

DB/WR MIKE DANIELS #3



HOMETOWN: Miami, Fla.
RESIDENCE: Miami, Fla.
AGE: 29
HEIGHT: 5-11
YEAR ON U.S. NATIONAL TEAM: 2nd



FROM TACKLE TO FLAG

Daniels began his football career in the tackle discipline, playing high school football at South Dade in Miami before beginning his college career at Globe Tech Community College (2014-15). Daniels earned NJCAA Second-Team All-America honors in 2015 before finishing his career at West Virginia University from 2016-17.

In his senior season, Daniels appeared in eight games and notched 31 tackles and seven passes defended to go along with a 25-yard interception return for a touchdown.

Following his collegiate career, Daniels earned an invite to the Cleveland Browns' rookie minicamp in 2017.

Daniels began playing flag football consistently in 2022, as a way to compete with his friends in Miami and stay in shape.

"The hardest part about the transition to flag defensively is the non-contact aspect," Daniels said. "When you're facing an elite receiver who's able to take the top off a defense and you can't touch him, it's tough. I've accepted the challenge though, and now I take pride in playing defense. It's the hardest thing to do, and not many people can do it, so I feel I'm part of the elite. The offensive schemes are also a bit different than those in tackle football, but I've adjusted to the way flag works and the ways people like to score."



FOR HIS SON

Daniels says his two-year old son, also named Mike, is his prized possession.

"As a father, I feel that everything I do now is for him," Daniels said. "I'm no longer living just for me, I'm trying to be the best role model I can be for him."

"I've never tried to impress anyone so hard in my life," Daniels continued, laughing. "I've also never loved anyone as much as I love my son. I'm a family man so that's saying a lot."

Daniels honors his son with his jersey number. "My son is the third generation so I wear No. 3," he said.

NO EXCUSES

Daniels works as a personal trainer in his hometown of Miami, Fla. He started his personal training business – No Excuses, LLC – during the pandemic. The No Excuses moniker comes from a lesson he learned while playing college football.

"I was taught a valuable lesson while playing college ball – in order to get results in anything that you do in life you can't have excuses preventing you from getting things done," Daniels said. "In order to reach our body goals, we can't have any excuses. We just have to get it done."

