



Biography – Patrick Larimore

Patrick Larimore, former UCLA team captain and starting middle linebacker, received national recognition for making one of the most historic and courageous decisions by a student-athlete. After suffering repeated concussions, including one that sidelined the former UCLA defensive MVP for over a month, Patrick retired from college football in August of 2012. He skipped his final season of eligibility as a senior, and potentially a promising career in the NFL, citing personal health as more paramount than sports.

His announcement shocked the national media, college football fans and fellow teammates as Patrick was heralded as one of the nation's top middle linebackers. His standout play in 2011 earned him Defensive MVP honors, leading UCLA's squad with 81 tackles and reestablishing the program's defensive prowess.

Patrick experienced several concussions during UCLA's 2012 spring training camp. Following a full medical examination, confirming the medical risks of continued competition, Patrick opted to protect his long-term health and forego his football career. Despite this difficult decision, Patrick actively supported his teammates throughout his senior year, remaining an inspirational leader in the locker room and on the sidelines.

Since his retirement from football, Patrick has actively advised student-athletes in high school and college to take head injuries more seriously and cautiously.

While concussions have received increasing attention in the NFL, Patrick has indicated that head trauma often begins much earlier in an athlete's career. He has expressed concern that many athletes, family members, coaches and administrators are underestimating the severity of concussions, particularly when opportunities to play professionally are on the line.

Patrick has started a national media tour and has committed to formal speaking engagements, in order to increase awareness of the pervasive head injuries occurring nationwide. Countless families have since reached out to Patrick with similar experiences, many of which have occurred outside of sports. Patrick has advocated that families break the wall of silence and make these injuries more known throughout all social circles.

His community-based website, MyHeadHurts.co, enables victims of head injuries to share their experiences, connect with individuals and families facing similar challenges, and locate viable resources to improve overall wellness.

Patrick earned a bachelor's degree in political science from UCLA in 2012.