

# Villanova Football's Summer Grind: Freshman QB Hudson Heinemann Sets the Tone for 2025

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[/EINPresswire.com/](#) -- As temperatures soar across the Main Line, Villanova's football players are grinding through what may be their most crucial summer preparation in years. We caught up with freshman quarterback Hudson Heinemann, who has a disciplined approach at the state-of-the-art Howie Long Strength & Conditioning Center.

The two-story, 10,000 square foot facility has become a second home for players this summer, with Olympic lifting racks, turf areas, and sports-performance screening spaces buzzing with activity under Sports Performance Coach Mike Tucker and his dedicated team.

But it's Heinemann's relentless commitment that draws attention. "I have a strict training schedule that includes a specific diet, and I'm dedicated to this. I'm constantly training" said the IMG Academy transfer, who has made the rare leap straight into Villanova's quarterback lineup as the only freshman in the group.

What sets Heinemann apart isn't just his arm strength or field vision—it's his lifestyle choices. In an era where college athletes often struggle with the newfound freedoms of campus life, Heinemann has taken the opposite approach, maintaining a strict no-drinking, no-smoking regimen.

"Staying clean allows me to recover faster, train harder, and perform at my highest level. Every decision counts, and choosing a healthy, focused lifestyle gives me a competitive edge," Heinemann explained between training sessions.

Heinemann will be wearing the iconic #12 jersey—a number that carries significant weight historically.



Villanova Football's Freshman QB  
Hudson Heinemann

With fall camp beginning Aug. 5th this summer's intensive preparation could prove pivotal for a Villanova program looking to make noise in 2025.

Can't wait to see how this summer's work translates to wins when the lights come on this fall!

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