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Pro Football

04/19/2002 - Updated 07:23 PM ET

Antwoine Womack, RB - Virginia

Womack by the numbers

- **Ht:** 6'0"
- **Wt:** 214
- 40-time: 4.46
- **Bench press:** 385
- **Squat:** 515

Positives: Shows good in-stride lateral agility and veer quickness…Has the vision and feel needed to weave through traffic… Has a sharp short burst…Protects the ball properly going through trash…Shows aggression facing up to defenders…Has crisp cutback agility and quickly bounces to the outside when the rush lane is filled…Has the pick and slide ability to turn the corner.

Negatives: Lacks the leg drive to be effective in short yardage or goal line situations… His durability is a big question mark and has also had veral legal issues off the field that kept him away from the game (1999), but the coaches say he is a great kid…Has very poor route running ability and does not show the hands needed to be effective catching out of the backfield.

CAREER NOTES: A fast and shifty runner with breakaway speed, off-field problems and injuries have prevented him from realizing the potential he showed in 2000…The three-year letter-winner appeared in 32 games for the Cavaliers, gaining 2207 yards with 13 touchdowns on 429 carries (5.1 avg) and snatched 16 passes for 144 yards (9.0 avg).

PERSONAL: Religious Studies major…Son of Bobby and Ella Womack...Born Antwoine D. Womack on 3/20/78 in Hampton, Virginia.

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