

Laurent Duvernay-Tardif - Biography

His meteoric rise has been so remarkable that the Kansas City Star called him “the most interesting man in the NFL.” And for good reason: not only is Laurent Duvernay-Tardif a 9-year NFL Veteran and Super Bowl Champion, but he is also a Doctor of Medicine from McGill University. In May 2018, he graduated with his doctorate, earning one of the biggest accomplishments of his life.

In May 2014, at the age of only 23, the Mont-Saint-Hilaire native became the 10th Canadian to be drafted by an NFL team from a Canadian university. In his second season in Kansas City, the six-foot-five-inch 320-pound player earned the position of starting right guard on the team.

Passionate about both football and medicine, Laurent turned a deaf ear when counsellors and family members advised him to choose between the sport he loved and his studies. And it proved to be the right choice! “It’s all about balance. Don’t give up on your passions!” he tells the young people he meets at the many talks he gives in schools across the province.

Duvernay-Tardif played university football with McGill University (2010 to 2013) after his college career with the Phénix at Collège André-Grasset (2008-2009). Previously, he played three seasons with the Richelieu Pirates in Beloeil.

From the beginning of his career, he has been honoured with awards, both athletic and academic. In February 2020, he was an integral part of the Kansas City Chiefs Super Bowl winning team as their starting Right Guard.

During the spring of 2020, Laurent lent a helping hand during the Covid-19 pandemic by working as an orderly at a long-term care facility in Saint-Jean-sur-Richelieu. In July 2020, Laurent announced that he was opting out of the 2020 NFL season due to Covid-19, becoming the 1st player of the 2020 NFL season to announce his decision to opt-out. While working on the front lines, he also enrolled in Harvard’s T.H. Chan School of Public Health.

In 2020, he was named co- recipients of the Sports Illustrated Sportsperson of the Year award as well as the co-winner for the 2020 Lou Marsh Trophy. He was also named to “l’Ordre National du Québec” in 2020. In 2021, he was the recipient of the Muhammad Ali Sports Humanitarian Award. Laurent was also the inaugural recipient of the 2021 Canada’s Walk of Fame National Hero Honour in December 2021. His scrubs and lab coat are now on display in the Pro Football Hall of Fame.

Involved in his community despite his grueling schedule, Laurent is driven by the desire to get young people excited about physical activity and art as well as promoting balance between sports, arts and studies. In 2017, his longtime girlfriend Florence-Agathe Dubé-Moreau and him cofounded the Laurent Duvernay-Tardif Foundation, its mission being to encourage sports, arts and studies for kids.

He announced his retirement from professional football on September 21st, 2023.

And since there's no stopping him, in 2021 Laurent took over his family bakery Le Pain dans les Voiles with his good friend and agent Sasha as well as with other associates. They now operate 4 locations.