

## Kate Miechkowski



**Position(s):** LB/FB  
**DOB:** 4/19/1986  
**Years w/ the Intensity:** 4  
**Jersey #:** 33  
**Hometown:** Cos Cob, Connecticut  
**Current Residence:** Providence, RI  
**College:** Rhode Island College  
**Favorite Song(s):** Taco Flavored Kisses  
**Favorite Movie(s):** Fatter, Balder, Uglier  
**Favorite Quote(s):** "May all your showers be golden." -Jerri Blank  
**Interesting Fact:** Kate enjoys a good lamb curry.

### Recent and Career Stats

Season	Total Tackles	Solo Tackles	Tackle Assists	Sacks	Rushes	Rush Yds	Rush TDs
2008	20.5	7	27	2.5	12	56	0
2009	17	3	28	0	21	52	1
2010	23.5	8	31	0.5	17	55	1
2011	25.5	3	45	0	2	1	0
<b>Totals</b>	<b>86.5</b>	<b>21</b>	<b>131</b>	<b>3</b>	<b>52</b>	<b>164</b>	<b>2</b>

2008 League All-Star  
2009 Co-Intensity Award Winner