

# AceForMen®

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## RULES OF THE GAME™

**BIRTH DATE:** 2-3-1981  
**HEIGHT:** 6'4"  
**WEIGHT:** 310 LBS  
**POSITION:** OG **COLLEGE:**  
**INDIANA**

Kris Dielman, known as the “Real Deal” was an all-state and all conference linebacker and tight end in at Troy High School in Troy, Ohio. He went on to play tight end at Indiana University. He went undrafted out of college but signed on with the San Diego Chargers in 2003. The Chargers converted him from a defensive tackle to an offensive lineman, and before long Dielman had established himself as a starter at left guard. By his fourth year in the league, he was a rising star and an integral part of LaDainian Tomlinson’s record breaking 2006 season. That same year Dielman signed one of the biggest contracts ever awarded to an offensive lineman in team history. His game reached new heights in 2007 as he was selected to play in the 2008 Pro Bowl earning the utmost respect of his peers.

Dielman’s hard-nosed, physical play in the trenches helped set the tone for the NFL’s seventh-ranked rushing attack in

**ACE: Do you have any superstitions about grooming during season?**

KD: I usually don’t shave during training camp. It’s probably not because I’m superstitious, but more just because I don’t want to

**ACE: What teammate is the best groomer (“pretty boy”)?**

KD: There’s quite a few of them. No linemen of course...but I’d have to say Louis Castillo...definitely Castillo

**ACE: What is your most embarrassing grooming moment?**

KD: A bad hair-cut, the one that caused me to not cut my hair for the next 2 ½ years

**ACE: What's your favorite ACE tool? Why?**

KD: The shower mirror. When I shave, I like to do it in the shower

**ACE: Do real men get manicures?**

KD: No

2007. The Chargers rushed for 2,039 yards and an average of 127.4 yards per game. It included a 274-yard performance against Detroit in December, the second-most prolific rushing day in team history.

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**HONORS:**

Earned All-NFL honors from USA Today Sports Weekly 2007

Selected to AFC Pro Bowl squad

Named Chargers Lineman of Year  
2008 ACE, A Newell Rubbermaid Company  
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