



RED BANK CATHOLIC
ATHLETIC
HALL OF FAME



Quenton
Nelson

2014

FOOTBALL
&
BASKETBALL

Quenton Nelson was a two sport athlete at RBC. He was an All-Star power forward/center on the basketball team, but he truly excelled as a guard on the football team.

In both his junior and senior seasons at RBC Quenton was named to the All-Shore First Team by the Asbury Park Press. In his junior year he was named to the All-State Second Team by the Newark Star-Ledger and to the Max Prep Junior All-American Second Team.

In his senior year, Quenton received First Team All-State honors from the Star Ledger and both USA Today and Max Prep named him to their All-American Second Teams. Rivals.com ranked Quenton as the 29th best high school player in the nation and he was selected to play in the US Army All-America Bowl, featuring the top 90 high school players in the country.

Moving on to the storied football program at Notre Dame, Quenton redshirted his freshman year. As a sophomore he played in every Notre Dame game and as a junior he was a starter in every game. As a senior in 2017 Quenton was an integral part of a Notre Dame team that went 10-3, defeated four teams ranked in the top 25 in the nation, and defeated LSU in the Citrus Bowl. At the end of the season, Quenton was a unanimous First Team All-American selection.

In the 2018 NFL draft, the Indianapolis Colts chose Quenton with the No. 6 pick overall and he has more than justified their confidence in him. In his first season Quenton was the Offensive Rookie of the Month for October, the first guard to ever win that award. Quenton has been selected to the Pro-bowl in each of his first seven seasons, and is only the 20th player in NFL history and one of only three lineman to ever achieve that distinction. This past season Quenton received All-Pro honors for the fifth time, including three First Team All-Pro selections. His five All-Pro Selections are the most for a guard in Colts history.

In the annual poll of NFL players for the top 100 players in the league at any position Quenton has three times been voted as one of the top 33 players in the league. In 2022 he was ranked by his fellow players as the 11th best player in the NFL, at any position. In addition to his elite athleticism and power, Quenton is known for his extensive film study and game preparation. Sports Illustrated has described Quenton as "the most cerebral offensive lineman in football." His teammates call him "the ultimate team guy" and "the gold standard."