

ATHLETE

NAME: **Giacomo Insom**

NATIONALITY: **Italy**

YEAR OF BIRTH: **1990**

POSITION: **EDGE**

HEIGHT: **6'2 ft**

WEIGHT: **231 lbs**

40 yards DASH: **4,95 s**

225 lbs BENCH PRESS: **18 reps**

VERTICAL JUMP: **34"**

BROAD JUMP: **8'9"**

20 yards SHUTTLE: **4,16 s**

2021 **Lazio Ducks**

2022 **Lazio Ducks**

<http://www.hudl.com/v/2JqPw2>

2023 **Milan Seamen**

<http://www.hudl.com/v/2Laj8t>

