 **302** **4TH YEAR** 

FEBRUARY 14, 1997 (AGE 25)

 **WARMINSTER, PA**

 **ARCHBISHOP WOOD HS**

 **PENN STATE**

 **TRADE: 2019 (PHI)**

SHOUTOUTS

- In 2022, started 13 games at right guard and 2 at center in the regular season and both playoff games at right guard.
- Started at center at Det. (11/24/22) and at Chi. (12/24/22), replacing Mitch Morse.
- Started a season opener (at RG) for the first time in NFL career at LAR (9/8/22).
- Started 4 games in 2021, including the final 3 regular season games in which the Bills did not allow a sack to their QB. Also started both playoff games.
- Started first NFL game as a tackle-eligible vs. Hou. (10/3/21).
- Saw action in all 16 games and 3 playoff contests in 2020.
- Played in 8 games as a rookie in 2019. Saw first NFL action at Ten. (10/6/19).
- Played 37 games at Penn St. (2016-18), including 34 starts at various positions.
- Started all 14 games as a redshirt freshman in 2016 and earned Freshman All-American honors by the Football Writers Association of America and USA Today. Blocked for Big Ten Offensive player of the year Saquon Barkley.



FIRST-AND-10

RYAN BATES was acquired by the Bills in a trade with Philadelphia for DE Eli Harold on August 9, 2019. A valuable and versatile member of the offensive line, Bates signed a 4-year contract extension in 2022 after the Bills matched the Bears offer sheet. He entered the NFL as an undrafted free agent by the Eagles via Penn State in 2019.

IF YOU HAVEN'T 'HERD'

LIFE LESSONS

Bates credits his high school offensive line coach, Mike Carey, for the lessons learned at Archbishop Wood. "He taught me a lot about life," Bates said. "Way more than just football. He talked to me about resiliency, discipline and he just believed in me. We still text and talk." He also took good notes while playing in Philadelphia in 2019. He spoke about the little things Jason Peters would point out to him. "Things like where your inside hand needs to be or where to plant your outside foot. All the small but important details."

GARAGE WORK

During the pandemic in 2020, Bates put together a make-shift work area in the garage of his parents' home in suburban Philadelphia. It is equipped with an office and a space to lift weights. "There's something about working out in the garage that's kind of like, I wanna say, gritty," he told WIVB. "My household's not the quietest household so I call it my sanctuary."

PERSONAL

Son of Norman Bates and Theresa Strocen-Bates. Has a sister, Anna. His uncle, Doug Macauley, played football at Tulsa. Hobbies include hunting and fishing. Earned degree in labor and employment relations.

GAMES PLAYED/STARTED

2019 (Buf, 8/0), 2020 (Buf, 16/0), 2021 (Buf, 17/4), 2022 (Buf, 15/15) ... Totals (56/19)
Playoffs: 2019 (Buf, 0/0), 2020 (Buf, 3/0), 2021 (Buf, 2/2), 2022 (Buf, 2/2) ... Playoff Totals (7/4)



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UPLIFTING ATHLETES

Bates works with Uplifting Athletes, a charity that helps raise awareness and funds for children battling rare diseases. "I love that they have a direct effect on helping kids who can't afford treatment. I began working with Athletes Helping Athletes in high school and volunteered as a freshman at Penn State with Uplifting Athletes. Penn State football takes great pride in it."

THE STAMPEDE

FAVORITE ATHLETE

GROWING UP:

Brian Westbrook (he had a Fathead of him in his room)

FAVORITE LATE NIGHT

SNACK:

Honey Nut Cheerios

TOP BUCKET LIST ITEM:

Go to Oktoberfest in Germany

FIRST JOB:

Camp counselor at Camp Real in Pennsylvania

IF YOU COULD PLAY ANY

OTHER SPORT:

Power forward for the 76ers

FAVORITE MOVIE:

Step Brothers

FAVORITE MUSICAL ARTIST:

Dierks Bentley

