2011 MEDIA GUIDE

NFL

2011

The Seattle Seahawks hard-driving dedication to succeed on the football field is indicative of the attitude taken towards work in the community. The goal of the organization is to have an impact on those who are less fortunate, focusing on developmental programs for youth, especially academic and athletic programs. Following are some of the programs developed by the Seahawks, all of which have the intent of creating a positive impact in the community and on the 12th Man.

SPIRIT OF 12 PARTNERS

Founded in 2004, the Spirit of 12 Partners embodies the team's commitment to the Pacific Northwest community and its fans. At every home game, Pacific Northwest youth service organizations partner with The Paul G. Allen Family Foundation and Seahawks fans to raise funds for kids' programs. As Spirit of 12 Partners, members of community-based nonprofits distribute the Seahawks Gameday Magazine, keeping 100 percent of the proceeds which are then matched by The Paul G. Allen Family Foundation. In 2010, more than $250,000 was raised in the Spirit of 12 Partners Program and more than $1.8 million in total funds since 2004. The Paul G. Allen Family Foundation's mission is to enrich lives and strengthen communities in the Pacific Northwest. Grant programs advance the areas of arts and culture, poverty alleviation, economic relief, education, and scientific research.

SPIRIT OF 12 PARTNERS

More Than $1.8 Million Raised!

Camp Fire USA
Today's kids. Tomorrow's leaders.

BOYS & GIRLS CLUBS
WASHINGTON STATE ASSOCIATION

Special Olympics
Washington

Big Brothers Big Sisters
of Puget Sound

Girl Scouts.
Girl Scouts of Western Washington

SEAHAWKS MILITARY SUPPORT

The Seahawks are deeply committed to honoring America's service members by hosting military men and women at home games, team practices or visiting local bases. The Seahawks are proud of the men and women who serve our country and the legacy of service they represent.

The United States Military Sea Hawkers Color Guard is formed from active military members of all branches of the armed services. This chapter of the booster club reaches all service members based throughout the world. The Sea Hawkers Booster Club is the official booster club of the Seattle Seahawks. Their purpose is to have fun, support the Seahawks players and organization, and help support various local charities.

Military Appreciation Day

As part of the Seahawks 2010 Military Appreciation Day, representatives from the Army, Navy, Air Force, Marines, Coast Guard, National Guard, Veterans of Foreign Wars, and American Legion were honored on the field before the Seahawks game versus the New York Giants on November 7.

World War II veteran Buck Compton raised the 12th Man flag. Compton was the commander of the second platoon of Easy Company, part of 101st Airborne Division, immortalized as the "Brand of Brothers."

A BETTER SEATTLE

In August 2011, Head Coach Pete Carroll and the Seattle Seahawks launched "A Better Seattle." "A Better Seattle" serves as a unifying force to forge public-private partnership corporations, law enforcement, and community groups with the goal to ensure kids in Seattle are the safest and healthiest kids in America. "A Better Seattle" works in partnership with the city of Seattle's Youth Violence Prevention Initiative, YMCA of Greater Seattle's Alive & Free program and other organizations helping youth reach their full potential. "A Better Seattle" strives to create safe environments and reduce violence in neighborhoods in Seattle and South King County.

GAMEDAY COLLECTIONS

Communities in Schools "Stuff the Bus"

For the past five seasons, Seahawks fans have participated in the Communities in Schools "Stuff the Bus" program. Last season, "Stuff the Bus"was held before the Seahawks preseason game against the Green Bay Packers on August 21. Two school buses were parked in front of the CenturyLink Field Event Center for fans to drop off school supplies. Fans filled the bus with supplies and cash donations. More than $1,500 in cash and 7,400 supplies were collected. The promotion benefited students in the Seattle and Tacoma area with the highest percentage of low income students. The fifth annual campaign collected enough supplies to donate to 32 local schools and 7,500 students**.**

U.S. Marines Toys for Tots

Every year the U.S. Marine Corps Reserve have representatives at CenturyLink Field to collect toys for the Toys for Tots program during a Seahawks game in December. Last year, the Marines collected toys on December 5 versus the Carolina Panthers. More than 3,200 toys and $14,300 were donated during the drive. Donated toys are distributed as holiday gifts to needy children in the Seattle community.

Tackle Hunger Food Drive

The Seattle Seahawks, News Talk KIRO 97.3 FM, the Seahawks Women's Association and Northwest Harvest encouraged fans to bring nonperishable food or cash donations to the Seahawks game versus the New York Giants on November 7. The donations assisted Northwest Harvest, the only statewide hunger relief organization in Washington. The drive collected more than 2,400 pounds of food and raised over $12,200.

HOMETOWN HUDDLE

In a league-wide day of community service called Hometown Huddle, all 32 NFL teams participate in a project that benefits a local United Way agency. Last year was the 11th year the Seahawks participated in the program.

Last season, the Seahawks helped build and dedicate the new "Seahawks PLAY 60 Youth Fitness Zone" at the Garfield Teen Life Center. The Seahawks provided the local youth facility with $25,000 for fitness equipment and programs to help encourage 60 minutes of physical activity per day. The Garfield Teen Life Center, in Seattle's Central Area, is well-known for its unique and diverse programs for youth 14 to 17 years old. Garfield Teen Life Center members joined Seahawks President Peter McLoughlin, Seahawks players, Sea Gals and the team mascot for the grand opening and permanent hand-print ceremony at the new fitness center.

PETE GROSS HOUSE

The Pete Gross House, which opened in November of 1999, is a 70-unit apartment complex providing housing for families undergoing treatment at the Fred Hutchinson Cancer Research Center. The Pete Gross House is also the location of The Hutch School, a fully accredited K through 12 school for cancer patients and their siblings. The apartments have been at capacity since this housing development opened.

This housing project is named after Pete Gross, the Seahawks play-by-play announcer from 1976-92, who succumbed to cancer in 1992 just three days after being inducted into the Seahawks Ring of Honor. The Seahawks took a very active role in seeing this project through to completion. Last year, Ultimate Sports Auction Radiothon was held at Bonneville studios in Seattle and more than $43,000 was raised for the Pete Gross House and The Family Assistance Fund.

Pete Gross and current play-by-play announcer Steve Raible worked together from 1982-92.

STATE OF FOOTBALL

The "State of Football" at CenturyLink Field honors the rich tradition and legacy of high school football in the state of Washington. The helmet wall features replica helmets from every Washington State high school football program. On hand to help with the official unveiling in 2004 and to represent their state high schools were Marcus Trufant, Jack Thompson, Michael Jackson and Mike Alcantera, who all spoke to the significance of high school football and the tribute that is made by the helmet wall to the hard-working high school student-athletes.
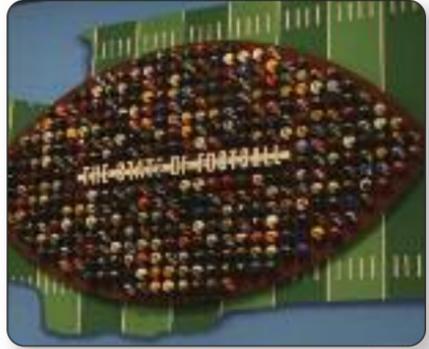
LEADERSHIP CHALLENGE

The "Seahawks Leadership Challenge" is a leadership development program for high school student-athletes. The program promotes and inspires involvement in charitable causes and rewards community service.

In 2010, students participated in a two-day conference focusing on leadership, service and community consciousness. $20,000 in college scholarships were distributed to Seahawks Leadership Challenge students for their outstanding leadership and service in their communities.

Students volunteered their services in local communities.

Commissioner Goodell and Governor Gregoire attended a concussion education and advocacy conference last year at VMAC.

THE LYSTEDT LAW

The law is named for Zackery Lystedt, who, in 2006, suffered a life-threatening brain injury following his return to a middle school football game after sustaining a concussion. Zackery, his family and a broad range of medical, business and community partners lobbied the state legislature for a law to protect young athletes in all sports from returning to play too soon. The Lystedt law contains three essential elements:

- Athletes, parents and coaches must be educated about the dangers of concussions each year.
- If a young athlete is suspected of having a concussion, he/she must be removed from a game or practice and not be permitted to return to play. When in doubt, sit them out.
- A licensed health care professional must clear the young athlete to return to play in the subsequent days or weeks.

HIGH SCHOOL COACH OF THE WEEK AND YEAR

Coach Sid Otton was presented with the High School Coach of the Year Award at half-time of a Seahawks game last December.

Seahawks and the NFL Youth Football Fund. At the conclusion of the high school season, all 20 coaches are invited to attend the Seattle Seahawks High School Coach of the Week brunch and are honored before a Seahawks game.

Tumwater High School's Sid Otton was named the 2010 Seattle Seahawks High School Coach of the Year after his team posted a 12-1 record and won the 2A State Championship. Otton received a $2,000 grant from the Seattle Seahawks as well as the Jim Ennis Award.

NFL TEACHER OF THE YEAR

Former Seattle Seahawks guard Frank Beede, a teacher at Freedom High School in Oakley, Calif. was named the 2010 NFL Teacher of the Year. Beede received a $5,000 award and a $5,000 grant was presented to Freedom High School from the NFL. The Seahawks honored him by having him raisethe 12th Man flag prior to the Seahawks preseason game against the Tennessee Titans on August 14. He was signed by Seattle in 1996 and played five seasons for the Seahawks.

During the 10-week high school football season the Washington State Football Coaches Association select two high school football coaches as the Coach of the Week winners. Each recipient receives a $500 donation to the school's football program from the Seattle

MAKE-A-WISH FOUNDATION

Working with the Make-A-Wish Foundation of Alaska and Washington, the Seahawks fulfill wishes for children with life-threatening medical conditions to enrich the human experience with hope, strength and joy. Over the years, the Seahawks have fulfilled over 30 wishes.

Last year, the Seahawks granted a wish to meet head coach Pete Carroll and linebacker Lofa Tatupu. Kyle Cronk of Puyallup suffered from Hepatocellular Carinoma, which is a cancer of the liver. The 17-year-old attended a Seahawks practice and game last December and met Coach Carroll, Tatupu and the team. He also ran out the game ball to the referee prior to the game against Carolina.

SEATTLE
SEAHAWKS

Women's Association

The Seahawks Women's Association was involved in many community events last year. The association hosted a "Football 101" workshop to benefit charity as part of the team's broader campaign to raise awareness for breast cancer. Fans registered for the event which was held at the Virginia Mason Athletic Center. The event raised almost $13,000 for the Pink Daisy Project and Young Survivor Coalition. Members of the Seahawks Women's Association volunteered for the event.

The group also participated in the Habitat for Humanity Women Build by completing construction on three duplex and two single-family Habitat for Humanity Seattle/South King County homes.

BREAST CANCER AWARENESS

The NFL donated more than $1 million to the American Cancer Society as a result of the 2010 A Crucial Catch breast cancer awareness campaign. Funds will support both national and local breast cancer initiatives of the American Cancer Society, which has a presence in more than 5,100 communities nationwide. The NFL and NFL Players Association supported October's National Breast Cancer Awareness Month with their largest on-field presence to date.

SEAHAWKS COURAGE HOUSE

Childhaven, the Seahawks Courage House, assists abused or neglected children five years old or younger. Last year, the team held the ninth annual Seattle Seahawks "Tackle Child Abuse" Dinner/Auction at The Bellevue Hyatt to benefit Childhaven. The event raised more than $688,000. Former Seahawks fullback Mack Strong, along with his wife, Zoe, were honorary chairs. Running back Leon Washington was honored as the team's Ed Block Courage Award winner for 2010. Voted on by his teammates, the award is presented to the player who exemplifies commitment to the principles of sportsmanship and courage.

STATS FOR KIDS

Throughout the football season, there are a number of ways in which players can benefit local charities by raising their level of performance on the field. Programs have been developed that unite charities with sponsors who donate money based on game day performances. Listed below are the programs which were in place during the 2010 season:

CATCHING ON QUICK

For every John Carlson catch, a donation was made to Boys & Girls Clubs of Washington. The program raised $3,000 and was sponsored by Schuck's O'Reilly.

KEEPING THE QB "SAFE"

For each quarter the offensive line did not allow a sack, a donation was made to the Seattle Youth Violence Prevention Initiative at Rainier Vista Boys & Girls Club. The program raised $37,000 and was sponsored by Safeco Insurance.

POWER OF "12"

For every opponent false start at home, a donation was made to the Pete Gross House. The program raised more than $3,000 last season and was sponsored by Western Washington Toyota Dealers.

SPECIAL KICKS - FIELD GOALS & PUNTS

For every successful field goal and punt landing inside the 20-yard line, a donation was made to Camp Fire USA of Snohomish County. Last season, the program raised more than $250,000.
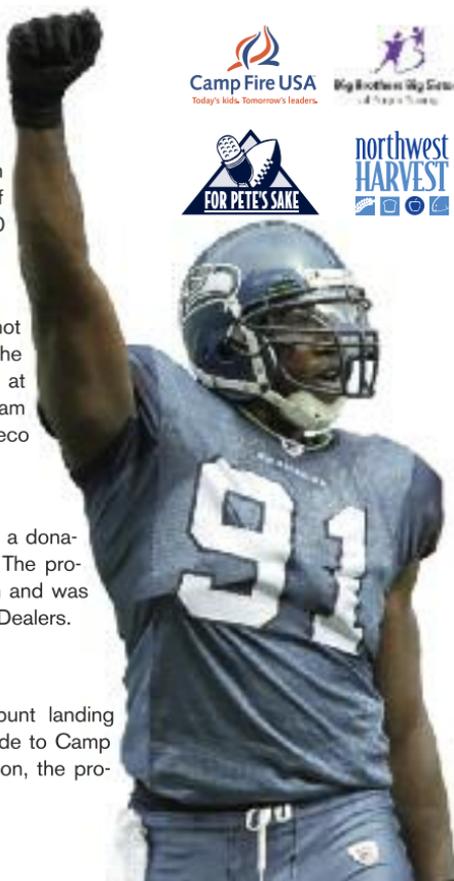
PLAY 60

In partnership with the National Dairy Council and NFL, the Seahawks teamed up to fight childhood obesity through the Fuel Up to Play 60 program. The program is designed to empower middle school students to take action for their health and improve their school environment. Students earned points by eating healthy, playing at least 60 minutes a day, and tracking their points online. More than 1,600 schools participate in Washington and Alaska.

Last year, Marcus Trufant (above) attended Lincoln Elementary in Seattle and John Carlson (below) visited Maplewood Heights Elementary in Renton. In all, the Seahawks visited 19 different schools as part of the "Play 60 Tuesdays." Players distributed t-shirts and posters and encourgaged students to be active 60 minutes per day.

PLAY 60

Gatorade Jr. Training Camps

The Seahawks have made a commitment to the athletic improvement and life skills development of the youth of the Pacific Northwest by holding football camps at a number of locations throughout the region. During the summer months the Seahawks and Gatorade team up to host the Seahawks Gatorade Junior Training Camps. These two-hour camps are free to all boys and girls ages 8-14 and feature Seahawks players and area high school coaches who teach basic football skills to all participants. Camps are held in Seattle and various cities in Central and Eastern Washington.

Seahawks 12K Run

The Seattle Seahawks, The Landing and the City of Renton held the second-annual "Seahawks 12K Run at The Landing." The Seahawks 12K took place on April 10, 2011, and included a 12K run, a 5K run/walk, a non-competitive half-mile Kids Run and a Block Party with free games, activities and entertainment. More than 3,000 runners turned out to participate and the event raised money for the Renton Skyway Boys and Girls Club.

CENTURYLINK FIELD EVENT CENTER SOLAR PANELS

The Seattle Seahawks, Sounders FC and First and Goal Inc. (FGI) began installing 3,750 solar panels on the roof of the Event Center in May. Using the latest thin-film technology, the panels will capture both direct and reflected sunlight across a unique 360 degree cylinder-type surface. The panels take advantage of the facility's new white "cool roof" which conserves energy by reducing the amount of heat absorbed by the roof surface and lowering the need for building cooling. The system will cover over 2.5 acres.

BY THE NUMBERS

- Reduce Annual Utility Costs: 21% or $280,000
- Reduce Carbon Emissions: 1,346 metric tons (equivalent of planting 278 football fields worth of trees)
- Solar Installation to Generate: 830,000 kWh (equivalent of providing enough electricity to power 95 Seattle area homes for one year)
- Water Savings: 1,342,660 gallons

*Roy Lewis,
Seahawks 2010
Man of the Year.*

SHAUN ALEXANDER FOUNDATION
(Shaun Alexander)

THE AUGUST FOUNDATION
(Steve August)

BRIAN BLADES FOUNDATION
(Brian Blades)

THINK BIG/KERRY CARTER FOUNDATION
(Kerry Carter)

DARBY FOUNDATION
(Chuck Darby)

TD4HIM
(Trent Dilfer)

BOBBY ENGRAM FOUNDATION
(Bobby Engram)

PRO ATHLETES OUTREACH
(Norm Evans)

TOM FLORES YOUTH FOUNDATION
(Tom Flores)

TALON FOUNDATION
(Byron Franklin)

LIFE ATHLETES INC.
(Chris Godfrey)

JACOB GREEN CHARITY GOLF CLASSIC
(Jacob Green)

TIMOTHY HILL CHILDREN'S RANCH
(James Hill)

GEORGE F. HOAGLIN CHARITABLE FOUNDATION
(Fred Hoaglin)

S.M.A.R.T. STUDENTS, INC.
(Doug Hollie)

WALTER JONES FOUNDATION
(Walter Jones)

STRONGER FAMILIES
(Jeff Kemp)

GEORGE KOONCE SR. FOUNDATION
(George Koonce)

THE DEEMS MAY FOUNDATION
(Deems May)

MAC'S MIRACLE FUND
(Michael McCrary)

REGGIE MCKENZIE FOUNDATION
(Reggie McKenzie)
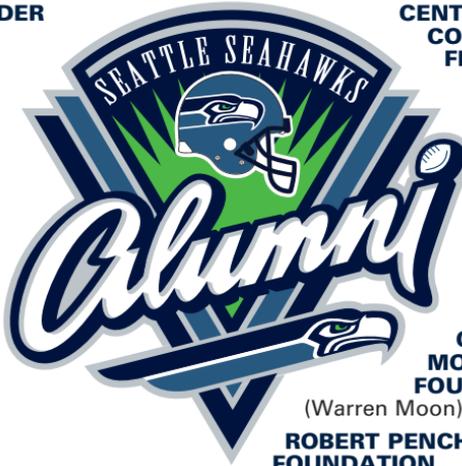
CENTRAL AREA COMMUNITY FESTIVAL
(Vic Minor)

RICK MIRER CHILDREN'S CHARITY FOUNDATION
(Rick Mirer)

MYLES FOR KIDS FOUNDATION
(DeShone Myles)

CRESCENT MOON FOUNDATION
(Warren Moon)

ROBERT PENCHION FOUNDATION
(Robert Penchion)

RICKY PROEHL FOUNDATION
(Ricky Proehl)

JERRY RICE "127" FOUNDATION
(Jerry Rice)

MARCUS ROBERTSON CHILDREN'S FOUNDATION
(Marcus Robertson)

DAMIEN ROBINSON 4TH AND 1 SCHOLARSHIP FUND
(Damien Robinson)

ROBINSON FAMILY FOUNDATION
(Eugene Robinson)

MACK STRONG TEAM-WORKS ACADEMY
(Mack Strong)

THE GINO TORRETTA FOUNDATION
(Gino Torretta)

CURT WARNER AUTISM FOUNDATION
(Curt Warner)

RICKY WATTERS FOUNDATION
(Ricky Watters)

JIMMY WILLIAMS INTERCEPTING OUR YOUTH FOUNDATION
(Jimmy Williams)

SHOW THEM WE CARE FOUNDATION
(Willie Williams)

GRANT WISTROM FOUNDATION
(Grant Wistrom)

WUNSCH FAMILY FOUNDATION
(Jerry Wunsch)

BOEING CLASSIC

The Boeing Classic is an Official Event of the PGA TOUR Champions Tour, which features the most recognizable and accomplished players in the game 50 years of age or older. In the tournament's six-year history, nearly 3.2 million dollars has been raised for the Heart Institute at Virginia Mason Medical Center, the Benaroya Research Institute at Virginia Mason and additional Greater Seattle Charities.

The Seattle Seahawks played a major role in the launch of the event and have continued to support the region's premier annual golf event in a variety of ways. As a community partner, Seahawks and Sounders FC staff serve on several tournament committees. The team also hosts the Kickoff event of the tournament - the Seahawks Rumble on the Ridge. Ring of Honor inductees, NFL Hall of Famers, plus local and national celebrities come together for a round of golf at TPC Snoqualmie Ridge and to raise funds for The Nutrition & Fitness for Life Program at Virginia Mason Medical Center.

This year the partnership was enhanced to provide one of the most unique sports experiences in our region with the Seahawks Club at the Boeing Classic. The all-inclusive hospitality skybox is situated on the 18th Green at TPC Snoqualmie Ridge, where the breathtaking views of the Snoqualmie Valley serve as the backdrop for world-class golf and provide the perfect venue to mingle with Seahawks legends, friends and business leaders throughout the Northwest.

The Seahawks are proud to have been a part of the Boeing Classic since its inception and value the role the organization has played in helping to raise millions of dollars for local charities.

2010 Champion Bernard Langer

Tom Kite   *Fred Funk*   *Fred Couples*   *Mark O'Meara*   *Nick Price*

PAUL G. ALLEN
CHAIRMAN, VULCAN SPORTS & ENTERTAINMENT

Both goals have been realized. In 2002, the vision of Seahawks Stadium and Exhibition Center, renamed CenturyLink Field & CenturyLink Field Event Center in 2011, became reality. An open-air facility which many argue is the best venue in the National Football League, CenturyLink Field is home to over 300 events annually, including Major League Soccer, Supercross, concerts, graduation ceremonies, and trade shows.

"It exceeds the vision we had originally," Allen said shortly after the opening of the stadium. "We had a goal to create a really intimate stadium with elegant architecture that would be great for the fans. I think we've ended up with a fantastic facility."

An investor and philanthropist, Allen creates projects in arts, education, entertainment, sports, business and technology that change and improve the world. He co-founded Microsoft with Bill Gates in 1976, remained the company's chief technologist until he left Microsoft in 1983, and is the founder and chairman of Vulcan Inc. In addition, Allen's multi-billion dollar investment portfolio includes stakes in real estate, technology, media and content companies. Allen also owns the Portland Trail Blazers NBA franchise and is a member of the

Growing up in the Northwest, Paul G. Allen's passion for football was kindled attending University of Washington football games with his father. As years passed, he developed a fondness for the Seahawks, his hometown NFL team. When former ownership threatened in 1996 to move the Seahawks to Southern California, Allen acted on an opportunity to purchase the club and save pro football in Seattle. Along with the purchase came the vision of a new multi-functional stadium and exhibition hall. On June 30, 1997, the purchase was completed, keeping the Seahawks in the great Northwest.

"From the beginning of this process, my goals have been to work with the community to create a lasting asset for our future, and to ensure the long-term success of the Seahawks," said Allen at the time of purchasing the franchise. "Moving forward, our goals are to build a playoff caliber team and to create a world-class facility for the state of Washington."

ownership group for the Seattle Sounders FC of the MLS.

Allen has been named one of the top philanthropists in America, with lifetime giving totaling more than $1 billion, and is committed to giving back to communities in the region he still calls home – the Pacific Northwest. He conducts his philanthropy through The Paul G. Allen Family Foundation, which strengthens communities and supports vulnerable populations in the areas of arts and culture, human services, opportunities for youth, and scientific advancement.

In 2003, Allen announced a commitment of $100 million in seed money dedicated to brain research, unveiling the Allen Institute for Brain Science in Seattle. The nonprofit Allen Institute was founded as an innovative and unprecedented resource for neuroscientists around the world. In 2006, the Allen Institute completed its inaugural project, the Allen Brain Atlas—Mouse Brain. The mouse brain atlas is a Web-based, three-dimensional map of gene expression in the mouse brain which is freely accessible online. Detailing more than 21,000 genes at the cellular level, the Atlas continues to help scientists achieve new insights about neurological function and disease. In 2008, the Allen Institute announced three new major atlas projects — the Allen Brain Atlas (ABA)—Human Brain, ABA—Developing Mouse Brain, and ABA—Mouse Spinal Cord. The new atlases are designed to accelerate brain, and spinal cord research, dramatically advancing the field of neuroscience.

Inspired by growing up in the era of the "space race," with its Mercury, Gemini, and Apollo missions, Allen underscored his passion for rocketry by sponsoring the development of SpaceShipOne, the first privately funded spacecraft to successfully attain suborbital space. SpaceShipOne won the Ansari X-Prize in 2004. Through the years, Allen has also acquired and preserved rare aircraft of 20th-century military aviation, many of which are the last of their kind. The Flying Heritage Collection's purpose is to restore these artifacts to flying condition with the highest standard of authenticity and to share them with the public.

Allen is also founder of Experience Music Project, Seattle's critically acclaimed interactive music museum; the Science Fiction Museum and Hall of Fame; and Vulcan Productions, the independent film production company behind the award-winning feature Hard Candy; the Evolution series on PBS; The Blues, executive-produced by Martin Scorsese in conjunction with Allen and Jo Lynn Allen; the Emmy-award winning Rx for Survival A Global Health Challenge; the Peabody award-winning Judgment Day: Intelligent Design; and the multi-award-winning This Emotional Life.

Learn more about Paul Allen online at www.paulallen.com.

JO LYNN ALLEN
PRESIDENT & CEO, VULCAN INC.

Jo Lynn Allen is president and CEO of Vulcan Inc., the management firm she co-founded with investor and philanthropist Paul G. Allen in 1986. Since then, she has developed and led a wide range of Mr. Allen's business and charitable endeavors around the world. Ms. Allen's responsibilities also include serving as president of Vulcan Productions, the film production company behind such acclaimed projects as This Emotional Life; Hard Candy; Far From Heaven; the Emmy Award-winning PBS series Rx for Survival: A Global Health Challenge; the Evolution series on PBS; The Blues, executive-produced by Martin Scorsese in conjunction with Ms. Allen and Paul Allen; and the Peabody Award-winning Judgment Day: Intelligent Design on Trial.

Ms. Allen is co-founder and president of The Paul G. Allen Family Foundation, which builds strong communities and supports vulnerable populations throughout the Pacific Northwest. In addition, Ms. Allen is president of the Board of Seattle's Experience Music Project, the critically acclaimed music museum, and the Science Fiction Museum and Hall of Fame. She serves as vice chair of First & Goal Inc., the development and management company of CenturyLink Field and CenturyLink Field Event Center. Ms. Allen also serves on the boards of the Allen Institute for Brain Science, and the Seattle Seahawks Charitable Foundation.

PETER MCLOUGHLIN
PRESIDENT; SEAHAWKS, SOUNDERS FC, FIRST & GOAL, INC.

On September 23, 2010, Paul G. Allen announced the appointment of Peter McLoughlin as president of the Seattle Seahawks, Sounders FC and First & Goal Inc.

McLoughlin assumes responsibility for all financial and business operations, sales and marketing, sponsorship, administration and operations of Seattle's football and soccer franchises. As president of First & Goal, he oversees management of CenturyLink Field and CenturyLink Event Center, and the Theater.

He serves as the Seahawks liason to the NFL on all league matters and represents Seahawks ownership at NFL meetings.

Most recently, McLoughlin served as chief executive officer of St. Louis Blues Enterprises, which encompasses all business operations of the NHL Blues and Scottrade Center; including sales, marketing and finance. During his tenure in St. Louis, the Blues saw dramatic increases in season ticket holders, sponsorship sales and television ratings. In the ESPN Fan Satisfaction Ratings, the Blues went from 63rd to 14th among all U.S. pro sports teams.

For 21 years prior to joining the Blues, McLoughlin served in a variety of executive roles at Anheuser-Busch, which is widely considered one of the world's premier companies in the areas of consumer marketing and sports sponsorship. McLoughlin was Vice President of Corporate Media and served as an officer of the company while at Anheuser-Busch, where he negotiated sponsorship and strategic alliances on behalf of Budweiser, Bud Light and other A-B brands. That role included 15 Super Bowls, 10 Olympics, Major League Baseball, National Basketball Association, National Hockey League, NCAA, World Cup soccer and a host of professional team and league partnerships in the U.S. McLoughlin was integral in the development and execution of national and local media plans on behalf of Anheuser-Busch, leading negotiations for national broadcast media placement, local media buying, sports team sponsorships and stadium signage.

McLoughlin began his professional career at NBC Sports. From July 1979 to March 1984, he served as a senior unit manager at NBC Sports, where he managed production budgets and supervised on-site production of network programming such as Major League Baseball, the NFL, NCAA basketball, the World Series and the French Open tennis tournament. From March 1984 to October 1985, McLoughlin worked in NBC Sports Sales.

McLoughlin was very active in the St. Louis community. He served on the board of directors for the St. Louis Regional Chamber and Growth Association, Regional Business Council, United Way of St. Louis, Boy Scouts of the Greater St. Louis Area and the St. Louis Sports Commission. Now in his second season with the Seahawks and Sounders FC franchises, he is increasingly becoming involved in the Seattle landscape. He is a board member of The United Way of King County, Washington Round Table.

A graduate of Harvard University, he and his wife, Kelly, have five children and reside in Seattle.

JOHN SCHNEIDER
GENERAL MANAGER

John Schneider enters his second season as General Manager of the Seattle Seahawks having been named to the position January 19, 2010. In his role, he manages all aspects of the Seahawks roster and draft process while working collaboratively with Pete Carroll in all facets of the football operations department.

Although he holds the designation as the NFL's third-youngest general manager at age 40, Schneider begins his 19th season working in the professional ranks.

Schneider's philosophy is one of building through the draft while creating a competitive culture through a mix of youthful playmakers and veteran leadership. He is charged with piecing together a younger roster that will breed a sustained winning atmosphere for years to come. The signs of that philosophy have been evident during his first full year in a leading role.

Schneider's first season resulted in a roster that saw an NFL-leading 284 transactions from the time he took control in February 2010 through the club's final game in January 2011. Even with the roster turnover, his first season resulted in an NFC West title and Wild Card playoff victory over the defending Super Bowl Champion New Orleans Saints.

He has shown a willingness and creativity to acquire extra draft picks and young talent via trade and free agency. Presented with two of the top 14 picks in the 2010 NFL Draft, he was able to acquire what many considered the best tackle prospect in Russell Okung and a starting free safety with the selection of Earl Thomas. As the draft went along, he engineered trades that provided competition at running back, including the acquisition of Leon Washington.

Before joining the Seahawks, Schneider enjoyed eight successful seasons with the Green Bay Packers. Originally joining the Packers March 1, 2002, as a personnel analyst to the general manager, he was promoted in May of 2008 to director of football operations. In his role, Schneider served as strategic counsel to General Manager Ted Thompson, addressing and evaluating the needs of the team in both free agency and in the draft while incorporating long-range planning processes that examined the Packers' roster, as well as the rosters of all NFL teams.

Before rejoining the Packers in 2002, he spent three seasons with the Kansas City Chiefs (1997-99), one year with the Seahawks (2000) and a year with the Washington Redskins (2001) as vice president of player personnel.

Schneider, a native of De Pere, Wis., first learned the tools of his trade with the Packers, beginning as an intern during the summer of 1992 under then-Executive Vice President/ General Manager Ron Wolf. After graduating from the University of St. Thomas in St. Paul, Minn., Schneider returned to Green Bay, serving as pro personnel assistant for four years (1993-96) and playing an integral role in the signing of several free agents who would help make up the team that won Super Bowl XXXI in New Orleans.

Schneider moved on to the Kansas City Chiefs in 1997 as director of pro personnel. It was in Kansas City that Schneider first worked with Marty Schottenheimer, whom he would later join in Washington. With the Chiefs, Schneider oversaw the scouting of all players with pro playing experience, including NFL Europe and the CFL, as well as the NFL. He also conducted advance scouting of all Kansas City opponents and was responsible for free agent acquisition.

In 2000, he subsequently signed on as director of player personnel for the Seahawks, hooking up with Thompson and Mike Holmgren, with whom he had worked in Green Bay.

Schneider joined Schottenheimer with the Redskins in 2001 as vice president of player personnel, overseeing all aspects of the player personnel department, including college scouting, the college draft, pro scouting, free agency and day-to-day player personnel evaluations and operations. His duties included assembling and managing Washington's scouting staff, a process which involved the hiring of 15 personnel staff members and implementation of a new scouting system. In his role, Schneider advised Schottenheimer on all personnel matters.

Schneider earned a degree in history and also studied education at St. Thomas, playing football for one year before a shoulder injury cut short his career.

Born May 25, 1971, Schneider attended De Pere's Abbot Pennings High School and finished as one of the school's all-time leading rushers. He and his wife, Traci, have two sons, Ben, 9, and Jack, 7.

KAREN BECKMAN
CFO & VP OF FINANCE
SEAHAWKS, SOUNDERS FC AND FIRST & GOAL

Karen Beckman is responsible for the financial oversight of the Seahawks, First & Goal Inc., and Seattle Soccer LLC. She is charged with establishing budgets, forecasting and managing cash flow. She also oversees the teams' financial reporting and analysis as well as reporting to the Public Stadium Authority. Another aspect of this position is analyzing and handling economic challenges and opportunities as they relate to the National Football League and Major League Soccer. She also oversees the teams' information technology departments. Beckman originally joined the Seahawks in 1991 as a staff accountant and was promoted to her current position in May 2009. In 1990, Beckman was loaned to the Seahawks from the public accounting firm Arthur Andersen & Company to assist in the Seahawks accounting department before being hired full time the following year. Promoted to controller in 1997, Beckman was promoted to Finance Director of the Seahawks in 2003 and added the same responsibility for First & Goal Inc., in 2005. Was selected to attend the Inaugural Stanford Executive Education NFL Program for Managers in 2003. Beckman grew up in the North Seattle area before moving overseas where she lived in Tehran, Iran, from 1974-78. She returned to the states and graduated from Seattle's Nathan Hale High School at the age of 16. Went on to earn a B.A. in Accounting from Seattle University. Lives in Maple Valley, Wash., with her two labs Sprocket and Mazie.

LANCE LOPES
SENIOR VP/GENERAL COUNSEL

Lance Lopes enters his 11th season with the Seahawks after joining the team March 16, 2001. Lopes administers the legal affairs for the Seahawks, Sounders FC and First & Goal Inc. He also handles special projects for the organization, including the construction of VMAC, the club's headquarters and development of the Theater in the CenturyLink Field Event Center. From 2003-05 Lopes headed up the Corporate Partnerships Department for the Seahawks. Prior to joining the Seahawks, he served seven years as general counsel for the Green Bay Packers from 1993-2000, adding the title of Assistant Vice President from 1998-99 and Vice President from 1999-2000, during which time, his duties primarily involved salary cap administration and player contract negotiations. In 2000, he left the Packers to serve on the original management team of StubHub. Prior to working for the Packers, he worked at the law firms Helsell, Fetterman, et. al. in Seattle and Cades, Schutte, et. al. in Honolulu. A graduate from the University of Oregon School of Law in 1989, he obtained a bachelor's degree from Linfield College in 1985. He played tight end on the 1982 and 1984 NAIA national championship Linfield College football teams. Lopes was born and raised in Winnemucca, Nevada.

CHUCK ARNOLD
VP SALES & MARKETING

Chuck Arnold begins his 18th season with the Seahawks and second as vice president. Arnold and his staff are responsible for the sales and service of all Seahawks, Sounders FC, Century-Link Field and Theater ticket products including club seats, season tickets and group sales. He also oversees retail sales and services for both the Seahawks and Sounders FC, the teams e-marketing efforts, data base development and research. His team supports the Seahawks and Sounders FC media planning and promotions. In 2010, Arnold was among the Puget Sound Business Journal's 40 Under 40 recipients. Arnold began his professional career as an intern in the Seahawks public relations department before joining the team's ticket sales department as an account executive from 1994-96. He was promoted to director of ticket operations from 1997-2000, before adding the title of director of ticket sales and service from 2001-09. During his time with the Seahawks, the team has set franchise records for new season tickets sold, overall season ticket base, average attendance and group sales. The team has sold out 69 consecutive games. Arnold was also instrumental in the efforts to build grassroots support for the construction of CenturyLink Field. He was then responsible for coordinating the relocation efforts from the Kingdome to Husky Stadium and then CenturyLink Field. Arnold earned a degree in sports management from Washington State University. He resides in Renton, Wash., with his wife, Jana, and two children, Charlie and Jordan.

SUSAN DARRINGTON

VP FACILITY OPERATIONS & SERVICES

Susan Darrington enters her seventh season as Vice President of Facility Operations and Services. In this role, she is responsible for all aspects relating to facility operations, events management and service at CenturyLink Field and CenturyLink Event Center home to over 1.5 million guests and 300 events annually. Darrington is a facility management executive with more than 20 years of diverse experience in arenas, convention centers, ballparks and stadiums in North America. She began her career at Rexall Place in Edmonton, Alberta, Canada and joined First & Goal Inc. as Director of Event Operations in 2000, after working as an event coordinator at the Washington State Trade and Convention Center. Under Darrington's leadership, CenturyLink Field was voted the Fan Friendliest stadium in professional sports in 2005. Darrington holds a Bachelor's degree in Human Services Management from Western Washington University.

MIKE FLOOD

VP COMMUNITY RELATIONS & SPECIAL PROJECTS

Mike Flood joined the staff on July 1, 1997. Flood served as Community Outreach Director for Football Northwest prior to joining the Seahawks. He helped spearhead the state-wide campaign that resulted in the passage of Referendum 48 to build the new football/soccer stadium and exhibition complex. A Seattle native, Flood attended Blanchet High School for three years before graduating from McLean High School in Virginia. He received a B.A. Degree in Industrial Education from Wash¬ington State University and a Master's Degree in Education from the University of North Carolina. Flood owned and operated an agricultural flying service in Fort Scott, Kansas. He served as a pilot and Civil Engineering Officer in the Coast Guard flying C130s, Dassault Falcon jets, and H60 Jayhawk helicopters. He managed Public Relations, Finance/Supply and Administration during tours in New York, Florida, North Carolina and Kodiak, Alaska. From 1994-96 he was the Air/Sea Rescue Operations Officer for coastal Oregon and Washington. Flood retired as a Com¬mander in 1996 after 20 years in the service. He and his wife Marty, has a son, Dan, and a daughter, Shannon. Mike serves on the boards of the USO Puget Sound, A Better Seattle, Camp Patriot, Association of Washington Generals, WSU Marketing Committee and Renton Chamber of Commerce.

JOHN IDZIK

VP FOOTBALL ADMINISTRATION

John Idzik begins his fifth season with the Seahawks after joining the club on February 16, 2007. With Seattle, Idzik oversees player negotiations, the team's compliance with the NFL salary cap, player personnel transactions, all football operations budgets, staff and team contracts, team travel and most aspects of the day-to-day football operations while also remaining active in player evaluations. In addition, he serves as the club's liaison to the NFL Office and represents the club at League meetings. Prior to joining the Seahawks, Idzik spent three seasons as Senior Director of Football Operations for the Arizona Cardinals. Idzik entered the NFL in 1993 with the Tampa Bay Buccaneers. He spent 11 years with the Buccaneers, first as a Pro Personnel Assistant and then was elevated to Director of Football Administration in 1996 and Assistant General Manager in 2001. Prior to his tenure with the Buccaneers, Idzik spent the 1991-92 seasons as a graduate assistant coach at Duke University, where he assisted with the offensive line and running backs. In 1990 he was the offensive backfield coach for the Aberdeen Oilers (Scotland) of the British American Football League. Idzik's first coaching assignment came in 1982 as receivers coach at the State University of New York at Buffalo. Raised in a football family, Idzik's father, also John, was the head coach of the Aberdeen club after serving as an NFL assistant coach for the Miami Dolphins, Baltimore Colts, Philadelphia Eagles, and N.Y. Jets. They became one of the NFL's few father-son Super Bowl champions in 2003 when the younger Idzik's Buccaneers won Super Bowl XXXVII, as his father was the offensive backfield coach of the Super Bowl V champion Baltimore Colts. A native of Detroit, Idzik graduated with magna cum laude and Phi Beta Kappa honors from Dartmouth College in 1982 earning a bachelor's degree in mathematics, where he also played wide receiver for the Ivy League Champion Big Green. He later earned a master's degree in liberal studies from Duke University in 1992. Idzik

and his wife, Carol (a University of Georgia graduate), have two sons, Bryant (a senior at Western Washington University) and Bradley (a sophomore at Wake Forest University), and a daughter, Holly (a junior at Mercer Island High School).

RON JENKINS
VP CORPORATE PARTNERSHIPS

Ron Jenkins enters his 13th season with the Seahawks and his fifth as Vice President of Corporate Partnerships. He and the Corporate Partnership team also manage Seattle Sounders FC's (MLS) relationships with their corporate and media partners. Jenkins joined the Seahawks staff in June 1999 as Director of Ticket Sales and has since held positions as Director of Suite Sales & Service (leading the sales effort for the opening of Qwest Field from 2000-02), Director of Marketing (2003-04), and Director of Partnership Development (2005-06). Prior to joining the Seahawks, he served nine years in various sales and marketing management positions with Bacardi USA in the midwest and southeastern U.S. After a less than illustrious college football career as a quarterback and receiver at Columbia University and Vanderbilt University, Jenkins graduated from Vanderbilt (class of '85) with a B.A. in Economics. A native of Rochester Hills, Michigan, Ron and his wife Dorothy live in Enumclaw, Wash., with their two girls; Ava and Chiara, and a plethora of critters. The Jenkins family enjoys the outdoors together through horseback riding, biking, hiking, and camping.

CINDY KELLEY
VP HUMAN RESOURCES & ADMINISTRATION

Entering her 29th season with the club, Cindy Kelley was promoted to vice president on August 8, 2011, after spending 13 seasons as Director of Human Resources. She oversees this area for the Seahawks, Sounders FC and First & Goal, Inc. She began her career in 1983 in the finance department before managing the daily operation of the Kirkland office facility in the 1990s. Kelley is responsible for developing and establishing policies and objectives for all phases of human resources and administration functions in accordance with objectives of organization including: policies and procedures, recruiting, benefits, compliance, training, compensation, labor relations, employee relations/services, performance management, safety, security and strategic planning. Born in Wichita, Kan., she is a graduate of Interlake High in Bellevue and earned her degree in communications from Washington State.

DAVE PEARSON
VP COMMUNICATIONS, BROADCASTING & WEB CONTENT

Dave Pearson is entering his 23rd season in the NFL and begins his 14th season with the Seahawks. Originally joining the Seahawks as director of public relations in 1998, he added the day-to-day oversight of the team's broadcast department in 2004. He was promoted to vice president of communications and broadcasting on April 29, 2008. Pearson is responsible for managing the public image and overall communications strategy for the Seahawks and Sounders FC while serving as the primary liaison for local and national media outlets and broadcast partners. He also oversees all radio broadcasts, preseason telecasts, team-produced radio and television shows, publications and website content. As vice president, he also assumes various responsibilities revolving around game day operations at CenturyLink Field. Under his direction, Seattle's communications department has been nominated by the Pro Football Writers of America for the coveted Pete Rozelle Award four times (1999, 2005-07). Seattle won the award in 2007. The teams' broadcasting department has won three Emmy's for its Seahawks preseason and Sounders FC game broadcast. After beginning his career in 1989 as an intern in the Seahawks public relations department, the Tacoma, Wash., native worked for the Houston Oilers two seasons (1990-91). From 1992-93 he was the assistant PR director for the Los Angeles Rams before returning to Houston as PR director prior to the 1994 season where he would help manage the team's transition to Tennessee. Pearson earned a degree in media relations and interpersonal communications from Pacific Lutheran University. He and his wife, Beth, have two children, Allie and Chase, and reside in Mill Creek.

WILL LEWIS
VP FOOTBALL OPERATIONS

Will Lewis was promoted to vice president of football operations in February 2010 after originally joining the Seahawks staff as the team's Director of Pro Personnel on May 20, 1999. In his role, Lewis works closely with General Manager John Schneider and Executive VP of Football Operations and Head Coach Pete Carroll in the day-to-day management of the pro personnel and college scouting departments. Specifically, he will oversee player development, pro personnel, team video, and VMAC fields and operations while taking on greater responsibility with college scouting. Lewis joined the Seahawks following three years with the Green Bay Packers (1997-99) scouting department. With the Packers, he worked closely with former Seahawks' Executive Vice President & Head Coach Mike Holmgren. From 1998-99, Lewis served as the Packers' Assistant Director of Pro Personnel, following one year as a pro scout. Prior to his work with the Packers, Lewis was a defensive assistant coach for the Atlanta Falcons, under June Jones, from 1995-96. Lewis, signed by the Seahawks as an undrafted free agent cornerback in 1980 out of Millersville State (Pa.), played in 26 games returning 45 kickoffs for a 21.4-yard average and 56 punts for an 8.0-yard average, including a 75-yard touchdown, as a rookie versus the Denver Broncos. Following his Seahawks career, Lewis played three seasons with the Houston Gamblers of the USFL from 1983-85, and three seasons (1986-89) in the Canadian Football League. Lewis began his coaching career in the NFL Europe League with the New York/New Jersey Knights from 1991-92. He also coached defensive backs at his alma mater, Millersville State, from 1992-93, before brief stints at the University of Maine (1994) and the University of West Virginia (1995). Lewis and his wife, Kimmberly, have three sons; Ryan, and twins Drew and Troy, and a daughter, Krysta.

SCOT McCLOUGHAN
SR. PERSONNEL EXECUTIVE

Scot McCloughan joins the Seahawks as senior personnel executive, a role that will assist the general manager and vice president of football operations in all aspects of building the roster. A respected personnel veteran with a keen eye for talent, McCloughan rejoins the Seahawks having spent the previous five seasons with the San Francisco 49ers. With San Francisco, he served as vice president of football operations upon joining the team (2005-07) and was promoted to general manager in 2008 before resigning from that post following the 2009 season. While with the 49ers, McCloughan orchestrated successful drafts that included Pro Bowlers Frank Gore, Vernon Davis and Patrick Willis along with prominent starters Manny Lawson, Joe Staley and Michael Crabtree. McCloughan originally joined the Seahawks in 2000 as the club's director of college scouting. His efforts came to fruition when the Seahawks won the NFC Championship in 2005 and made a trip to Super Bowl XL in Detroit to play the Pittsburgh Steelers. On that roster, 25 of 28 draft picks on McCloughan's draft scroll were still on the team when he left his position to join the 49ers. Prior to accepting his original position in Seattle, he worked five years in the Green Bay Packers scouting department as a regional scout in the midlands and later the southeast. During that span, he was part of two Packers' Super Bowl teams, including the 1996 championship squad who defeated New England in Super Bowl XXXI. Before joining Green Bay, McCloughan played minor league baseball for three years in the Toronto Blue Jays organization after a successful collegiate career at Wichita State, where he contributed in two collegiate World Series as a designated hitter and third baseman. Coming from a football pedigree, his father, Kent, played six seasons with Oakland (1965-70) and was a member of the Raiders scouting staff for more than 30 years. His brother, David, played safety for the Seahawks from 1993-94, and is also an NFL personnel executive.

TAG RIBARY
DIRECTOR OF PRO PERSONNEL

Tag Ribary rejoined the Seahawks for the 2009 season as a pro scout before being promoted to director of pro personnel in February 2010. Ribary spent 11 seasons with the Seahawks from 1990-2000 as the team's assistant director of pro personnel. In his current role, Ribary is responsible for coordinating the advance scouting of Seahawks' upcoming opponents and evaluating players in all professional leagues including the NFL, the Canadian Football League, Arena Football Leagues and the United Football League. During the season he also coordinates free agent tryouts, monitors NFL transactions and assists in the recruiting and signing of all free agent players. Following his time in Seattle, Ribary became the director of pro personnel for the Washington Redskins in 2001. The next season he moved into a pro scouting role with the Carolina Panthers where he remained through the end of the 2007 season. He was part of a staff that helped the Panthers reach Super Bowl XXXVIII and reached the 2005 NFC Championship Game versus Seattle. A native of Seattle, Wash., Ribary graduated from Washington State University and Bellevue Christian (Wash.) High School. He and his wife, Eva, have a daughter, Regan, and son, Bennett.

SCOTT FITTERER
DIRECTOR OF COLLEGE SCOUTING

Scott Fitterer joined the Seahawks' staff on June 25, 2001, as an area scout. He begins his second season as the club's director of college scouting after spending five as the western region director of college scouting. He coordinates the Seahawks' entire scouting operation and compiles all of the college scouting information required to set the draft board. He is responsible for the evaluations of all draft eligible players nationally, oversees the Seahawks college scouting staff and works closely with GM John Schneider and the Seahawks coaching staff regarding the NFL Draft and college free agency. Spent the previous three seasons with the New York Giants, 1998-99 as a part-time scout before being assigned to the West Coast region for the 2000 season. Was a 1995 draft pick of the Toronto Blue Jays and spent three years in the Blue Jays system (1995-97) before his career ended due to three shoulder surgeries. Was a two-sport athlete in college, playing quarterback in football and pitcher in baseball at UCLA (1992-94) and LSU (1994-95). In 1998, Fitterer returned to UCLA to earn his undergraduate degree in history. Born in Seattle, he is a graduate of Kennedy High School in Seattle. Scott, his wife Cherish, daughter Ella, and son Cole live in Sammamish, Wash.

TRENT KIRCHNER
ASSISTANT DIRECTOR OF PRO PERSONNEL

Trent Kirchner joined the Seahawks as assistant director of pro personnel on February 5, 2010. Before joining Seattle, he spent the last eight seasons (2002-09) as a pro scout with the Carolina Panthers where he served as an advance scout while evaluating free agents, waiver wire transactions and practice squads. Before his time with the Panthers, he spent one year as the college scouting coordinator for the Washington Redskins. During his senior year in college (spring of 2000) he volunteered with the Kansas City Chiefs at the NFL Scouting Combine in Indianapolis. From there, Trent joined the Seahawks as an intern splitting time between the public relations and college scouting departments. He also interned with the Minnesota Twins in 1999. A native of Minnesota, he graduated with a degree in business management from St. John's (Minn.) University, where he played quarterback for two years. Trent is married to Jessica.

ERIC STOKES
ASSISTANT DIRECTOR OF COLLEGE SCOUTING

Eric Stokes enters his 13th season with the Seattle Seahawks as a former player and scout. He begins his second season as assistant director of college scouting after working seven seasons as an area scout (2000-01, 2005-09). He served three years (2002-2004) as an assistant in the Seahawks pro personnel department. While serving in the pro

personnel department, Stokes was responsible for the weekly advance of upcoming opponents as well as assisting in the evaluation and writing of player reports on potential talent in free agency, NFL Europe, the Canadian Football League and the Arena Football League. Stokes played three seasons as a safety in the NFL, but his career was shortened due to injury. Stokes graduated from the University of Nebraska with a degree in sociology while serving as president of Kappa Alpha Psi Inc. He was selected in the fifth round (121st overall) by Seattle in the 1997 NFL Draft and spent two seasons with the Seahawks before being selected by the Cleveland Browns in the 1999 expansion draft. Eric and his wife, Tisa, have three daughters, Erisa, Payton, and Madison.

DAN MORGAN
PRO SCOUT

Dan Morgan enters his first season with the Seahawks. Morgan will help scout future Seahawks opponents and assess talent in all professional leagues including the NFL, the Canadian Football League and the Arena Football League. He will also help coordinate free agent visits, tryouts, and monitor NFL transactions. A former 11th overall selection in the 2001 NFL Draft by Carolina, Morgan started all 59 games played in seven seasons at linebacker for the Panthers. He helped lead the Panthers to a Super Bowl XXXVIII appearance in 2003, where he collected 18 tackles in the game. He was named a starter in the Pro Bowl following a 2004 season in which he led the team with 102 tackles. In 2005, he helped lead the Panthers to the NFC Championship Game versus the Seahawks. Unfortunate ankle and Achilles injuries cut his career short following the 2007 season. Morgan was one of the most decorated players in Big East history following a Hall of Fame career at the University of Miami. He became the first player in team history to be named captain as a sophomore. He went on to win the Nagurski Trophy and the Butkus and Bednarkik Awards becoming the first player in NCAA history to win all three in a career (and the same year). He was an All-America selection as a senior and 2000 Big East Player of the Year. Morgan is married to Ashleigh and they have three children, Lexi, Brady and Cali

JASON BARNES
AREA SCOUT (MIDWEST)

Jason Barnes begins his sixth season with the Seahawks, his third working with the college scouting department after working with pro scouting the first three years. While working with the pro department, Barnes helped scout future Seahawks' opponents and assess talent in all professional leagues including the NFL, the Canadian Football League and the Arena Football League. Lined up at wide receiver four seasons (2000-04) at Ball State University where he received a B.A. in criminal justice. A Fort Wayne, Ind., native, he attended Southside High School where he was a four-year starter in football and three-year starter in basketball. Earned All-State senior season as a cornerback, and was selected to play in the Indiana North South All-State All-Star Game. All Conference in basketball. Single and has a son, Chase Alan Barnes.

MATT BERRY
AREA SCOUT (SOUTHWEST)

Matt Berry begins his fourth season as a regional scout for the Seahawks having spent the previous five seasons with the Atlanta Falcons. Berry served his final three seasons as the Falcons' south central scout and 2005 as a scout for the northeastern part of the United States. He served the team in various in-house capacities for the 2003 and 2004 seasons. Prior to joining the Falcons, Berry worked as a summer intern for the Baltimore Ravens in 2002. A native of Nashville, Tenn., he holds a bachelor of arts degree in history from Davidson College (N.C.), where he played both baseball and football. Berry was a four-year starter on a Wildcat football team that had the most successful run in school history, including a 17-game winning streak. He currently resides in Austin, Texas.

ED DODDS
AREA SCOUT (SOUTH CENTRAL)

Ed Dodds begins his fifth season with the Seahawks and third as a college scout after serving in the pro personnel department in 2007. Entering his ninth season in the NFL, Dodds joined the Seahawks in May 2007, after spending his first four seasons with the Oakland Raiders. Dodds joined the Raiders after earning a degree in business marketing from Texas A&M-Kingsville. He was a student coach at Texas A&M-Kingsville from 2000-03, serving one year as quality control assistant for the offense, then handling quality control on defense for two seasons. He was a four-year starter at H.M. King High School in Kingsville, Texas, where he was a three-year all-district pick at guard and linebacker earning an invitation to the South Texas Shriners East-West All Star Classic in 1998. Married to Nicole and the couple resides in Kingsville, Texas.

AARON HINELINE
AREA SCOUT (MIDLANDS)

Aaron Hineline begins his sixth season with the Seahawks and his second as a college scout after serving in the pro personnel department the last four seasons. While serving in the Pro Personnel department, he was responsible for the weekly advance of upcoming opponents as well as assisting in the evaluation and writing of player reports on potential talent in free agency, the Canadian Football League and the Arena Football League. He performed administrative duties for the Director of Pro Personnel, helped coordinate free agent tryouts, and worked on various projects for the Vice President of Player Personnel and Head Coach. Hineline was an all-state linebacker at Woodinville (Wash.) High School and was a USA Today Honorable Mention All-American. Hineline earned his Bachelor's Degree in Exercise Science from Central Washington University where he was a four-year starter at fullback. He became a graduate assistant at Central for one season, where he coached the running backs and implemented their strength and conditioning program before joining the Seahawks in 2006. He is married to Gentrie and they have a daughter, Peyton.

CHARLIE JACKSON
AREA SCOUT (NORTHEAST)

Charlie Jackson joined the Seahawks June 3, 2010, and begins his second season as an NFL scout. Although Jackson begins his second season combing the college ranks for talent, he brings leadership, management and NFL coaching experience to his position having served in multiple defensive assistant roles for the Green Bay Packers (2005) and Denver Broncos (2007-08). A former collegiate standout and United States Air Force Academy graduate, Jackson played defensive back and was a three-year letterman while he also competed in indoor track and field for two seasons. He was part of a 12-1 football team in 1998 that captured the WAC Championship and finished ranked in the top 10 nationally. Following his senior football season, Jackson was selected by his teammates as a permanent team captain and recipient of Air Force football's highest honor, the Brian Bullard Award, as the player who displays unselfishness, pride in his role, total team commitment, and 110 percent effort. Before beginning his coaching career, Jackson was a commissioned officer in the U.S. Air Force and ascended to the rank of captain while being stationed for more than two years at Los Angeles Air Force Base. He also received his bachelor's degree in business management from the U.S Air Force Academy and later his master's degree in business management and sports studies from California State University - Long Beach. Jackson began his coaching career as a volunteer assistant at UCLA from 2002-03, working with defenses that helped the Bruins to consecutive bowl appearances. He then returned to his alma mater in 2004 to serve as assistant defensive backs coach and recruiting coordinator before joining the Packers. He spent the 2006 season with Utah State as special assistant to the head coach, having been hired by the Aggies following a brief stint as defensive coordinator at the University of Buffalo. Originally from Montezuma, Georgia, Jackson was the Class A football Defensive Player of the Year while attending Macon County High School. He was also named to the Georgia academic all-state team. He was born November 4, 1976, in Vienna, Ga., and is married to Gina. They have a son, Charlie III.

DERRICK JENSEN
AREA SCOUT (SOUTHEAST)

Derrick Jensen begins his 21st year with the Seahawks scouting staff having been hired in 1991 after a seven-year NFL playing career as a fullback. Jensen was a third-round draft choice of the Oakland Raiders in 1978 and played in 106 games, starting 21, in his career, including a streak of 105 straight. Served as the captain of the Raiders' special teams for five seasons and contributed a blocked punt, which he recovered for the first touchdown, in the Raiders' 38-9 win over the Washington Redskins in Super Bowl XVIII. Also part of the Raiders' Super Bowl XV championship team. Finished his Raiders career with 780 yards on 224 carries, with five touchdowns. Added 44 receptions and three scores and returned an onside kick 33 yards for a touchdown against the Giants in 1980. Two-time Southland Conference MVP while at Texas-Arlington. Finished his career with 3,346 rushing yards, the first player in conference history to top 3,000 yards. Attended Oswatomie High School in Oswatomie, Kansas. Derrick has a son, Davis.

KIRK PARRISH
COLLEGE SCOUTING COORDINATOR

Kirk Parrish begins his 13th year with the Seahawks organization. He is responsible for maintaining the day-to-day operations of the College Scouting Department, including organizing all college prospect information (scouting data¬base/draft boards), managing university relations, and serving as the liaison between the front office and on-the-road scouting staff. He also assists with the evaluation of draft-eligible players in the Pacific Northwest. Prior to joining the Seahawks, Parrish was the administrative assistant/football operations at Texas A&M University from 1997-99. Parrish coached tight ends and quarterbacks at the University of San Diego from 1995-96. Prior to USD, he was a football graduate assistant at Washington State University from 1992-94, where he earned a Ph.D. in educational administration in 2003, and a Master's Degree in athletic administration in 1993. Parrish earned his BA in education from Central Washington University where he was a quarterback for the Wildcat football program. His father, Jerry Parrish, is a member of the Seahawks' High School Coaches Council and Washington State Football Coaches Hall of Fame (North Kitsap HS). Kirk and his wife, Carol, reside in Bothell, Wash. They have a daughter, Jill, and a son, Jay.

SAM RAMSDEN
HEAD ATHLETIC TRAINER

Ramsden begins his seventh season as the franchise's head athletic trainer having originally joined the Seattle Seahawks as an associate athletic trainer in February of 1999. Although his primary area of expertise for much of his 18 seasons in the NFL has been centered on physical rehabilitation and conditioning of professional football players, Ramsden is now charged with coordinating the healthcare provided for Seahawks players and staff. Before Seattle, he served six seasons with the Green Bay Packers as an assistant athletic trainer and was a member of the Super Bowl XXXI championship team. As a student athletic trainer at the University of Wisconsin at La Crosse, Ramsden worked with several intercollegiate sports teams before joining the Packers' staff. He received a Bachelor's Degree in physical education with an emphasis in athletic training form the La Crosse school in 1992. A La Crescent, Minnesota native, he, his wife, Lisa and sons, Henry and Lachlan, live near Snoqualmie, Washington, in the foothills of the Cascade Mountains.

MATT CAPURRO
FOOTBALL OPERATIONS COORDINATOR

Matt Capurro enters his eighth NFL season and his second with the Seahawks. He previously spent one season with the USC Trojans (2009) and six seasons with the Oakland Raiders (2003-2008). Capurro works directly with Head Coach Pete Carroll in organizing the day-to-day operations of the team. His responsibilities include overseeing player and staff communications with the head coach and managing the football calendar, which include the offseason program, mini-camp, training camp and in-season schedules. In 2009 with the Trojans, Capurro was

director of football operations. He organized the football calendar for the entire season, coordinated all travel logistics for home and road games, directed USC football camps and clinics, and served as liaison for the football department within the athletic department. In his six seasons with the Raiders, Capurro spent five seasons (2004-08) as the assistant to the head coach where he coordinated all the day-to-day operations, and spent his first season (2003) as a coaches assistant. During that span, he worked for Bill Callahan, Norv Turner, Art Shell, Lane Kiffin and Tom Cable. Prior to that, Capurro was a football operations intern for the Raiders for five years (1998-2002). He earned his bachelor's degree in Business Administration from the University of San Francisco in 2003. He lettered in football and baseball at St. Vincent High School in Petaluma (Calif.) Married to wife, Emily.

SEATTLE SEAHAWKS BOARD OF DIRECTORS

PAUL G. ALLEN
Chairman, Vulcan Sports & Entertainment

JO LYNN ALLEN
President & CEO
Vulcan Inc.

BERT KOLDE
Vulcan Inc.

SEAHAWKS BOARD OF ADVISORS

In 2009, Tod Leiweke formed a Seahawks Board of Advisors. This group has a close and personal affiliation with franchise linking the past with the present. The members advise Seahawks ownership and management as to the direction of the franchise as it relates to the fans and the community. Current members are Seahawks Ring of Honor Members Jacob Green and Steve Largent. John Nordstrom also serves on the three-man board. He is a family member of the Seahawks original ownership group.

JACOB GREEN
Former Seahawks Player

STEVE LARGENT
Former Seahawks Player

JOHN NORDSTROM
Former Ownership

PETE CARROLL
EXECUTIVE VP OF FOOTBALL OPERATIONS AND HEAD COACH

SEAHAWKS EXPERIENCE: 2ND YEAR
NFL EXPERIENCE: 18TH YEAR

Named head coach on January 11, 2010, Pete Carroll became the eighth head coach in Seahawks history after one of the most successful runs in USC history in the college ranks. He brings 17 years of NFL experience and 19 years of collegiate experience to Seattle.

Carroll's first year in Seattle saw him lay a strong foundation and preach his philosophy of competition and taking care of the football.

Always competing, the Seahawks jumped out to a 4-2 record to begin the 2010 season and parlay that in to the club's fifth NFC West title in the last seven seasons. He also led Seattle to the NFC Divisional Playoff round for the fourth time in the last six years, after defeating the defending Super Bowl Champion New Orleans Saints at Qwest Field in the Wild Card Game. It was Seattle's fifth playoff win in a row at Qwest Field.

He returned to the NFL after spending nine years (2001-09) as head coach at USC, where he won seven consecutive Pac-10 titles (2002-08), two national championships (2003-04) and led the Trojans to a 97-19 record. He reached a bowl in each of his nine seasons and won seven. His 88 victories from 2001 to 2008 tied Bob Pruett of Marshall for most by a Division I coach in their first eight seasons since 1900 (Penn's George Woodruff - 102). He reached 50 career USC wins faster than any head coach in Trojans history. From 2002-08, his teams appeared in an NCAA-record seven consecutive BCS bowls, recorded at least 11 victories seven times (an NCAA record) and finished ranked in the AP Top 4. USC was the AP's No. 1 team for a national-record 33 straight polls (including two preseason polls) and was ranked in the AP Top 10 for a school-record 63 consecutive games. His teams were ranked in the AP Top 25 for 102 consecutive games, a school record. In 2009, he was named Coach of the Decade by Lindy's.

Also under Carroll, USC was the first school to have three Heisman Trophy winners in a four-year span (Carson Palmer, Matt Leinart, Reggie Bush). He also coached winners of the Walter Camp, Chuck Bednarik, Johnny Unitas, Doak Walker and John Mackey Awards. Carroll produced 34 All-American first-teamers and 53 NFL draft picks (including 14 first-rounders, with a No. 1 selection in Carson Palmer and a No. 2 in Reggie Bush). His USC program had the nation's most draftees in 2006, 2008 and 2009.

USC posted a 12-1 record in 2008 and advanced to its fourth-consecutive Rose Bowl, defeating Penn State, 38-24, to become the first team to win three straight Rose Bowls. In the polls, the Trojans finished ranked second by USA Today and third by AP. USC finished first in scoring defense (9.8 ppg, its finest in 41

years), surrendering just 14 touchdowns in 2008.

In 2007, USC went 11-2 and finished second in the USA Today poll and third in the AP poll, for its sixth AP Top 4 ranking in a row. Its 49-17 win over Illinois in the Rose Bowl equaled the most points ever in the bowl game. Five players were named All-American first teamers.

USC posted an 11-2 mark in 2006, finished No. 4 in the final polls and shared the Pac-10 title at 7-2 to capture an unprecedented fifth straight league crown. Five Trojans were All-American first teamers and Carroll was named the 2006 Pac-10 Coach of the Year (for the third time).

His Trojans held AP's No. 1 ranking for the entire regular season in 2005. USC went 12-1 overall to advance to the BCS Championship Game in the Rose Bowl. The Trojans, who finished second in both polls, boasted a school-record six All-American first-teamers, including Heisman Trophy-winning tailback Reggie Bush. He was the 2005 Pac-10 Co-Coach of the Year, as well as the American Football Coaches Association Division I-A Region 5 Coach of the Year.

In 2004, he guided No. 1-ranked USC to its second consecutive national championship with a convincing win over Oklahoma in the BCS Championship Game in the Orange Bowl. USC became only the second team ever to hold its AP preseason No. 1 ranking all the way through a season. It was only the 10th time that a team won back-to-back AP crowns. His team was 13-0 (a school-record for wins) and went 8-0 in the Pac-10. A school-record six Trojans were named All-American first teamers.

The Trojans won the AP national championship, its first national crown since 1978, and entered the Rose Bowl also ranked No. 1 in the USA Today/ESPN poll, in 2003. USC was 12-1 overall and finished the season ranked second. USC's 534 points was a Pac-10 record. Five Trojans were first-team All-Americans. For this, Carroll was named the 2003 American Football Coaches Association Division I-A Coach of the Year, Home Depot National Coach of the Year, Maxwell Club College Coach of the Year, ESPN.com National Coach of the Year, Pigskin Club of Washington D.C. Coach of the Year and All-American Football Foundation Frank Leahy Co-Coach of the Year. He also was the Pac-10 Co-Coach of the Year.

In 2002, USC posted its first 11-win season since 1979 and its highest ranking (No. 4) since 1988. Heisman Trophy-winning quarterback Carson Palmer and safety Troy Polamalu were first team All-Americans.

Carroll was named USC's head football coach on December 15, 2000, and in his first season, led the Trojans to the Las Vegas Bowl and a 6-6 record.

He began his NFL career as defensive backs coach for Buffalo (1984) and Minnesota (1985-89) before becoming the New York Jets defensive coordinator (1990-93) and head coach (1994). He spent two years as San Francisco's defensive coordinator (1995-96), leading the league in total defense in 1995, before leading New England to a 27-21 record and two playoff appearances as head coach (1997-99). Carroll's overall head coaching record is 40-40 in the regular season and 2-3 in the postseason.

Carroll spent the 2000 season as a consultant for pro and college teams, doing charitable work for the NFL and writing a column on pro football for CNNSI.com.

He began his coaching career at the collegiate level, serving as a graduate assistant at his alma mater, Pacific, for three years (1974-76), working with the wide receivers and secondary. He then spent a season as a graduate assistant working with the secondary at Arkansas (1977) under Lou Holtz as the Razorbacks won the 1978 Orange Bowl, and

CARROLL'S COACHING CAREER

1974-76	University of the Pacific *Graduate Assistant*
1977	University of Arkansas *Graduate Assistant*
1978	Iowa State *Secondary*
1979	Ohio State *Secondary*
1980-82	North Carolina State *Defensive Coordinator/Secondary*
1983	University of the Pacific *Asst. Head Coach/Offensive Coord.*
1984	Buffalo Bills *Defensive Backs*
1985-89	Minnesota Vikings *Defensive Backs*
1990-93	N.Y. Jets *Defensive Coordinator*
1994	N.Y. Jets *Head Coach*
1995-96	San Francisco 49ers *Defensive Coordinator*
1997-99	New England Patriots *Head Coach*
2001-09	USC *Head Coach*
2010-	Seattle Seahawks *Executive V.P. & Head Coach*

then a season each as an assistant in charge of the secondary at Iowa State (1978) and at Ohio State (1979). He next spent three seasons (1980-82) as the defensive coordinator and secondary coach at North Carolina State, before returning to Pacific in 1983 as the assistant head coach and offensive coordinator.

Carroll was a two-time (1971-72) All-Pacific Coast Conference free safety at Pacific and earned his bachelor's degree in 1973 in business administration. He received his secondary teaching credential and a master's degree in physical education from Pacific in 1976. He was inducted into the Pacific Athletic Hall of Fame in 1995.

He was a three-sport (football, basketball and baseball) standout at Redwood High in Larkspur, Calif., earning the school's Athlete of the Year award as a senior. He played quarterback, wide receiver and defensive back. He was inducted into the inaugural Redwood High Athletic Hall of Fame in 2009. He then played football at Marin Junior College in Kentfield, Calif., from 1969-70 before transferring to Pacific.

In 2003, he helped develop "A Better L.A.," a non-profit group consisting of a consortium of local agencies and organizations working to reduce gang violence by empowering change in individuals and communities. In the spring of 2009, he received the Crystal Heart Award from the USC School of Social Work for his involvement with "A Better L.A.," and

the Pete Carroll Scholarship was established for students pursuing graduate study in the school. He received the Courageous Leadership Award from Women Against Gun Violence in 2005. In the fall of 2008, he helped organize "L.A. LivePeace 08," a march and rally at the Coliseum to promote gang intervention and non-violence in Los Angeles.

Carroll was born on September 15, 1951, in San Francisco. He and his wife, Glena, who played volleyball at Pacific, have three children, sons Brennan (married to Amber), who played tight end at Delaware and Pittsburgh, Nate, and daughter Jaime, who played on the Women of Troy's volleyball team that competed in the 2000 NCAA Final Four. He also has one grandson, Dillon, and granddaughter, Colbie Jaye.

CARROLL'S HEAD COACHING RECORD

Year	Team	W	L	T	Pct.	Finish
1994	N.Y. Jets	6	10	0	.375	5th, AFC East
1997	New England	10	6	0	.625	1st, AFC East
						Wild Card victory vs. Miami, 17-3
						Divisional Playoff loss at Pittsburgh, 7-6
1998	New England	9	7	0	.563	4th, AFC East
						Wild Card loss at Jacksonville, 25-10
1999	New England	8	8	0	.500	T4th, AFC East
2010	*Seattle*	*7*	*9*	*0*	*.438*	*1st, NFC West*
						Wild Card victory vs. New Orleans, 41-36
						Divisional Playoff loss at Chicago, 35-24
Reg. Season (5 Yrs.)		40	40	0	.500	
Postseason (3 Yrs.)		2	3	0	.400	
Combined Record		42	43	0	.494	

CARROLL VS. THE NFL

Team	Regular Season	Postseason	Total
AMERICAN FOOTBALL CONFERENCE			
Baltimore Ravens	1-0	---	1-0
Buffalo Bills	5-3	---	5-3
Cincinnati Bengals	0-0	---	0-0
Cleveland Browns	1-1	---	1-1
Denver Broncos	2-3	---	2-3
Houston Texans	0-0	---	0-0
Indianapolis Colts	6-2	---	6-2
Jacksonville Jaguars	1-0	0-1	1-1
Kansas City Chiefs	1-2	---	1-2
Miami Dolphins	3-5	1-0	4-5
New England Patriots	1-1	---	1-1
New York Jets	2-4	---	2-4
Oakland Raiders	0-1	---	0-1
Pittsburgh Steelers	1-1	0-1	1-2
San Diego Chargers	2-1	---	2-1
Houston Oilers/Tennessee Titans	1-1	---	1-1
NATIONAL FOOTBALL CONFERENCE			
Arizona Cardinals	3-1	---	3-1
Atlanta Falcons	0-1	---	0-1
Carolina Panthers	1-0	---	1-0
Chicago Bears	2-1	0-1	2-2
Dallas Cowboys	1-0	---	1-0
Detroit Lions	0-1	---	0-1
Green Bay Packers	0-2	---	0-2
Minnesota Vikings	1-1	---	1-1
New Orleans Saints	1-1	1-0	2-1
New York Giants	1-1	---	1-1
Philadelphia Eagles	0-1	---	0-1
St. Louis Rams	1-2	---	1-2
San Francisco 49ers	2-1	---	2-1
Seattle Seahawks	0-0	---	0-0
Tampa Bay Buccaneers	0-2	---	0-2
Washington Redskins	0-0	---	0-0
Career Totals	**40-40**	**2-3**	**42-43**

ALL-TIME SEAHAWKS COACHING RECORDS

		Regular Season				Postseason		
		W	L	T	Pct.	W	L	Pct.
1976-82*	Jack Patera	35	59	0	.372	---	---	---
1982	Mike McCormack	4	3	0	.571	---	---	---
1983-91	Chuck Knox	80	63	0	.559	3	4	.429
1992-94	Tom Flores	14	34	0	.291	---	---	---
1995-98	Dennis Erickson	31	33	0	.484	---	---	---
1999-08	Mike Holmgren	86	74	0	.538	4	6	.400
2009	Jim Mora	5	11	0	.313	---	---	---
2010-	Pete Carroll	7	9	0	.438	1	1	.500

* Patera was replaced by Mike McCormack after two games of the 1982 season.

DARRELL BEVELL
OFFENSIVE COORDINATOR

Named offensive coordinator on January 20, 2011, Darrell Bevell enters his 12th season in the NFL after spending the last five seasons as the Minnesota Vikings offensive coordinator.

With the Vikings, Bevell guided Adrian Peterson and Brett Favre to career years.

In 2010, the Vikings running game continued to churn up yardage with Adrian Peterson leading the way. Peterson earned his fourth straight Pro Bowl berth and rushed for 1,298 yards on the ground, the fifth-best mark in team history with four of the top five owned by Peterson. Peterson also had 12 rush scores, topping the 10+ touchdown mark each year in the league. However, his offense was hobbled by injuries to their lineman, starting three different centers, losing both guards to injured reserve and getting only 20 total games out of 2009 Pro Bowl wide receivers Sidney Rice (6) and Percy Harvin (14).

The signing of Favre, who Bevell coached in Green Bay, spurred the Vikings to the eighth-ranked passing offense in the NFL in 2009. The Vikings air attack matched the established productivity of the ground game in 2009. Favre's favorite target was Sidney Rice, who led the team in receiving and earned his first Pro Bowl berth, and Visanthe Shiancoe, who set a Vikings record for tight ends with 11 touchdowns. Harvin earned NFL Offensive Rookie of the Year, marking the second time in three seasons the Vikings drafted the Rookie of the Year, joining Peterson in 2007. On the ground, Peterson posted the third-best single-season rushing total in team history while leading the NFL and setting a team record with 18 rushing scores.

The 2009 Vikings ranked second in the NFL in scoring offense by one point to Super Bowl XLIV champions New Orleans, posting 447 of the Vikings 470 total points for the season on offense. The Vikings ranked fifth in the NFL in total offense. The offense distributed the ball with efficiency, becoming only the second team in NFL history to have six players catch 40+ passes in a season.

In 2008, Peterson led the NFL and set a Vikings record with 1,760 rushing yards and set a team mark with 10 games over the 100-yard mark. Free agent addition Bernard Berrian led the team with 964 yards tied an NFL record with a 99-yard receiving toss from Gus Frerotte.

The 2007 Vikings featured a dynamic backfield that set team records with 2,634 rushing yards and a 5.33 yard-per-carry average. The Vikings scored 22 rushing touchdowns, an improvement of 10 over the 2006 club.

Peterson burst onto the NFL scene in 2007 and left his name etched throughout the NFL's and the Vikings' record books. He won the 2007 Associated Press Offensive Rookie of the Year. In his fifth NFL game, Peterson broke the Vikings single-game rushing record with 224 yards at Chicago and three games later he set an NFL record with 296 yards on the ground against San Diego. Peterson ended the season with 1,341 yards to finish second in the NFL.

Peterson was the only offensive rookie in 2007 to earn Pro Bowl honors and was joined on the NFC squad by Tony Richardson, Matt Birk and Steve Hutchinson, who both repeated their trips from 2006.

In his first year as coordinator, the Vikings were led on the ground by Chester Taylor, who set a franchise record with 303 rushing attempts and the fourth-highest total in team history with 1,216 yards. The offense saw four different starting groups in the offensive line and only three players starting all 16 games across the front. Of the three players who did start every game, Birk and Hutchinson earned Pro Bowl berths.

Bevell worked with Green Bay for six years, serving the last three as quarterbacks coach, prior to his time in Minnesota.

He stepped into the Packers quarterbacks role in 2003 with solid results. Favre set a career high with a 65.4% completion rate, led the NFL with 32 touchdown passes and earned his eighth career berth in the Pro Bowl.

In 2005, Green Bay led the NFL in completions (383) and attempts (626) and set a team record in both categories. The 2004 Packers set a team record with 4,449 net passing yards, breaking an 11-year old franchise record en route to ranking third in the NFL in total offense. After setting a team record for rushing yards the season before, the Packers became

the first NFL team since the 1988-89 San Francisco 49ers to set team marks in rushing and passing in back-to-back seasons.

Along with Favre in his first year in 2000, Bevell worked with Matt Hasselbeck before his trade from Green Bay to Seattle.

Bevell entered the coaching ranks at Westmar University in Lemars, Iowa, in 1996 where he worked as passing game coordinator and quarterbacks coach. He moved on to Iowa State in 1997 as a graduate assistant and then the University of Connecticut for two seasons in 1998-99 as wide receivers coach. The 1998 UConn Huskies posted a 10-3 record, a school-record 461 points, won the Atlantic-10 Conference North Division title and advanced to the Division I-AA playoff quarterfinals.

In college, Bevell helped turn the University of Wisconsin program into a national power. A four-year starter for the Badgers, Bevell helped guide the team to a 10-1-1 mark as a sopho-more in 1993. The squad claimed a share of the Big Ten championship for the first time since 1962 and defeated UCLA in the Rose Bowl. Between his sophomore and junior seasons, Bevell helped UW go 18-4-2. He left Madison as the school's all-time leading passer with 19 team records and a pair of Big Ten marks. His 67.8% completion mark set in 1993 still stands as the conference record while he was a 61.4% passer for his career.

A native of Yuma, Ari., Bevell was a stand-

BEVELL'S COACHING CAREER

1996	Westmar University *Passing Game Coord./QBs*
1997	Iowa State *Graduate Assistant*
1998-99	University of Connecticut *Wide Receivers*
2000-01	Green Bay Packers *Offensive Assistant/Quality Control*
2002	Green Bay Packers *Offensive Assistant*
2003-05	Green Bay Packers *Quarterbacks*
2006-10	Minnesota Vikings *Offensive Coordinator*
2011-	Seattle Seahawks *Offensive Coordinator*

out at Chaparral High in Scottsdale where he played under his father, James. After redshirt-ing in 1989 as a freshman at Northern Arizona, where Brad Childress was on the coaching staff, Bevell went on a two-year Mormon mis-sion in Cleveland in 1990-91.

Born on January 6, 1970, Bevell and his wife, Tammy, have three daughters, Kylie, Morgan and Hailey.

GUS BRADLEY
DEFENSIVE COORDINATOR

SEAHAWKS EXPERIENCE: 3RD YEAR
NFL EXPERIENCE: 6TH YEAR

Named defensive coordinator on January 12, 2009, Bradley joined Seattle after spending three years with the Tampa Bay Buccaneers, serving the last two as linebackers coach after joining the Bucs in 2006 as their defensive quality control coach.

In his first year as coordinator, the Seahawks posted two shutouts at home, its largest at home since 1984, and marked the first time since 1986 they accomplished that feat.

In Tampa Bay, he coached Buccaneers great Derrick Brooks and saw him continue his trend of Pro Bowl appearances in 2007 and 2008.

Prior to Tampa Bay, he spent 10 seasons as an assistant coach at his alma mater, North Dakota State (1996-2005), including six as the assistant head coach (2000-05). He also served as

defensive coordinator for the Bison from 1997-2002, and again in 2005.

Under Bradley's guidance, North Dakota State's defense led the Great West Football Conference in scoring defense (13.7 ppg), pass defense (150.3 ypg), total defense (272.4 ypg) and turnover margin (+1) in 2005.

He was the head coach at Fort Lewis College for four months (December 1995 - March 1996) and was defensive coordinator/linebackers coach at Fort Lewis for four seasons (1992-1995). Prior to Fort Lewis, he was a graduate assistant coach at NDSU for two seasons (1990-1991).

Bradley played his college football at North Dakota State (1984-1988), where he was a free safety and punter, a four-time academic All-North Central Conference selection and a valu-

able member of the 1988 national championship football team.

Earned bachelor's degrees in business administration (1989) and physical education (1990) from North Dakota State as well as a master's degree in athletic administration from NDSU in 1992.

He and his wife, Michaela, have four children, Carter, Anna, Eli and Ella.

BRADLEY'S COACHING CAREER

1990-91	North Dakota State *Graduate Assistant*
1992-95	Fort Lewis College *Defensive Coordinator/LBs*
Dec. '95- Mar. '96	Fort Lewis College *Head Coach*
1996	North Dakota State *Linebackers*
1997-99	North Dakota State *Defensive Coordinator/LBs*
2000-02	North Dakota State *Asst. Head Coach/D.C./LBs*
2003-04	North Dakota State *Asst. Head Coach/Linebackers*
2005	North Dakota State *Asst. Head Coach/D.C./LBs*
2006	Tampa Bay Buccaneers *Defensive Quality Control*
2007-08	Tampa Bay Buccaneers *Linebackers*
2009-	Seattle Seahawks *Defensive Coordinator*

KIPPY BROWN
WIDE RECEIVERS

SEAHAWKS EXPERIENCE: 2ND YEAR
NFL EXPERIENCE: 18TH YEAR

Joined Pete Carroll's staff as wide receivers coach on February 4, 2010, joining his seventh NFL team in a coaching career that dates to 1978, including 14 years in the collegiate ranks.

He joined Seattle after spending one month at the University of Tennessee in 2009-10 as its wide receivers/passing game coordinator for the Chick-fil-A Bowl, then serving as its interim head coach after the departure of Lane Kiffin.

In his first season in Seattle, Brown saw the emergence of talent that he first came across in Detroit in 2006 in Mike Williams. Out of football for two years, Williams led the team with career-highs in catches (65), yards (751) and touchdowns (2). He also had a six-game stretch with 41 catches for 516 yards, second only to Steve Largent's 42 catches for 669 yards over the same span in 1984-85.

Brown coached wide receivers in the NFL from 2002-08, spending four years in Houston and three years in Detroit, most recently serving as the Lions Assistant Head Coach/Passing Game Coordinator in 2008.

In 2007, the Lions wide receivers caught the second-most passes (268) and

had the second-most yards (3,370 yards) among wide receiving units in the NFL (second only to New England in both categories). Detroit was the only team to have four players, all wide receivers, each with more than 650 receiving yards: Shaun McDonald (943 yards), Roy Williams (836 yards), Calvin Johnson (756 yards) and Mike Furrey (664 yards). The Lions also became the first team with four wide receivers recording over 650 yards since Houston in 1990.

In 2006, Detroit's top two receivers combined for 180 receptions and 2,396 yards, more than doubling the output of the Lions' top two receivers in 2005. WR Roy Williams, who led the NFC that season with a career-high 1,310 receiving yards, was the second receiver coached by Brown to be named to a Pro Bowl. He also coached the conference's receptions leader in Mike Furrey (98 receptions for 1,082 yards). It was the first time since 1999 that two Lions receivers finished with over 1,000 yards. Williams and Furrey became the first teammates to lead their conference in receiving yards and receptions since Houston's Haywood Jeffries tied with teammate Drew Hill with an AFC high 74 catches and Jeffries had 1,048 receiving yards. Williams and Furrey are the first NFC duo to accomplish this since the 1970 merger.

Before coming to Detroit, Brown spent four seasons as the Houston Texans wide receivers coach. Among his pupils in Texas was Andre Johnson, who was taken by Houston with the third overall pick in the 2003 draft. He became the first Texans offensive player to earn a trip to the Pro Bowl. Johnson was selected to the Pro Bowl for his outstanding 2004 season that included club records of 79 receptions for 1,129 yards.

Brown was the head coach of the XFL's Memphis Maniax prior to being hired by the Texans. He also served as the Green Bay Packers running backs coach (2000) where he helped guide Pro Bowl RB Ahman Green to his first career 1,000-yard season.

From 1996-99, Brown was on Jimmy Johnson's Miami Dolphins coaching staff, where he was the offensive coordinator from 1998-99 and the running backs coach from 1996-97. As a coordinator, he helped Miami to the second round of the playoffs in both years with Dan Marino at the helm. In 1996, Brown helped RB Karim Abdul-Jabbar become the first Dolphins running back to reach 1,000 yards in 18 years, and in 1997 Abdul-Jabbar tied a league-high 15 rushing touchdowns.

In 1995, Brown was the running backs coach for the Tampa Bay Buccaneers. He served two seasons as the assistant head coach and wide receivers coach during his second stint at the University of Tennessee from 1993-94. Brown's first NFL coaching position was with the New York Jets as running backs coach from 1990-92.

Brown's first stint at Tennessee was from 1983-89 as wide receivers coach, where he coached four first-round picks during his tenure. Prior to his arrival, he was the wide receivers coach at Louisville in 1982 where he coached future Dolphins great Mark Clayton.

His coaching career began at Memphis State, where he coached the wide receivers from 1979-80 and the running backs in 1978. Brown was a starter at Memphis State at quarterback, and graduated from MSU in 1977 with a degree in communications.

A native of Sweetwater, Tenn., Brown, born on March 6, 1955, and his wife, Deon, have one son, Jerome, and one daughter, Jennifer.

BROWN'S COACHING CAREER

1978	Memphis State *Running Backs*
1979-80	Memphis State *Wide Receivers*
1982	University of Louisville *Wide Receivers*
1983-89	University of Tennessee *Wide Receivers*
1990-92	New York Jets *Running Backs*
1993-94	University of Tennessee *Asst. Head Coach/Wide Receivers*
1995	Tampa Bay Buccaneers *Running Backs*
1996-97	Miami Dolphins *Running Backs*
1998-99	Miami Dolphins *Offensive Coordinator*
2000	Green Bay Packers *Running Backs*
2001	Memphis Maniax (XFL) *Head Coach*
2002-05	Houston Texans *Wide Receivers*
2006-07	Detroit Lions *Wide Receivers*
2008	Detroit Lions *Asst. Head Coach/Passing Game Coord.*
2009-10	University of Tennessee *Interim Head Coach/WRs/Passing Game Coordinator*
2010-	Seattle Seahawks *Wide Receivers*

LUKE BUTKUS
QUALITY CONTROL/OFFENSIVE LINE

SEAHAWKS EXPERIENCE: 2ND YEAR
NFL EXPERIENCE: 5TH YEAR

Hired on February 4, 2010, Luke Butkus enters his second season in Seattle after spending three years as the Chicago Bears offensive assistant/assistant offensive line coach.

Signed by the Bears as an undrafted free agent out of the University of Illinois in 2002, Butkus returned to Chicago after beginning his coaching career as a graduate assistant coach with the University of Oregon from 2005-06.

A center during his playing days, Butkus moved into coaching at Oregon after finishing his professional football career in 2004 following training camp with the Houston Texans. Prior to that he played two seasons in NFL Europe, for the Rhein Fire in 2003 and the Cologne Centurions in 2004. Butkus spent most of the 2002 season on the San Diego Chargers practice squad and went to training camp with the team in 2003.

Butkus was a four-year letterwinner at the University of Illinois from 1998-2001. He was named a third-team All-American his senior year while also garnering All-Big Ten honors as a team captain.

He is a graduate of Bloom Township High School in suburban Chicago and the nephew of legendary Bears linebacker Dick Butkus. He served as an instructor at the University of Illinois Summer Football Camps from 2002-04 and has done so at the Revie Sorey & Jerry Azumah All-Pro Football Camps since 1995.

Butkus, born on June 26, 1979, and his wife, Nici, have one son, Benjamin.

BUTKUS' COACHING CAREER

2005-06	University of Oregon	*Graduate Asst./Asst. Off. Line*
2007	Chicago Bears	*Assistant Offensive Line*
2008-09	Chicago Bears	*Offensive Asst./Asst. Offensive Line*
2010-	Seattle Seahawks	*Quality Control/Offensive Line*

TOM CABLE
ASSISTANT HEAD COACH/OFFENSIVE LINE

SEAHAWKS EXPERIENCE: 1ST YEAR
NFL EXPERIENCE: 6TH YEAR

Cable joined the Seahawks staff on January 18, 2011, after spending four years with the Oakland Raiders, serving the last two-plus years as head coach.

Cable was named the 17th head coach of the Oakland Raiders on February 3, 2009. He served as the interim head coach for 12 games of the 2008 season following the announcement on September 30, 2008, and led the Raiders to victories in the campaign's final two games.

He led Oakland to an 8-8 record in 2010, its most wins since the 2002 season and went 17-27 in his time leading the Silver and Black. The Raiders rushing attack ranked in the top 10 in the NFL in 2007 (6th) and 2008 (10th) behind his offensive lines.

Cable broke into the NFL ranks in 2006 as the offensive line coach for Atlanta, where he tutored a unit that saw the Falcons lead the NFL in rushing.

From 2004-05, Cable was both the offensive

coordinator and offensive line coach at UCLA, where he helped develop one of the most productive offensive units in the nation. In 2005, he coordinated a UCLA offense that averaged 431 yards in total offense per game while earning 10 wins and a bowl berth. In 2004, the Bruin offense under Cable improved by more than 1,000 yards from the previous season while averaging 410 yards per game.

He served as the head coach of the University of Idaho from 2000-03. During his tenure at Idaho, his teams averaged 424.1 yards of total offense per game. Cable also spent two years at the University of Colorado, serving as the offensive line coach and the following year was promoted to offensive coordinator. Under his direction, the Buffaloes offense ranked 14th in the nation in 1999, averaging 424.9 yards per game.

He spent six seasons (1992-97) as offensive line coach at the University of California, where he tutored four first-team All-Pac-10 selections.

Cable began his coaching career at his alma mater, serving as a graduate assistant at Idaho in 1987 and 1988. He was a graduate assistant at San Diego State in 1989, defensive line coach at Cal State Fullerton in 1990 and offensive line coach at Nevada-Las Vegas in 1991.

The Merced, Calif. native played four years at Idaho, three as a starting guard, and spent one season with the Indianapolis Colts before beginning his coaching career.

Cable, born on November 26, 1964, and his wife Carol, have four children, Ryan, Amanda, Alex and Zach.

CABLE'S COACHING CAREER

1987-88	University of Idaho *Graduate Assistant*
1989	San Diego State *Graduate Assistant*
1990	Cal State Fullerton *Defensive Line*
1991	UNLV *Offensive Line*
1992-97	University of California *Offensive Line*
1998-99	University of Colorado *Offensive Coordinator/Off. Line*
2000-03	University of Idaho *Head Coach*
2004-05	UCLA *Offensive Coordinator/Off. Line*
2006	Atlanta Falcons *Offensive Line*
2007-08	Oakland Raiders *Offensive Line*
2008-10	Oakland Raiders *Head Coach*
2011-	Seattle Seahawks Assistant *Head Coach/Off. Line*

DAVE CANALES
QUALITY CONTROL/OFFENSE

SEAHAWKS EXPERIENCE: 2ND YEAR
NFL EXPERIENCE: 2ND YEAR

Named to his current position February 4, 2010, Canales entered the NFL after one season as USC's offensive administrative assistant in 2009.

Canales' primary responsibilities include video study of opponents, self-scouting, playbook production, and assisting offensive coordinator Darrell Bevell.

Prior to USC, he coached quarterbacks at El Camino College from 2006-08.

A graduate of Azusa Pacific, where he played receiver for four years, he earned his degree in business administration.

Born May 7, 1981, in Carson, Calif., Dave and his wife, Lizzy, have one daughter, Ashby.

CANALES' COACHING CAREER

2006-08	El Camino College *Quarterbacks*
2010-	Seattle Seahawks *Quality Control/Offense*

CHRIS CARLISLE
HEAD STRENGTH & CONDITIONING

SEAHAWKS EXPERIENCE: 2ND YEAR
NFL EXPERIENCE: 2ND YEAR

After nine years as USC's head strength and conditioning coach, Carlisle joined Seattle in the same capacity on February 4, 2010.

He was named the 2006 National Collegiate Strength and Conditioning Coach of the Year by the Professional Football Strength and Conditioning Coaches Society.

USC played in the 2001 Las Vegas Bowl, 2003 Orange Bowl, 2004 Rose Bowl, 2005 Orange Bowl (BCS Championship Game), 2006 Rose Bowl (BCS Championship Game), 2007 Rose Bowl, 2008 Rose Bowl, 2009 Rose Bowl and 2009 Emerald Bowl during his tenure.

He came to USC from the University of Tennessee, where he was the associate head strength and conditioning coach for three years (1998-2000). The Volunteers football team won the 1998 BCS Championship Game and Southeastern Conference championship.

While coaching at Tennessee, Carlisle learned he had Hodgkin's Disease in December of 2000 and began radiation treatments. He was hired by USC in February of 2001, kept his illness a secret except to Trojans Head Coach Pete Carroll, continued treatments in Tennessee and at USC/Norris Comprehensive Cancer Center and Hospital, then doctors told

him in the summer of 2001 that the cancer was in remission. He informed the USC players of his ordeal at the start of fall 2001 camp. He was one of 17 nominees for the 2003 Most Courageous Award presented by the Football Writers Association of America and was one of 11 nominees for the 2005 award.

Carlisle began his career as the head football coach and strength coach at Dodge (Neb.) High in 1985. He then spent six seasons (1986-91) as an offensive line coach and strength coach at Blytheville (Ark.) High. He next was a strength and conditioning graduate assistant coach at Arkansas for two years (1992-93) before becoming the head football coach and strength coach at Subiaco (Ark.) Academy, a college prep school, for four seasons (1993-96). He spent 1997 as an offensive line coach and strength coach at Trinity Valley Community College in Athens, Texas, winning the NJCAA national championship that season.

After playing offensive line at North Iowa Area Community College in Mason City, Iowa, in 1980, he was a three-year (1981-83) starting offensive lineman at Chadron (Neb.) State College, earning All-Area honors.

He earned his bachelor's degree in education from Chadron State in 1985 and a master's degree in history from Arkansas in 1997.

Carlisle prepped at Mason City (La.) High, where he starred in football. Born on August 7, 1962, he and his wife, Louon, have one son, Alex.

CARLISLE'S COACHING CAREER

1992-93	University of Arkansas *Graduate Asst./Strength & Cond.*
1997	Trinity Valley (Athens, Texas) C.C. *Offensive Line/Strength*
1998-00	University of Tennessee *Associate Head Strength & Cond.*
2001-09	USC Head *Strength & Conditioning*
2010-	Seattle Seahawks *Head Strength & Conditioning*

MONDRAY GEE
ASSISTANT STRENGTH & CONDITIONING

SEAHAWKS EXPERIENCE: 2ND YEAR
NFL EXPERIENCE: 11TH YEAR

Hired on February 4, 2010, Mondray Gee enters his 11th year in the NFL, spending the first seven in Detroit and two in Green Bay's weight room. Recommended to coach Carroll by GM John Schneider, who also worked in Green Bay before joining Seattle.

In Seattle, Gee works alongside Chris Carlisle and Jamie Yanchar implementing a program with focuses on mobility, stability, flexibility, strength and power.

Gee worked closely with Carlisle and Head Trainer Sam Ramsden last season to conduct a comprehensive and rigorous rehabilitation for cornerback Josh Pinkard, who suffered a torn ACL as a senior at USC. Pinkard went on to make the practice squad and eventually was signed to the active roster during the postseason.

While in Green Bay, Gee worked with players on improving power development, speed, recovery & regeneration and flexibility. Was a part of the staff that helped Pro Bowl players Nick Collins, Aaron Rodgers, Clay Matthews and Charles Woodson earn a trip to the postseason in 2009 with an 11-5 record.

His primary duties in Detroit included designing, organizing and executing strength and conditioning procedures, as well as assisting with practice and assisting the defensive staff on game days.

Prior to his tenure in Detroit, Gee worked in many capacities at Michigan State (1996-2001). During his time at the school, he assisted the strength and conditioning department and the football team. He worked as an intern as an undergrad and served as a graduate assistant from 2000-01.

Gee earned a bachelor's degree in kinesiology education in 1999, and secured a master's degree in athletic administration in 2002.

During his time at Michigan State, he worked with several NFL players including Chris Baker, T.J. Duckett, Julian Peterson, Plaxico Burress and Renaldo Hill. He also worked with other athletes, including NBA players Jason Richardson, Charlie Bell and Zach Randolph.

In the summer of 1999, Gee interned for the Chicago Cubs Class A affiliate, Lansing Lugnuts, assisting major leaguer Carlos Zambrano.

Gee, pronounced like the letter 'G,' is an avid music listener and enjoys working out and bird-watching. His cousin, Karl Williams, who played in the NFL for nine seasons (1996-2004), is the all-time leader in punt return yards for the Tampa Bay Buccaneers (2,279).

Born on June 15, 1976, in Detroit, Mich., Gee attended Wayne Memorial High School in Wayne, Mich., where he played basketball, ran track and was a part of the school choir.

GEE'S COACHING CAREER

2000-01	Michigan State *Graduate Assistant*
2001-07	Detroit Lions *Strength & Conditioning Assistant*
2008-09	Green Bay Packers *Strength & Conditioning Assistant*
2010-	Seattle Seahawks *Assistant Strength & Conditioning*

PAT McPHERSON
TIGHT ENDS

SEAHAWKS EXPERIENCE: 2ND YEAR
NFL EXPERIENCE: 14TH YEAR

Named to his position on February 4, 2010, McPherson joined Seattle after 11 years with the Denver Broncos, most recently serving as their tight ends coach from 2007-08. Before being named to that position, he spent four years (2003-06) as quarterbacks coach for the Broncos and also served as an offensive assistant (1999-2002) and defensive assistant (1998).

McPherson's promotion to quarterbacks coach in 2003 coincided with Denver's signing of Jake Plummer. Plummer's 39-15 regular-season record (.722) from 2003-06 with McPherson as his position coach marked the fourth-best winning percentage among all NFL signal callers. In addition, Plummer concluded his career with Denver as its all-time leader in passer rating (84.3).

In 2004, Plummer set a Broncos single-season record for passing yards (4,089) while tying the team's record for most touchdown passes (27) in a season and directing the AFC's No. 3 pass offense (249.9 ypg). Additionally, the signal-caller posted 499 passing yards against the Falcons (10/31/04) for the highest single-game total in franchise history.

Plummer took his game to new levels under McPherson in 2005, leading Denver to a 13-3 record, an AFC West title and a berth in the AFC Championship Game while throwing for 3,366 yards.

McPherson in 2006 helped ease rookie quarterback Jay Cutler's transition into the NFL as the first-round draft choice started Denver's final five games and made league history in the process. Cutler became the first rookie in NFL history and one of only two players in league annals to throw at least two touchdown passes in each of his first four games.

McPherson was hired by the Broncos following a four-year coaching stint at his high school alma mater, Bellarmine College Prep in San Jose, Calif. In addition to football, his duties included teaching English, algebra and physical fitness at the school.

During his tenure at Bellarmine, the football team compiled a record of 35-11, won three consecutive league titles and made one section championship appearance. He also gained valuable coaching experience volunteering with the San Francisco 49ers in 1996, serving in a defensive quality control capacity.

McPherson holds a bachelor's degree in English and an MBA from Santa Clara, where he captained the football team and was voted Most Inspirational Player as an inside linebacker during his senior season of 1992. He began his collegiate career in 1987 at UCLA, where he received the Charles Pike Award, which recognizes the school's outstanding freshman football player. McPherson signed with the 49ers as a rookie free agent in 1993.

His father, Bill McPherson, coached in the NFL for 21 years and worked as a personnel consultant for the San Francisco 49ers before retiring in February 2005.

McPherson was an all-state and All-America inside linebacker at Bellarmine College Prep and earned Scholar-Athlete of the Year honors as a senior. In April 2004, McPherson was inducted into Bellarmine's Athletic Hall of Fame.

McPherson worked with the National Multiple Sclerosis Society in Santa Clara, Calif., in 1994, organizing and implementing the chapter's largest fund-raising event, the 1994 MS Walk.

He was born on April 15, 1969, in Santa Clara, Calif. He and his wife, Shannon, have two sons, Jackson and Grayson.

MCPHERSON'S COACHING CAREER

1996	San Francisco 49ers Quality Control/Defense (Volunteer)
1998	Denver Broncos Defensive Assistant
1999-02	Denver Broncos Offensive Assistant
2003-06	Denver Broncos Quarterbacks
2007-08	Denver Broncos Tight Ends
2010-	Seattle Seahawks Tight Ends

KEN NORTON, JR.
LINEBACKERS

Hired on February 4, 2010, Norton, Jr. enters his second season in the NFL coaching ranks after retiring from the league in 2000, after 13 years as one of the premiere linebackers in the game.

In his first season, Norton, Jr. helped David Hawthorne to his second-consecutive 100-tackle season, becoming the eighth player in Seahawks history to accomplish that feat. He also tutored 2009 first-rounder Aaron Curry to a career-high 3.5 sacks and a 70-tackle season (58 solo).

This season, Norton, Jr. is reunited with one of his former pupils, seventh-round selection, Malcolm Smith.

He spent six seasons coaching linebackers for USC from 2004-09. In 2009, he added the title of assistant head coach of the defense. He spent his first year at USC as a graduate assistant (helping with the linebackers) after joining the Trojans staff in February of 2004.

In 2008, linebacker Rey Maualuga was named an All-American first teamer and the Pac-10 Defensive Player of the Year, made his third consecutive All-Pac-10 first team and was USC's first-ever winner of the Bednarik Award. He also was a finalist for the Lombardi, Butkus and Nagurski Awards. Fellow linebacker Brian Cushing was also a Butkus Award finalist and won All-Pac-10 first-team honors. Following the season, Cushing was an NFL first-round pick, as was Super Bowl XLV winner Clay Matthews. Maualuga was a second rounder and Kaluka Maiava was a fourth rounder.

In 2007, linebacker Keith Rivers was an All-American first teamer and was a first-round NFL draft pick following the season, while linebacker Thomas Williams was a fifth-round NFL selection. In 2006 and 2007, Rivers and linebacker Rey Maualuga made the All-Pac-10 first team. Linebackers Dallas Sartz (fifth round) and Oscar Lua (seventh round) were selected in the 2007 NFL Draft.

In 2004, linebackers Matt Grootegoed and Lofa Tatupu were named All-American first teamers (Grootegoed also was a Butkus Award finalist and Tatupu was Seattle's second-round pick).

Norton, Jr. spent 13 years playing in the NFL, first with the Dallas Cowboys for six seasons (1988-93) and then seven years with the San Francisco 49ers (1994-2000). The All-Pro and Pro Bowl selection is the only player in history to play on three consecutive Super Bowl-winning teams (the Cowboys in 1992 and 1993 and the 49ers in 1994).

After retiring from the NFL, he was a radio and television commentator and analyst, including on the NFL Network. He also served as the defensive coordinator at Hamilton High in Los Angeles in 2003.

He was the Cowboys second-round NFL draft pick in 1988 after earning All-American honors at UCLA in 1987. He lettered four seasons (1984-87) with the Bruins and was a finalist for the 1987 Butkus Award. He earned his bachelor's degree in sociology from UCLA in 1998.

Born on September 29, 1966, he and his wife, Angela, have three children, daughters Brittney and Sabrina, and son Ken III. His father is the former world heavyweight boxing champion and played football and basketball at Northeast Missouri State. He also has three brothers, Keith, Kenejon and Brandon, and one sister, Kenisha.

NORTON JR.'S COACHING CAREER

2004	USC Defensive Assistant/Linebackers
2005-08	USC Linebackers
2009	USC Asst. Head Coach of the Defense/LBs
2010-	Seattle Seahawks Linebackers

KRIS RICHARD
DEFENSIVE BACKS

SEAHAWKS EXPERIENCE: 2ND YEAR
NFL EXPERIENCE: 2ND YEAR

Richard begins his sixth season in the NFL, fifth overall in Seattle and second as coach with the Seahawks. He spent three seasons with the Seahawks and one season with the San Francisco 49ers (2005) as a cornerback.

He was promoted to his current position on January 18, 2011, after spending the 2010 season as assistant defensive backs coach. He joined the club on February 4, 2010.

Richard will be assisted in the secondary by Rocky Seto, who will handle the safety position.

Prior to Seattle, he spent two seasons (2008-09) as a graduate assistant at USC, working with the defensive backs.

In 2008, safety Taylor Mays was an All-American first-team pick for the second year and also was a finalist for the Thorpe Award, while safety Kevin Ellison made his second consecutive All-Pac-10 first team. Ellison and cornerback Cary Harris were NFL sixth-round draft picks following the season.

Originally a third-round pick (85th overall) by Seattle, Richard played in 38 games with one start for Seattle from 2002-04 before playing one season in San Francisco.

Richard lettered four years (1998-2001) at USC, starting his final three seasons. He had eight career interceptions and returned three for touchdowns, along with 125 tackles, 19 deflections and two fumble recoveries.

He was a prep All-American cornerback, quarterback and wide receiver at Serra High in Gardena, Calif., where he also ran track and

was a member of Serra's 1996 state champi-onship 400-meter relay team.

He received his bachelor's degree in sociol-ogy from USC in 2002 and is working on his master's degree in communication manage-ment.

Born on October 28, 1979, he and his wife, Chandra, have a daughter, Alyssa, and a son, Aiden.

RICHARD'S COACHING CAREER

2008-09	USC *Graduate Assistant/Defensive Backs*
2010	Seattle Seahawks *Assistant Defensive Backs*
2011-	Seattle Seahawks *Defensive Backs/Cornerbacks*

PAT RUEL
ASSISTANT OFFENSIVE LINE

SEAHAWKS EXPERIENCE: 2ND YEAR
NFL EXPERIENCE: 7TH YEAR

Hired to assist the offensive line on September 6, 2010, Ruel begins his second season in Seattle.

He joined the Seahawks after coaching five seasons (2005-09) at USC in the same capacity.

In 2008, Ruel was picked as one of the coun-try's top 25 recruiters by Rivals.com.

In 2007, offensive tackle Sam Baker was named an All-American first teamer for the third consecutive year (third Trojan to do so), offensive guard Chilo Rachal made the All-Pac-10 first team and center Kristofer O'Dowd was a freshman All-American first teamer. Baker was a first-round NFL draft pick following the 2007 season, while Rachal was a second rounder.

In 2006, center Ryan Kalil was an All-American first-team pick (second-round pick in the 2007 NFL draft).

In 2005, Baker and offensive guard Taitusi Lutui were All-American first teamers and Kalil was on the All-Pac-10 first team. Lutui and offensive tackle Winston Justice were second-round picks in the 2006 NFL draft, while offen-sive guard Fred Matua was a seventh rounder.

Ruel spent the 2004 season as an offensive line assistant with the New York Giants after spending the previous four seasons with Buffalo (2003), Green Bay (2001-02) and Detroit (2000). The Packers were in the NFC playoffs both seasons.

Prior to that, Ruel worked on the college level for the first 26 years of his career. His coaching career began in 1973 as a graduate assistant at his alma mater, Miami. He was promoted to a fulltime assistant handling the offensive line for the Hurricanes for the follow-ing three seasons (1974-76).

In 1977, he became the assistant offensive line coach at Arkansas (Pete Carroll was a member of that Razorbacks' staff) before spending four seasons (1978-81) at Washington State (first two seasons as the offensive line coach before adding offensive coordinator duties for his final two seasons).

Ruel was the offensive coordinator and offensive line coach at Texas A&M for the next three years (1982-84), before carrying that role (along with assistant head coach) to Northern Illinois (1985-87).

Ruel served at Kansas from 1988-96. The first three seasons as the offensive coordinator and offensive line coach, then adding assistant head coach to his title the final years. The Jayhawks played in the 1992 and 1995 Aloha Bowls.

After spending 1997 in private business, Ruel coached at Michigan State for two years (1998-99), the first year as the offensive line coach and then adding assistant head coach duties in the second season. The Spartans played in the 2000 Florida Citrus Bowl.

Ruel lettered at offensive guard for Miami in 1971 and 1972 while receiving his bachelor's degree in psychology in 1972.

Ruel prepped at Coral Gables High, where he starred in football. He was born on Decem-ber 5, 1950. He and his wife, Marti, have a daughter, Sabra. His full name is Golden Pat Ruel.

RUEL'S COACHING CAREER

Year	Details
1973	University of Miami *Graduate Assistant*
1974-76	University of Miami *Offensive Line*
1977	University of Arkansas *Asst. Offensive Line*
1978-79	Washington State *Offensive Line*
1980-81	Washington State *Off. Coordinator/Off. Line*
1982-84	Texas A&M *Asst. Head Coach/OC/Off. Line*
1985-87	Northern Illinois *Asst. Head Coach/OC/Off. Line*
1988-90	University of Kansas *Off. Coordinator/Off. Line*
1991-96	University of Kansas *Asst. Head Coach/OC/Off. Line*
1998	Michigan State *Offensive Line*
1999	Michigan State *Asst. Head Coach/Off. Line*
2000	Detroit Lions *Offensive Line*
2001-02	Green Packers *Asst. Offensive Line*
2003	Buffalo Bills *Offensive Line*
2004	New York Giants *Offensive Line Asst.*
2005-09	University of Southern California *Offensive Line*
2010-	Seattle Seahawks *Assistant Offensive Line*

ROBERT SALEH
QUALITY CONTROL/DEFENSE

SEAHAWKS EXPERIENCE: 1ST YEAR
NFL EXPERIENCE: 7TH YEAR

Hired on February 8, 2011, Saleh begins his first season with Seattle after spending the last six years with the Houston Texans, including the last two as assistant linebackers coach.

Linebackers were regarded as the strongest group of the 2009 Houston defense. The group boasted the 2006 and 2009 AP Defensive Rookies of the Year in DeMeco Ryans and Brian Cushing, respectively.

Saleh served as the Texans defensive assistant for four seasons (2005-08), handling the quality control aspects of the defense, similar to his duties with Seattle this season.

Saleh joined the Texans during the 2005 season after spending the previous four seasons at the collegiate level; working at Georgia (2005), Central Michigan (2004) and Michigan State (2002-03).

Born in Dearborn, Mich., on January 31, 1979, Saleh attended Northern Michigan University where he started at tight end for four years. He and his wife, Sanaa, have one son, Adam.

SALEH'S COACHING CAREER

Year	Details
2002	Michigan State *Offensive Assistant/Tight Ends*
2003	Michigan State *Defensive Assistant/Defensive Line*
2004	Central Michigan *Defensive Assistant/Defensive Line*
2005	University of Georgia *Defensive Assistant/Linebackers*
2005-08	Houston Texans *Defensive Assistant*
2009-10	Houston Texans *Assistant Linebackers*
2011-	Seattle Seahawks *Quality Control/Defense*

BRIAN SCHNEIDER
SPECIAL TEAMS COORDINATOR

SEAHAWKS EXPERIENCE: 2ND YEAR
NFL EXPERIENCE: 4TH YEAR

Named to his current position on February 4, 2010, Schneider returned to the NFL after one year at USC.

In his first season, Seattle's special teams were one of the top units in the NFL. Schneider's schemes helped Leon Washington become a second-team AP All-Pro kick returner and helped the team to rank third in the NFL with an average drive start at the 30.2 yard line. The Seahawks also excelled in kick coverage, as they ranked fifth in the NFL with opponents starting at their own 24.6 yard line.

Washington tied for the league-lead with three kickoff return touchdowns and became the first player in NFL history to return three kickoffs for touchdowns in two different sea-

sons (2007). He became the 10th player in NFL history to return to kickoffs for touchdowns in a single game. Those two returns, 101 and 99 yards, are the longest in Seahawks history, and he became the third player in NFL history with two touchdowns of 99+ yards in the same game.

His individual kickers won Special Teams Player of the Week awards with Olindo Mare earning Week 7 honors after connecting on a Seahawks-record five field goals vs. Arizona. Mare also set a Seahawks record with 30 consecutive made field goals that also tied for the sixth-longest streak in NFL history. Punter Jon Ryan set a career-high with 27 punts inside the 20 and his 27:1 inside the 20 to touchback ratio led the NFL. He was named Special Teams Player of the Week 17 vs. St. Louis.

He coached special teams in Oakland for two seasons (2007-08). In both seasons, Shane Lechler led the NFL in punting and was named to the Pro Bowl.

In 2006, he handled the special teams and tight ends at Iowa State. He then moved briefly to the Air Force Academy in early 2007 before being hired by the Raiders that season.

He moved to UCLA for three seasons (2003-05), working with the linebackers and safeties in addition to the special teams. Maurice Jones-Drew led the nation in punt returns in 2005.

Schneider began his coaching career as a graduate assistant at his alma mater, Colorado State, for three years (1994-96), working with the special teams and defense. He then was promoted as a full-time assistant for the next six seasons (1997-2002), as the special teams coordinator and coaching the tight ends.

He was a four-year (1990-93) letterwinning linebacker at Colorado State, starting three seasons and earning All-Conference first-team honors as a senior in 1993. He earned his bachelor's degree in social science from Colorado State in 1994.

Schneider starred in football, basketball and track at Pomona High in Arvada (Colo.).

He was born on May 16, 1971. Schneider and his wife, Kelli, have a daughter, Jaden, and three sons, Jace, Joby, and Joel.

SCHNEIDER'S COACHING CAREER

1994-96	Colorado State *Special Teams/Graduate Assistant*	2007-08	Oakland Raiders *Special Teams Coordinator*
1997-02	Colorado State *Special Teams Coord./Tight Ends*	2009	USC *Special Teams Coordinator*
2003-05	UCLA *Special Teams/Linebackers/Safeties*	2010-	Seattle Seahawks *Special Teams Coordinator*
2006	Iowa State *Special Teams/Tight Ends*		

ROCKY SETO
ASSISTANT DEFENSIVE BACKS

SEAHAWKS EXPERIENCE: 2ND YEAR
NFL EXPERIENCE: 2ND YEAR

Hired on February 4, 2010, in a quality control/defense role, former USC linebacker Seto joined the NFL coaching ranks after 11 seasons at USC. On January 18, 2011, he was promoted to assist Kris Richard with the defensive backs, with his focus on the safeties group.

Seto was USC's defensive coordinator/secondary coach in 2009, after three seasons coaching the secondary from 2006-08, following two years of coaching the linebackers (2004-05).

During his time, safety Taylor Mays was an All-American first-teamer for three consecutive years, becoming just the fourth Trojan ever to be a three-time All-American, and he made his second consecutive All-Pac-10 first team.

In 2005, linebacker Rey Maualuga was a freshman All-American first teamer, and in 2004, linebackers Matt Grootegoed and Lofa Tatupu were named All-American first teamers.

He spent the previous two years (2001-02) as a Trojan graduate assistant, the first year working with the defense in general and then handling the safeties in 2002 (where he worked with All-American first teamer and NFL first rounder Troy Polamalu).

Seto began his coaching career in 1999 as a volunteer assistant, working with the defense and special teams. He spent the 2000 season as an administrative graduate assistant.

He was a linebacker at USC for two seasons (1997-98) after transferring to USC from Mt. San Antonio Junior College in Walnut, Calif., where he was a fullback and defensive end in 1995 and 1996. After spending 1997 as a walk-on, he earned a scholarship for the 1998 season.

He earned his bachelor's degree in exercise science from USC in 1999 after getting his associate's degree in general studies from Mt. San Antonio in 1997. He then earned his master's degree in public administration from USC in 2001.

Born on March 12, 1976, Seto and his wife, Sharla, who attended Newport High in Bellevue, have two daughters, Kaylani and Mia, and one son, Troy.

SETO'S COACHING CAREER

1999	USC *Def. Asst./Special Teams (Volunteer)*
2001-02	USC – *Graduate Assistant*
2003	USC – *Safeties*
2004-05	USC – *Linebackers*
2006-08	USC – *Secondary*
2009	USC *Defensive Coordinator/Secondary*
2010	Seattle Seahawks *Quality Control/Defense*
2011-	Seattle Seahawks *Defensive Backs/Safeties*

CARL SMITH
QUARTERBACKS

SEAHAWKS EXPERIENCE: 1ST YEAR
NFL EXPERIENCE: 22ND YEAR

Hired on February 1, 2011, Carl Smith re-unites with Pete Carroll and brings 21 years of NFL experience to the Seahawks staff, most recently spending the last two years as the Cleveland Browns quarterbacks coach. It was his second stint with Cleveland after originally joining the club from 2001-03 in the same capacity.

Of Smith's 21 years as an NFL assistant 13 have been spent as an offensive coordinator, most recently leading the Jacksonville Jaguars offense from 2005-06. In 2006, Jacksonville's offense ranked 10th in the league and third overall in rushing with an average of 158.8 yards per game. In 2005, the Jaguars scored 361 points, 100 more than the previous season, and compiled a 12-4 record.

Smith worked with Carroll in 2004 at USC, where he mentored Heisman Trophy winner Matt Leinart and helped USC win the national championship.

For 22 of his last 23 seasons, Smith has been an assistant at the professional level, beginning with three years (1983-85) with the Philadelphia/Baltimore Stars of the USFL. The Stars won the league title his final two seasons.

He entered the NFL coaching arena with New Orleans in 1986, serving as its offensive coordinator/quarterbacks coach for the next 11 seasons. During that time, the franchise recorded its first-ever winning season, earned its first playoff berth, won its first division title and qualified for the postseason on four occasions.

Smith and Carroll worked together in New England from 1997-99. Under his watch in 1997, Drew Bledsoe completed more than 60% of his passes, threw for more than 3,700 yards and set career-highs in touchdown passes (28) and passer rating (87.7) as he was voted to the AFC Pro Bowl squad.

Prior to the NFL, he was an assistant at the collegiate level for 12 seasons, with the final six as an offensive coordinator. Smith and Carroll first worked together in 1982 at North Carolina State when Smith was the offensive coordinator/quarterbacks coach and Carroll

C. SMITH'S COACHING CAREER

1971	Cal Poly-SLO *Graduate Assistant*
1972	University of Colorado *Graduate Assistant*
1973	University of Colorado *Linebackers*
1974	University of Louisiana-Lafayette *Defensive Line*
1975-76	University of Louisiana-Lafayette *Defensive Backs*
1977-78	University of Louisiana-Lafayette *Offensive Coordinator/Running Backs*
1979-80	Lamar University *Offensive Coordinator/Quarterbacks*
1981	Lamar University *Offensive Coordinator/Offensive Line*
1982	North Carolina State *Offensive Coordinator/Quarterbacks*
1983	Philadelphia Stars (USFL) *Special Teams/Tight Ends*
1984-85	Philadelphia/Baltimore Stars (USFL) *Quarterbacks/Wide Receivers*
1986-96	New Orleans Saints *Offensive Coordinator/Quarterbacks*
1997	New England Patriots *Assistant Head Coach/Quarterbacks*
1998-99	New England Patriots *Tight Ends*
2001-03	Cleveland Browns *Quarterbacks*
2004	USC *Quarterbacks*
2005-06	Jacksonville Jaguars *Offensive Coordinator*
2009-10	Cleveland Browns *Quarterbacks*
2011-	Seattle Seahawks *Quarterbacks*

was defensive coordinator/secondary coach.

Smith lettered in football as a defensive back at Cal Poly-SLO from 1969-70 after transferring from Bakersfield College where he played quarterback from 1966-67. He earned his bachelor's (1971) and master's (1972)

degrees in physical education from Cal-Poly SLO, as well as a teaching credential.

Born on April 26, 1948, in Wasco, Calif., Smith and his wife, Dianne, have three sons, Tracy, Tyler and Nicholas, and a grandson, Troy.

SHERMAN SMITH
RUNNING BACKS

SEAHAWKS EXPERIENCE: 2ND YEAR
NFL EXPERIENCE: 17TH YEAR

An original Seahawk, Smith returns to his NFL roots to continue his NFL coaching career. Hired to coach running backs on February 4, 2010, he returns to Seattle where he played for eight seasons.

His running back corps in 2010 was bolstered with the midseason trade for Buffalo's Marshawn Lynch. He set a career-high with

three rush scores vs. Carolina, the first time a Seahawks player accomplished that feat since Shaun Alexander in 2005.

A veteran of the NFL for 25 seasons as both a player and coach, Smith spent two seasons with the Washington Redskins (2008-09) after 13 years with the Tennessee Titans. He served his last season with Washington as the Redskins offensive coordinator.

Four members of the Redskins offense were named to the 2008 and 2009 Pro Bowls – TE Chris Cooley, RB Clinton Portis, T Chris Samuels and FB Mike Sellers.

Portis made his second Pro Bowl and his first as a member of the Redskins after he registered the second-most rushing yards (1,487) in a single season in franchise history, while Sellers was named to his first Pro Bowl after he paved the way for Portis to finish fourth in the NFL with the aforementioned 1,487 rushing yards.

Smith's coaching background is primarily with running backs, but he has worked under several offensive coordinators who have operated versions of the West Coast Offense, including Mike Heimerdinger and Norm Chow.

Prior to joining the Redskins, Smith spent 13 seasons as running backs coach with the Tennessee Titans (1995-2007). He also held the title of assistant head coach the last two seasons.

In his final season with the Titans in 2008, Tennessee finished with the NFL's fifth-ranked rushing attack, averaging 131.8 yards per game. Under Smith's guidance, second-year running back LenDale White led the Titans offense with 1,110 rushing yards on 303 carries. He logged five 100-yard rushing performanc-

es and led the Titans with seven rushing touchdowns.
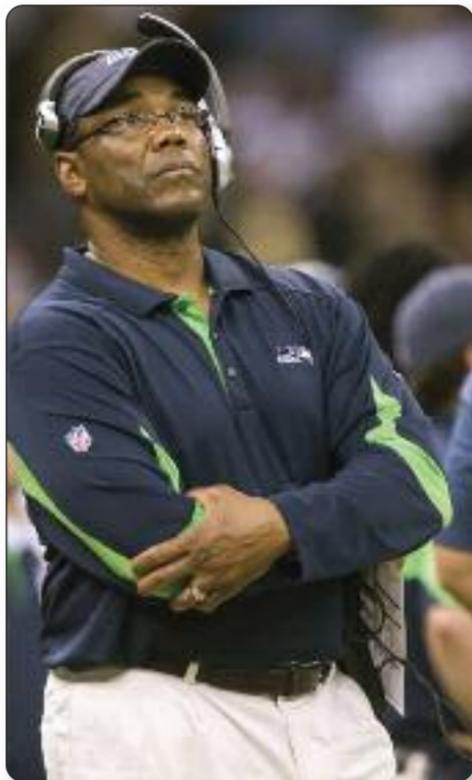
In 2006, Tennessee amassed the sixth-highest rushing total in Titans/Oilers franchise history with 2,214 rushing yards. The team's yards-per-carry average of 4.72 established a new franchise mark. Travis Henry led the Titans' ground game with 1,211 rushing yards and seven touchdowns on 270 carries.

From 1996-2003, Smith helped running back Eddie George develop into one of the great running backs in NFL history. With 10,441 career rushing yards, George places 23rd on the NFL's all-time rushing list. George is one of 24 running backs in NFL history to reach 10,000 career rushing yards and only the second to reach the mark without missing a game. The other was Hall of Famer Jim Brown.

Before joining the Titans, Smith was an assistant coach at Illinois for three seasons. He coached tight ends from 1992-93 and running backs in 1994. Smith also coached running backs at Miami (Ohio) University, his alma mater, from 1990-91.

Smith played nine years in the NFL as a running back, mostly with Seattle. He joined the Seahawks as a second-round draft choice (58th overall) in 1976 and led the team in rushing yardage in each of his first four seasons. For his career, Smith compiled 3,520 rushing yards and 28 touchdowns on 834 carries, as well as 217 receptions for 2,393 yards and 10 touchdowns.

He departed Seattle in 1983 as the Seahawks' all-time rushing yardage leader. He totaled 3,429 rushing yards in Seattle, which is currently sixth best behind Shaun Alexander, Curt Warner, Chris Warren, John L. Williams and Ricky Watters. He is also fourth in Seahawks history with 28 rushing touchdowns. Smith closed out his career with the San Diego Chargers from 1983-84.

At Miami (Ohio), Smith played quarterback. He led the Redhawks to a 33-1-1 record and the Mid-American Conference crown his last three years.

Upon retiring from playing football in 1984, Smith taught for five years and was the head boys track and basketball coach at Redmond Jr. High. He also coached football at Redmond High during this time.

A native of Youngstown, Ohio, Smith and his wife, Sharon, have two children, daughter Shavonne, and son Sherman, also a graduate of Miami (Ohio).

S. SMITH'S COACHING CAREER

1990-91	Miami (Ohio) University	*Running Backs*
1992-93	University of Illinois	*Tight Ends*
1994	University of Illinois	*Running Backs*
1995-05	Tennessee Titans	*Running Backs*
2006-07	Tennessee Titans	*Assistant Head Coach/Running Backs*
2008-09	Washington Redskins	*Offensive Coordinator*
2010-	Seattle Seahawks	*Running Backs*

JEFF ULBRICH
ASSISTANT SPECIAL TEAMS

SEAHAWKS EXPERIENCE: 2ND YEAR
NFL EXPERIENCE: 2ND YEAR

Hired on February 4, 2010, former NFL linebacker Ulbrich joined the Seahawks staff after 10 seasons with the San Francisco 49ers.

Ulbrich aided Brian Schneider to turn Seattle's special teams into one of the league's best in 2010.

In their first season, Leon Washington become a second-team AP All-Pro kick returner and helped the team to rank third in the NFL with an average drive start at the 30.2 yard-line. The Seahawks also excelled in kick coverage, as they ranked fifth in the NFL with opponents starting at their own 24.6 yard-line. Kicker Olindo Mare tied for the sixth-longest streak in NFL history with 30 consecutive made field goals and Jon Ryan's 27:1 inside

the 20 to touchback ratio led the league.

Originally selected with the second of two third-round picks (86th overall) out of Hawaii in the 2000 NFL Draft by San Francisco, he played in 120 career games with 75 starts.

He was a six-year starter for the 49ers and tallied a career-high 167 tackles (90 solo) in 2004. He recorded 653 stops (365 solo), 5.5 sacks, two interceptions and 44 special teams tackles in his 10 seasons.

His career came to a close after suffering a concussion in Week 4 of the 2009 season. He was placed on injured reserve and retired after the season.

Ulbrich (pronounced ULL-brick) and his wife, Cristina, have one daughter, Samantha, and two sons, Jax and Jace. He was born on February 17, 1977.

ULBRICH'S COACHING CAREER

2010-	Seattle Seahawks *Assistant Special Teams*

TODD WASH
DEFENSIVE LINE

SEAHAWKS EXPERIENCE: 1ST YEAR
NFL EXPERIENCE: 5TH YEAR

Hired on January 18, 2011, Todd Wash joins Seattle after four years in Tampa Bay, holding the title of defensive line coach his final three seasons. He originally joined Tampa Bay in 2007 as defensive quality control coach.

Wash re-unites with long-time friend Gus Bradley where they played and coached together at North Dakota State and in Tampa Bay.

In Seattle, Wash inherits the Seahawks sack leader Chris Clemons, who posted a career-high 11.0 sacks and 22 quarterback hits in 2010. Last season, Clemons and Raheem Brock posted the third-most sacks among ends in the NFL with 20.0.

Prior to his time in Tampa Bay, Wash had two stints (2002-03, 2005-06) as an assistant coach at his alma mater, North Dakota State. While with the Bison, Wash coached the defensive line and coordinated the run defense. In between appointments at NDSU, Wash spent the 2004 season as defensive coordinator/linebackers coach at Missouri Southern State.

Wash previously worked as defensive coordinator at the University of Nebraska-Kearney (2000-01) and held the positions of defensive line coach (1996) and head coach/defensive coordinator (1997-99) at Fort Lewis College in Durango, Colo.

A two-time All-North Central Conference outside linebacker at North Dakota State, Wash played on two national championship teams with the Bison in 1988 and 1990. A preseason All-American and team captain in 1991, he went to camp as an undrafted free agent with the Houston Oilers in 1992.

Wash holds two degrees from NDSU, including a bachelor's degree in physical education (1994) and a master's in athletic administration (1996). Todd, born on July 19, 1968, and his wife, Darci, are the parents of two daughters, Alyssa and Jenae, and one son, Marcus. Darci was an All-American basketball player for NDSU and played on three national championship teams.

WASH'S COACHING CAREER

1996	Fort Lewis College *Defensive Line*
1997-99	Fort Lewis College *Head Coach/Defensive Coordinator*
2000-01	Nebraska-Kearney *Defensive Coordinator*
2002-03	North Dakota State *Defensive Line*
2004	Missouri Southern State *Defensive Coordinator/Linebackers*
2005-06	North Dakota State *Defensive Line/Run Defense Coord.*
2007	Tampa Bay Buccaneers *Defensive Quality Control*
2008-10	Tampa Bay Buccaneers *Defensive Line*
2011-	Seattle Seahawks *Defensive Line*

JAMIE YANCHAR
ASSISTANT STRENGTH & CONDITIONING

SEAHAWKS EXPERIENCE: 2ND YEAR
NFL EXPERIENCE: 2ND YEAR

Hired on February 4, 2010, Yanchar joined the Seahawks after 19 years of service in southern California, working with L.A.'s professional sports teams, including 19 years in USC's strength program.

In his time at USC, he was responsible for designing and implementing strength programs for baseball, football, and women's tennis and volleyball. He also contributed to USC's national championship teams in men's and women's water polo, women's track & field, men's tennis, women's volleyball, and football.

Along with his USC duties, Yanchar worked for the L.A. Rams (1992-95) in a volunteer strength role, the L.A. Lakers (1993-95) as a strength consultant, the NHL's Mighty Ducks of Anaheim (1993-96) and the WNBA's L.A. Sparks (1997-99).

He first broke in to the NFL as a volunteer with the Cleveland Browns during his time as a graduate assistant at his alma mater, Louisville, where he earned his degree in exercise science in 1987. Yanchar earned his masters two years later in athletic management.

Born on December 29, 1963, in Cleveland, Ohio, he and his wife, Stephanie, have one son, Tjaden.

YANCHAR'S COACHING CAREER

1985-91	University of Louisville *Graduate Assistant/Part-time Asst.*
1986-88	Cleveland Browns *Volunteer/Part-time Assistant Strength*
1990-91	Louisville Icehawks (ECHL) *Strength Consultant*
1991-04	USC *Assistant Strength & Conditioning*
1992-95	L.A. Rams *Assistant Strength Coach (Volunteer)*
1993-95	L.A. Lakers (NBA) *Strength Consultant*
1993-96	The Mighty Ducks of Anaheim (NHL) *Strength & Conditioning Coordinator*
1997-99	L.A. Sparks (WNBA) *Strength Consultant*
2005-09	USC *Head Assistant, Strength & Conditioning*
2010-	Seattle Seahawks *Assistant Strength & Conditioning*

HOW BUILT

Year	By Draft		Trade/Waivers/Prac. Sq.		Free Agents	
2011	T	James Carpenter (1)			DT	Jay Alford
	G	John Moffitt (3)			DE	Pierre Allen
	LB	K.J. Wright (4a)			WR	Doug Baldwin
	WR	Kris Durham (4b)			S	Atari Bigby
	CB	Richard Sherman (5a)			FB	Dorson Boyce
	S	Mark LeGree (5b)			DT	Alan Branch
	CB	Byron Maxwell (6)			CB	Brandon Browner
	DE	Pep Levingston (7a)			TE	Dominique Byrd
	LB	Malcolm Smith (7b)			WR	Chris Carter
					RB	Thomas Clayton
					K	Brandon Coutu
					G	Robert Gallery
					P	John Gold
					DB	Jesse Hoffman
					LB	Neal Howey
					G	Zach Hurd
					QB	Tarvaris Jackson
					SS	Jeron Johnson
					WR	Ricardo Lockette
					T	Paul McQuistan
					TE	Zach Miller
					LB	Mike Morgan
					G/C	Brent Osborne
					CB	Ron Parker
					TE	Caz Piurowski
					QB	Josh Portis
					K	Jeff Reed
					RB	Chase Reynolds
					WR	Sidney Rice
					DE	A.J. Schable
					DT	Ryan Sims
					RB	Vai Taua
					SS	Rickey Thenarse
					FB	Ryan Travis
					DT	Teryl White
					DE	Jimmy Wilkerson
2010	T	Russell Okung (1a)	DL	Kentwan Balmer (T)	DE	Raheem Brock
	S	Earl Thomas (1b)	DE	Chris Clemons (T)	CB	Marcus Brown
	WR	Golden Tate (2)	G	Paul Fanaika (PS)	CB	Kennard Cox
	CB	Walter Thurmond (4a)	T	Breno Giacomini (T)	LS	Clint Gresham
	S	Kam Chancellor (5)	RB	Marshawn Lynch (T)	G	Lemuel Jeanpierre
	TE	Anthony McCoy (6)	G	Tyler Polumbus (T)	LB	Michael Johnson
	DE	Dexter Davis (7a)	T	William Robinson (PS)	LB	Matt McCoy
	TE	Jameson Konz (7b)	WR	Isaiah Stanback (W)	CB	Josh Pinkard
			RB	Leon Washington (T)	FB	Michael Robinson
			QB	Charlie Whitehurst (T)	DT	Junior Siavii
					WR	Mike Williams
					WR	Pat Williams
2009	LB	Aaron Curry (1)	G	Mike Gibson (PS)	DT	Colin Cole
	C	Max Unger (2)			CB	Roy Lewis
	WR	Deon Butler (3)				
	TE	Cameron Morrah (7c)				
2008	TE	John Carlson (2)			LB	David Hawthorne
	DT	Red Bryant (4)			P	Jon Ryan
	RB	Justin Forsett (7a)				
2007	DT	Brandon Mebane (3)				
2006	CB	Kelly Jennings (1)				
	WR	Ben Obomanu (7b)				
2005	LB	Leroy Hill (3b)				
2003	CB	Marcus Trufant (1)				
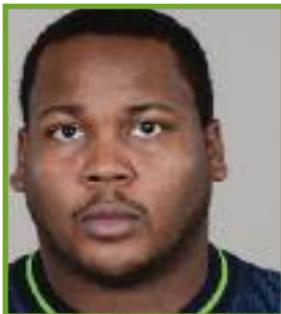
JAY ALFORD

Position . . . .Defensive Tackle
Height 6-3
Weight 304
College . . . . .Penn State
NFL Seasons 4th
Seahawks Seasons 1st
Born . . . . .May 28, 1983
Hometown . . . . . .Orange, N.J.

69

HOW ACQUIRED: Signed a futures contract with the Seahawks January 27, 2011.

NFL CAREER HIGHLIGHTS:

• Originally a third-round (81st overall) draft choice by the N.Y. Giants in 2007. Spent the 2007-09 seasons with the Giants before spending the first four games of the 2010 season with the Oakland Raiders. Was not with a team the remainder of the 2010 season.

• Has played in 36 career games with three starts totaling 36 tackles and 3.5 sacks.

• Handled snapping duties for every regular season and postseason extra point and field goal for the Giants from 2007-08.

• Saw action in five postseason games with the Giants and totaled 12 tackles and a sack. Sack came in Super Bowl XLII after taking down Tom Brady for a 10-yard loss with 19 seconds remaining.

• Spent the entire 2009 season on injured reserve following knee surgery after tearing his left ACL in the third quarter of a preseason game at Chicago (8/22).

COLLEGE: Played in 46 games with 41 starts for the Nittany Lions. Recorded 118 tackles – 32 for loss – and 19 sacks. Also recovered four fumbles, forced three fumbles and deflected 12 passes. Tied for eighth on school's sack list with Bruce Clark (1976-79) and LaVar Arrington (1997-99). Was an All-America third-team adding honorable mention for the *NFL Draft Report.* Also an All-Big Ten Conference second-team pick by the league's coaches and media.

PERSONAL: Attended Orange (N.J.) High School and was a three-year starter and selected first-team All-State, U.S. Army All-American and was listed among the G&W Recruiting Report Top 50 defensive players in the nation. Graduated from Penn State in December 2006 with a degree in Integrative Arts.

ALFORD'S NFL RECORD

			Tackles			Sacks		Interceptions							
Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2007 N.Y. Giants	16/0	8	1	7	1.0	1.0	0	0	0.0	0	0	0	0	0	0
2008 N.Y. Giants	16/3	26	9	17	2.5	17.5	0	0	0.0	0	0	1	0	0	0
2009 N.Y. Giants				Inured Reserve (Knee)											
2010 Oakland	4/0	2	2	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS	**36/3**	**36**	**12**	**24**	**3.5**	**18.5**	**0**	**0**	**0.0**	**0**	**0**	**1**	**0**	**0**	**0**

POSTSEASON

			Tackles			Sacks		Interceptions							
Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2007 N.Y. Giants	4/0	8	1	7	1.0	10.0	0	0	0.0	0	0	0	0	0	0
2008 N.Y. Giants	1/0	4	3	1	0.0	0.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS	**5/0**	**12**	**4**	**8**	**1.0**	**10.0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**

ALFORD'S SINGLE-GAME HIGHS

Tackles: 3, vs. Philadelphia (12/7/08)
Interceptions: None
FR: None

Sacks: 1, 3 Times, Last at Dallas (12/14/08)
FF: None

KENTWAN BALMER

Position . . . .Defensive Tackle
Height 6-5
Weight 315
College . . . . North Carolina
NFL Seasons 4th
Seahawks Seasons. 2nd
Born . . . . October 15, 1986
Hometown . . . . . . Weldon, N.C.

95

HOW ACQUIRED: Joined Seattle on August 16, 2010, via trade with the San Francisco 49ers in exchange for a sixth-round draft choice in 2011.

NFL CAREER HIGHLIGHTS:

• Originally drafted by the San Francisco 49ers in the first round (29th overall) in the 2008 NFL Draft.

• Started 11 games in 2010 and finished with a career-high 43 tackles.

• Finished 2009 on injured reserve following a shoulder injury suffered vs. Jacksonville (11/29/09).

• Played in all 16 games a rookie in 2008, total-ing 20 tackles. Made NFL debut vs. Arizona (9/7/08)

COLLEGE: Played in 42 games (23 starts), totalng 93 tackles, seven sacks, 17 tackles for loss and two blocked kicks. Started all 12 games at defensive tackle as a senior captain, totaling 59 tackles and 3.5 sacks. Appeared in 10 games as a junior and started the final eight contests at defensive end.

PERSONAL: Attended Weldon (N.C.) High School, where he was a member of the North Carolina Shrine Bowl Team after finishing his senior year with 113 tackles, 12 sacks, and six forced fumbles. Majored in African-American history and communicatins.

BALMER'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions					PD	FF	FR	Yds
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2008 San Francisco	16/0	20	6	14	0.0	0.0	0	0	0	0	0	1	0	0	0
2009 San Francisco	11/0	20	7	13	0.0	0.0	0	0	0	0	0	0	0	0	0
2010 Seattle	16/11	43	28	15	0.0	0.0	0	0	0	0	0	1	0	0	0
NFL TOTALS	**43/11**	**83**	**41**	**42**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**2**	**0**	**0**	**0**

POSTSEASON

Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2010 Seattle	2/2	3	3	0	0.0	0.0	0	0	0	0	0	0	0	0	0
NFL TOTALS	**2/2**	**3**	**3**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

BALMER'S SINGLE-GAME HIGHS

Tackles: 8, vs. N.Y. Giants (11/7/10)   **FF:** None, **Sacks:** None, **FR:** None

CAN YOU HEAR US NOW

Seahawks fans have become known as the loudest in the NFL and are proud of the role they play in helping the team win on the field. In 2005, Seattle led the NFL in opponent false start penalties at Qwest Field with 24, including 11 versus the N.Y. Giants. In 2006, Seattle once again led the NFL in that category with 26 in their eight home games. Seattle's total of 104 since 2005, is tops in the NFL.

OPPONENT FALSE START PENALTIES AT HOME (2005-CURRENT)

	Games	Penalties	Average
Seahawks (Qwest Field)	48	104	2.17
Vikings (Mall of America Field)	46	91	1.98
Titans (LP Field)	48	83	1.73
Bears (Soldier Field)	48	79	1.65

ATARI BIGBY

Position . . . . .Safety
Height 5-11
Weight 213
College . . . . Central Florida
NFL Seasons 6th
Seahawks Seasons 1st
Born. . . . . September 19, 1981
Hometown . . . . Miami, Fla.

27

HOW ACQUIRED: Signed by the Seahawks as an unrestricted free agent on August 16, 2011.

NFL CAREER HIGHLIGHTS:

• Originally signed by the Miami Dolphins as a undrafted free agent on May 15, 2005. Waived by Miami on July 25 before signing with the New York Jets on Aug 11. Was released by New York on September 3 and signed with the Green Bay Packers practice squad on November 1. Promoted to Green Bay's active roster on December 22, 2005. Waived by the Packers following training camp in 2006 before re-signing to the practice squad two days later. Signed to Green Bay's active roster on November 15, 2006. Played in 46 games (33 starts) in six seasons with the Packers.

• Started the 2010 season on PUP (ankle), missing the first eight games. Played in four regular season games and was inactive for four (hamstring, groin). Was inactive for the first two postseason contests (groin) before returning for the NFC Championship Game at Chicago (1/23/11). Saw action in Green Bay's Super Bowl XLV victory vs. Pittsburgh (2/6/11).

• Returned from injury-plagued 2008 campaign to post four interceptions in 2009. Along with teammate Nick Collins, became first Packers safety tandem since Darren Sharper and Marques Anderson (2002) to each post four or more interceptions in the same season.

• Played in seven games, starting six, at strong safety in 2008. Recorded 31 stops (20 solo) and one interception. Pulled his hamstring in week 2 and missed five games. Missed the last four games due to a sprain shoulder and was placed on injured reserve on December 18.

• Led team with career-high five interceptions in 2007, his first as a starter, and named NFC Defensive Player of the Month in December, when he had four of his five interceptions. Played and started in all 16 games for the only time in his career.

• Ranked third on the team with 121 tackles in 2007, the most by a Packers defensive back since safety Mark Murphy recorded 128 in 1990.

• Set a single-game career high with 14 tackles (11 solo) vs. San Diego (9/23/07).

• Made NFL debut vs Chicago (12/25/05) and started first NFL game vs. Philadelphia (9/9/07).

COLLEGE: Was a four-year letterman at Central Florida (2001-04) and two-time first-team All-Mid-American Conference pick. Registered 296 tackles, three interceptions and one sack. Earned a degree in liberal studies. Senior season (2004), was injured for much of the season, but played in seven games and recorded 42 tackles and one interception. Junior season (2003), collected 112 tackles and one sack, with a team-high 80 solo tackles. Sophomore season (2002), had 104 tackles (58 solo) and an interception. Redshirt freshman season (2001), played in 11 games and made 38 tackles (27 solo).

PERSONAL: Born in Jamaica, moved to the U.S. at age four. Attended Miami (Fla.) Senior High with former Packers teammate Marquand Manuel, as well as Danny "Blue" Adams (former NFL player), Jamaal Jackson (Philadelphia), Andre Johnson (Houston), Roscoe Parrish (Buffalo) and Miami Heat forward Udonis Haslem. Was a three-year football letterman. As a senior, posted 72 tackles, four forced fumbles and one INT. On offense, recorded 500 yards receiving, 315 yards rushing and nine TDs. Earned second-team Class 6A all-state honors and also was named All-Dade County. Played in the Dade-Broward All-Star Game. Lettered two years in track and one in soccer. Was heavily involved in Green Bay's community where he made several community appearances at juvenile detention centers and hospitals and appeared at events to benefit the Boys and Girls Club of the Fox Valley. Participated in a softball game to benefit the Professional Firefighters of Wisconsin, attended a Halloween party for at-risk kids of the local Pals Program and their mentors, rang the Salvation Army bell during the holidays for donations, and finished shooting pictures for a billboard to support the Milwaukee Children's Hospital. Says soccer is his first love. Enjoys reggae music, especially Bob Marley. Married to Jill, the couple has two daughters, Michelle, and Leenah. Named Atari by his grandmother, who liked the name. "Atari" is Japanese for a form of the word "attack".

BIGBY'S NFL RECORD

			Tackles			Sacks		Interceptions								
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2005	Green Bay	1/0	0	0	0	0.0	0	0	0	0	0	0	0	0	0	0
2006	Green Bay	5/0	0	0	0	0.0	0	0	0	0.0	0	0	0	0	0	0
2007	Green Bay	16/16	121	95	26	0.0	0	5	50	10.0	22	0	13	3	0	0
2008	Green Bay	7/6	31	20	11	0.0	0	1	7	7.0	7	0	3	0	0	0
2009	Green Bay	13/11	55	44	10	0.0	0	4	14	3.5	14	0	12	0	0	0
2010	Green Bay	4/0	5	4	1	0.0	0	0	0	0.0	0	0	0	0	1	0
NFL TOTALS		46/33	211	163	48	0.0	0	10	71	7.1	22	0	28	3	1	0

POSTSEASON

			Tackles			Sacks		Interceptions								
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD		FF	FR	Yds
2007	Green Bay	2/1	16	14	2	0.0	0	0	0	0.0	0	0	2	1	0	0
2009	Green Bay	1/1	4	2	2	0.0	0	0	0	0.0	0	0	0	0	0	0
2010	Green Bay	2/0	0	0	0	0.0	0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS		5/2	20	16	4	0.0	0.0	0	0	0.0	0	0	2	1	0	0

BIGBY'S SINGLE-GAME HIGHS

Tackles: 14, vs. San Diego (9/23/07)
Sacks: None
Forced Fumbles: 1, 3 Times, Last vs. Minnesota (11/11/07)
Fumble Recoveries: 1, vs. New York Giants (12/26/10)
Interceptions: 2, 2 Times, at St. Louis (12/16/07) and vs. Seattle (12/27/09)

ADDITIONAL STATS

Special Teams Tackles: 2005 (1), 2006 (5), 2007 (4), 2010 (1); **Career:** (14). **Postseason:** 2010 (1).
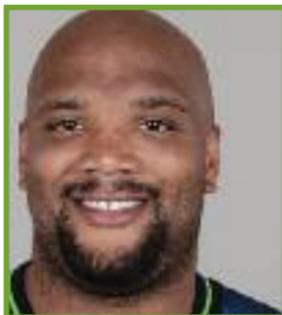
ALAN BRANCH

Position . . . .Defensive Tackle
Height 6-6
Weight 325
College . . . . Michigan
NFL Seasons 5th
Seahawks Seasons 1st
Born . . . . . December 29, 1984
Hometown . . Rio Rancho, N.M.

99

HOW ACQUIRED: Signed by the Seahawks as an unrestricted free agent on July 29, 2011.

NFL CAREER HIGHLIGHTS:

• Originally drafted by Arizona in the second round (33rd overall) of the 2007 NFL Draft. Played first four seasons with the Cardinals, seeing action in 47 career games with three starts (all coming in 2010), recording 74 career stops (55 solo) and 4.0 sacks.

• Played both defensive end and defensive tackle for Arizona.

• Established career high with 37 tackles (27 solo), 2.0 sacks and two forced fumbles in 2010. Played in all 16 games for the second consecutive year.

• Had a career game at Seattle (10/24/10), tying a career high with six tackles, 2.0 sacks and forced his first-career fumble.

• First NFL start came vs. San Francisco (11/29/10).

COLLEGE: Entered the 2007 Draft following his junior season at Michigan. All-Big Ten Conference first-team choice by the league's coaches and media as a junior. Started all 13 games at left defensive tackle for Michigan's no. 1 ranked rush defense, allowing only 43.3 yards-per-game. The team also ranked 10th nationally allowing 268.3 yards-per-game in total offense. Recorded 25 tackles (17 solos), two sacks, six stops for loss and two pressures. Saw action in all 12 games, starting the final 10. As a sophomore, lined up at nose tackle for three games before shifting to left defensive tackle for his final seven starts. Appeared in 12 games as a reserve defensive end as a fresh-man.

PERSONAL: Attended Cibola (Rio Rancho, N.M.) High School where he was a standout two-way lineman and fullback. Named Gatorade Player of the Year in New Mexico, earning All-State and All-District accolades as a junior and senior. Picked up team MVP honors each of those seasons. Recorded 200 tackles with, six sacks, four forced fumbles, two recov-eries and one interception in his career. Also returned five punts for touchdowns. In addition to football, lettered three times in basketball, picking up All-District first-team and All-State second-team honors as a junior.

BRANCH'S NFL RECORD

	Club	G/S	Tackles			Sacks		Interceptions								
			Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2007	Arizona	11/0	10	8	2	0.0	0	0	0	0.0	0	0	1	0	0	0
2008	Arizona	4/0	7	5	2	0.0	0	0	0	0.0	0	0	0	0	0	0
2009	Arizona	16/0	20	15	5	2.0	12	0	0	0.0	0	0	2	0	0	0
2010	Arizona	16/3	37	27	10	2.0	7	0	0	0.0	0	0	0	2	0	0
NFL TOTALS		**47/3**	**74**	**55**	**19**	**4.0**	**19**	**0**	**0**	**0.0**	**0**	**0**	**3**	**2**	**0**	**0**

POSTSEASON

	Club	G/S	Tackles			Sacks		Interceptions								
			Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2009	Arizona	2/1	5	3	2	0.0	0.0	0	0	0.0	0	0	0	0	1	0
NFL TOTALS		**2/1**	**5**	**3**	**2**	**0.0**	**0.0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**1**	**0**

BRANCH'S SINGLE-GAME HIGHS

Tackles: 6, at Carolina (12/19/10) and at Seattle (10/24/10)
Sacks: 2.0, at Seattle (10/24/10) and at N.Y. Giants (10/25/09)
Forced Fumbles: 1, at Carolina (12/19/10) and at Seattle (10/24/10)
Fumble Recoveries: None
Interceptions: None
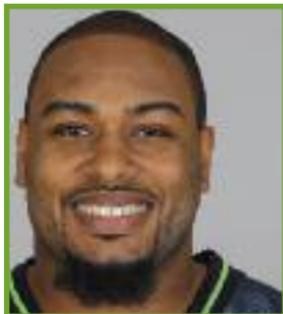
RAHEEM BROCK

Position	Defensive End
Height	6-4
Weight	274
College	Temple
NFL Seasons	10th
Seahawks Seasons	2nd
Born	June 10, 1978
Hometown	Philadelphia, Penn.

98

HOW ACQUIRED: Signed with Seattle as a free agent September 6, 2010.

NFL CAREER HIGHLIGHTS:

• Originally drafted by Philadelphia in the seventh round (238th overall) of the 2002 NFL Draft. Rights relinquished by the Eagles on July 26, 2002, before signing with the Colts on July 28, 2002. Played eight seasons with the Colts before signing with Tennessee on August 12, 2010. Released by the Titans on September 4, 2010.

• Has played in an NFL record nine-consecutive postseasons (tied with 20 others). Has played in 18 career playoff games and two Super Bowls, winning Super Bowl XLI vs. Chicago (2/4/07).

• Set a career high with 9.0 sacks in 2010. Combined with Chris Clemons (11.0) for the NFL's third-leading DE tandem in 2010.

• Played in all 16 games for the seventh time in nine years in 2010.

• Played 77 staight games (72 as starter) before not playing due to injury at San Diego (11/11/07).

• Set career-high with 74 tackles (59 solo) in 2006.

• Recorded 2.0 or more sacks four times during career, including twice with Seattle in 2010. (vs. Tennessee, 12/5/04; at Jacksonville, 12/18/08; vs. Carolina 12/5/10; vs. St. Louis, 1/2/11). Posted career high 2.5 versus St. Louis.

• Made first career start vs. Miami (9/15/02) and recorded four tackles (two solo).

COLLEGE: Four-year letterman who started 33 career games. Finished career with 160 tackles, 11 sacks, 30 stops for losses and 35 QB pressures. Second-team All-Big East Conference as a senior after recording 51 tackles and four sacks. Also had 59-yard interception for a touchdown. As freshman switched from tight end to defensive end.

PERSONAL: Attended Dobbins High School in Philadelphia and played tight end, linebacker and fullback. Helped lead school to 9-2 mark and division title as senior. Father, Zachary Dixon, played six NFL season (1979-84) with Denver, N.Y. Giants, Philadelphia, Baltimore and Seattle, including 1980 Eagles Super Bowl team. Played in 26 games with two starts for the Seahawks from 1983-84. Majored in marketing. Born in Newark, New Jersey.

TERRIBLE TWOSOMES

And that's terrible in a good way. Raheem Brock combined with Chris Clemons to post the third-most sacks among ends in the NFL in 2010 with 20.0. Both players posted career highs in 2010 led by Clemons' 11.0 and Brock's 9.0 sacks. Brock set a career high with 2.5 sacks in the division clinching victory over St. Louis in the season finale.

MOST SACKS, NFL DEFENSIVE END TANDEMS IN 2010

23.0	Justin Tuck (11.5), Osi Uenyiora (11.5)	N.Y. Giants
21.0	Robert Mathis (11.0), Dwight Freeney (10.0)	Indianapolis
20.0	*Chris Clemons (11.0), Raheem Brock (9.0)*	*Seattle*
19.5	Jason Babin (12.5), Dave Ball (7.0)	Tennessee

BROCK'S NFL RECORD

			Tackles			Sacks		Interceptions								
Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF		FR	Yds
2002 Indianapolis	13/6	33	26	7	1.0	9.0	0	0	0.0	0	0	0	1		1	0
2003 Indianapolis	16/16	42	33	9	2.0	8.0	0	0	0.0	0	0	0	1		3	8
2004 Indianapolis	16/16	58	48	10	6.5	48.0	0	0	0.0	0	0	1	1		2	0
2005 Indianapolis	16/16	56	46	10	6.5	52.5	0	0	0.0	0	0	0	4		1	15
2006 Indianapolis	16/16	74	59	15	3.0	13.5	0	0	0.0	0	0	0	3		3	0
2007 Indianapolis	11/11	48	42	6	2.5	14.5	0	0	0.0	0	0	4	0		2	0
2008 Indianapolis	16/15	54	34	20	3.5	28.0	0	0	0.0	0	0	0	2		1	9
2009 Indianapolis	16/8	31	25	6	3.5	31.5	0	0	0.0	0	0	1	0		2	9
2010 Seattle	16/0	32	26	6	9.0	60.5	0	0	0.0	0	0	3	1		1	0
NFL TOTALS	**136/104**	**428**	**339**	**89**	**37.5**	**265.5**	**0**	**0**	**0.0**	**0**	**0**	**9**	**13**		**16**	**41**

POSTSEASON

			Tackles			Sacks		Interceptions								
Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF		FR	Yds
2002 Indianapolis	1/0	4	4	0	0.0	0.0	0	0	0.0	0	0	0	0		0	0
2003 Indianapolis	3/3	7	6	1	0.0	0.0	0	0	0.0	0	0	0	0		0	0
2004 Indianapolis	2/2	7	7	0	1.0	9.0	0	0	0.0	0	0	0	0		0	0
2005 Indianapolis	1/1	7	5	2	0.0	0.0	0	0	0.0	0	0	0	0		0	0
2006 Indianapolis	4/4	12	8	4	1.0	6.0	0	0	0.0	0	0	0	0		1	0
2007 Indianapolis	1/1	1	1	0	0.0	0.0	0	0	0.0	0	0	0	0		0	0
2008 Indianapolis	1/1	2	2	0	0.0	0.0	0	0	0.0	0	0	0	0		1	0
2009 Indianapolis	3/0	8	5	3	0.0	0.0	0	0	0.0	0	0	1	1		0	0
2010 Seattle	2/0	6	5	1	2.0	11.0	0	0	0.0	0	0	0	2		0	0
NFL TOTALS	**18/12**	**54**	**43**	**11**	**4.0**	**26.0**	**0**	**0**	**0.0**	**0**	**0**	**1**	**3**		**2**	**0**

BROCK'S SINGLE-GAME HIGHS

Tackles: 9, vs. Houston (11/14/04)
Sacks: 2.5, vs. St. Louis (1/2/11)

FF: 1, 13 Times, Last vs. St. Louis (1/2/11)
FR: 1, 16 Times, Last vs. Arizona (10/24/10)

RED BRYANT

Position . . . . . . .Defensive End
Height 6-4
Weight 323
College. . . . . Texas A&M
NFL Seasons 4th
Seahawks Seasons 4th
Born . . . . April 18, 1984
Hometown . . . . . Jasper, Texas

79

HOW ACQUIRED: Selected with the 22nd pick in the fourth round (121st overall) of the 2008 NFL Draft.

NFL CAREER HIGHLIGHTS:

• Has seen action in 17-career games with eight starts. First-career start was at Dallas (11/1/09).

• Swapped positions from defensive tackle to end in 2010 and started the first seven games of the season. Was placed on injured reserve (11/2/10) after suffering a knee injury at Oakland (10/31/10). Solidified a defensive line that ranked second in the NFL against the run before his injury - a unit that dropped to 21st against the run by the end of the season following his injury.

COLLEGE: Started 41 career games recording 124 tackles with 6.5 sacks. Twenty tackles counted for a loss of yards. Posted three forced fumbles, nine passes defensed, three blocked kicks and a safety. Was named a captain during junior season and was awarded All-Big 12 first-team and third-team All-American from the *NFL Draft Report* as a sophomore.

PERSONAL: Attended Jasper (Tex.) High School. Earned first-team 3A All-State honors

from the Texas Sports Writers Association and was one of eight finalists for the Willie Ray Smith Award, presented to the top offensive and defensive players in Southeast Texas. Consensus Texas Top 100 recruit, adding District and Golden Triangle Defensive Most Valuable Player honors during his senior season. Recipient of the 2001 District Defensive Player of the Year Award and was named the Southeast Texas Defensive Player of the Year by the *Beaumont Enterprise*. In addition to starring on the gridiron, Bryant also was a standout forward on the school's basketball team. Married to Janelle, daughter of former Seahawks defensive end Jacob Green.

BRYANT'S NFL RECORD

| Club | G/S | Tackles | | | Sacks | | Interceptions | | | | | | | | |
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2008 Seattle	4/0	8	6	2	0.0	0.0	0	0	0	0	0	0	0	0	0
2009 Seattle	6/1	8	6	2	0.0	0.0	0	0	0	0	0	0	0	0	0
2010 Seattle	7/7	18	16	2	1.0	4.0	0	0	0	0	0	0	1	2	0
NFL TOTALS	**17/8**	**34**	**28**	**6**	**1.0**	**4.0**	**0**	**0**	**0**	**0**	**0**	**0**	**1**	**2**	**0**

BRYANT'S SINGLE-GAME HIGHS

Tackles: 5, at St. Louis (10/3/10)
Sacks: 1.0, vs. San Francisco (9/12/10)

FF: 1, vs. San Francisco (9/12/10)
FR: 2, vs. San Diego (9/26/10)

DEON BUTLER

Position	.Wide Receiver
Height	5-10
Weight	182
College	Penn State
NFL Seasons	3rd
Seahawks Seasons	3rd
Born	January 4, 1986
Hometown	Woodbridge, Va.

11

HOW ACQUIRED: Selected with the 27th pick in the third round (91 overall) of the 2009 NFL Draft.

NFL CAREER HIGHLIGHTS:

• Started eight of 13 games played before season ended at San Francisco (12/12/10) with a broken leg late in the game. Was placed on injured reserve December 14.

• Finished second on the team in 2010 with a career high in receptions (36). Posted a career high in yards (385) and tied for team lead with career high four TD receptions.

• Saw action in all 16 games as a rookie mostly as a fourth receiver and on special teams.

• Seventh player drafted out of Penn State, and second Nittany Lion receiver drafted in the third round by Seattle (David Daniels, 1993).

COLLEGE: Helped lead Penn State to 2005 Big Ten Conference and Orange Bowl titles and a 40-11 record in four seasons. Closed out career as the school's all-time leader with 179 receptions, finishing second with 2,771 yards

receiving and third with 22 touchdown catches. His 48 grabs in 2006 tied the school season record for sophomores and ranks seventh on PSU's annual record chart. One of three players in Nittany Lions annals to gain over 200 yards receiving in a game, setting the record with 216 yards vs. Northwestern in 2006.

PERSONAL: Attended Hylton High School (suburban Washington, D.C.), playing football for head coach Lou Sorrentino. A three-sport standout, lettered four times in football and basketball, adding one more letter in track as a sprinter during his final campaign. Earned all-state, all-metro, all-district and all-area honors as a senior, serving as team captain. In 2003, Butler had 41 receptions for 1,029 yards and 16 touchdowns, leading the team to the Virginia Class AAA state championship. Also had 26 kickoff returns for 763 yards and two touchdowns. A two-way starter, he recorded 73 tackles and nine interceptions as a defensive back in 2003 and grabbed 16 career interceptions. Chosen to play in the 2004 VHSL All-Star game.

BUTLER'S NFL RECORD

	Club	G/S	No	Receiving Yds	Avg	LG	TD	Att	Rushing Yds	Avg	TD
2009	Seattle	16/0	15	175	11.7	32	0	0	0	0.0	0
2010	Seattle	13/8	36	385	10.7	63t	4	1	2	2.0	0
NFL TOTALS		**29/8**	**51**	**560**	**11.0**	**63t**	**4**	**1**	**2**	**2.0**	**0**

	Club	No	Punt Returns Yds	Avg	LG	TD	No	Kickoff Returns Yds	Avg	LG	TD
2009	Seattle	0	0	0.0	0	0	1	16	16.0	16	0
2010	Seattle	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		**0**	**0**	**0.0**	**0**	**0**	**1**	**16**	**16.0**	**16**	**0**

BUTLER'S GAME-BY-GAME RECEIVING

2009	Opponent	No	Yds	Avg	LG	TD	2010	Opponent	No	Yds	Avg	LG	TD
09/13	St. Louis	1	7	7.0	7	0	09/12	San Francisco	1	13	13.0	13t	1
09/20	at San Francisco	1	15	15.0	15	0	09/19	at Denver	5	50	10.0	20	0
09/27	Chicago	1	8	8.0	8	0	09/26	San Diego	0	0	0.0	0	0
10/04	at Indianapolis	0	0	0.0	0	0	10/03	at St. Louis	2	20	10.0	14	0
10/11	Jacksonville	0	0	0.0	0	0	10/17	at Chicago	4	47	11.8	22t	1
10/18	Arizona	0	0	0.0	0	0	10/24	Arizona	3	41	13.7	26	0
11/01	at Dallas	0	0	0.0	0	0	10/31	at Oakland	1	4	4.0	4	0
11/08	Detroit	1	8	8.0	8	0	11/07	N.Y. Giants	3	5	1.7	7	0
11/15	at Arizona	3	26	8.7	11	0	11/14	at Arizona	4	66	16.5	63t	1
11/22	at Minnesota	0	0	0.0	0	0	11/21	at New Orleans	2	19	9.5	19	0
11/29	at St. Louis	0	0	0.0	0	0	11/28	Kansas City	2	9	4.5	6	0
12/06	San Francisco	1	32	32.0	32	0	12/05	Carolina	4	43	10.8	20	0
12/13	at Houston	3	34	11.3	14	0	12/12	at San Francisco	5	68	13.6	43	1
12/20	Tampa Bay	3	30	10.0	17	0	12/19	Atlanta		IR			
12/27	at Green Bay	1	15	15.0	15	0	12/26	at Tampa Bay		IR			
1/3/10	Tennessee	0	0	0.0	0	0	1/2/11	St. Louis		IR			
TOTALS (16/0)		**15**	**175**	**11.7**	**32**	**0**	**TOTALS (16/0)**		**36**	**385**	**10.7**	**63t**	**4**

BUTLER'S SINGLE-GAME HIGHS

Most Receptions: 5, 2 Times, Last at San Francisco (12/12/10) **Most Receiving Yards:** 68, at San Francisco (12/12/10)

Longest Reception: 63t, at Arizona (11/14/10)   **Most Touchdowns:** 1, 4 Times, Last at San Francisco (12/12/10)

ADDITIONAL STATS

Special Team Tackles: 2009 (2), **Career: 2**
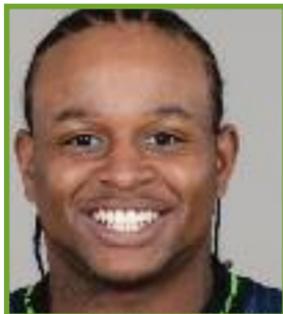
DOMINIQUE BYRD

Position . . . . .Tight End
Height 6-3
Weight 255
College . . . Southern California
NFL Seasons 3rd
Seahawks Seasons 1st
Born . . . . February 7, 1984
Hometown . Minneapolis, Minn.

82

HOW ACQUIRED: Signed to a futures contract January 21, 2011.

NFL CAREER HIGHLIGHTS:

• Originally drafted by the St. Louis Rams in the third round (93rd overall) of the 2006 NFL Draft. Played two seasons in St. Louis, appearing in 14 games. Was released by the Rams following the 2007 season and spent 2008 out of football before signing with the Arizona Cardinals on May 5, 2009. Was inactive for 10 games that season before being released in November. Bryd went to training camp with the Cardinals in 2010 before being released on August 30.

• Played in 14 career games with six catches for 83 yards and TD.

• First-career reception resulted in a 27-yard TD grab vs. Washington (12/24/06).

COLLEGE: Appeared in 39 games with four starts during his career with the Trojans under head coach Pete Carroll. Totaled 81 receptions for 968 yards and four career TDs. Established career-highs with 37 receptions for 384 yards and three TDs as a junior, earning honorable mention All-Pac 10 honors. Played some of his best football in big games while at USC, catching three passes for 58 yards and a TD against Oklahoma in the Orange Bowl (National Championship game) as a junior and caught four passes for 32 yards in the National Title game against Texas as a senior.

PERSONAL: Earned *Super Prep, Prep Star* and *USA Today* All-America honors as a senior at the Breck School (Golden Valley, Minn.) after catching 62 passes for 1,236 yards and 25 TDs as a wide receiver. Added team-high 108 tackles with four sacks, four interceptions (three returned for TD) as a linebacker. Recorded 56 receptions for 1,280 yards and 17 TDs as a junior. Started all four seasons and finished his prep career with 147 receptions for 3,008 yards and 49 TDs. Also a standout on the basketball team, earning 2003 Student Sports Grid Hoops All-America third-team honors as a junior. Majored in African Studies at Southern California.

BYRD'S NFL RECORD

			Receiving						Rushing		
	Club	G/S	No	Yds	Avg	LG	TD	Att	Yds	Avg	TD
2006	St. Louis	5/0	2	39	19.5	27t	1	0	0	0.0	0
2007	St. Louis	9/0	4	44	11.0	14	0	0	0	0.0	0
NFL TOTALS		**14/0**	**6**	**83**	**13.8**	**27t**	**1**	**0**	**0**	**0.0**	**0**

BYRD'S SINGLE-GAME HIGHS

Most Receptions: 4, at Baltimore (10/14/07)
Longest Reception: 27, vs. Washington (12/24/06)

Most Receiving Yards: 44, at Baltimore (10/14/07)
Most Touchdowns: 1, vs. Washington (12/24/06)

JOHN CARLSON

Position	. . . . .Tight End
Height	 6-5
Weight	 251
College	. . . . Notre Dame
NFL Seasons	. . . . 4th
Seahawks Seasons	. . . . 4th
Born	. . . . May 12, 1984
Hometown	. . . Litchfield, Minn.

89

HOW ACQUIRED: Selected with the seventh pick in the second round (38th overall) of the 2008 NFL Draft.

NFL CAREER HIGHLIGHTS:

• Ranks third among tight ends in team history with 137 career receptions and 1,519 career yards. Tied for second with 13 touchdowns.

• Set club record for tight ends with seven touchdowns in 2009.

• In 2008, set club record for tight ends while leading team with 55 receptions and 627 receiving yards (Itula Mili 46 catches in 2003, Jerramy Stevens 554 yards in 2005). Led club with five receiving TDs tying Stevens' 2005 record for tight ends.

• Second highest drafted tight end in club history (Jerramy Stevens, 2002). First player drafted out of Notre Dame since Rick Mirer in 1993. Second tight end drafted by club in second round (Christian Fauria, 1995).

COLLEGE: Carlson developed into one of the elite tight ends in the country at Notre Dame. Played in 47 games at Notre Dame, starting 31 contests. Finished his career with 100 recep-

tions for 1,093 yards (10.9-yard avg.) and eight touchdowns. On special teams, registered 28 tackles (20 solo) and returned one kickoff for 14 yards.

PERSONAL: Attended Litchfield (Minn.) High School. The four-year starter at tight end was a two-time All-State and three-time All-Conference selection, playing in the U.S. Army All-American Bowl after his senior campaign. Recorded 95 career receptions for 1,331 yards and 23 touchdowns. Was coached in both basketball and tennis at Litchfield High by his father, John. In basketball, a McDonald's preseason All-American at center as a senior and earned All-Conference and All-Area honors four straight seasons. Conference MVP as a junior and senior and played in the Minnesota Basketball Coaches Association All-Star game. Helped the team compile a 114-8 record during his career while winning the Minnesota Class 2A state title three times. Finished prep career with 1,676 points, 974 rebounds and 412 assists. Helped the tennis team reach the state finals as a junior. He had a career record of 106-22 playing No. 1 doubles. Member of the National Honor Society. Married to Danielle.

CARLSON'S NFL RECORD

			Receiving						Rushing		
	Club	G/S	No	Yds	Avg	LG	TD	Att	Yds	Avg	TD
2008	Seattle	16/9	55	627	11.4	33	5	0	0	0.0	0
2009	Seattle	16/16	51	574	11.3	42	7	0	0	0.0	0
2010	Seattle	15/13	31	318	10.3	37	1	0	0	0.0	0
NFL TOTALS		**47/38**	**137**	**1,519**	**11.1**	**42**	**13**	**0**	**0**	**0.0**	**0**

POSTSEASON

			Receiving						Rushing		
	Club	G/S	No	Yds	Avg	LG	TD	Att	Yds	Avg	TD
2010	Seattle	2/2	4	31	7.8	14	2	0	0	0.0	0
NFL TOTALS		**2/2**	**4**	**31**	**7.8**	**14**	**2**	**0**	**0**	**0.0**	**0**

CARLSON'S SINGLE-GAME HIGHS

Most Receptions: 8, vs. New England (12/7/08)
Longest Reception: 42, vs. Arizona (10/18/09)

Most Receiving Yards: 105, at Dallas (11/27/08)
Most Touchdowns: 2, vs. St. Louis (9/13/09)

CARLSON'S GAME-BY-GAME RECEIVING

2008	Opponent	No	Yds	Avg	LG	TD	2009	Opponent	No	Yds	Avg	LG	TD
09/07	at Buffalo	4	52	13.0	20	0	09/13	St. Louis	6	95	15.8	38	2
09/14	San Francisco	6	78	13.0	17	0	09/20	at San Francisco	6	46	7.7	17	0
09/21	St. Louis	2	38	19.0	22	0	09/27	Chicago	3	28	9.3	11	0
09/28	Bye Week						10/04	at Indianapolis	5	39	7.8	12	0
10/05	at N.Y. Giants	0	0	0.0	0	0	10/11	Jacksonville	2	31	15.5	16	0
10/12	Green Bay	4	22	5.5	8	1	10/18	Arizona	2	55	27.5	42	0
10/19	at Tampa Bay	3	11	3.7	6	1	10/25	Bye Week					
10/26	at San Francisco	1	13	13.0	13	0	11/01	at Dallas	3	36	12.0	18	0
11/02	Philadelphia	2	30	15.0	23	0	11/08	Detroit	6	42	7.0	15	0
11/09	at Miami	5	54	10.8	20	0	11/15	at Arizona	1	31	31.0	31t	1
11/16	Arizona	3	39	13.0	25	0	11/22	at Minnesota	0	0	0.0	0	0
11/23	Washington	2	14	7.0	10t	1	11/29	at St. Louis	2	14	7.0	14	0
11/27	at Dallas	6	105	17.5	33	0	12/06	San Francisco	1	9	9.0	9	0
12/7	New England	8	69	8.6	25	1	12/13	at Houston	3	24	8.0	12	1
12/14	at St. Louis	5	76	15.2	28	0	12/20	Tampa Bay	7	86	12.3	29t	1
12/21	N.Y. Jets	2	12	6.0	10	1	12/27	at Green Bay	2	24	12.0	16t	1
12/28	at Arizona	2	14	7.0	7	0	1/3/10	Tennessee	2	14	7.0	8	1
TOTALS (16/9)		**55**	**627**	**11.4**	**33**	**5**	**TOTALS (16/16)**		**51**	**574**	**11.3**	**42**	**7**

2010	Opponent	No	Yds	Avg	LG	TD
09/12	San Francisco	3	36	12.0	19	0
09/19	at Denver	5	48	9.6	22	0
09/26	San Diego	5	61	12.2	37	1
10/03	at St. Louis	1	15	15.0	15	0
10/10	Bye Week					
10/17	at Chicago	2	21	10.5	14	0
10/24	Arizona	1	3	3.0	3	0
10/31	at Oakland	3	47	15.7	35	0
11/07	N.Y. Giants	2	9	4.5	5	0
11/14	at Arizona	0	0	0.0	0	0
11/21	New Orleans	3	14	4.7	7	0
11/28	Kansas City	1	3	3.0	3	0
12/05	Carolina		Inactive (Hip)			
12/12	at San Francisco	0	0	0.0	0	0
12/19	Atlanta	1	31	31.0	31	0
12/26	at Tampa Bay	3	27	9.0	12	0
1/2/11	St. Louis	1	3	3.0	3	0
TOTALS (15/13)		**31**	**318**	**10.3**	**37**	**1**
1/8/11	New Orleans	3	17	5.7	11t	2
1/16/11	at Chicago	1	14	14.0	14	0
PLAYOFFS (2/2)		**4**	**31**	**7.8**	**14**	**2**

CARLSON'S CATCHES

In just three seasons, John Carlson already ranks as one of the most productive tight ends in team history. He has also had the two most productive single seasons at the position.

SINGLE SEASON

RECEPTIONS

55	John Carlson	2008
51	John Carlson	2009
46	Itula Mili	2003

YARDS

627	John Carlson	2008
574	John Carlson	2008
554	Jerramy Stevens	2005

TOUCHDOWNS

7	John Carlson	2009
5	John Carlson	2008
5	Jerramy Stevens	2005

CAREER

RECEPTIONS

166	Christian Fauria	1995-2001
164	Itula Mili	1998-2006
137	John Carlson	2008-10

YARDS

1,743	Itula Mili	1998-2006
1,683	Christian Fauria	1995-2001
1,519	John Carlson	2008-10

TOUCHDOWNS

15	Jerramy Stevens	2002-06
13	John Carlson	2008-10
13	Itula Mili	1998-2006
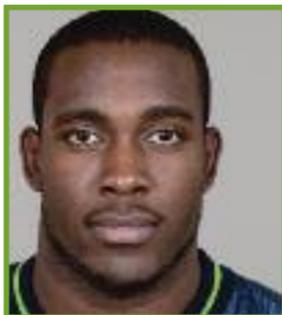
KAM CHANCELLOR

Position . . . . .Safety
Height 6-3
Weight 232
College . . . . Virginia Tech
NFL Seasons. 2nd
Seahawks Seasons. 2nd
Born . . . . April 3, 1988
Hometown. . . . Norfolk, Virginia

31

HOW ACQUIRED: Selected with the second pick (133 overall) in the fifth round of the 2010 NFL Draft. Second safety drafted in that draft (Earl Thomas - 14th overall).

NFL CAREER HIGHLIGHTS:

• Saw action in all 16 games, mostly as an extra defensive back in nickel and dime packages, totaling 12 tackles including one sack. Finished second on the team with 11 special teams tackles.

• **COLLEGE:** Started 41 of 54 career games played for the Holies, recording 208 tackles, six interceptions, four fumble recoveries and two forced fumbles. Finished career starting 41 consecutive games. Moved into starting free safety position prior to 2008 after spending sophomore season as the rover.

PERSONAL: Passed for more than 2,000 yards and rushed for 500 his senior season at Maury High School (Virginia). Team finished 10-2 after losing in the Group AAA Division 5 playoffs. During one of the playoff games, rushed for 89 yards and two touchdowns and threw for 224 yards and two more touchdowns. Also played safety. Was team MVP. Named first-team All-Eastern District quarterback. Also played on the basketball team.

CHANCELLOR'S NFL RECORD

			Tackles			Sacks		Interceptions							
Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2010 Seattle	16/0	12	10	2	1.0	3.0	0	0	0	0	0	1	0	0	0
NFL TOTALS	**16/0**	**12**	**10**	**2**	**1.0**	**3.0**	**0**	**0**	**0**	**0**	**0**	**1**	**0**	**0**	**0**

POSTSEASON

			Tackles			Sacks		Interceptions							
Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2010 Seattle	2/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS	**2/0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**

CHANCELLOR'S SINGLE-GAME HIGHS

Tackles: 6, vs. N.Y. Giants (11/7/10)
Sacks: 1, at Oakland (10/31/10)
Interceptions: None

FF: None
FR: None

ADDITIONAL STATS

Special Team Tackles: 2010 (11, FF); **Career: 11, FF**
Postseason: 2010 (1); **Career:** 1

CHRIS CLEMONS

Position . . . . .Defensive End	
Height 6-3	
Weight 254	
College . . . . Georgia	
NFL Seasons 8th	
Seahawks Seasons. 2nd	**91**
Born . . . . October 30, 1981	
Hometown. . . . Griffin, Georgia	

HOW ACQUIRED: Aquired in a trade with Philadelphia March 16, 2010. Seattle also obtained a 2010 fourth-round draft pick (DE E.J. Wilson) while the Eagles received DE Darryl Tapp.

NFL CAREER HIGHLIGHTS:

• Originally an undrafted free agent signing of the Redskins in 2003, he suffered a torn ACL and spent his first season on injured reserve. Spent the first part of 2004 on the Redskins practice squad before being signed to the active roster.

• Nearly one third of his career tackle total (101) have been sacks (31.0).

• In first season as a regular starter, led Seattle with a career-high 11.0 sacks, including four multi-sack games.

• Named NFC Defensive Player of the Week for his efforts versus Dallas (12/28/08) when he recovered a fumble and raced 73 yards for the decisive score in the playoff-clinching win, while also tying a career high with two sacks and a forced fumble.

• Posted 8.0 sacks during the 2007 season with Oakland, despite only starting two games

and being on the field for just 37 percent of the team's defensive snaps.

• In first-career game, collected first-career sack taking down Ben Roethlisberger at Pittsburgh (11/28/04).

COLLEGE: Entered the NFL following his junior season at Georgia after starting 14 of 25 games played. In 2000, became the first freshman to start at linebacker for the Bulldogs since Randall Godfrey (1992). Was named most improved player following his junior season.

PERSONAL: Lettered four years and was a three-year starter at Griffin (Ga.) High School. Was a first-team AAA All-Region selection and was nominated as the Region MVP by the Georgia Athletic Coaches Association. Lined up as a cornerback, linebacker, defensive end and tight end during high school career. Also lettered in track. Brother, Nic Clemons, is a defensive lineman for the Broncos. The two were teammates at the University of Georgia and both signed as undrafted free agents with Washington in 2003. His uncle, Charlie Clemons, enjoyed a seven-year NFL career as a linebacker for St. Louis (1997-99), New Orleans (2001-02) and Houston (2003). Was a child and family development major in college.

CLEMONS' NFL RECORD

			Tackles			Sacks		Interceptions								
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2003	Washington	Injured Reserve														
2004	Washington	6/0	9	6	3	3.0	14.0	0	0	0	0	0	1	1	0	0
2005	Washington	14/1	11	7	4	2.0	17.0	0	0	0	0	0	1	1	0	0
2007	Oakland	16/2	17	12	5	8.0	54.0	0	0	0	0	0	1	2	1	0
2008	Philadelphia	16/0	7	6	1	4.0	18.0	0	0	0	0	0	2	1	2	73
2009	Philadelphia	15/0	9	7	2	3.0	18.0	0	0	0	0	0	2	0	0	0
2010	Seattle	16/16	48	33	15	11.0	69.5	0	0	0	0	0	3	1	1	0
NFL TOTALS		**83/19**	**101**	**71**	**30**	**31.0**	**190.5**	**0**	**0**	**0**	**0**	**0**	**10**	**6**	**4**	**73**

POSTSEASON

			Tackles			Sacks		Interceptions								
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2008	Philadelphia	3/0	4	2	2	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2009	Philadelphia	1/0	1	1	0	1.0	9.0	0	0	0.0	0	0	0	0	0	0
2010	Seattle	2/2	6	5	1	1.0	6.0	0	0	0.0	0	0	2	0	0	0
NFL TOTALS		**6/2**	**11**	**8**	**3**	**2.0**	**15.0**	**0**	**0**	**0.0**	**0**	**0**	**2**	**0**	**0**	**0**

CLEMONS' SINGLE-GAME HIGHS

Tackles: 5, 2 Times, Last at Arizona (11/14/10)
Sacks: 2, 5 Times, Last at Arizona (11/14/10)

FF: 1, 6 Times, Last vs. Arizona (10/24/10)
FR: 1, 4 Times, Last at Arizona (11/14/10)
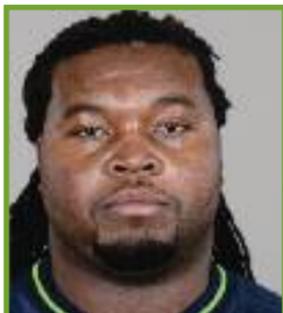
COLIN COLE

Position . . . .Defensive Tackle
Height 6-2
Weight 328
College . . . . Iowa
NFL Seasons 9th
Seahawks Seasons 3rd
Born . . . . June 24, 1980
Hometown . Ft. Lauderdale, Fla.

90

HOW ACQUIRED: Signed with Seattle as an unrestricted free agent on March 2, 2008.

NFL CAREER HIGHLIGHTS:

• Originally signed with Minnesota as an undrafted free agent on May 2, 2003, but was waived after spending separate one-week stints on its 53-man roster. Was waived by the Vikings on October 7, 2003, and finished the season with Detroit. Went to training camp with the Lions before being waived and signed onto the Green Bay Packers practice squad. Signed to the Packers active roster on November 30, 2004.

• Has totaled 257 tackles with 4.5 sacks during career.

• Started all 11 games played in 2010. Injured ankle at Oakland (10/31) and was forced to miss the next five games. Before that game at Oakland and the injury, helped anchor a defense that ranked 2nd in the NFL versus the run. Ended the season ranked 21st.

• Saw 2007 season cut short by a fractured forearm during Thanksgiving game at Detroit

(11/22).

COLLEGE: A four-year letterman (1999-2002) and two-year starter at Iowa. Played in 46 games (36 starts), with 213 tackles, 23 sacks, three forced fumbles and three recoveries. Shifted from defensive end to defensive tackle as a senior and was a first-team All-Big Ten Conference pick and defensive co-captain totaling 85 tackles and 9.0 sacks. Helped defense rank fifth nationally against the run. Graduated with a degree in African-American Studies.

PERSONAL: Named second-team all-state and first-team all-county at South Plantation High School in Ft. Lauderdale, Florida. Selected to play in the North-South Broward All-Star game and Dade County All-Star contest. The four-time county heavyweight wrestling champion won the state wrestling title as a senior. Posted a 23-1 record as a junior. With his wife, Kay, has started a consulting business, The Cole Group, LLC, to help high school student-athletes pursue college careers. Has a stepson, Andrez, and a daughter, Karyss.

COLE'S NFL RECORD

	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
				Tackles		**Sacks**				**Interceptions**						
2003	Minnesota			Inactive												
	Detroit			Inactice												
2004	Green Bay	3/1	7	6	1	0.0	0.0	0	0	0	0	0	0	0	0	0
2005	Green Bay	16/4	62	34	28	2.0	8.0	0	0	0	0	0	2	0	0	0
2006	Green Bay	15/3	53	31	22	1.0	4.0	0	0	0	0	0	1	2	0	0
2007	Green Bay	7/0	13	7	6	0.0	0.0	0	0	0	0	0	1	0	0	0
2008	Green Bay	16/0	30	19	11	0.5	5.0	0	0	0	0	0	4	0	0	0
2009	Seattle	16/15	48	29	19	0.0	0.0	0	0	0	0	0	2	0	1	2
2010	Seattle	11/11	44	26	8	1.0	1.0	0	0	0	0	0	5	0	0	0
NFL TOTALS		**84/34**	**257**	**162**	**95**	**4.5**	**18.0**	**0**	**0**	**0**	**0**	**0**	**15**	**2**	**1**	**2**

POSTSEASON

	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
				Tackles		**Sacks**				**Interceptions**						
2004	Green Bay			Inactive												
2007	Green Bay		Injured Reserve (Arm)													
2010	Seattle	2/2	6	5	1	0.0	0.0	0	0	0	0	0	1	0	0	0
NFL TOTALS		**2/2**	**6**	**5**	**1**	**0.0**	**0.0**	**0**	**0**	**0.0**	**0**	**0**	**1**	**0**	**0**	**0**

COLE'S SINGLE-GAME HIGHS

Tackles: 8, vs. New England (11/19/06)
Sacks: 1, 4 Times, Last at Oakland (10/31/10)

FF: 1, 2 Times, Last vs. New England (11/19/06)
FR: 1, at Dallas (11/1/09)

KENNARD COX

Position . . . . Cornerback
Height 6-0
Weight 191
College . . . . Pittsburgh
NFL Seasons. 2nd
Seahawks Seasons. 2nd
Born. . . . . . . August 17, 1985
Hometown . . . . Miami, Fla.

39

HOW ACQUIRED: Signed as a free agent with Seattle April 16, 2010, following a minicamp tryout.

NFL CAREER HIGHLIGHTS:

• Originally selected by Buffalo in the seventh round (251st overall) of the 2008 NFL Draft. Was waived following training camp (8/28/08). Signed to the Green Bay Packers practice squad (10/27/08) before signing to Jacksonville's active roster later that season (12/8/08) for the final four weeks.

• After making Seattle's squad out of training camp in 2010, was released after week 1, then re-signed to the practice squad on September 16 where he remained until signing back to the active roster October 11.

• During the 2009 season, was signed back and forth from Jacksonville's practice squad to the 53-man roster multiple times. Was on the roster five weeks and saw action on special teams in four games posting four total tackles.

• Blocked a punt versus Kansas City (11/28/10) that resulted in a TD return by Earl Thomas.

COLLEGE: Started final 24 games, appearing in 47. Totaled 98 career tackles (66 solo) and two interceptions. Started 12 games as a senior totaling 32 tackles, an interception and a fumble recovery. Named the team's most improved player as a junior.

PERSONAL: Three-year starter at Miami Killian High School, playing wide receiver as a sophomore and junior before playing quarterback as a senior. Has three cousins playing in the NFL: Torrie Cox (CB Tampa Bay), Marcus Hamilton (S San Francisco), and Roscoe Parrish (WR Buffalo). Is single with a son, Quanard, and a daughter, Kanaria.

COX' NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions							
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR Yds
2008 Jacksonville	2/0	Special Teams Only												
2009 Jacksonville	4/0	Special Teams Only												
2010 Seattle	11/0	7	4	3	0.0	0	0	0	0.0	0	0	2	0	0 0
NFL TOTALS	**17/0**	**7**	**4**	**3**	**0.0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**2**	**0**	**0 0**

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions							
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR Yds
2010 Seattle	2/0	Special Teams Only												
NFL TOTALS	**2/0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0 0**

COX' SINGLE-GAME HIGHS

Tackles: 4, at Oakland (10/31/10)
Sacks: None
Interceptions: None

FF: None
FR: None

ADDITIONAL STATS

Special Team Tackles: 2009 (4), 2010 (3, FR, Blocked Punt) ; **Career:** (7, FR, Blocked Punt)
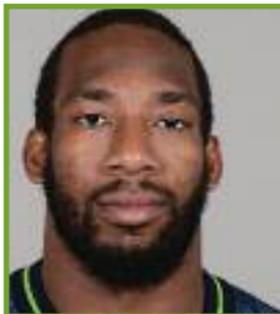
AARON CURRY

Position . . . . Linebacker
Height 6-2
Weight 255
College . . . . Wake Forest
NFL Seasons 3rd
Seahawks Seasons 3rd
Born . . . . April 6, 1986
Hometown . . Fayetteville, N.C.

59

HOW ACQUIRED: Selected with the fourth overall pick in the 2009 NFL Draft.

NFL CAREER HIGHLIGHTS:

• Has started 28 of 30 career games and totaled 130 tackles, including 5.5 sacks.

• Started 12 of 14 games during rookie season missing the final two with a shoulder injury. Totaled 60 tackles, 2.0 sacks and two forced fumbles.

• Finest game as a rookie came in a shutout versus Jacksonville (10/11/09) after leading the team with a career-high nine tackles to go along with a sack and forced fumble.

• Highest drafted Seahawks player since Shawn Springs was selected third overall in 1997. Highest drafted linebacker in club history. First linebacker chosen in first round since 1998 (Anthony Simmons). Seventh time in eight years club has selected a defensive player with their first pick. Third player chosen from Wake Forest since 2006 (Ryan Plackemeier, 2006; Steve Vallos, 2007.)

COLLEGE: The 2008 Butkus Award winner, given to the nation's top linebacker, Butkus surprised him in early December when he arrived on campus to personally hand the award to its recipient. Started 49 of the 51 games he appeared in, going on to rank third in school annals with 45.5 tackles behind the line of scrimmage. Finished ninth on Wake Forest's all-time record list with 332 total tackles. Named All-American and All-Atlantic Coast Conference first-team choice as a senior leading the team with a career-high 105 tackles (66 solo).

PERSONAL: Attended E.E. Smith (Fayetteville, N.C.) High School, playing football for head coach Mike Earwood. Standout outside linebacker and tight end. Named Conference Defensive Player of the Year and also earned All-Conference and All-Region honors after registering 123 tackles during his senior year. Selected to the North Carolina-South Carolina Shrine Bowl as a tight end. Married to Jamila with a son Maxwell.

CURRY'S NFL RECORD

	Club	G/S	Tackles			Sacks		Interceptions					PD	FF	FR Yds
			Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR Yds
2009	Seattle	14/12	60	53	7	2.0	2.0	0	0	0	0	0	6	3	0 0
2010	Seattle	16/16	70	58	12	3.5	25.0	0	0	0	0	0	1	2	0 0
NFL TOTALS		**30/28**	**130**	**111**	**19**	**5.5**	**27.0**	**0**	**0**	**0**	**0**	**0**	**7**	**5**	**0 0**

POSTSEASON

	Club	G/S	Tackles			Sacks		Interceptions					PD	FF	FR Yds
			Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR Yds
2010	Seattle	2/2	8	7	1	0.0	0.0	1	23	23.0	23	0	1	0	0 0
NFL TOTALS		**2/2**	**8**	**7**	**1**	**0.0**	**0.0**	**1**	**23**	**23.0**	**23**	**0**	**1**	**0**	**0 0**

CURRY'S SINGLE-GAME HIGHS

Tackles: 9, vs. Jacksonville (10/11/09)
Sacks: 2, at Arizona (11/14/10)

FF: 1, 5 Times, Last at Arizona (11/14/10)
FR: None

ADDITIONAL STATS

Special Team Tackles: 2010 (2) ; **Career: (2)**
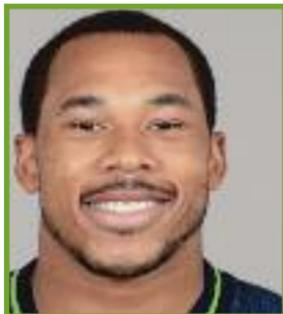
DEXTER DAVIS

Position . . . . Defensive End
Height 6-1
Weight 244
College . . . . Arizona State
NFL Seasons 2nd
Seahawks Seasons 2nd
Born . . . . . November 10, 1986
Hometown . . Phoenix, Arizona

58

HOW ACQUIRED: First of two seventh-round picks (236th overall). Fourth player drafted out of Arizona State by Seattle and first since Solomon Bates in 2003.

NFL CAREER HIGHLIGHTS:

• Saw limited action at defensive end and on special teams in 15 games during rookie campaign totaling eight tackles and a sack to go along with six tackles and a fumble recovery on special teams.

COLLEGE: Started all 50 games of ASU career, the most starts by any player in shcool history. Departed school ranked third in Sun Devil history with 31.0 career sacks, hehind only Terrell Suggs (44.0) and Shante Carver (41.0). Finished in the top three in sacks in the Pacific-10 Conference as a sophomore and junior. Totaled 136 tackles, 45.0 tackles for loss and 10 forced fumbles in his four seasons.

PERSONAL: Attended Thunderbird High School (Phoenix). All-region selection by *PrepStar* Magazine. Two-time first-team all-state honoree (as a junior and senior) and was an All-Arizona selection by the *Arizona Republic*. Named Super All-State 2004 on defense by Phoenix Metro Football Magazine and won the Curley Culp Award, presented by the Valley of the Sun Chapter of the National Football Foundation and College Football Hall of Fame to the state's best defensive lineman. Collected over 120 tackles and six quarterback sacks as a senior . Three-time letterman and captain of the football team as a senior. Also lettered three times in track and field and wrestling and captained each team as a senior. Was the state of Arizona 4A wrestling champion at 215 pounds as a junior and senior. Parents are Craig (sales engineer) and Janice (receptionist) Davis of Phoenix, Ariz. Full name is Dexter Alexander Davis.

DAVIS' NFL RECORD

		Tackles			Sacks		Interceptions							
Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR Yds
2010 Seattle	15/0	8	7	1	1.0	7.0	0	0	0	0	0	0	0	0 0
NFL TOTALS	**15/0**	**8**	**7**	**1**	**1.0**	**7.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0 0**

POSTSEASON

		Tackles			Sacks		Interceptions							
Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR Yds
2010 Seattle	2/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0 0
NFL TOTALS	**2/0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0 0**

DAVIS' SINGLE-GAME HIGHS

Tackles: 3, vs. N.Y. Giants (10/7/10)   **FF:** None
Sacks: 1, vs. San Francisco (9/12/10)   **FR:** None

ADDITIONAL STATS

Special Team Tackles: 2010 (6, FR) ; **Career: (6, FR)**

JUSTIN FORSETT

Position . . . . Running Back
Height 5-8
Weight 198
College . . . . California
NFL Seasons 4th
Seahawks Seasons 4th
Born . . . . October 14, 1985
Hometown . . . Arlington, Texas

20

HOW ACQUIRED: Selected by Seattle with the 26th pick in the seventh round (233rd overall) of the 2008 NFL Draft.

NFL CAREER HIGHLIGHTS:

• Earned position on the Seahawks 53-man roster to open the 2008 season, but was waived following Week 1 on September 9 and signed with Indianapolis. Saw limited action as a returner on special teams. Returned to Seattle's practice squad on October 8 eventually signing to the active roster on October 14.

• Led team in 2009 with a 5.4 yards/carry avg. and four rushing TDs while finishing second with 114 carries and 619 yards. Became the first player since Shaun Alexander in 2005 to score at least one TD in four consecutive games.

• Served rookie season as the Seahawks primary punt returner and was second among all NFL rookies with a 9.7-yard return average.

• First running back selected by the Seahawks since 2002 (Maurice Morris). Marked the second consecutive year team drafted a player from California (Brandon Mebane, 2007) and third in club history (Bobby Shaw, 1998).

COLLEGE: In 49 games at California, Forsett started 18 games, including 13 as a senior. He ranks third in school history with 3,220 yards rushing and fourth with 26 touchdowns on the ground, as he carried 567 times (5.7-yard avg.). He caught 41 passes for 386 yards (9.4 avg.) and a score, adding 162 yards on 10 kickoff returns (16.2 avg.) while recovering a blocked punt for a touchdown. He also recorded seven tackles (six solo) on special teams.

PERSONAL: Attended Grace Prep (Arlington, Tex.) Academy as a junior and senior. Spent freshman and sophomore years at Polk (Mulberry, Fla.) High before family moved to Texas. Led the Academy to back-to-back state championships in the Texas private school division, earning Class 4A first-team All-State and Most Valuable Player honors. Member of the *Dallas Morning News'* All-Area Top 100 team and participated in the Texas All-Star Game, earning MVP accolades in that contest. The explosive running back scored 63 touchdowns and rushed for nearly 5,000 yards during final two seasons. Also lettered in basketball and track at Grace Prep. Married to Angela.

FORSETT'S NFL RECORD

			Rushing					Receiving				
	Club	G/S	Att	Yds	Avg	LG	TD	No	Yds	Avg	LG	TD
2008	Indianapolis	3/0	0	0	0.0	0	0	0	0	0.0	0	0
	Seattle	11/0	0	0	0.0	0	0	0	0	0.0	0	0
2009	Seattle	16/3	114	619	5.4	35	4	41	350	8.5	47	1
2010	Seattle	16/5	118	523	4.4	32	2	33	252	7.6	21	0
NFL TOTALS		**46/8**	**232**	**1,142**	**4.9**	**35**	**6**	**74**	**602**	**8.2**	**47**	**1**

		Punt Returns					Kickoff Returns				
	Club	No	Yds	Avg	LG	TD	No	Yds	Avg	LG	TD
2008	Indianapolis	4	36	9.0	25	0	11	248	22.5	28	0
	Seattle	23	227	9.9	29	0	7	174	24.9	32	0
2009	Seattle	16	92	5.8	20	0	18	432	24.0	46	0
2010	Seattle	3	17	5.7	12	0	0	0	0.0	0	0
NFL TOTALS		**46**	**372**	**8.1**	**29**	**0**	**36**	**854**	**23.7**	**46**	**0**

POSTSEASON

			Rushing					Receiving				
	Club	G/S	Att	Yds	Avg	LG	TD	No	Yds	Avg	LG	TD
2010	Seattle	2/1	8	29	3.6	8	0	5	37	7.4	16	0
NFL TOTALS		**2/1**	**8**	**29**	**3.6**	**8**	**0**	**5**	**37**	**7.4**	**16**	**0**

*Played with Indianapolis

FORSETT'S GAME-BY-GAME

2008	Opponent	Att	Yds	Rushing Avg	LG	TD	Rec	Yds	Receiving Avg	LG	TD	Total
09/07	at Buffalo			Inactive								
09/14	at Minnesota *			Special Teams Only								
09/21	Jacksonville *			Special Teams Only								
09/28	Bye Week *											
10/05	at Houston *			Special Teams Only								
10/12	Green Bay			Practice Squad								
10/19	at Tampa Bay			Special Teams Only								
10/26	at San Francisco			Special Teams Only								
11/02	Philadelphia			Special Teams Only								
11/09	at Miami			Special Teams Only								
11/16	Arizona			Special Teams Only								
11/23	Washington			Special Teams Only								
11/27	at Dallas			Special Teams Only								
12/07	New England			Special Teams Only								
12/14	at St. Louis			Special Teams Only								
12/21	N.Y. Jets			Special Teams Only								
12/28	at Arizona			Special Teams Only								
2008 Season Totals (14/0)		**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**0**

2009	Opponent	Att	Yds	Rushing Avg	LG	TD	Rec	Yds	Receiving Avg	LG	TD	Total
09/13	St. Louis	3	17	5.7	8	0	0	0	0.0	0	0	17
09/20	at San Francisco	5	35	7.0	14	0	6	57	9.6	19	0	92
09/27	Chicago	2	4	2.0	2	0	0	0	0.0	0	0	4
10/04	at Indianapolis	0	0	0.0	0	0	3	8	2.7	6	0	8
10/11	Jacksonville	6	43	7.2	22	0	0	0	0.0	0	0	43
10/18	Arizona	2	4	2.0	5	0	1	16	16.0	16	0	20
11/01	at Dallas	1	6	6.0	6	0	1	14	14.0	14	0	20
11/08	Detroit	1	14	14.0	14	0	5	45	9.0	12	0	59
11/15	at Arizona	17	123	7.2	24	1	5	26	5.2	11	0	149
11/22	at Minnesota	9	9	1.0	9	1	8	80	10.0	47	0	89
11/29	at St. Louis	22	130	5.9	26	2	0	0	0.0	0	0	130
12/06	San Francisco	5	9	1.8	5	0	3	25	8.3	15	1	34
12/13	at Houston	9	26	2.9	9	0	4	47	11.8	42	0	73
12/20	Tampa Bay	9	55	6.1	35	0	2	14	7.0	10	0	69
12/27	at Green Bay	14	70	5.0	16	0	1	4	4.0	4	0	74
1/3/10	Tennessee	10	74	7.4	24	0	2	14	7.0	10	0	88
2009 Season Totals (16/3)		**114**	**619**	**5.4**	**35**	**4**	**41**	**350**	**8.5**	**47**	**1**	**969**

2010	Opponent	Att	Yds	Rushing Avg	LG	TD	Rec	Yds	Receiving Avg	LG	TD	Total
09/12	San Francisco	7	43	6.1	32	0	3	17	5.7	9	0	60
09/19	at Denver	8	44	5.5	19	0	1	8	8.0	8	0	52
09/26	San Diego	17	63	3.7	28	0	3	31	10.3	13	0	94
10/03	at St. Louis	19	65	3.4	12	0	2	10	5.0	5	0	75
10/17	at Chicago	10	67	6.7	13	1	1	9	9.0	9	0	76
10/24	Arizona	9	41	4.6	14	0	2	31	15.5	21	0	72
10/31	at Oakland	5	11	2.2	5	0	3	26	7.7	13	0	37
11/07	N.Y. Giants	1	-1	-1.0	-1	0	1	5	5.0	5	0	4
11/14	at Arizona	9	64	7.1	29	1	3	31	10.3	13	0	95
11/21	at New Orleans	8	10	1.3	8	0	5	33	6.6	11	0	43
11/28	Kansas City	3	2	0.7	4	0	1	8	8.0	8	0	10
12/05	Carolina	6	60	10.0	31	0	0	0	0.0	0	0	60
12/12	at San Francisco	3	5	1.7	4	0	1	9	9.0	9	0	14
12/19	Atlanta	2	9	4.5	9	0	2	7	3.5	4	0	16
12/26	at Tampa Bay	8	12	1.5	5	0	2	5	2.5	9	0	17
1/2/11	St. Louis	3	28	9.3	21	0	3	22	7.3	13	0	50
2010 Season Totals (16/5)		**118**	**523**	**4.4**	**32**	**2**	**33**	**252**	**7.6**	**21**	**0**	**775**
01/08/11	New Orleans	4	20	5.0	7	0	2	12	6.0	9	0	32
01/16/11	at Chicago	4	9	2.3	8	0	3	25	8.3	16	0	34
2010 Playoff Totals (2/1)		**8**	**29**	**3.6**	**8**	**0**	**5**	**37**	**7.4**	**16**	**0**	**34**
Career Totals (46/8)		**232**	**1,142**	**4.9**	**35**	**6**	**74**	**602**	**8.2**	**47**	**1**	**1,744**
Playoff Totals (2/1)		**8**	**29**	**3.6**	**8**	**0**	**5**	**37**	**7.4**	**16**	**0**	**34**

FORSETT'S SINGLE-GAME HIGHS

Rushes: 22 at St. Louis (11/29/09)
Yards: 130 at St. Louis (11/29/09)
Longest: 35 vs. Tampa Bay (12/20/09)
TDs: 2 at St. Louis (11/29/09)

Receptions: 8 at Minnesota (11/22/09)
Yards: 80 at Minnesota (11/22/09)
Longest: 47 at Minnesota (11/22/09)
TDs: 1 vs. San Francisco (12/6/09)
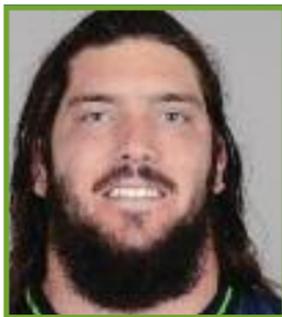
ROBERT GALLERY

Position . . . . .Guard
Height 6-7
Weight 325
College . . . . Iowa
NFL Seasons 8th
Seahawks Seasons 1st
Born . . . . July 26, 1980
Hometown . . . . Winthrop, Iowa

72

HOW ACQUIRED: Signed by Seattle as an unrestricted free agent on July 29, 2011.

NFL CAREER HIGHLIGHTS:

• Originally drafted by Oakland with the second overall section in the 2004 NFL Draft. Played first seven seasons for the Raiders, starting 91 of 92 games played.

• In 2010, was part of an offensive line that helped the Raiders rank second in the NFL in rushing (2,494 yards). The offense also set a franchise record by averaging 4.9 yards per attempt. Blocked for RB Darren McFadden, who rushed for 1,157 yards to become the Raiders first 1,000-yard rusher since 2007. Started 12 games at left guard and was inactive due to injury for four games.

• Part of a record-breaking offensive performance, helping team amass 508 yards of total offense as the club set franchise records for points (59), touchdowns (8) and rushing touchdowns (5) at Denver (10/24/10).

• Started all 16 games in both 2007 and 2008 at left guard. Helped the Raiders finish sixth in the NFL in rushing (2,086 yards) in 2007 and 10th in 2008 (1,987).

• Switched from right tackle to left tackle prior to the 2006 season and started and played in 10 games.

• Started 15 games at right tackle in 2005. Part of an offensive line that helped produce a 3,500-yard passer, a 1,000-yard receiver and a 1,000-yard rusher on the season.

• Played in every game and started the last 15 at right tackle durng rookie season. Protected two Raiders quarterbacks who combined to throw for more than 4,000 yards. Part of an offensive line that surrendered the fifth-fewest sacks (30) in the NFL.

COLLEGE: Outland trophy winner in 2003 as the nation's best interior lineman at Iowa. Unanimous All-America first team selection. Rated the best prospect for the 2004 NFL Draft. Received the highest rating of any offensive lineman (perfect 9.0 score) since Southern California's Tony Boselli (8.8) in 1995 by *The NFL Draft Report*. The Big Ten's 2003 Offensive Lineman of the Year. Did not allow a sack in his last 36 college games. Won Iron Hawk Award honors in 2003 (weight room), along with earning the Hayden Fry "Extra Heartbeat" Award. Named to the Big Ten's Academic All-Conference squad as a senior. As a junior in 2002, was a member of an Iowa offense that set season records for total points (484), scoring average (37.2) and touchdowns (60). As sophomore in 2001, was key member of offensive line as Iowa led the Big Ten Conference in scoring with an average of 32.6 points per game. Iowa's offense averaged 393.5 yards per game, including 175.3 yards rushing. Helped pave the way for a 1,000-yard rusher for the second straight season. As redshirt freshman in 2000, had three catches for 52 yards as starting tight end before moving to tackle before first Big Ten game at Indiana. Started final six games of the season at right tackle.

PERSONAL: Attended East Buchanan (Winthrop, Iowa) High School. Three-year starter at tight end with 33 catches for 604 yards and three touchdowns, adding 86 solo tackles and 90 assists, with three recovered fumbles and two interceptions as an outside linebacker. Also handled punting and kickoff duties. Helped team compile a three-year

record of 24-8, including a 19-2 mark in district play. Lettered in basketball and track. Placed second in the high jump (6-foot-5) at the Class 1A state meet as a junior. Named to the Des Moines Register Class 1A All-State first team. Named to the academic all-state football team and was a member of the National Honor Society and senior class president. Brother,

Nick, was an All-Big Ten Conference punter for the Hawkeyes from 1993-96 and briefly punted for the New York Jets. Younger brother, John, was a teammate and reserve punter at Iowa. Sister, Julie, competed on Iowa's track team. Elementary Education Major. Married with a daughter.

GALLERY'S NFL RECORD

Year	Team	—	GP/GS	Year	Team	—	GP/GS
2004	Oakland	—	16/15	2008	Oakland	—	16/16
2005	Oakland	—	16/16	2009	Oakland	—	6/6
2006	Oakland	—	10/10	2010	Oakland	—	12/12
2007	Oakland	—	16/16	**NFL TOTALS**		**—**	**92/91**

ADDITIONAL STATS

2004: One fumble recovery; **Career**: One fumble recovery.

MIKE GIBSON

Position.	Guard/Center
Height	6-3
Weight	298
College	California
NFL Seasons	4th
Seahawks Seasons	3rd
Born	November 18, 1985
Hometown . . .	Napa, California

64

HOW ACQUIRED: Claimed by the Seahawks off of the Philadelphia Eagles practice squad on October 21, 2009.

NFL CAREER HIGHLIGHTS:

• Originally drafted by the Philadelphia Eagles in the sixth round (184th overall) of the 2008 NFL Draft.

• Started eight of 14 games played in 2010. Started five games at left guard and the final three at right guard. Saw some limited action at fullback and on kickoff return.

• Saw action at right guard for Seattle in the final three games of the 2009 season.

• Spent the 2008 season on injured reserve after suffering a shoulder injury during pre-season play.

COLLEGE: An All-Pac 10 Conference honorable mention selection as a senior and was part of an offensive line that produced an average of 407.5 yards per game and allowed just

11 sacks on 443 pass plays. Transferred to California in 2006 after earning All-America accolades at Solano Community College in 2005. Was also a two-time All-League selection at Solano.

PERSONAL: Earned all-league, all-metro and second-team all-state honors as a senior at Napa High School and was named the league's Lineman of the Year. Helped his team win two conference titles in his junior and senior seasons. Majored in business.

GIBSON'S NFL RECORD

Year	Team	GP/GS	Postseason
2008	Philadelphia	Injured Reserve	
2009	Seattle	3/0	
2010	Seattle	14/8	2/2
NFL TOTALS		**17/8**	**2/2**

CLINT GRESHAM

Position . . . . **Long Snapper**
Height **6-3**
Weight **240**
College . . . . . . **Texas Christian**
NFL Seasons. **2nd**
Seahawks Seasons. **2nd**
Born. . . . . **August 24, 1986**
Hometown . **Corpus Christi, Tx.**

49

HOW ACQUIRED: Signed with Seattle as a free agent August 1, 2010.

NFL CAREER HIGHLIGHTS:

• Originally signed with New Orleans as an undrafted free agent May 7, 2010, before being released on July 31, 2010.

• Handled snapping duties in all 16 games for Seattle in 2010.

COLLEGE: Served as the Horned Frogs' snapper for three seasons, playing in 38 career games and making eight tackles. The only snapper invited to the NFL Combine. Played in the Texas vs. the Nation All-Star Challenge. Started all 13 games in first year as the Frogs' deep snapper as a sophomore. TCU did not have a punt blocked after surrendering three the previous season. Played at Oklahoma as a freshman.

PERSONAL: Named first-team all-district and second-team all-metro selection as a senior. Also third-team All-South Texas. Lettered three years in football and two in track & field. An entrepreneurial management major with a minor in communications. His father played football at Texas from 1974-76, a cousin, Phil Pratt, played at Oklahoma in the 1960s.

GRESHAM'S NFL RECORD

Year	Team	GP/GS	Postseason
2010	Seattle	16/0	2/0
NFL TOTALS		**16/0**	**2/0**

GRESHAM'S ADDITIONAL STATS

Special Team Tackles: 2010 (1) ; **Career: (1)**

DAVID HAWTHORNE

Position . . . .**Linebacker**
Height **6-0**
Weight **246**
College . . . . . . **Texas Christian**
NFL Seasons **4th**
Seahawks Seasons **4th**
Born . . . . **May 14, 1985**
Hometown. . . **Corsicana, Texas**

57

HOW ACQUIRED: Signed by Seattle as an undrafted rookie free agent on April 27, 2008.

NFL CAREER HIGHLIGHTS:

• Led the team with 100-plus tackles for the second consecutive year in 2010, this with 105 (74 solo), becoming the eighth player in Seattle history to accomplish that feat.

• Burst on the scene after Lofa Tatupu was injured for the year (pec) in Week 6, 2009. Led the team with 116 tackles (93 solo) and tied for team-lead with three interceptions.

• In his first start vs. Chicago (9/27/09), tied for the third-best tackle performance in Seahawks history with 16 (15 solo), along with one interception. Posted first-career sacks with 2.0 at Dallas (11/1/09) and set career-high with two picks vs. Detroit (11/8/09). In 11 starts in 2009, collected 105 stops (84 solo).

• Played in 14 games during rookie season, placing fourth on the team with 12 special teams tackles.

COLLEGE: Made 38 career starts as a Horned Frog, including all but three contests over the last three seasons. Totaled 186 tackles at TCU. Playing as a graduate student in the 2007 campaign, finished second on the team with 84 tackles while placing third with 5.0 sacks. Nearly doubled previous career high of 43 stops in 2006.

PERSONAL: Recorded 142 tackles as a senior at Corsicana (Texas) High, with two forced fumbles, two fumble recoveries, two interceptions and scored three defensive touchdowns. Lettered three times in football and twice in basketball. Earned his school's Head Hunter Award on the gridiron and was named Mr. Defense in basketball. Majored in liberal arts.

HAWTHORNE'S SINGLE-GAME HIGHS

Tackles: 16 vs. Chicago (9/27/09)
Sacks: 2.0 at Dallas (11/1/09)
Int.: 2 vs. Detroit (11/8/09)

FF: 1 four times, last vs. Atlanta (12/19/10)
FR: 1 twice, last vs. N.Y. Giants (11/7/10)

ADDITIONAL STATS

Special Teams Stats: 2008 (12), 2009 (1), 2010 (2); **Career:** (15)

HAWTHORNE'S NFL RECORD

	Club	G/S	Tackles			Sacks		Interceptions								
			Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2008	Seattle	14/0	Special Teams Only													
2009	Seattle	16/11	116	93	23	4.0	22.0	3	9	3.0	5	0	5	2	1	36
2010	Seattle	16/16	105	74	31	0.0	0.0	1	5	5.0	5	0	4	2	1	0
NFL TOTALS		**46/27**	**221**	**167**	**54**	**4.0**	**22.0**	**4**	**14**	**3.5**	**5**	**0**	**9**	**4**	**2**	**36**

POSTSEASON

	Club	G/S	Tackles			Sacks		Interceptions								
			Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2010	Seattle	2/2	18	14	4	0.0	0.0	0	0	0.0	0	0	1	0	1	0
NFL TOTALS		**2/2**	**18**	**14**	**4**	**0.0**	**0.0**	**0**	**0**	**0.0**	**0**	**0**	**1**	**0**	**1**	**0**

LEROY HILL

Position . . . . .Linebacker
Height 6-1
Weight 238
College . . . . Clemson
NFL Seasons 7th
Seahawks Seasons 7th
Born . . . . . September 14, 1982
Hometown . . Haddock, Georgia

56

HOW ACQUIRED: Selected with the 35th choice (98th overall) in the third round of the 2005 NFL Draft.

NFL CAREER HIGHLIGHTS:

• Played at Denver (9/19/10) on special teams and injured calf. Placed on injured reserve on October 1.

• Scored first-career touchdown on a 20-yard fumble return vs. Baltimore (12/23/07).

• Set career-high with 12 tackles (nine solo) at San Francisco (10/26/08).

• Finished third on the team with a career-high 92 tackles (70 solo) in 2006.

• Played in 15 games, with nine starts as one-of-two starting rookie linebackers (Lofa Tatupu) in 2005.

• Set a Seattle record with 7.5 sacks by a rookie linebacker and third among all NFL rookies in that category (SD's Shawne Merriman 9.0 and Dallas' Demarcus Ware 8.0).

• Moved in to the starting lineup vs. St. Louis (11/13/05) when Jamie Sharper went down for the season (knee).

• Started all three games in the postseason in 2005. Had nine tackles (six solo) vs. Washington (1/14/06), six (four solo) vs. Carolina (1/22/06) and eight (seven solo) in Super Bowl XL vs. Pittsburgh (2/5/06).

COLLEGE: First player, regardless of position since 1999-00, to earn first-team All-ACC honors in consecutive years. Started 24 of 47 collegiate games. Finished with 311 tackles (219 solo), 16 sacks, 48 tackles for loss, three interceptions, two forced fumbles, a fumble recov-ery, and four passes defensed. As a senior, named ACC Defensive Player of Year and All-ACC first-team while starting every game (11) at strongside linebacker.

PERSONAL: Attended Baldwin High. Was Class 5A all-state pick junior and senior year. Named Region Defensive Player of Year while earning all-area, all-conference, and all-region honors both junior and senior seasons. Recorded 150 tackles as a senior. Majored in management.

HILL'S NFL RECORD

			Tackles			Sacks		Interceptions								
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2005	Seattle	15/9	67	48	19	7.5	36.5	0	0	0.0	0	0	2	2	0	0
2006	Seattle	15/15	92	70	22	2.0	19.0	0	0	0.0	0	0	2	2	1	4
2007	Seattle	14/14	81	58	23	3.0	33.0	0	0	0.0	0	0	4	3	1t	20
2008	Seattle	12/12	81	61	20	1.0	2.0	0	0	0.0	0	0	3	0	0	0
2009	Seattle	11/11	46	39	7	1.0	13.0	0	0	0.0	0	0	0	0	0	0
2010	Seattle	1/0				Special Teams Only										
NFL TOTALS		**68/61**	**367**	**276**	**91**	**14.5**	**103.5**	**0**	**0**	**0.0**	**0**	**0**	**11**	**7**	**2**	**24**

POSTSEASON

			Tackles			Sacks		Interceptions								
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2005	Seattle	3/3	23	17	6	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2006	Seattle	2/2	17	12	5	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2007	Seattle	2/2	24	21	3	2.0	8.0	0	0	0.0	0	0	0	1	0	0
NFL TOTALS		**7/7**	**64**	**50**	**14**	**2.0**	**8.0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**1**	**0**	**0**

HILL'S SINGLE-GAME HIGHS

Tackles: 12 at San Francisco (10/26/08)
Sacks: 1.5 at Arizona (11/6/05) and at Phi (12/5/05)
Int.: None

FF: 1 7 Times, Last at St. Louis (11/25/07)
FR: 1 vs. NYG (9/24/06) and vs. Balt. (12/23/07)
TDs: 1, 20-yard fumble return vs. Balt. (12/23/07)

ADDITIONAL STATS
Special Teams Tackles: 2005 (5); **Career:** (5)
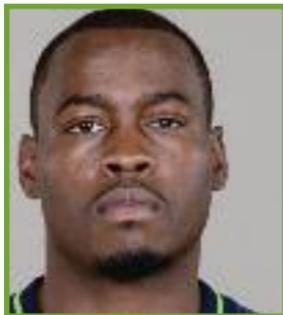
TARVARIS JACKSON

Position . . . . .Quarterback
Height 6-2
Weight 225
College . . . . Alabama State
NFL Seasons 6th
Seahawks Seasons 1st
Born . . . . April 21, 1983
Hometown . . Montgomery, Ala.

7

HOW ACQUIRED: Signed by Seattle as an restricted free agent on July 29, 2011.

NFL CAREER HIGHLIGHTS:

• Originally drafted by Minnesota in the second round of the 2006 NFL Draft (64th overall). Was the fifth quarterback selected. Spent first five seasons with the Vikings, playing in 36 games with 20 starts.

• Spent 2009 and 2010 as the backup quarterback in Minnesota. Started one game last season when Brett Favre's consecutive games played streak game ended at 297, completing 15 of 30 passes for 118 yards and one interception.

• Started five games in 2008, and posted a 2-1 record as the starter in the final three games of the regular season, helping the Vikings reach the postseason. Tied a career high with nine touchdowns with just two interceptions in nine games played. Completed 15 of 35 passes for 164 yards and one touchdown in the NFC Wild Card Game vs. Philadelphia (1/4/09), his first postseason game.

• Named NFC Offensive Player of the Week and Fedex Air Player of the Week for the first time in his career at Arizona (12/14/08) when he threw for a career-high four touchdown passes.

• Started and played in 12 games in 2007, leading the Vikings offense to the No. 13 overall ranking in the NFL. Notched an 8-4 record after taking over as the starting quarterback and threw for a career high 1,911 yards. Battled through injuries that caused him to miss four games.

• Set Vikings record and matched an NFL record by running and converting a pair of 2-point conversions in the 2007 season finale (12/30/07).

• In 2006, started the final two games of the regular season, becoming only the third Vikings rookie quarterback to start a game in franchise history (Fran Tarkenton and Tommy Kramer).

• Threw his first touchdown pass on a screen pass to Melwelde Moore vs. the N.Y. Jets (12/31/06).

• Made NFL debut on Thursday Night Football at Green Bay (12/21/06).

COLLEGE: Left school ranked seventh in Southwestern Athletic Conference history with 68 touchdown passes, despite playing only three seasons in the league and ranked ninth in SWAC history with 7,839 yards. Ended ASU career ranked second in touchdown passes and passing yards. Competed with Matt Jones for time at QB when both played for Arkansas before transferring to ASU. Earned 2nd-Team All-SWAC honors as a senior. Was tabbed as the SWAC Preseason Offensive Player of the Year. ASU's captain and offensive MVP during senior year. Threw for 2,941 yards, the third-most in ASU history. Gained 3,226 yards of offense (2,941 passing/285 rushing), the third-most in school history. During junior season, guided the Hornets to SWAC title and a 10-2 mark, becoming only the second quarterback in school history to lead a team to 10 wins. Named MVP of SWAC Championship VI and the Detroit Football Classic as a junior in 2004. In his ASU debut in 2003, led team to an 8-5 record, the SWAC Eastern Division title and a berth in SWAC Championship V. In 2002 saw time in eight games for the Razorbacks in final season. Started first-career collegiate game at Auburn. Threw first career TD pass vs. South Florida. As a freshman in 2001, played in 3 games for the Razorbacks before shoulder injury sidelined him. Granted medical redshirt. Made college football debut against UNLV in 2001 season opener.

PERSONAL: Played quarterback and defensive back at Sidney Lanier High in Montgomery, Ala. Honorable-Mention All-State choice as a junior and senior. Helped team to 9-2 mark as a senior and served as team captain. Attended same high school as Packers Bart Starr. Majored in psychology at Alabama State. Participated in 2008 and 2009 NFL's Take a Player to School day when he accompanied a Twin Cities area elementary student on a day at school. Has a son, Tarvaris, and a daughter, TaKyla.

JACKSON'S NFL RECORD

PASSING

Year	Club	G/S	Att	Comp	Yds	Pct	TD	Int	LG	Sacked	Rate
2006	Minnesota	4/2	81	47	475	58.0	2	4	50	8/37	62.5
2007	Minnesota	12/12	294	171	1,911	58.2	9	12	71	19/70	70.8
2008	Minnesota	9/5	149	88	1,056	59.1	9	2	59t	14/97	95.4
2009	Minnesota	8/0	21	14	201	66.7	1	0	34t	0/0	113.4
2010	Minnesota	3/1	58	34	341	58.6	3	4	46	6/43	63.9
NFL TOTALS		**36/20**	**603**	**354**	**3,984**	**58.7**	**24**	**22**	**71**	**47/247**	**76.6**

RUSHING

Year	Club	G/S	Att	Yds	Avg	LG	TD
2006	Minnesota	4/2	15	77	5.1	13	1
2007	Minnesota	12/12	54	260	4.8	32	3
2008	Minnesota	9/5	26	145	5.6	29	0
2009	Minnesota	8/0	17	-10	-0.6	6	0
2010	Minnesota	3/1	7	63	9.0	33	0
NFL TOTALS		**36/20**	**119**	**535**	**4.5**	**33**	**4**

POSTSEASON

PASSING

Year	Club	G/S	Att	Comp	Yds	Pct	TD	Int	LG	Sacked	Rate
2008	Minnesota	1/1	35	15	164	42.9	0	1	27	1/11	45.4
NFL TOTALS		**1/1**	**35**	**15**	**164**	**42.9**	**0**	**1**	**27**	**1/11**	**45.4**

RUSHING

Year	Club	G/S	Att	Yds	Avg	LG	TD
2008	Minnesota	1/1	2	17	8.5	17	0
NFL TOTALS		**1/1**	**2**	**17**	**8.5**	**17**	**0**

SINGLE-GAME HIGHS

Attempts:	41 vs. Washington	(12/23/07)
Completions:	25 vs. Washington	(12/23/07)
Completion %:	77.3* (17/22) vs. Oakland	(11/18/07)
Yards:	249 vs. Chicago	(12/17/07)
Longest, No TD:	71 vs. Chicago	(12/17/07) to Robert Ferguson
Longest TD:	60t, 3 times, Last at N.Y. Giants	(11/25/07) to Sidney Rice
Most TDs:	4 at Arizona	(12/14/08)
Interceptions:	4 at Detroit	(9/16/07)
Rushes:	9 at San Francisco	(12/9/07
Rushing Yds.:	76 vs. Atlanta	(12/21/08)
Longest Rush:	32 at Denver	(12/30/07)
Rushing TD:	2 vs. Washington	(12/23/07)

*Min. 20 attempts

JACKSON'S GAME-BY-GAME PASSING

2006

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Rating
12/03	at Chicago	(P)	4	3	35	75.0	0	0	24	1/0		101.0
12/17	N.Y. Jets	(P)	23	14	177	60.9	1	1	35t	0/0		81.2
12/21	at Green Bay	(S)	20	10	50	50.0	0	1	12	3/23	L	35.4
12/31	St. Louis	(S)	34	20	213	58.8	1	2	50	4/14	L	62.5
TOTALS		**(4/2)**	**81**	**47**	**475**	**58.0**	**2**	**4**	**50**	**8/37**	**0-2**	**62.5**

2007

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Rating
09/09	Atlanta	(S)	23	13	163	56.5	1	1	60t	0/0	W	75.1
09/16	at Detroit	(S)	33	17	166	51.5	0	4	24	1/0	L	26.4
09/23	at Kansas City		Inactive									
09/30	Green Bay		Inactive									
10/14	at Chicago	(S)	23	9	136	39.1	1	0	60t	1/3	W	73.8
10/21	at Dallas	(S)	19	6	72	31.6	0	0	21	3/7	L	44.1
10/28	Philadelphia		Inactive									
11/04	San Diego	(S)	12	6	63	50.0	0	0	19	0/0	W	65.6
11/11	at Green Bay		Did Not Play									
11/18	Oakland	(S)	22	17	171	77.3	0	1	16	3/15	W	79.9
11/25	at N.Y. Giants	(S)	12	10	129	83.3	1	0	60t	4/5	W	139.2
12/02	Detroit	(S)	24	18	204	75.0	2	1	35	1/4	W	110.4
12/09	at San Francisco	(S)	25	16	163	64.0	1	0	23	0/0	W	95.9
12/17	Chicago	(S)	29	18	249	62.1	0	3	71	2/13	W	50.0
12/23	Washington	(S)	41	25	220	60.9	1	2	19	1/8	L	63.1
12/30	at Denver	(S)	31	16	175	51.6	2	0	30	3/15	L	63.1
TOTALS		**(12/12)**	**294**	**171**	**1,911**	**58.2**	**9**	**12**	**71**	**19/70**	**8-4**	**70.8**

2008

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Rating
09/08	at Green Bay	(S)	35	16	178	45.7	1	1	24	1/10	L	59.0
09/14	Indianapolis	(S)	24	14	130	58.3	0	0	23	2/10	L	73.3
09/28	at Tennessee	(P)	1	0	0	0.0	0	0	0	0/0		39.6
10/06	at New Orleans	(P)	0	0	0	0.0	0	0	0	0/0		0.0
11/13	at Jacksonville	(P)	0	0	0	0.0	0	0	0	0/0		0.0
12/07	at Detroit	(P)	10	8	105	80.0	1	0	16	1/0		143.8
12/14	at Arizona	(S)	17	11	163	64.7	4	0	59t	3/6	W	135.5
12/21	Atlanta	(S)	36	22	233	61.1	2	0	31	3/38	L	98.5
12/28	N.Y. Giants	(S)	26	16	239	61.5	1	1	54t	2/21	W	88.5
TOTALS		**(9/5)**	**149**	**88**	**1,056**	**59.1**	**9**	**2**	**59t**	**14/97**	**2-3**	**95.4**
01/04/09	Philadelphia	(S)	35	15	164	42.9	0	1	27	1/11	L	45.4
PLAYOFF TOTALS		**(1/1)**	**35**	**15**	**164**	**42.9**	**0**	**1**	**27**	**1/11**	**L**	**45.4**

2009

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Rating
09/13	at Cleveland	(P)	1	0	0	0.0	0	0	0	0/0		39.6
09/20	at Detroit	(P)	1	1	14	100.0	0	0	14	0/0		118.8
10/11	at St. Louis	(P)	3	3	68	100.0	0	0	33	0/0		118.8
11/15	Detroit	(P)	2	0	0	0.0	0	0	0	0/0		39.6
11/22	Seattle	(P)	8	6	77	75.0	1	0	34t	0/0		144.3
11/29	Chicago	(P)	0	0	0	0.0	0	0	0	0/0		0.0
12/13	Cincinnati	(P)	0	0	0	0.0	0	0	0	0/0		0.0
01/03/10	N.Y. Giants	(P)	6	4	42	66.7	0	0	18	0/0		86.8
TOTALS		**(8/0)**	**21**	**14**	**201**	**66.7**	**1**	**0**	**34t**	**0/0**		**113.4**

2010

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Rating
10/31	at New England	(P)	6	4	36	66.7	1	0	23	1/10	L	122.2
12/5	Buffalo	(P)	22	15	68.2	187	2	3	46	1/10	W	85.0
12/13	N.Y. Giants	(S)	30	15	50.0	118	0	1	22	4/23	L	46.3
TOTALS		**(3/1)**	**58**	**34**	**58.6**	**341**	**3**	**4**	**46**	**6/43**	**0-1**	**63.9**
CAREER TOTALS		**(36/20)**	**603**	**354**	**3,984**	**58.7**	**24**	**22**	**71**	**47/247**	**10-10**	**76.6**
CAREER PLAYOFF TOTALS	**(1/1)**		**35**	**15**	**164**	**42.9**	**0**	**1**	**27**	**1/11**	**0-1**	**45.4**

W/L record reflects games started only

KELLY JENNINGS

Position . . . . .Cornerback	
Height 5-11	
Weight 180	
College . . . . Miami	
NFL Seasons 6th	**21**
Seahawks Seasons 6th	
Born . . . . . November 30, 1982	
Hometown. . . Live Oak, Florida	

HOW ACQUIRED: Drafted with the 31st selection in the first round of the 2006 NFL Draft.

NFL CAREER HIGHLIGHTS:

• Tallied career-high 13 passes defensed in 2010.

• Posted career-highs with 55 tackles (49 solo) and 12 passes defensed in 2007 (and in 2008).

• Served as punt long snapper for one play vs. Tampa Bay (12/20/09).

• Had career-high eight stops (six solo) vs. Tampa Bay (9/9/07).

• First career interception came vs. Green Bay (11/27/06) and second came at Arizona (11/14/10).

COLLEGE: Played in 49 games, starting 41. Recorded 116 career tackles (82 solos) with 1.5 sacks and five stops for losses of 18 yards. Added four quarterback pressures, caused two fumbles, deflected 34 passes, and intercepted six passes. All-American first-team choice by *Sports Illustrated* as a senior, adding second-team honors from The *NFL Draft Report* and the *Associated Press*.

PERSONAL: Attended Suwanee High. Started on both offense and defense as he led the team to a 9-4 season and a berth in the state Class 3A playoffs as a senior. Also won his school's Scholar-Athlete Award as a junior with a 3.42 grade-point average. Caught 43 passes for 720 yards and five touchdowns in 2000. Also had 41 tackles and one interception at cornerback that season. Graduated in December 2004 with a degree in finance and finished a second degree in business management. Married to Fritzie.

JENNINGS' NFL RECORD

			Tackles			Sacks		Interceptions								
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2006	Seattle	16/2	35	32	3	0.0	0.0	1	0	0.0	0	0	5	0	0	0
2007	Seattle	16/15	55	49	6	0.0	0.0	0	0	0.0	0	0	12	0	2	13
2008	Seattle	16/6	42	36	6	0.0	0.0	0	0	0.0	0	0	12	0	0	0
2009	Seattle	16/6	28	25	3	0.0	0.0	0	0	0.0	0	0	5	0	0	0
2010	Seattle	14/14	40	35	5	0.0	0.0	1	0	0.0	0	0	13	0	0	0
NFL TOTALS		**78/43**	**200**	**177**	**23**	**0.0**	**0.0**	**2**	**0**	**0.0**	**0**	**0**	**47**	**0**	**2**	**13**

POSTSEASON

			Tackles			Sacks		Interceptions								
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2006	Seattle	2/2	8	7	1	0.0	0.0	0	0	0.0	0	0	0	1	0	0
2007	Seattle	2/1	4	4	0	0.0	0.0	0	0	0.0	0	0	2	0	0	0
2010	Seattle	2/2	10	6	4	0.0	0.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS		**6/5**	**22**	**17**	**5**	**0.0**	**0.0**	**0**	**0**	**0.0**	**0**	**0**	**2**	**1**	**0**	**0**

JENNINGS' SINGLE-GAME HIGHS

Tackles: 8 vs. Tampa Bay (9/9/07)
Sacks: None
Int.: 1 vs. Green Bay (11/27/06) and at Ari (11/14/10)

FF: None
FR: 1 vs. TB (9/9/07) and vs. Cincinnati (9/23/07)

ADDITIONAL STATS

Special Teams Stats: 2006 (6, FF), 2009 (2); **Career:** (8, FF)
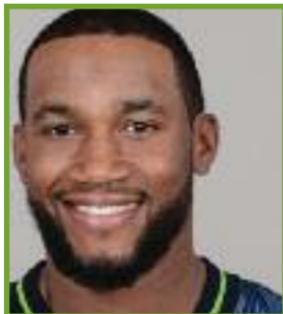
ROY LEWIS

Position . . . . .Cornerback	
Height 5-10	
Weight 190	
College . . . . Washington	
NFL Seasons 4th	
Seahawks Seasons 3rd	**34**
Born . . . . May 19, 1985	
Hometown . Los Angeles, Calif.	

HOW ACQUIRED: Signed to Seattle's practice squad on September 7, 2009, and to its active roster on November 3. Signed a one-year deal on February 22, 2011.

NFL CAREER HIGHLIGHTS:

• Originally signed with the Pittsburgh Steelers as an undrafted rookie free agent on April 28, 2008.

• Set career-highs in tackles (17), sacks (1.0) and passes defensed (4) in 2010 in the bandit/nickel packages. Season cut short due to knee injury and placed on injured reserve on December 20.

• Special Teams captain was voted by teammates the Steve Largent Award winner and also named the Seahawks Man of the Year in 2010.

• Played in nine games on special teams with Seattle, collecting three tackles in 2009.

• Spent majority of 2008 on Steelers practice squad, playing in one regular-season game.

COLLEGE: Named a team captain as a senior at Washington. Initially enrolled at San Jose State but transferred to Washington following his freshman year. Started all 13 games at cornerback for the Huskies as a senior. Started 12 games and returned kicks as a junior. Finished 10th in Pac-10 averaging 18.8 yards per return and finished third on team with 66 tackles. Played in 10 games, starting eight, in 2005 as a sophomore. Redshirted in 2004 after transferring. Appeared in 10 games, starting five as a freshman at San Jose State, finishing seventh on the team with 42 tackles.

PERSONAL: As a senior at Narbonne, was credited with 108 tackles, seven interceptions and four fumble recoveries, including three defensive TDs. Also scored 13 touchdowns as a running back. Played both linebacker and cornerback on defense. Earned first-team all-league honors on offense. Also sprinted and long-jumped for the Narbonne track squad.

LEWIS' NFL RECORD

			Tackles			Sacks		Interceptions								
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2008	Pittsburgh	1/0				Special Teams Only										
2009	Seattle	9/0				Special Teams Only										
2010	Seattle	14/0	17	15	2	1.0	9.0	0	0.0	0.0	0	0	4	1	0	0
NFL TOTALS		**24/0**	**17**	**15**	**2**	**1.0**	**9.0**	**0**	**0.0**	**0.0**	**0**	**0**	**4**	**1**	**0**	**0**

LEWIS' SINGLE-GAME HIGHS

Tackles: 4 at St. Louis (10/3/10)
Sacks: 1.0 at Chicago (10/17/10)
Int.: None

FF: 1 vs. Kansas City (11/28/10)
FR: None

ADDITIONAL STATS

Special Teams tackles: 2008 (1), 2009 (3), 2010 (8); **Career:** (12)

MARSHAWN LYNCH

Position . . . .**Running Back**
Height 5-11
Weight 215
College . . . . California
NFL Seasons 5th
Seahawks Seasons. 2nd
Born . . . . **April 22, 1986**
Hometown . . . . Oakland, Calif.

24

HOW ACQUIRED: Traded by Buffalo to Seattle for a 2011 fourth-round draft choice and an undisclosed 2012 choice on October 5, 2010.

NFL CAREER HIGHLIGHTS:

• Originally drafted by Buffalo with the 12th overall selection in the 2007 NFL Draft.

• Set a career-high with three rushing TDs vs. Carolina (12/5/10) on 21 carries for 83 yards. It was the first time a Seahawks player had three rushing scores since Shaun Alexander scored three vs. St. Louis (11/13/05).

• Played in 45 games with 37 starts for Buffalo, leaving the team as its 10th all-time leading rusher (2,765) and ninth all-time in rushing attempts (687).

• Became the fastest Bills running back to reach 1,500 yards (19 games) and joined Joe Cribbs and Willis McGahee as the only Bills

running backs to reach 1,000 yards in each of their first two seasons.

• Rushed for a career-high 1,115 yards on 280 attempts during rookie season and followed that up with 1,036 yards on 250 carries and a career-high eight touchdowns in 2008, where he was selected to the Pro Bowl as an injury replacement for Tennessee's Chris Johnson.

HONORS: 2008, NFL Pro Bowl Selection. **2007**, *Pro Football Weekly*/Professional Football Writers of America All-Rookie Team Selection; NFL.com Gil Brant's All-Rookie Team Selection; Diet Pepsi NFL Rookie of the Week Winner (week 7 and week 10).

COLLEGE: Became the fourth player in Cal history to rush for more than 3,000 yards and ranks second in school history with 3,230. Only the second player in school history to gain more than 1,000 yards in consecutive

BEASTQUAKE

In what many consider one of the best postseason runs in NFL history, Lynch's 67-yard touchdown run vs. the New Orleans Saints in the NFC Wild Card Game (1/8/11), did more than just give the Seahawks a 41-30 lead late in the fourth quarter to help seal the game. His run, in which he broke free from as many as eight Saints defenders, registered seismic activity near CenturyLink Field on one of the Pacific Northwest Seismic Network's monitoring stations.

The station that picked up the tremors is mostly used for monitoring a two-level viaduct highway that runs along the Seattle waterfront and its seawall.

Source: Pacific Northwest Seismic Network
Mark Nowlen / The Seattle Times

LYNCH'S NFL RECORD

	Club	G/S	No	Yds	Rushing Avg	LG	TD	Att	Yds	Receiving Avg	LG	TD
2007	Buffalo	13/13	280	1,115	4.0	56t	7	18	184	10.2	30	0
2008	Buffalo	15/15	250	1,036	4.1	50	8	47	300	6.4	42	1
2009	Buffalo	13/6	120	450	3.8	47	2	28	179	6.4	35	0
2010	Buf/Sea	16/15	202	737	3.6	39	6	22	145	6.6	22	0
NFL TOTALS		**57/49**	**852**	**3,338**	**3.9**	**56t**	**23**	**115**	**808**	**7.0**	**42**	**1**

POSTSEASON

	Club	G/S	No	Yds	Rushing Avg	LG	TD	Att	Yds	Receiving Avg.	LG	TD
2010	Seattle	2/1	23	133	5.8	67t	1	0	0	0.0	0	0
NFL TOTALS		**2/1**	**23**	**133**	**5.8**	**67t**	**1**	**0**	**0**	**0.0**	**0**	**0**

seasons (2005 – 1,246; 2006 –1,356). Holds the Cal record for most 100-yard rushing games (17). Became the fourth player in school history to amass more than 4,000 all-purpose yards. Ranks 10th in school history with an average of 22.5 yards per kickoff return. Ranks eighth all-time on the scoring list (210 points). In 2006, was named Pac-10 Offensive Player of the Year and All-Pac 10 Conference first team. Was an All-American first team selection by The NFL Draft Report and the American Football Coaches Association. Received the Bear Backer Award as the team's Most Valuable Player. Led the conference in both rushing (104.3 ypg) and all-purpose yardage (137.3 ypg).

PERSONAL: Attended Oakland Technical High School. Cousin Josh Johnson was drafted in fifth round (160th overall) by the Tampa Bay Buccaneers in 2008; cousin Robert Jordan was signed by the San Francisco 49ers as an undrafted free agent in 2008; cousin Virdell Larkins plays defensive back at Idaho. Son of Delisa Lynch. Has one brother, Davonte.

LYNCH'S GAME-BY-GAME

2007	Opponent	Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD	Total	W/L
9/9	Denver	19	90	4.7	23t	1	2	9	4.5	14	0	104	L
9/16	at Pittsburgh	18	64	3.6	12	0	1	21	21.0	21	0	85	L
9/23	at New England	20	74	3.7	12	1	2	6	3.0	4	0	80	L
9/30	New York Jets	23	79	3.4	11	1	0	0	0.0	0	0	79	W
10/8	Dallas	20	66	3.3	15	0	2	32	16.0	23	0	98	L
10/21	Baltimore	27	84	3.1	23	1	3	14	4.7	9	0	98	W
10/28	at New York Jets	21	80	3.8	10	0	1	7	7.0	7	0	87	W
11/4	Cincinnati	29	153	5.3	56t	1	1	7	7.0	7	0	160	W
11/11	at Miami	19	61	3.2	18	1	3	24	8.0	10	0	85	W
11/18	New England			Inactive (ankle)									
11/25	at Jacksonville			Inactive (ankle)									
12/2	at Washington			Inactive (ankle)									
12/9	Miami	23	101	4.7	11	0	0	0	0.0	0	0	101	W
12/16	at Cleveland	21	82	3.9	29	0	0	0	0.0	0	0	82	L
12/23	New York Giants	18	70	3.9	28	1	2	42	21.0	30	0	112	L
12/30	at Philadelphia	22	105	4.8	56	0	1	22	22.0	22	0	127	L
TOTALS (13/13)		**280**	**1,115**	**4.0**	**56t**	**7**	**18**	**184**	**10.2**	**30**	**0**	**1,299**	**6-7**

2008	Opponent	Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD	Total	W/L
9/7	Seattle	18	76	4.2	21t	1	3	18	6.0	11	0	94	W
9/14	at Jacksonville	19	59	3.1	11t	1	1	8	8.0	8	0	67	W
9/21	Oakland	23	83	3.6	14t	2	4	31	7.8	17	0	114	W
9/28	at St. Louis	19	57	3.0	11	0	4	24	6.0	9	0	81	W
10/5	at Arizona	12	44	4.2	22	0	3	10	3.3	6	0	54	L
10/19	San Diego	19	70	3.7	19	1	4	22	5.5	10	0	92	W
10/26	at Miami	13	61	4.7	18	1	5	34	6.8	12	0	95	L
11/2	New York Jets	9	16	1.8	6	0	3	52	17.3	42	0	68	L
11/9	at New England	20	46	3.3	8	0	0	0	0.0	0	0	46	L
11/17	Cleveland	23	119	5.2	28	0	10	58	5.8	18t	1	177	L
11/23	at Kansas City	20	79	4.0	17	1	5	25	5.0	13	0	104	W
11/30	San Francisco	16	134	8.4	50	0	1	1	1.0	1	0	135	L
12/7	Miami	13	31	2.4	7	0	1	4	4.0	4	0	35	L
12/14	at New York Jets	21	127	6.0	35	0	3	13	4.3	6	0	140	L
12/21	at Denver	11	34	3.1	9	1	0	0	0.0	0	0	34	W
12/28	New England			Inactive									
TOTALS (15/15)		**250**	**1,036**	**4.1**	**50**	**8**	**47**	**300**	**6.4**	**42**	**1**	**1,336**	**7-8**

2009	Opponent	Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD	Total	W/L
9/14	at New England			Suspended									
9/20	Tampa Bay			Suspended									
9/27	New Orleans			Suspended									
10/4	at Miami	8	4	0.5	4	0	5	43	8.6	23	0	87	L
10/11	Cleveland	17	69	4.1	12	0	6	56	9.3	35	0	125	L
10/18	at New England	19	61	3.2	12	0	2	11	5.5	9	0	72	W
10/25	at Carolina	17	40	2.4	8	1	1	7	7.0	7	0	47	W
11/1	Houston	9	43	4.8	14	0	3	6	2.0	4	0	49	L
11/15	at Tennessee	9	37	4.1	7	0	4	18	4.5	8	0	55	L
11/22	at Jacksonville	8	18	2.3	5	0	0	0	0.0	0	0	18	L
11/29	Miami	3	6	2.0	6	0	1	9	9.0	9	0	15	W
12/3	New York Jets	6	60	10.0	35	1	1	4	4.0	4	0	64	L
12/13	at Kansas City	12	84	7.0	47	0	3	10	3.3	5	0	94	W
12/20	vs. New England	8	25	3.1	10	0	0	0	0.0	0	0	25	L
12/27	at Atlanta	3	3	1.0	5	0	1	13	13.0	13	0	16	L
1/3/10	Indianapolis	1	0	0.0	0	0	1	2	2.0	2	0	2	W
TOTALS (13/6)		**120**	**450**	**3.8**	**47**	**2**	**28**	**179**	**6.4**	**35**	**0**	**629**	**5-8**

2010	Opponent	Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD	Total	W/L
		-----------Rushing------------					-----------Receiving----------						
9/12	Miami	3	13	4.3	15	0	0	0	0.0	0	0	13	L
9/19	at Green Bay	17	64	3.8	14	0	0	0	0.0	0	0	64	L
9/26	at New England	13	79	6.1	17	0	1	7	7.0	7	0	86	L
10/3	New York Jets	4	8	2.0	5	0	0	0	0.0	0	0	8	L
10/17	at Chicago	17	44	2.6	12	1	3	9	3.0	5	0	53	W
10/24	Arizona	24	89	3.7	39	0	0	0	0.0	0	0	89	W
10/31	at Oakland	9	7	0.8	7	0	0	0	0.0	0	0	7	L
11/7	New York Giants	11	48	4.4	26	0	0	0	0.0	0	0	48	L
11/14	at Arizona	13	29	2.2	13	1	2	33	16.5	22	0	62	W
11/21	at New Orleans	7	36	5.1	17	0	4	19	4.8	8	0	55	L
11/28	Kansas City	7	20	2.9	6	0	2	13	6.5	8	0	33	L
12/5	Carolina	21	83	4.0	22t	3	1	17	17.0	17	0	100	W
12/12	at San Francisco	10	29	2.9	9	0	7	37	5.3	12	0	66	L
12/19	Atlanta	12	60	5.0	14	1	1	17	17.0	17	0	77	L
12/26	at Tampa Bay	14	53	3.8	29	0	0	0	0.0	0	0	53	L
1/2/11	St. Louis	20	75	3.8	24	0	1	-7	-7.0	-7	0	68	W
TOTALS (16/15)		**202**	**737**	**3.6**	**39**	**6**	**22**	**145**	**6.6**	**22**	**0**	**882**	**5-11**
1/8/11	**New Orleans**	19	131	6.9	67t	1	0	0	0.0	0	0	131	W
1/16/11	**at Chicago**	4	2	0.5	4	0	0	0	0.0	0	0	2	L
PLAYOFF TOTALS (2/1)		**23**	**133**	**5.8**	**67t**	**1**	**0**	**0**	**0.0**	**0**	**0**	**133**	**1-1**

LYNCH'S SINGLE-GAME HIGHS

Rush Attempts: 29 vs. Cincinnati (11/4/07)
Rush Yards: 153 vs. Cincinnati (11/4/07)
Longest Rush: 56 twice, last at Philadelphia (12/30/07)
Most Rush TDs: 3 vs. Carolina (12/5/10)

Most Receptions: 10 vs. Cleveland (11/17/08)
Most Rec. Yards: 58 vs. Cleveland (11/17/08)
Longest Reception: 42 vs. N.Y. Jets (11/2/08)
Most Rec. TDs: 1 vs. Cleveland (11/17/08)

ANTHONY McCOY

Position . . . . **Tight End**
Height **6-5**
Weight **259**
College . . . . **USC**
NFL Seasons **2nd**
Seahawks Seasons **2nd**
Born . . . . . **December 28, 1987**
Hometown . . . . . **Fresno, Calif.**

85

HOW ACQUIRED: Drafted by Seattle in the sixth-round (185th overall) of the 2010 NFL Draft.

NFL CAREER HIGHLIGHTS:

• Made NFL debut vs. the N.Y. Giants (11/7/10). Played in two games before being placed on injured reserve (knee) on November 27.

COLLEGE: Started 23 of 40 career games at USC, catching 46 passes for 731 yards (15.9 avg.) and three touchdowns. Named All-Pac-10 Conference honorable mention and semi-finalist for the John Mackey Award, given to the nation's top tight end as a senior.

PERSONAL: Attended Bullard (Fresno, Calif.) High School. Earned *2005 Super Prep* All-American, Super Prep All-Farwest, *Prep Star* All-Western, *Long Beach Press-Telegram* Best in the West honorable mention, *Tacoma News-Tribune Western* 100, Cal-Hi Sports All-State first team and *Fresno Bee* All-Area first team as a senior wide receiver, tight end and defensive end. Rated fifth-best tight end prospect by *Scout.com*. Recorded 70 receptions for 1,210 yards (17.3 avg.) and 15 touchdowns. Also registered 65 tackles, 14 sacks, 13 tackles for loss and 15 deflections on defense as a senior.

McCOY'S NFL RECORD

Year	Club	G/S	No	Yds	Avg	LG	TD
2010	Seattle	2/0	0	0	0.0	0	0
NFL TOTALS		**2/0**	**0**	**0**	**0.0**	**0**	**0**

MATT McCOY

Position . . . . .Linebacker
Height 6-0
Weight 232
College . . . . . . San Diego State
NFL Seasons 7th
Seahawks Seasons 2nd
Born . . . . October 14, 1982
Hometown . . . . . . Tustin, Calif.

52

HOW ACQUIRED: Signed with Seattle on March 17, 2010.

NFL CAREER HIGHLIGHTS:

• Played in 14 games and led Seattle with a career-high 19 special teams tackles (17 solo).

• Originally a second-round pick by the Philadelphia Eagles (63rd overall) in the 2005 NFL Draft. Has also spent time with New Orleans and most recently with Tampa Bay.

• Played in 12 games with two starts in 2009 for Tampa Bay, tallying 14 tackles (12 solo).

• Has played in 61 career games with 12 starts since 2005, with 102 tackles (63 solo) and two sacks. Has also collected 69 special teams tackles.

COLLEGE: One of the most productive linebackers in San Diego State history, finishing with 396 tackles and eight sacks in his three-year career. Earned second-team All-Mountain West honors in 2004.

PERSONAL: Starred at Tustin High, setting school record for sacks as a junior with 18.5 and then broke his own record as a senior with 23. Majored in criminal justice.

McCOY'S NFL RECORD

	Club	G/S	Tackles			Sacks		Interceptions								
			Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2005	Philadelphia	4/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2006	Philadelphia	15/10	81	48	33	2.0	8.0	0	0	0.0	0	0	2	3	0	0
2007	Phi/NO	11/0	4	1	3	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2008	Tampa Bay	5/0	3	2	1	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2009	Tampa Bay	12/2	14	12	2	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2010	Seattle	14/0	Special Teams Only													
NFL TOTALS		**61/12**	**102**	**63**	**39**	**2.0**	**8.0**	**0**	**0**	**0.0**	**0**	**0**	**2**	**3**	**0**	**0**

POSTSEASON

	Club	G/S	Tackles			Sacks		Interceptions								
			Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2006	Philadelphia	2/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2010	Seattle	2/0	Special Teams Only													
NFL TOTALS		**4/0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**

McCOY'S SINGLE-GAME HIGHS

Tackles: 9 at Tampa Bay (10/22/06)
Sacks: 2.0 vs. Atlanta (12/31/06)
Int.: None

FF: 1 Three Times, Last vs. Tennessee (11/19/06)
FR: None

ADDITIONAL STATS

Special Teams Tackles: 2005 (6), 2006 (18), 2007 (12), 2008 (7, FF), 2009 (7), 2010 (19); **Career:** (69, FF)
Postseason Special Teams Tackles: 2010 (3); Career (3)

PAUL McQUISTAN

Position	. . . . .Tackle
Height	 6-6
Weight	 315
College	. . . . Weber State
NFL Seasons	. . . . 6th
Seahawks Seasons	. . . . 1st
Born	. . . . April 30, 1983
Hometown	. . . San Diego, Calif.

67

HOW ACQUIRED: Signed a future 2011 contract with Seattle on January 28, 2011.

NFL CAREER HIGHLIGHTS:

• Originally Oakland's third-round draft choice (69th overall) in the 2006 NFL Draft. He played in 35 career games with 12 starts for the Raiders, before being released midway through 2009 and picked up by Jacksonville. He spent 2010 with the Cleveland Browns but did not play.

COLLEGE: Started final 42 games at left tackle at Weber State. Was Sports Network and *The NFL Draft Report* All-America first-team pick as a senior. All-Big Sky honorable mention as a junior.

PERSONAL: Attended Lebanon High. Twin brother, Pat, was selected by the Dallas Cowboys in the seventh-round of the 2006 NFL Draft. Married to wife, Jana. Majored in geography.

McQUISTAN'S NFL RECORD

Year	Team	—	GP/GS	Postseason	Year	Team	—	GP/GS	Postseason
2006	Oakland	—	15/6	-	2009	Oak/Jac	—	3/0	-
2007	Oakland	—	16/6	-	2010	Cleveland	—	0/0	-
2008	Oakland	—	1/0	-	**NFL TOTALS**		—	**35/12**	-

BRANDON MEBANE

Position	. . . .Defensive Tackle
Height	. . . . 6-1 Weight . . . 311
College	. . . . California
NFL Seasons	. . . . 5th
Seahawks Seasons	. . . . 5th
Born	. . . . January 15, 1985
Hometown	. Los Angeles, Calif.
Pronunciation	. . . . . . MEE-bane

92

HOW ACQUIRED: Selected with the 22nd pick (85th overall) in the third round of the 2007 NFL Draft.

NFL CAREER HIGHLIGHTS:

• Tallied career-high six tackles at Green Bay (12/27/09).

• Posted a career-high in tackles (39, 31 solo) and 5.5 sacks in 2008.

• Took over starting duties vs. St. Louis (10/21/07) after Chuck Darby (knee) was placed on injured reserve.

• Made first career sack vs. Cincinnati (9/23/07).

COLLEGE: Played in 41 games at California, starting 31. Collected 109 tackles (60 solos), 14.5 sacks for minus 87 yards and 16.5 stops for losses totaling 116 yards. Caused and recovered a fumble, adding two pass deflections and a safety. Ranks tied for 14th on the school's career record list with 14.5 quarterback sacks. His seven quarterback sacks in 2005 tied for 15th on Cal's season-record list.

PERSONAL: Earned Super Prep and Prep Star All-American honors as a senior at Crenshaw High School. Was rated the No. 24 defensive tackle in the country by Rivals.com, which also ranked him No. 55 on its California Top 100 players list and No. 67 on its West Top 100

chart. First-team Best of the West pick by the *Long Beach Press-Telegram,* as well as All-West Region first-team by *Sports Illustrated.* Was also an All-State choice in 2002. Was selected 2001 Los Angeles City Defensive Player of the Year and was a three-time All-City, All-Central City and All-League selection.

Recorded 75 tackles, 13 sacks and two fumble recoveries on defense and ran for five touchdowns at fullback as a senior, adding 2002 Los Angeles Central City Player of the Year honors. As a junior, posted 78 tackles and 19 sacks. Also performed as a shot putter in track. Social Welfare major.

MEBANE'S NFL RECORD

	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
			Tackles			**Sacks**		**Interceptions**								
2007	Seattle	16/10	29	23	6	2.0	11.0	0	0	0.0	0	0	0	0	1	0
2008	Seattle	16/16	39	31	8	5.5	24.0	0	0	0.0	0	0	1	2	0	0
2009	Seattle	15/15	49	41	8	1.5	9.5	0	0	0.0	0	0	0	0	0	0
2010	Seattle	12/12	31	19	12	1.0	7.0	0	0	0.0	0	0	2	0	0	0
NFL TOTALS		**59/53**	**148**	**114**	**34**	**10.0**	**51.5**	**0**	**0**	**0.0**	**0**	**0**	**3**	**2**	**1**	**0**

POSTSEASON

	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds.
2007	Seattle	2/2	6	4	2	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2010	Seattle	2/2	9	8	1	0.0	0.0	0	0	0.0	0	0	0	0	0	0
TOTALS		**4/4**	**15**	**12**	**3**	**0.0**	**0.0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**

MEBANE'S SINGLE-GAME HIGHS

Tackles: 6 at Green Bay (12/27/09)
Sacks: 1 10 times, last vs. San Diego (9/26/10)
Int.: None

Forced Fumbles: 1 twice, last vs. Arizona (11/16/08)
Fumble Recoveries: 1 vs. Baltimore (12/23/07)

ZACH MILLER

Position	Tight End
Height	6-5
Weight	255
College	Arizona State
NFL Seasons	5th
Seahawks Seasons	1st
Born	December 11, 1985
Hometown	Phoenix, Arizona

86

HOW ACQUIRED: Signed by Seattle as an unrestricted free agent on August 3, 2011.

NFL CAREER HIGHLIGHTS:

• Originally drafted by Oakland in the second round (38th overall) of the 2007 NFL Draft. Played four seasons for the Raiders, starting 61 of 62 games played. Has missed only two career games.

• Enters 2011 with at least one reception in 28 straight games in which he was active and has recorded a reception in every game he has played at home.

• Hauled in 226 receptions for 2,712 yards (12.0 avg.) and 12 touchdowns in Oakland, ranking third all-time on the Raiders career receiving list for tight ends behind Todd Christensen

(461) and Pro Football Hall of Famer Dave Casper (255).

• Named to the AFC Pro Bowl squad in 2010 after leading the team with 60 receptions for 685 yards. Led the Raiders in receiving in each of the last three seasons (2008-10). Became first tight end to lead the team in receiving in consecutive seasons since Christensen (1982-86). Ranked eighth among NFL tight ends in receiving. Also set a career high with five touchdowns.

• In 2009, recorded career-highs with 66 receptions for 805 yards while being named an AFC Pro Bowl alternate. Ranked eighth among NFL tight ends in both receptions and receiving yards.

• Totaled six receptions for a career-high 139 yards and a touchdown vs. Philadelphia (10/18/09). Also hauled in a career-long 86-yard touchdown reception.

• Became first tight end since Ethan Horton in 1991 to lead the team in receptions (56) in 2008. His 56 receptions ranked eighth among NFL tight ends and 778 receiving yards was sixth.

• As a rookie in 2007, started all 16 games and hauled in 44 receptions for 444 yards and three touchdowns to lead all NFL rookie tight ends. Receptions set a Raiders rookie tight end record.

HONORS: 2010: *AFC Pro Bowl.* **2009**: *AFC Pro Bowl alternate.*

COLLEGE: Finished collegiate career at Arizona State ranked sixth in school history with 144 receptions, setting a school record for receptions by a tight end. Started all 35 games played (2004-06). Career receiving yards (1,512) rank second on the ASU all-time list for tight ends. Had 14 touchdown catches to surpass the previous school career record for tight ends (11). Caught 56 passes in 2004, the single-season record for tight ends, topping the old mark of 55. Those 56 grabs also set a school single-season record for freshmen. 50 receptions in 2006 rank third on ASU's single-season record chart for tight ends. Only tight end to catch 50 or more passes twice in a career. His 552 yards receiving in 2004 rank seventh on the school's tight end single season list. One of only three players in the Pac-10 Conference to be named first team All-Pac-10 and first team Academic All-Pac-10 in 2006. Was named first-team All-American and finalist for John Mackey Award as a junior after registering 50 catches for 484 yards and four touchdowns in 2006. Was also named ASU's Most Valuable Offensive Player of the Year and also the team's Cecil Abono Team Captain and Pat Tillman Valor Awards receipt .

PERSONAL: At Desert Vista (Phoenix, Ariz.) High School, was unanimous selection as the No. 1 tight end prospect in the nation. *USA Today* first team All-American tight end and played in the *U.S. Army* All-American Bowl High School All-Star Game. Arizona *Gatorade* Player of the Year in 2003. Named the Phoenix Metro Magazine Player of the Year. Had 47

MILLER'S GAME-BY-GAME RECEIVING

2007	Opponent	No	Yds	Avg	LG	TD
9/9	Detroit	3	23	7.7	11	0
9/16	at Denver	3	18	6.0	10	0
9/23	Cleveland	1	13	13.0	13	0
9/30	at Miami	0	0	0.0	0	0
10/14	at San Diego	3	17	5.7	12	1
10/21	Kansas City	4	48	12.0	18	0
10/28	at Tennessee	2	19	9.5	10	0
11/4	Houston	1	3	3.0	3	0
11/11	Chicago	4	43	10.8	13	0
11/18	at Minnesota	3	33	11.0	18	0
11/25	at Kansas City	4	38	9.5	28	0
12/2	Denver	3	58	19.3	26	1
12/9	at Green Bay	1	8	8.0	8	0
12/16	Indianapolis	1	12	12.0	12	0
12/23	at Jacksonville	3	27	9.0	14	1
12/30	San Diego	8	84	10.5	18	0
TOTALS (16/16)		**44**	**444**	**10.1**	**28**	**3**

2008	Opponent	No	Yds	Avg	LG	TD
9/8	Denver	4	34	8.5	21	0
9/14	at Kansas City	2	24	12.0	14	0
9/21	at Buffalo	0	0	0.0	0	0
9/28	San Diego	5	95	19.0	63t	1
10/12	at New Orleans	3	46	15.3	23	0
10/19	N.Y. Jets	4	57	14.3	27	0
10/26	at Baltimore	2	56	28.0	31	0
11/2	Atlanta	2	9	4.5	6	0
11/9	Carolina	3	42	14.0	28	0
11/16	at Miami	4	67	16.8	27	0
11/23	at Denver	3	41	13.7	30	0
11/30	Kansas City	5	79	15.8	28	0
12/4	at San Diego	8	64	8.0	21	0
12/14	New England	5	60	12.0	23	0
12/21	Houston	4	70	17.5	22	0
12/28	at Tampa Bay	`2	34	17.0	28	0
TOTALS (16/15)		**56**	**778**	**13.9**	**63t**	**1**

2009	Opponent	No	Yds	Avg	LG	TD
9/14	San Diego	6	96	16.0	30	0
9/20	at Kansas City	0	0	0.0	0	0
9/27	Denver	2	17	8.5	12	0
10/4	at Houston	3	33	11.0	13	0
10/11	at N.Y. Giants	4	69	17.3	29	0
10/18	Philadelphia	6	139	23.2	86t	1
10/25	N.Y. Jets	2	15	7.5	8	0
11/1	at San Diego	5	52	10.4	15	0
11/15	Kansas City	1	9	9.0	9	0
11/22	Cincinnati	5	65	13.0	19	1
11/26	at Dallas	5	73	14.6	28	0
12/6	at Pittsburgh	4	43	10.8	16	0
12/13	Washington	7	46	6.6	11	0
12/20	at Denver			Inactive		
12/27	at Cleveland	9	110	12.2	31	0
1/3/10	Baltimore	7	38	5.4	12t	1
TOTALS (15/15)		**66**	**805**	**12.2**	**86t**	**3**

2010	Opponent	No	Yds	Avg	LG	TD
9/12	at Tennessee	4	43	10.8	27	0
9/19	St. Louis	3	49	16.3	24	0
9/26	at Arizona	4	64	16.0	22t	1
10/3	Houston	11	122	11.1	23	1
10/10	San Diego	6	62	10.3	18	1
10/17	at San Francisco	2	48	24.0	26	0
10/24	at Denver	3	65	21.7	43t	1
10/31	Seattle	1	8	8.0	8	0
11/7	Kansas City			Inactive		
11/21	at Pittsburgh	2	9	4.5	6	0
11/28	Miami	1	6	6.0	6	0
12/5	at San Diego	1	5	5.0	5	0
12/12	at Jacksonville	4	68	17.0	29	0
12/19	Denver	4	39	9.8	27	0
12/26	Indianapolis	9	66	7.3	14	1
1/2/11	at Kansas City	5	31	6.2	11	0
TOTALS (15/15)		**60**	**685**	**11.4**	**43t**	**5**

catches for 790 yards and six touchdowns as a senior. Also added 134 tackles on defense, 11 sacks and one interception. Won the Larry Gordon Award, presented annually to the state's best linebacker and the Henry Stanton Award as the state's top receiver. Earned four letters in football and three in track and field. Set the school discus record and was the shot put regional champion in 2004. Finished third in the state in discus in 2003. Brother, Brent, also played for Arizona State and shared tight end duties with Zach in 2006.

MILLER'S NFL RECORD

		RECEIVING					
	Club	G/S	No	Yds	Avg	LG	TD
2007	Oakland	16/16	44	444	10.1	28	3
2008	Oakland	16/15	56	778	13.9	63t	1
2009	Oakland	15/15	66	805	12.2	86t	3
2010	Oakland	15/15	60	685	11.4	43t	5
NFL TOTALS		62/61	226	2,712	12.0	86t	12

MILLER'S SINGLE-GAME HIGHS

Most Receptions: 11 vs. Houston (10/3/10) **Most Yards:** 139 vs. Philadelphia (10/18/09)
Most TDs: 1, 12 Times, Last vs. Indianapolis (12/26/10) **Longest Reception:** 86t vs. Philadelphia (10/18/09)
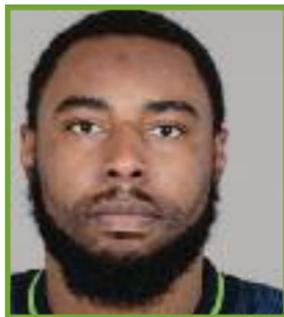
CAMERON MORRAH

Position . . . . .Tight End
Height 6-3
Weight 251
College . . . . California
NFL Seasons 3rd
Seahawks Seasons 3rd
Born . . . . March 18, 1987
Hometown . . Claremont, Calif.

88

HOW ACQUIRED: Drafted in the seventh-round (248th overall) of the 2009 NFL Draft.

NFL CAREER HIGHLIGHTS:

• Caught a career-high nine passes for 117 yards in 2010, including career-highs in catches (3) and yards (69) vs. Carolina (12/5/10).

• Recorded first-career catch on a 3-yarder vs. Chicago (9/27/09).

• Made NFL debut vs. St. Louis (9/13/09).

COLLEGE: Finished Golden Bears career making 19 starts in 33 games, leaving after his redshirt junior season. Totaled 41 receptions for 484 yards and 10 scores. Took over the role as featured pass catcher and started all 13 games as a junior, finishing second on the team with 27 receptions for 326 yards (12.1 avg.), with eight of those grabs good for touchdowns.

PERSONAL: Attended Claremont High, earning Prep Star All-American honors as a defensive end. Named to the 2004 All-San Gabriel Valley first-team by the Los Angeles Times after leading his team to the Baseline League championship. Rivals.com gave him a four-star rating and All-American honors, ranking him as the 13th-best strong-side defensive end in the nation and 28th-best overall player in the state of California.

MORRAH'S SINGLE-GAME HIGHS

Most Receptions: 3 vs. Carolina (12/5/10) **Most Yards:** 69 vs. Carolina (12/5/10)
Most TDs: None **Longest Reception:** 36 vs. Carolina (12/5/10)

ADDITIONAL STATS

Special Teams Tackles: 2010 (2); **Career** (2). Returned five kickoffs for 76 yards (15.2 avg.) with a long of 30.

MORRAH'S NFL RECORD

Year	Club	G/S	No	Yds	Avg	LG	TD
2009	Seattle	3/0	1	3	3.0	3	0
2010	Seattle	15/3	9	117	13.0	36	0
NFL TOTALS		**18/3**	**10**	**120**	**12.0**	**36**	**0**

POSTSEASON

Year	Club	G/S	No	Yds	Avg	LG	TD
2010	Seattle	2/0	4	64	16.0	39	0
NFL TOTALS		**2/0**	**4**	**64**	**16.0**	**39**	**0**
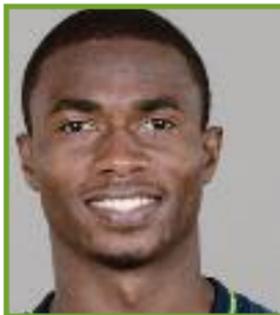
BEN OBOMANU

Position . . . . .Wide Receiver
Height . . . . . 6-1 **Weight** . . 204
College . . . . Auburn
NFL Seasons 6th
Seahawks Seasons 6th
Born . . . . October 30, 1983
Hometown . . . Selma, Alabama
Pronunciation . oh-buh-MAHN-ew

87

HOW ACQUIRED: Drafted with the second of two seventh-round picks (249th overall) in the 2006 NFL Draft.

NFL CAREER HIGHLIGHTS:

• Set career-highs in catches (30), yards (494) and touchdowns (4) in 2010. Tied career-high with five catches on three occasions and set personal mark with 159 yards vs. Kansas City (11/28/10).

• Second on the team with 12 special teams tackles in 2009 and returned 11 kickoffs for 293 yards with a long of 45.

• Spent 2008 season on injured reserve (clavicle).

• Played in 12 games and made NFL debut at San Francisco (9/30/07). Set career highs in catches (4) and yards (72) vs. New Orleans (10/14/07). Also had first career score vs. the Saints.

• Spent 2006 season on practice squad. Signed to active roster on January 5, 2007, but was inactive for both postseason games.

COLLEGE: Finished Auburn career 11th in receiving yards with 1,313 yards and ranked second in school annals with 18 touchdown receptions (Terry Beasley, 29). Also ranks seventh in Auburn history with 97 receptions. Saw action in every game, starting 11 times his senior season. Led team with career-high 33 receptions for 357 yards (10.8 avg.) and five touchdowns. Earned All-Southeastern Conference third-team honors from the league's coaches.

PERSONAL: Attended Selma (Ala.) High. Four-year starter who earned *Parade* All-American, *Prep Star/CBS Sportsline* Dream Team, *Super Prep* Elite 50 (ranked as the top player in Alabama by that service), *Huntsville Times* Elite 11, *Birmingham News* Class 6A All-State honors, *Constitution* Super Southern 100 and *The Sporting News* Hot 101 accolades. Caught 31 passes for 460 yards and nine touchdowns as a senior. Rushed for 218 yards on 20 carries and three scores, adding 284 yards on punt and kick returns with one more touchdown that year. Also started for the basketball team. Majored in finance.

OBOMANU'S SINGLE-GAME HIGHS

Most Rec.: 5 three times, last vs. St. Louis (1/2/11) **Most Yards:** 159 vs. Kansas City (11/28/10)
Most TDs: 1 five times, last vs. Kansas City (11/28/10) **Longest Reception:** 87t vs. Kansas City (11/28/10)

ADDITIONAL STATS

Special Teams Tackles: 2007 (2), 2009 (12), 2010 (6); **Career** (20). Rushed twice for 17 yards with a long of 13. Returned 15 kickoffs for 381 yards (25.4 avg.) with a long of 45.

OBOMANU'S NFL RECORD

Year	Club	G/S	No	Yds	Avg	LG	TD
2006	Seattle	0/0	0	0	0.0	0	0
2007	Seattle	12/0	12	180	15.0	30	1
2008	Seattle			Injured Reserve (clavicle)			
2009	Seattle	14/0	3	34	11.3	12	0
2010	Seattle	15/6	30	494	16.5	87t	4
NFL TOTALS		**41/6**	**45**	**708**	**15.7**	**87t**	**5**

POSTSEASON

Year	Club	G/S	No	Yds	Avg	LG	TD
2006	Seattle	0/0	0	0	0.0	0	0
2007	Seattle	2/0	4	63	15.8	22	0
2010	Seattle	2/2	9	111	12.3	46	0
NFL TOTALS		**4/2**	**13**	**174**	**13.4**	**46**	**0**
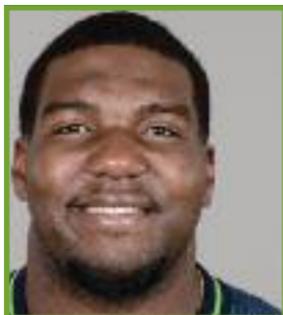
RUSSELL OKUNG

Position . . . . .Tackle
Height 6-5
Weight 310
College . . . . . . Oklahoma State
NFL Seasons. 2nd
Seahawks Seasons. 2nd
Born . . . . October 7, 1987
Hometown . . . . Houston, Texas

76

HOW ACQUIRED: Selected with the sixth overall pick in the 2010 NFL Draft.

NFL CAREER HIGHLIGHTS:

• Battled ankle injuries for most of the 2010 season. Started all 10 games played and both postseason contests. Missed the first three games of the season (ankle) and made NFL debut at St. Louis (10/3/10).

• Highest drafted tackle in club history (Walter Jones was also selected sixth overall in 1997) and first draft choice of General Manager John Schneider and Head Coach Pete Carroll.

COLLEGE: Played 52 games at Oklahoma State, starting final 47 contests – including last 39 at left tackle (first eight at right tackle). Part of unit that saw the Cowboys lead the Big Twelve Conference in rushing in each of his four seasons in the starting line-up. An Outland Trophy finalist, garnered All-American and Big Twelve Offensive Lineman of the Year honors, becoming OSU's most decorated offensive lineman since former Pittsburgh Steelers standout center, Jon Kolb (1966-68). Registered 317 knockdowns with 48 touchdown-resulting blocks during his time as a starter. In final two seasons, total of 30 touchdown-resulting blocks were tops in the Big Twelve. As a senior, was an All-American first-team choice by *The NFL Draft Report*, *Walter Camp Football Foundation* and *American Football Foundation Coaches Association*. Was only offensive lineman named a semi-finalist for the Lombardi Award. Allowed just one sack on 336 pass plays.

PERSONAL: Attended George Bush High . Three-star prospect, according to *Rivals.com*. Ranked 33rd nationally among offensive tackles and placed 71st on *Rival's Texas* Top 100 list. *Scout.com* ranked the lineman 50th overall on the South-west Top 100 chart. Added first-team All-Greater Houston and All-District honors, along with being named to the *Dallas Morning News* Top 100 squad as a senior. Marketing major. Son of Dorothy Akabio and Victor Okung.

OKUNG'S NFL RECORD

Year	Team	—	GP/GS	Postseason			GP/GS	Postseason
2010	Seattle	—	10/10	2/2	**NFL TOTALS**	—	**10/10**	**2/2**

TYLER POLUMBUS

Position . . . . .Tackle
Height 6-8
Weight 300
College . . . . Colorado
NFL Seasons 4th
Seahawks Seasons. 2nd
Born . . . . April 10, 1985
Hometown . . . . . Denver, Colo.

78

HOW ACQUIRED: Traded by the Detroit Lions to Seattle for an undisclosed 2012 draft choice on August 31, 2010.

NFL CAREER HIGHLIGHTS:

• Played in 14 games with seven starts for Seattle in 2010. Ended the season as starting left guard.

• Originally signed by Denver as an undrafted free agent on April 28, 2008. Played two seasons with the Broncos before being released on August 24, 2010. Claimed off waivers by Detroit August 26, 2010.

• Tied as tallest player (6'8") to ever play for the Broncos when he made his NFL debut on Monday Night Football at Oakland (9/9/08).

COLLEGE: Played 48 career games (28 starts) at the Colorado and earned second-team All-Big 12 Conference accolades as a senior after allowing one sack in 13 starts. Received CU's Eddie Crowder Award in recognition of his leadership as a senior and was the only Buffalo to play every down from scrimmage (961) on either side of the ball while totaling 68 knockdown blocks. Started 12 games as a junior.

PERSONAL: Earned SuperPrep All-America honors and first-team all-state recognition from *The Denver Post* as a senior at Cherry Creek High School in Greenwood Village. Did not allow a sack as a senior after giving up just one during his junior season. Also lettered twice in basketball and played baseball in high school. Attended the NFL's Business Management and Entrepreneurial Program at the Stanford Graduate School of Business in 2009. Earned a bachelor's degree in business management from Colorado. Married to Elizabeth.

POLUMBUS' NFL RECORD

Year	Team	—	GP/GS	Postseason	Year	Team	—	GP/GS	Postseason
2008	Denver	—	16/0	-	2010	Seattle	—	14/7	2/2
2009	Denver	—	15/8	-	**NFL TOTALS**		**—**	**45/15**	**2/2**

JEFF REED

Position . . . . .Kicker
Height 5-11
Weight 225
College . . . . North Carolina
NFL Seasons 10th
Seahawks Seasons 1st
Born . . . . April 9, 1979
Hometown . . . . Charlotte, N.C.

5

HOW ACQUIRED: Signed by Seattle as an unrestricted free agent on August 3, 2011.

NFL CAREER HIGHLIGHTS:

• Originally signed by Pittsburgh as an undrafted rookie free agent on February 27, 2004. Played eight-plus seasons for the Steelers, and was part of two Super Bowl-winning teams. Designated franchise player by Pittsburgh on February 25, 2010, before being released midway through the season (11/16/10). Signed by San Francisco on December 2, 2010, and played five games for the 49ers, replacing Joe Nedney (knee).

• Ranks second in Pittsburgh history connecting on 81.9 pct. (204-249) of field goal attempts.

• Ranks second in scoring in Steelers history with 919 points.

• Has kicked nine game-winning field goals in his career, including two in overtime.

• Has connected on last 14 postseason field goals.

• Drilled 200th career field goal at Miami (10/24/10).

• Has finished with more than 100 points in eight straight seasons, including a career-best 124 in 2004.

• Set Steelers single-game record with six field goals (25, 29, 30, 46, 33, 50) at Jacksonville (12/2/02).

• Connected on a career-long 53-yard field goal twice, first at Philadelphia (9/21/08) and at Cincinnati (11/8/10).

HONORS: 2009: *AFC Special Teams Player of the Week for Week 1.* **2008**: *AFC Special Teams Player of the Week for Week 4.* **2004**: *AFC Special Teams Player of the Month for Dec-Jan.* **2002**: *AFC Special Teams Player of the Month*

for December.

COLLEGE: Had never kicked in a college game until the 2000 season, but emerged as one of the most consistent kickers in the country over last two college seasons. Entered the 2000 season as a walk-on, but earned a scholarship with his results. Connected on 28-of-36 field goal attempts and 66-of-67 extra point tries in career at North Carolina. Set a UNC record with 66 consecutive extra points. Majored in journalism with a minor in communications.

PERSONAL: Earned all-conference and all-country honors at East Mecklenburgh High School in Charlotte. Kicked a 54-yard field goal, longest in school history and the second longest in state history. Played four years of soccer and set school records for assists in a game, season and career. Earned all-conference honors and led team to the state finals. Father, Morris, played basketball for Wichita State and his mother, Pam, was a cheerleader for Wichita State. Sister, Kristen, played soccer at UNC Charlotte and one year professionally for Carolina Speed.

REED'S NFL RECORD

KICKING

	Club	G	PAT-Att	FG-Att	1-19	20-29	30-39	40-49	50+	FG%	LG	Pts
2002	Pittsburgh	6	10-11	17-19	0-0	5-5	5-5	6-7	1-2	89.5	50	61
2003	Pittsburgh	16	31-32	23-32	0-0	9-12	6-7	7-12	1-1	71.9	51	100
2004	Pittsburgh	11	40-40	28-33	1-1	8-9	12-13	5-8	2-2	84.8	51	124
2005	Pittsburgh	16	45-45	24-29	0-0	9-9	9-9	6-9	0-2	82.9	44	117
2006	Pittsburgh	16	41-41	20-27	1-1	6-7	8-11	4-7	1-1	57.1	50	101
2007	Pittsburgh	16	44-44	23-25	0-0	9-9	10-10	4-5	0-1	92.0	49	113
2008	Pittsburgh	16	36-37	27-31	1-1	9-9	8-9	8-10	1-2	87.1	53	117
2009	Pittsburgh	16	41-41	27-31	1-1	7-7	15-16	4-5	0-2	80.0	46	122
2010	Pit/SF	14	32-32	24-32	2-2	9-10	8-9	3-7	2-4	75.0	53	104
NFL TOTALS		**132**	**320-323**	**213-259**	**6-6**	**71-77**	**81-89**	**47-70**	**8-17**	**82.2**	**53**	**959**

POSTSEASON

	Club	G	PAT-Att	FG-Att	1-19	20-29	30-39	40-49	50+	FG%	LG	Pts
2002	Pittsburgh	2	6-6	3-5	0-0	0-0	2-2	1-3	0-0	33.3	40	15
2004	Pittsburgh	2	5-5	4-4	0-0	1-1	1-1	2-2	0-0	100.0	45	17
2005	Pittsburgh	4	14-14	3-3	0-0	1-1	0-0	2-2	0-0	100.0	47	23
2007	Pittsburgh	1	2-2	1-1	0-0	1-1	0-0	0-0	0-0	0.0	28	5
2008	Pittsburgh	3	10-10	5-5	1-1	1-1	1-1	2-2	0-0	100.0	46	25
NFL TOTALS		**12**	**37-37**	**16-18**	**1-1**	**4-4**	**4-4**	**7-9**	**0-0**	**77.8**	**47**	**85**

REED'S SINGLE-GAME HIGHS

Most FGs Att.: 6 at Jacksonville (12/1/02)   **Most PATs Att.:** 6 Kansas City (10/15/06)
Most FGs Made: 6 at Jacksonville (12/1/02)   **Most PATs Made:** 6 Kansas City (10/15/06)
Longest FG Att.: 53 at Philadelphia (9/21/08)
Longest FG Made: 53 at Philadelphia (9/21/08) and at Cincinnati (11/8/10)

ADDITIONAL STATS

Special Team Tackles: 2002 (2), 2003 (1), 2004 (2), 2005 (1), 2006 (2), 2007 (2), 2008 (4), 2009 (1), 2010 (0);
Career: 14.

REED'S GAME-BY-GAME KICKING

2002	Opp	Pts	PAT-Att	FG-FGA	Made
11/24	at Cin	11	2-3	3-4	33, 43, 45
12/1	at Jax	19	1-1	6-6	25,29,30,46,33,50
12/8	Hou	6	0-0	2-3	40,31
12/15	Car	12	3-3	3-3	36, 41, 23
12/23	at TB	5	2-2	1-1	26
12/29	Bal	8	2-2	2-2	23, 48
TOTALS		**61**	**10-11**	**17-19**	**Long: 50**
1/5	Cle	4	4-4	0-1	
1/11	at Ten	11	2-2	3-4	30, 39, 40
TOTALS		**15**	**6-6**	**3-5**	**Long: 40**

2003	Opp	Pts	PAT-Att	FG-FGA	Made
9/7	Bal	10	4-4	2-2	29, 31
9/14	at KC	8	2-2	2-2	20, 51
9/21	at Cin	5	2-2	1-2	33
9/28	Ten	7	1-1	2-3	26, 23
10/5	Cle	7	1-1	2-2	30, 37
10/12	at Den	6	0-0	2-2	24, 26
10/26	StL	3	3-3	0-0	
11/2	at Sea	4	1-1	3-3	49, 33, 21
11/9	Ariz	4	4-4	0-1	
11/17	at SF	2	2-2	0-1	
11/23	at Cle	7	1-1	2-3	23, 46
11/30	Cin	8	2-2	2-2	23, 39
12/7	Oak	9	3-3	2-4	44, 40
12/14	at NYJ	0	0-0	0-2	
12/21	SD	10	4-5	2-3	47, 40
12/28	at Bal	4	1-1	1-1	42
TOTALS		**100**	**31-32**	**23-32**	**Long: 51**

2004	Opp	Pts	PAT-Att	FG-FGA	Made
9/12	Oak	6	3-3	1-1	42
9/19	at Bal	1	1-1	0-1	
9/26	at Mia	7	1-1	2-4	40, 51
10/3	Cin	4	4-4	0-0	
10/10	Cle	10	4-4	2-2	47, 26
10/17	at Dal	6	3-3	1-1	51
10/31	NE	10	4-4	2-2	19, 29
11/7	Phi	9	3-3	2-3	42, 41
11/14	at Cle	6	3-3	1-2	20
11/21	at Cin	5	2-2	1-1	32
11/28	Was	10	1-1	3-3	33, 36, 32
12/5	at Jax	5	2-2	1-1	37
12/12	NYJ	5	2-2	1-1	34
12/18	at NYG	15	3-3	4-4	33, 21, 36, 28
12/26	Bal	8	2-2	2-2	23, 40
1/2	at Buf	17	2-2	5-5	22,21,31,37,33
TOTALS		**124**	**40-40**	**28-33**	**Long: 51**
1/15	NYJ	8	2-2	2-2	45, 33
1/19	NE	9	3-3	2-2	43, 20
TOTALS		**17**	**5-5**	**4-4**	**Long: 45**

2005	Opp	Pts	PAT-Att	FG-FGA	Made
9/11	Ten	10	4-4	2-2	44, 27
9/18	at Hou	9	3-3	2-2	37, 35
9/25	NE	8	2-2	2-3	33, 24
10/10	at SD	6	3-3	1-1	40
10/16	Jax	5	2-2	1-2	29
10/23	at Cin	9	3-3	2-2	27, 39
10/31	Bal	8	2-2	2-2	42, 37
11/6	at GB	8	2-2	2-3	32, 24
11/13	Cle	10	4-4	2-3	42, 33
11/20	at Bal	7	1-1	2-2	44, 37
11/28	at Ind	1	1-1	0-1	
12/4	Cin	7	4-4	1-1	23
12/11	Chi	3	3-3	0-0	
12/18	at Min	10	1-1	3-3	21, 41, 26
12/24	at Cle	11	5-5	2-2	26, 31
1/1	Det	5	5-5	0-0	
TOTALS		**117**	**45-45**	**24-29**	**Long: 44**
1/8	at Cin	7	4-4	1-1	21
1/15	at Ind	3	3-3	0-0	
10/22	at Den	10	4-4	2-2	47, 42
2/5	Sea	3	3-3	0-0	
TOTALS		**23**	**14-14**	**3-3**	**Long: 47**

2006	Opp	Pts	PAT-Att	FG-FGA	Made
9/7	Mia	4	4-4	0-1	
9/18	at Jax	0	0-0	0-0	
9/24	Cin	10	4-4	2-2	37, 36
10/8	at SD	7	1-1	2-2	39,44
10/15	KC	9	6-6	1-2	32
10/22	at Atl	8	5-5	1-1	28
10/29	at Oak	7	1-1	2-2	29, 39
11/5	Den	8	2-2	2-3	46, 29
11/12	NO	8	5-5	1-2	32
11/19	at Cle	6	3-3	1-1	43
11/26	at Bal	0	0-0	0-0	
12/3	TB	8	2-2	2-3	50, 39
12/7	Cle	9	3-3	2-3	23, 28
12/17	at Car	13	4-4	3-3	19, 45, 26
12/24	Bal	1	1-1	0-0	
12/31	at Cin	5	2-2	1-1	35
TOTALS		**101**	**41-41**	**20-27**	**Long: 50**

2007	Opp	Pts	PAT-Att	FG-FGA	Made
9/9	at Cle	10	4-4	2-2	26,31
9/16	Buf	14	2-2	4-4	34, 28, 39,31
9/23	SF	13	4-4	3-3	36,49, 35
9/30	at Ariz	2	2-2	0-0	
10/7	Sea	3	3-3	0-0	
10/21	at Den	4	4-4	0-1	
10/28	at Cin	5	3-3	1-1	40
11/5	Bal	8	5-5	1-1	22
11/11	Cle	11	2-2	3-3	28, 35, 30
11/18	at NYJ	10	1-1	3-3	37, 33, 48
11/26	Mia	3	0-0	1-2	24
12/2	Cin	6	3-3	1-1	21
12/9	at NE	7	1-1	2-2	23, 44
12/16	Jax	2	2-2	0-0	
12/20	at StL	11	5-5	2-2	21, 29
12/30	at Bal	3	3-3	0-0	
TOTALS		**113**	**44-44**	**23-25**	**Long: 49**
1/5	at Jax	5	2-2	1-1	28
TOTALS		**5**	**2-2**	**1-1**	**Long: 28**

2008	Opp	Pts	PAT-Att	FG-FGA	Made
9/7	Hou	8	5-5	1-1	44
9/14	at Cle	4	1-1	1-1	48
9/21	at Phi	6	0-0	2-2	37, 53
9/29	Bal	11	2-2	3-3	49, 19, 46
10/5	at Jax	8	2-2	2-2	38, 23
10/19	at Cin	8	5-5	1-1	21
10/26	NYG	2	2-2	0-0	
11/3	at Was	5	2-3	1-1	35
11/9	Ind	8	2-2	2-2	42, 24
11/16	SD	9	0-0	3-4	21, 41, 32
11/20	Cin	9	3-3	2-2	37, 38
11/30	at NE	15	3-3	4-5	20, 25, 20, 45
12/7	Dal	8	2-2	2-3	24, 41
12/14	at Bal	7	1-1	2-2	31, 30
12/21	at Ten	2	2-2	0-1	
12/28	Cle	7	4-4	1-1	22
TOTALS		**117**	**36-37**	**27-31**	**Long: 53**
1/11	SD	5	5-5	0-0	
1/18	Bal	11	2-2	3-3	34, 42, 46
2/1	Ariz	9	3-3	2-2	18, 21
TOTALS		**25**	**10-10**	**5-5**	**Long: 46**

2010	Opp	Pts	PAT-Att	FG-FGA	Made
9/12	Atl	9	0-0	3-5	52, 36, 34
9/19	at Ten	13	1-1	4-4	36, 34, 25, 27
9/26	at TB	8	5-5	1-1	24
10/3	Bal	2	2-2	0-2	
10/17	Cle	4	4-4	0-0	
10/24	at Mia	11	2-2	3-3	22, 39, 18
10/31	at NO	4	1-1	1-2	19
11/8	at Cin	9	3-3	2-3	25, 53
11/14	NE	4	1-1	1-2	22
12/5	at GB	10	1-1	3-3	44, 26, 23
12/12	Sea	16	4-4	4-4	33, 44, 22, 36
12/16	at SD	1	1-1	0-0	
12/26	at StL	7	2-2	1-2	47
1/2	Ariz	8	5-5	1-1	39
TOTALS		**104**	**32-32**	**24-32**	**Long: 53**

2009	Opp	Pts	PAT-Att	FG-FGA	Made
9/10	Ten	7	1-1	2-2	32, 33
9/20	at Chi	2	2-2	0-2	
9/27	at Cin	8	2-2	2-3	19, 24
10/4	SD	8	5-5	1-1	46
10/11	at Det	4	4-4	0-0	
10/18	Cle	9	3-3	2-2	32, 39
10/25	Min	9	3-3	2-2	39, 27
11/9	at Den	4	4-4	0-0	
11/15	Cin	12	0-0	4-4	28, 33, 35, 34
11/22	at KC	6	3-3	1-1	36
11/29	at Bal	5	2-2	1-1	44
12/6	Oak	6	3-3	1-2	33
12/10	at Cle	6	0-0	2-2	27, 42
12/20	GB	13	4-4	3-3	37, 34, 43
12/27	Bal	11	2-2	3-3	26, 39, 38
1/3	at Mia	12	3-3	3-3	22, 21, 33
TOTALS		**122**	**41-41**	**27-31**	**Long: 46**

ROSTER ROULETTE

The Seattle Seahawks experienced the most roster turnover last year in the NFL, and this year is no different. Pete Carroll and General Manager John Schneider made 284 roster transactions in 2010 and are continuing to shape a roster with bigger, faster, talented young players this season. Of the 90 players who were on the roster for a majority of the preseason, only 17 were with the team in 2009. That makes 43 Seahawks who are in their first season with the club and another 30 who are in their second - or 81% of the roster - compared to two who remain from the team's run to Super Bowl XL (Leroy Hill, Marcus Trufant). Trufant is the longest-tenured Seahawks player in his ninth season, while defensive end Raheem Brock (1978), kicker Jeff Reed (1979) and defensive tackle Junior Siavii (1978) are the only players born in the 1970s. Seattle has 18 players with 6+ years of NFL experience.

"We're bigger, we're stronger," said Pete Carroll to begin camp. "What we tried to do from the outset is make the depth chart on this roster more competitive from the bottom up – and it feels like that. We have more choices, we have more opportunities where guys can battle and compete for jobs that are going to make everybody feel pushed. That's a great thing. That's why competition is our central theme because it makes us have to work harder."
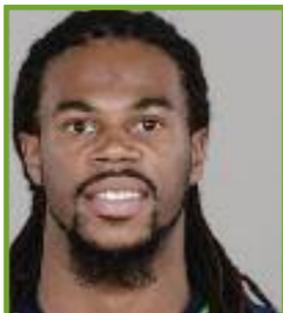
SIDNEY RICE

Position . . . . . . .Wide Receiver
Height 6-4
Weight 202
College . . . . South Carolina
NFL Seasons 5th
Seahawks Seasons 1st
Born . . . . . . September 1, 1986
Hometown . . . . . Gaffney, S.C.

18

HOW ACQUIRED: Signed by the Seahawks as an unrestricted free agent on July 29, 2011.

NFL CAREER HIGHLIGHTS:

• Originally drafted by Minnesota with the 12th pick in the second round (44th overall) of the 2007 NFL Draft. Played four seasons and 48 games for the Vikings before signing with Seattle this offseason.

• The Vikings were 13-4 in games when Rice caught a touchdown pass, including playoffs.

• Returned from preseason hip surgery to play in six games in 2010 after beginning the season on physically unable to perform list.

• Last season vs. Buffalo (12/5/10), caught five passes for season-high 105 yards and two touchdowns. Both touchdown receptions came from current Seahawks QB Tarvaris Jackson who relieved an injured Brett Favre.

• En route to first Pro Bowl, hauled in 83 catches and was second in the NFC with 1,312 receiving yards in 2009. Also had a career-high eight touchdowns. Became the fourth player in team history to post more than 1,300 yards receiving in a season. Recorded five 100-yard games on the season.

• Established a career high with 201 receiving yards and hauled in seven passes while earning NFC Offensive Player of the Week at Detroit (11/15/09).

• Tied an NFL record with three receiving touchdowns in a playoff game vs. Dallas (1/17/10).

• Had impressive rookie season, ranking tied for first in the NFC and second in the NFL among rookies with four touchdown receptions in 2007. Led Vikings in touchdown receptions and was second on team in receiving yards with 396.

• Threw the longest pass by a Viking in 2007 (79 yards) and tied for the longest touchdown reception (60 yards).

• Made NFL debut in the season opener vs. Atlanta (9/9/07) and was only the fifth rookie wide receiver to start the opener in team history.

HONORS:

2009: NFC Pro Bowl; NFC Offensive Player of the Week vs. Detroit (11/15/09).

COLLEGE: Was a First-Team All-SEC honoree as a sophomore. Recognized as a 3rd-Team All-America as a freshman and sophomore. Set school record with 23 career touchdown catches, breaking the mark of 19 held by Robert Brooks and Jermale Kelly. Set a USC record as the only player to break the 1,000-yard receiving mark in 2 seasons. Left with two of the three highest single-season reception marks at the school with 72 and 70, trailing Sterling Sharpe's 74. Started 23

RICE'S NFL RECORD

RECEIVING

	Club	G/S	No	Yds	Avg	LG	TD
2007	Minnesota	13/4	31	396	12.8	60t	4
2008	Minnesota	13/3	15	141	9.4	23t	4
2009	Minnesota	16/14	83	1,312	15.8	63	8
2010	Minnesota	6/5	17	280	16.5	46	2
NFL TOTALS		**48/26**	**146**	**2,129**	**14.6**	**63**	**18**

POSTSEASON

Receiving

	Club	G/S	No	Yds	Avg	LG	TD
2008	Minnesota	1/0	2	27	13.5	14	0
2009	Minnesota	2/2	10	184	18.4	47t	4
NFL TOTALS		**3/2**	**12**	**211**	**17.6**	**47t**	**4**

of 24 career games. Broke the 100-yard receiving mark 11 times. Caught a pass in all 24 career games. Named 2006 Liberty Bowl Offensive MVP in his final college game against Houston. Played in 2005 Independence Bowl against Missouri and caught a career-high 12 passes. Medical redshirt in 2004.

PERSONAL: Standout at Gaffney (S.C.) High was tabbed as South Carolina Offensive Player of the Year as a senior by *High School Sports Report*. Top WR prospect in the state caught 25 prep TDs. Helped lead Gaffney to Class 4A state title on the hardwood with a 28-0 record and was named the Player of the Year in Class 4A hoops.

RICE'S SINGLE-GAME HIGHS

Most Receptions: 10 at Pittsburgh (10/25/09)
Most TDs: 2, 3 Times, Last vs. Buffalo (12/5/10)
Most Yards: 201 vs. Detroit (11/15/09)
Longest Reception: 63 vs. Baltimore (10/18/09)

ADDITIONAL STATS

Passing: 2007 (2-2 for 94 yards), 2008 (0-1 for 0 yards), 2009 (0-1 for 0 yards); **Career:** (2-4 for 94 yards).
Returns: 2009 (one kickoff return for no yards); **Career**: One kickoff return for no yards.

RICE'S GAME-BY-GAME RECEIVING

2007	Opponent	No	Yds	Avg	LG	TD
9/9	Atlanta	2	10	5.0	6	0
9/16	at Detroit	0	0	0.0	0	0
9/23	at Kansas City	2	21	10.5	11	0
9/30	Green Bay	6	75	12.5	15t	1
10/14	at Chicago	1	13	13.0	13	0
10/21	at Dallas	0	0	0.0	0	0
10/28	Philadelphia	3	27	9.0	13	0
11/4	San Diego	4	66	16.5	40	1
11/11	Green Bay		Inactive			
11/18	Oakland	2	18	9.0	11	0
11/25	at N.Y. Giants	3	82	27.3	60t	1
12/2	Detroit	5	53	10.6	22	1
12/9	at San Francisco	2	21	10.5	12	0
12/17	Chicago	1	10	10.0	10	0
12/23	Washington		Inactive			
12/30	at Denver		Inactive			
TOTALS (13/4)		**31**	**396**	**12.8**	**60t**	**4**

2008	Opponent	No	Yds	Avg	LG	TD
9/8	at Green Bay	2	31	15.5	23t	1
9/14	Indianapolis	0	0	0.0	0	0
9/21	Carolina		Inactive			
9/28	at Tennessee	1	6	6.0	6	0
10/6	at New Orleans		Inactive			
10/12	Detroit		Inactive			
10/19	at Chicago	0	0	0.0	0	0
11/2	Houston	1	8	8.0	8t	0
11/9	Green Bay	1	3	3.0	3t	0
11/16	at Tampa Bay	2	22	11.0	17	0
11/23	at Jacksonville	3	27	9.0	14	0
11/30	Chicago	1	8	8.0	8	0
12/7	at Detroit	2	21	10.5	15	0
12/14	at Arizona	1	6	6.0	6	0
12/21	Atlanta	0	0	0.0	0	0
12/28	N.Y. Giants	1	9	9.0	9	0
TOTALS (13/3)		**15**	**141**	**9.4**	**23t**	**4**
1/4/09	at Philadelphia	2	27	13.5	14	0
PLAYOFFS (1/1)		**2**	**27**	**13.5**	**14**	**0**

2009	Opponent	No	Yds	Avg	LG	TD
9/13	at Cleveland	2	17	8.5	9	0
9/20	at Detroit	3	29	9.7	13	0
9/27	San Francisco	4	56	14.0	30t	1
10/5	Green Bay	5	70	14.0	24	1
10/11	at St. Louis	3	61	20.3	47	0
10/18	Baltimore	6	176	29.3	63	0
10/25	at Pittsburgh	10	136	12.4	34	0
11/1	at Green Bay	4	40	10.0	14	0
11/15	Detroit	7	201	28.7	56	0
11/22	Seattle	6	89	14.8	34t	2
11/29	Chicago	6	89	14.8	33	0
12/6	at Arizona	7	72	10.3	14	0
12/13	Cincinnati	4	39	9.8	16	0
12/20	at Carolina	4	69	17.3	25	0
12/28	at Chicago	6	56	9.3	12	1
1/3/10	N.Y. Giants	6	112	18.7	50	2
TOTALS (16/15)		**83**	**1,312**	**15.8**	**63**	**8**
1/17/10	Dallas	6	141	23.5	47t	3
1/24/10	at New Orleans	4	43	10.8	20	1
PLAYOFFS (2/2)		**10**	**184**	**18.4**	**47t**	**4**

2010	Opponent	No	Yds	Avg	LG	TD
11/21	Green Bay	3	56	18.7	20	0
11/28	at Washington	1	20	20.0	20	0
12/5	Buffalo	5	105	21.0	46	2
12/13	N.Y. Giants	5	60	12.0	22	0
12/20	Chicago	2	23	11.5	12	0
12/28	at Philadelphia	1	16	16.0	16	0
TOTALS (6/5)		**17**	**280**	**16.5**	**46**	**2**

MICHAEL ROBINSON

Position . . . . .Running Back
Height 6-1
Weight 223
College . . . . Penn State
NFL Seasons 6th
Seahawks Seasons. 2nd
Born . . . . February 6, 1983
Hometown . . . . Richmond, Va.

26

HOW ACQUIRED: Signed by Seattle as a free agent on September 6, 2010.

NFL CAREER HIGHLIGHTS:

• Started four of 11 games for Seattle at fullback, also seeing snaps at running back at quarterback in 2010.

• Originally drafted by San Francisco in the fourth-round (100th overall) of the 2006 NFL Draft. Played four seasons for the 49ers.

• In 2009, set a single-season career high with 414 kickoff returns yards and finished third on the team with 20 special teams tackles.

• Named a Pro Bowl alternate as a specialist after ranking third on the team with 16 special teams stops in 2008.

• In 2007, led team with 27 special teams tackles.

• Made first career start at running back in place of Frank Gore (ankle) at Atlanta (11/4/07).

• Exccuted a fake punt for 33 yards on a direct snap at Seattle (12/4/06), which established a career-long rushing attempt.

COLLEGE: Became fifth player in Penn State history to gain more than 5,000 yards in total offense (5,168) and the only quarterback in school history to rush for more than 1,000 yards in a career, finishing with 1,637 yards and 20 touchdowns. Played in 44 games (28 starts-17 at quarterback, six at running back, five at wide receiver). Named Big Ten Conference Offensive Player of the Year by the coaches and was a consensus second-team All-Big Ten choice as a senior after totaling 3,156 total yards to set a school season-record, shattering previous mark of 2,660 yards by Kerry Collins (1994).

PERSONAL: Attended Varina High School in Richmond Virginia. Helped lead the school to four consecutive regional titles and two state runner-up finishes. Rushed for 3,046 yards on 371 carries (8.2 avg) and 37 touchdowns with 2,409 yards on offense. Recorded 211 tackles and 18 interceptions as a safety. Married to wife, Shameka, and the couple has three children. Earned advertising and public relations degree in three years (graduating in December, 2004).

ROBINSON'S NFL RECORD

	Club	G/S	No	Rushing Yds	Avg	LG	TD	Att	Receiving Yds	Avg	LG	TD
2006	SF	16/0	38	116	3.1	33	2	9	47	5.2	12	0
2007	SF	15/1	26	121	4.7	28	0	11	73	6.6	20	0
2008	SF	16/1	19	50	2.6	10	0	17	202	11.9	36	0
2009	SF	15/0	3	2	0.7	4	0	5	20	4.0	8	0
2010	Seattle	11/4	12	77	6.4	17	0	8	37	4.6	13	0
NFL TOTALS		**73/6**	**98**	**366**	**3.7**	**33**	**2**	**50**	**379**	**7.6**	**36**	**0**

POSTSEASON

	Club	G/S	No	Rushing Yds	Avg	LG	TD	Att	Receiving Yds	Avg.	LG	TD
2010	Seattle	2/0	1	1	1.0	1	0	1	3	3.0	3	0
NFL TOTALS		**2/0**	**1**	**1**	**1.0**	**1**	**0**	**1**	**3**	**3.0**	**3**	**0**

ROBINSON'S SINGLE-GAME HIGHS

Rush Attempts: 17 at Atlanta (11/4/07)
Rush Yards: 67 at Atlanta (11/4/07)
Longest Rush: 33 at Seattle (12/14/06)
Most Rush TDs: 2 vs. Philadelphia (9/24/06)

Most Receptions: 4 at Miami (12/14/08)
Most Rec. Yards: 54 vs. St. Louis (11/16/08)
Longest Reception: 36 vs. St. Louis (11/16/08)
Most Rec. TDs: None

ROBINSON'S ADDITIONAL STATS

Special Teams Tackles: 2006 (16), 2007 (27), 2008 (16), 2009 (20), 2010 (4); Career (83). Returned 30 kick-offs for 673 yards (22.4 avg.) with a long of 40. Completed 1 of 2 passes for 28 yards with a long of 28.

JON RYAN

Position . . . . .Punter
Height 6-0
Weight 217
College . . . . Regina
NFL Seasons 6th
Seahawks Seasons 4th
Born . . . . . November 26, 1981
Hometown . . . . . Regina, Sask.

9

HOW ACQUIRED: Signed by Seattle as a free agent on September 9, 2008.

NFL CAREER HIGHLIGHTS:

• Originally signed by Green Bay as a free agent on February 1, 2006. Spent two years in the CFL with the Winnipeg Blue Bombers from 2004-05.

• Has recorded 388 career punts for 17,282 yards (44.5 avg.) with 112 punts inside the 20.

• In 2009, ranked 4th in the NFC (7th NFL), while setting a career high in gross average (46.2). Also set career highs in net average (38.7) and punts inside the 20 (28).

• Set a career-high with six punts inside the 20 vs. San Francisco (12/6/09) and at Chicago (10/17/10).

• Had a career-long 72-yard punt in 2007 vs. Detroit (12/30/07).

COLLEGE: In 2003, led Canadian college punters with a 45.9-yard average. Was named first-team All-Canadian and Canada West all-star. Also played flanker for the Regina Rams and caught a 109-yard touchdown pass as a sophomore.

PERSONAL: Played lacrosse, hockey, football, basketball and track at Sheldon-Williams High. Was a three-time all-star in lacrosse. Hosts football youth camps in hometown of Saskatchewan. Majored in psychology.

RYAN'S NFL RECORD

	Club	G/S	No	Yds	Avg	Net Avg	LG	I20	TB	Blk
2006	Green Bay	16/0	84	3,739	44.5	35.7	66	17	12	0
2007	Green Bay	16/0	60	2,664	44.4	37.6	72	18	11	2
2008	Seattle	15/0	78	3,557	45.6	37.9	63	22	12	1
2009	Seattle	16/0	88	4,068	46.2	38.7	70	28	9	0
2010	Seattle	16/0	78	3,254	41.7	37.3	63	27	1	0
NFL TOTALS		**79/0**	**388**	**17,282**	**44.5**	**37.4**	**72**	**112**	**45**	**3**

POSTSEASON

	Club	G/S	No	Yds	Avg	Net Avg	LG	I20	TB	Blk
2007	Green Bay	2/0	9	298	33.1	28.2	43	3	1	0
2010	Seattle	2/0	13	470	36.2	33.0	52	4	0	0
NFL TOTALS		**4/0**	**22**	**768**	**34.9**	**31.0**	**52**	**7**	**1**	**0**

RYAN'S SINGLE-GAME HIGHS

Punts: 11 vs. Philadelphia (11/2/08)
Avg. (3 min.): 53.5 vs. Arizona (10/29/06)
Net (3 min.): 49.0 vs. Detroit (12/30/07)

Longest: 72 vs. Detroit (12/30/07)
Inside 20: 6, San Francisco (12/6/09), at Chicago (10/17/10)

ADDITIONAL STATS

Passing: 2007: 1-1, 18 yards, 118.8 QB rating, 2009: 1-1, 42 yards, 118.8 QB rating; **Career:** 2-2, 60 yards, 118.8 QB rating. **Rushing**: 2006: one rush for -11 yards, 2007: two rushes for 7 yards, 2009: one rush for no yards, 2010: one rush for -9 yards; **Career**: five rushes for -13 yards.

A.J. SCHABLE

Position . . . . . . .Defensive End
Height 6-3
Weight 281
College. . . . . South Dakota
NFL Seasons 3rd
Seahawks Seasons 1st
Born . . . . May 18, 1984
Hometown . . . Ida Grove, Iowa

63

HOW ACQUIRED: Signed with Seattle as a free agent on January 21, 2011.

NFL CAREER HIGHLIGHTS:

• Originally signed with Arizona as an undrafted free agent on May 4, 2006. Appeared in 11 games for the Cardinals before being released during training camp in 2007 (8/23). Signed with Philadelphia on January 8, 2008, and later waived on June 13, 2008. Claimed off waivers by the New York Jets before being released following training camp on August 31, 2008.

• Has played in 11 career games, all in 2006, at defensive end, fullback and on special teams. Recorded one rush for five yards at Oakland (10/22). Also has registered 12 career special teams tackles and a fumble recovery. Converted from defensive end to fullback midway through the 2006 season.

• Established career-high five special teams tackles on Monday Night Football vs. Chicago (10/16/06).

COLLEGE: Started 39 career games for South Dakota at defensive end. Registered 145 career tackles (91 solo). Recorded a school-record 44.5 tackles-for-loss, three pass deflections, three forced fumbles, two blocked kicks and 28 sacks. Named to the first team defense on *The Associated Press* Little All-American Team as a senior in 2005, becoming South Dakota's first *AP* selection since 1988. Recorded a school-record 19 sacks as a senior.

PERSONAL: At Battle Creek-Ida HS, recorded 202.5 tackles, rushed for 1,289 yards on 238 carries, 14 touchdowns and had a 39.0 punting average. Broke school records in rushing with 1,055 yards on 157 carries and 11 touchdowns. Lettered four years in track, three years in basketball and two in baseball in HS. Member of the track team at South Dakota and won the NCC Outdoor title in the shot put (50'00.50).

SCHABLE'S NFL RECORD

			Tackles		Sacks		Interceptions							
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2006	Arizona	11/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS		**11/0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**

ADDITIONAL STATS

Rushing: 2006, one rush for 5 yards. **Special Teams Tackles:** 2006 (12); **Career** (12). **Special Teams Fumble Recoveries**: 2006 (1); **Career** (1).

JUNIOR SIAVII

Position . . . .Defensive Tackle
Height . . . 6-5 Weight 315
College . . . . Oregon
NFL Seasons 5th
Seahawks Seasons. 2nd
Born . . . . . November 14, 1978
HT . . Pago Pago, Amer. Samoa
Pronunciation . . see-uh-VEE-ee

94

HOW ACQUIRED: Signed with Seattle as a free agent on September 6, 2010.

CAREER HIGHLIGHTS:

• Orginally drafted by Kansas City in the second round (36th overall) of the 2004 NFL Draft. Played two seasons for the Chiefs before being released following training camp in 2006. Signed with Dallas on January 23, 2008, before being released on August 30, 2008. Signed with Dallas following the season on January 12, 2010.

• In 2010, played in 14 games, with six starts, and set career highs in tackles (30) before being placed on injured reserve (neck) on December 23.

• Established a single-game career high with seven tackles (five solo) vs. Kansas City (11/28/10).

• Started first career game vs. New York Giants (11/7/10) in place of Colin Cole (ankle), recording four tackles (three solo).

• Set season career bests in games played (16), and pressures (four) as part of defensive line rotation in 2009.

• Made postseason debut in the 2009 Wild Card Game vs. Philadelphia (1/9/10), but did not record a tackle.

• Recorded five tackles (one for loss) in the 2009 Divisional Game at Minnesota (10/17/10).

• Set career-high with seven tackles and one pass defensed vs. Atlanta (10/25/09).

• Was placed on PUP during training camp of 2006 before being released prior to the season. Out football in 2006-08.

• Recovered first and only fumble at the New York Giants (12/17/05).

• Recorded first and only career sack at Denver (9/12/04).

COLLEGE: Played in 25 games with 13 starts at Oregon, finishing his collegiate career with 58 tackles, 2.5 sacks, 8.5 tackles for losses, three pass breakups and a fumble recovery. Saw time in 13 games with 11 starts as a senior and earned honorable mention All-Pac 10 honors with 43 stops, two sacks, six tackles for losses and a fumble recovery. In 12 games as a junior, had 15 tackles, a half sack and 2.5 tackles for losses. Was ineligible in 2001 and spent the

SIAVII'S NFL RECORD

| Club | | G/S | Tackles | | | Sacks | | Interceptions | | | | | | | | |
			Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2004	Kansas City	12/0	12	7	5	1.0	9.0	0	0	0.0	0	0	0	0	0	0
2005	Kansas City	14/0	15	8	7	0.0	0.0	0	0	0.0	0	0	0	0	1	0
2006						Out of Football										
2007						Out of Football										
2008						Out of Football										
2009	Dallas	16/0	29	12	17	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2010	Seattle	14/6	30	24	6	0.0	0.0	0	0	0.0	0	0	2	0	0	0
NFL TOTALS		**56/6**	**86**	**51**	**35**	**1.0**	**9.0**	**0**	**0**	**0.0**	**0**	**0**	**2**	**0**	**1**	**0**

POSTSEASON

| Club | | G/S | Tackles | | | Sacks | | Interceptions | | | | | | | | |
			Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2009	Dallas	1/0	5	2	3	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2010	Seattle					Injured Reserve (Neck)										
NFL TOTALS		**1/0**	**5**	**2**	**3**	**0.0**	**0.0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**

year earning his degree at Butte Junior College. Spent two years at Butte and earned All-NorCal Conference honors in 2000. Began his career at Dixie College in St. George, Utah in 1999.

PERSONAL: Attended Tafuna High School in Pago Pago, American Samoa, a U.S. territory located in the South Pacific halfway between Hawaii and New Zealand. Born Saousoalii (SOW-so-lee) Poe Siavii (see-uh-vee-ee), Jr. Has an associate's degree in sociology.

SIAVII'S SINGLE-GAME HIGHS

Tackles: 7 vs. Kansas City (11/28/10)
Interceptions: None
Fumble Recoveries: 1 at N.Y. Giants (12/17/05)

Sacks: 1.0, at Denver (9/12/04)
Forced Fumbles: None
Touchdowns: None
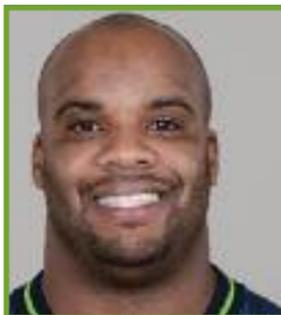
RYAN SIMS

Position . . . .Defensive Tackle
Height 6-4
Weight 315
College . . . . North Carolina
NFL Seasons 10th
Seahawks Seasons 1st
Born . . . . May 4, 1980
Hometown . . Spartanburg, S.C.

97

HOW ACQUIRED: Signed by Seattle as a free agent on August 1, 2011.

NFL CAREER HIGHLIGHTS:

• Originally entered the NFL as the Chiefs first-round selection (sixth overall) of the 2002 NFL Draft. Played four seasons for Kansas City before being traded to Tampa Bay on May 1, 2007. Spent the last three-plus seasons with the Buccaneers before being released midseason in 2010 (November 24).

• Played in all 16 games in 2009 for the third time in career and started every game for the second time while recording 33 tackles (25 solo).

• Registered a career-high six tackles (five solo) vs. Carolina (10/18/09).

• In 2007, led the Buccaneers with four tackles for loss despite only appearing in nine games.

• Best season came in 2003, totaling 39 tackles (35 solo), 3.0 sacks and only career interception (vs. Buffalo, 10/26/03).

• Tallied a career-high 2.0 sacks vs. Pittsburgh (9/14/03).

• Made NFL debut on September 8, 2002, at Cleveland, recording two stops (one solo).

COLLEGE: Three-year starter who appeared in 43 games (33 starts) at North Carolina. Finished college career with 167 tackles, 14.0 sacks, 11 passes defensed, 40 quarterback pressures and one fumble recovery. Former college team-mate of the second overall pick in the 2002 NFL Draft, DE Julius Peppers. First-team All-Atlantic Coast Conference choice and a second-team All-America selection as a senior when he recorded 51 tackles and four passes defensed. Started all 11 games during junior season, registering 52 tackles, six sacks, nine stops for loss, three passes defensed and only career fumble recovery. Started all 11 games as a sophomore, recording 33 tackles, and one sack. Appeared in all 11 games as a reserve defensive tackle and was one of only four true freshmen to play for the Tar Heels.

PERSONAL: First-team all-state, all-region and all-area selection at Paul M. Dorman High School (Spartanburg, S.C.). Named the top defensive lineman in the state by the *Greenville News*. Team captain and defensive Most Valuable Player for the South Carolina squad in the Shrine Bowl. Had 61 tackles, eight sacks, two passes defensed and one forced fumble as a senior. Threw the shot put and the discus for the track team. Finished second in the region in the shot. Started the Ryan Sims Foundation in 2006 which is dedicated to supporting the fight against cancer and to raise awareness about prevention, treatment and survival. Made a large donation to his high school to complete a baseball field in 2008. The field was named Ronnie J. Sims after his father. In June 2007, hosted the Ryan Sims Youth Football Camp for underprivileged children in Spartanburg, South Carolina. Majored in communications.

SIMS' NFL RECORD

	Club	G/S	Tackles Tkl	So	Ast	Sacks QB	Yds	Interceptions No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2002	Kansas City	6/2	6	5	1	0.0	0.0	0	0	0.0	0	0	1	0	0	0
2003	Kansas City	16/16	39	35	4	3.0	13.0	1	8	8.0	0	0	1	1	1	0
2004	Kansas City	15/13	15	13	2	2.0	9.0	0	0	0.0	0	0	0	0	0	0
2005	Kansas City	6/5	8	8	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2006	Kansas City	16/0	7	4	3	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2007	Tampa Bay	9/0	16	11	5	1.0	3.0	0	0	0.0	0	0	0	1	0	0
2008	Tampa Bay	15/2	16	9	7	1.5	9.5	0	0	0.0	0	0	2	0	0	0
2009	Tampa Bay	16/16	33	25	8	1.0	7.0	0	0	0.0	0	0	1	0	1	0
2010	Tampa Bay	6/1	4	3	1	0.0	0.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS		**105/55**	**144**	**113**	**31**	**8.5**	**41.5**	**1**	**8**	**8.0**	**0**	**0**	**5**	**2**	**2**	**0**

POSTSEASON

	Club	G/S	Tackles Tkl	So	Ast	Sacks QB	Yds	Interceptions No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2003	Kansas City	1/1	2	1	1	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2006	Kansas City	1/0	1	1	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2007	Tampa Bay	1/0	2	2	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS		**3/1**	**5**	**4**	**1**	**0.0**	**0.0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**

SIMS' SINGLE-GAME HIGHS

Tackles: 6, vs. Carolina (10/18/09)
Fumble Recoveries: 1, 2 Times, Last vs. Carolina (10/18/09)
Forced Fumbles: 1, 2 Times, Last at Atlanta (11/18/07)

Sacks: 2.0, vs. Pittsburgh (9/14/03)
Interceptions: 1, vs. Buffalo (10/26/03)

ISAIAH STANBACK

Position	Wide Receiver
Height	6-2
Weight	208
College	Washington
NFL Seasons	5th
Seahawks Seasons	2nd
Born	August 16, 1984
Hometown	Seattle, Wash.

14

HOW ACQUIRED: Claimed by Seattle off waivers (New England) on June 1, 2010.

NFL CAREER HIGHLIGHTS:

• Drafted by Dallas in the fourth round of the 2007 NFL Draft (103 overall). Placed on Reserve/Injured with a left shoulder injury (12/26/08). Was cut by Dallas on September 5, 2009, before signing two days later with the Patriots' practice squad (9/7/09). Was placed on New England's active roster (11/15/09) where he played in six games before being released on May 27, 2010.

• Missed the entire 2010 season after suffering an achilles injury during training camp.

• Recorded career-long 58-yard kickoff return vs. Seattle (11/27/08).

• Saw first action at wide receiver at N.Y. Jets (11/22/07).

• Made NFL debut at Philadelphia (11/4/07) as a kick returner and returned three kickoffs for 78 yards.

COLLEGE: Began Husky career as a receiver but went on to become one of the most prolific quarterbacks in school history. Ranked 11th in school history with 3,868 career yards, second with 14.4 career yards-per-completion, third with 794 rushing yards (among QBs) and fourth with 126.0 total offensive yards per game. Started all 11 games at quarterback and was

named the team's Most Outstanding Player after completing 143-264 passes (54.2) for 2,136 yards and nine touchdowns as a senior. Also competed in track and field and placed fifth his junior year in the 100 meters at the Pac-10 Finals.

PERSONAL: Native of Seattle, attended Garfield High School where he passed for 1,628 yards and 12 touchdowns and rushed for 700 yards and nine touchdowns as a senior. Ranked second among Washington state 4A quarterbacks. *SuperPrep* rated him fifth in the nation among quarterbacks. *Tom Lemming's Prep Report* rated him No. 23. Also played baseball at Garfield. Majored in marketing and American ethnic studies at Washington.

STANBACK'S NFL RECORD

				Receiving					Rushing			
	Club	G/S	No	Yds	Avg	LG	TD	Att	Yds	Avg	LG	TD
2007	Dallas	2/0	0	0	0.0	0.0	0	0	0	0.0	0	0
2008	Dallas	8/0	2	24	12.0	15	0	0	0	0.0	0	0
2009	New England	6/2	3	22	7.3	9	0	0	0	0.0	0	0
2010	Seattle				Injured Reserve (Achilles)							
NFL TOTALS		**16/2**	**5**	**46**	**9.2**	**15**	**0**	**0**	**0**	**0.0**	**0**	**0**
				Kickoff Returns					Punt Returns			
	Club	G/S	No	Yds	Avg	LG	TD	Att	Yds	Avg	LG	TD
2007	Dallas	2/0	3	78	26.0	35	0	0	0	0.0	0	0
2008	Dallas	8/0	10	218	21.8	58	0	0	0	0.0	0	0
2009	New England	6/2	1	22	22.0	22	0	0	0	0.0	0	0
2010	Seattle				Injured Reserve (Achilles)							
NFL TOTALS			**16/2**	**14**	**318**	**22.7**	**58**	**0**	**0**	**0**	**0.0**	**0**

STANBACK'S SINGLE-GAME HIGHS

Receptions: 2, Twice, Last at Indianapolis (11/15/09)
Longest Reception: 15, at Cleveland (9/7/08)

Receiving Yards: 24, at Cleveland (9/7/08)
Receiving Touchdowns: None
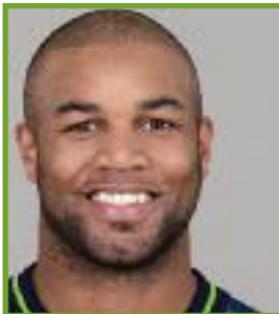
GOLDEN TATE

Position . . . . . . .Wide Receiver
Height 5-10
Weight 202
College . . . . Notre Dame
NFL Seasons 2nd
Seahawks Seasons 2nd
Born . . . . August 2, 1988
H'town . . Hendersonville, Tenn.

81

HOW ACQUIRED: Selected with 28th pick (60th overall) in the second round of the 2010 NFL Draft.

NFL CAREER HIGHLIGHTS:

• Recorded 21 catches for 227 yards in 11 games during his rookie season in 2010. Also returned 16 punts for 202 yards (12.6). Played in both postseason games and started in the NFC Wild Card Game vs. New Orleans (1/8/11) when the team opened in a five-receiver set.

• Played in first-career game at Denver (9/19), and hauled in first-career reception for a career-long 52 yards. Also established a career-long 63 yard punt return on first NFL touch.

• Second Notre Dame player to be drafted by the Seahawks in the second round (John Carlson, 2008). Highest receiver drafted since Koren Robinson was selected ninth overall in 2001.

COLLEGE: Played in 37 career games, starting 22, while recording 157 receptions for 2,707 yards and 26 touchdowns. His 157 receptions rank third in Notre Dame history, and established the team's season record with 93 receptions during his final campaign. Placed eighth on the Irish all-time record list with 909 yards via kickoff returns and ranks second with 4,130 all-purpose yards. As a junior, Consensus All-American first-team selection. Recipient of the Biletnikoff Award, given to the nation's premier wide receiver. Shared team MVP honors with QB Jimmy Clausen. Started all 12 games, setting school records with 93 receptions for 1,496 yards. His 15 touchdowns tied an Irish record. Ranked third in nation and set school record

while averaging 124.67 yards per game receiving. His 1,915 all-purpose yards was the second-highest season total by an Irish player.

PERSONAL: Attended Pope John Paul II (Hendersonville, Tenn.) High School, where he was a *USA Today* second-team prep All-America selection (defense). Rushed 140 times for 1,413 yards and 23 touchdowns as senior and added 28 receptions for 510 yards and six receiving touchdowns. Registered three interceptions. Eleventh prep player nationally on *ESPN* 150 listing. Rated one of top 250 players nationally by *Rivals.com*, including second among Tennessee

prospects and seventh nationally among players in athlete category. Named Charles Greenhill Award winner as top prep player in Tennessee and Middle Tennessee High School Football Player of the Year for 2006, both by Lawrenceburg (Tenn.) Quarterback Club. Drafted by the Arizona Diamondbacks in the 42nd round of the 2007 MLB Draft after being a standout outfielder for the Notre Dame baseball team. Father Golden Tate, Jr., played wide receiver at Tennessee State and was a fifth-round pick by the Indianapolis Colts in 1984 NFL draft as 120th overall selection. Full name is Golden H. Tate III.

TATE'S SINGLE-GAME HIGHS

Receptions: 4, vs. San Diego (9/26/10)
Longest Reception: 52, at Denver (9/19/10)
Punt Return Yards: 82, at Denver (9/19/10)

Receiving Yards: 52, at Denver (9/19/10)
Receiving Touchdowns: None
Longest Punt Return: 63, at Denver (9/19/10)

TATE'S NFL RECORD

				Receiving					Rushing			
	Club	G/S	No	Yds	Avg	LG	TD	Att	Yds	Avg	LG	TD
2010	Seattle	11/0	21	227	10.8	52	0	2	4	2.0	3	0
NFL TOTALS		**11/0**	**21**	**227**	**10.8**	**52**	**0**	**2**	**4**	**2.0**	**3**	**0**
				Kickoff Returns					Punt Returns			
	Club	G/S	No	Yds	Avg	LG	TD	Att	Yds	Avg	LG	TD
2010	Seattle	11/0	1	10	10.0	10	0	16	202	12.6	63	0
NFL TOTALS		**11/0**	**1**	**10**	**10.0**	**10**	**0**	**16**	**202**	**12.6**	**63**	**0**

POSTSEASON

				Receiving					Rushing			
	Club	G/S	No	Yds	Avg	LG	TD	Att	Yds	Avg	LG	TD
2010	Seattle	2/1	1	5	5.0	5	0	1	13	13.0	13	0
NFL TOTALS		**2/1**	**1**	**5**	**15.0**	**5**	**0**	**1**	**13**	**13.0**	**13**	**0**
				Kickoff Returns					Punt Returns			
	Club	G/S	No	Yds	Avg	LG	TD	Att	Yds	Avg	LG	TD
2010	Seattle	2/1	0	0	0.0	0	0	1	11	11.0	11	0
NFL TOTALS		**2/1**	**0**	**0**	**0.0**	**0**	**0**	**1**	**11**	**11.0**	**11**	**0**

TATE'S GAME-BY-GAME

2010	Opponent	No	Yds	Avg	LG	TD
9/12	San Francisco		Inactive			
9/19	at Denver	1	52	52.0	52	0
9/26	San Diego	4	33	8.3	11	0
10/3	at St. Louis	3	30	10.0	13	0
10/17	at Chicago	0	0	0.0	0	0
10/24	Arizona	0	0	0.0	0	0
10/31	at Oakland	2	36	18.0	24	0
11/7	New York Giants		Inactive (ankle)			
11/14	at Arizona		Inactive (ankle)			
11/21	at New Orleans		Inactive (ankle)			
11/28	Kansas City	2	21	10.5	12	0
12/5	Carolina	2	13	6.5	7	0
12/12	San Francisco	3	29	9.7	14	0
12/19	Atlanta		Did Not Play			
12/26	at Tampa Bay	3	10	3.3	5	0
1/2/11	St. Louis	1	3	3.0	3	0
TOTALS (11/0)		**21**	**227**	**10.8**	**52**	**0**
1/8/11	New Orleans	1	5	5.0	5	0
1/16/11	at Chicago	0	0	0.0	0	0
PLAYOFF TOTALS (2/1)		**1**	**5**	**5.0**	**5**	**0**

EARL THOMAS

Position . . . . .Safety	
Height 5-10	
Weight 202	
College . . . . Texas	
NFL Seasons. 2nd	
Seahawks Seasons. 2nd	**29**
Born . . . . May 7, 1989	
Hometown. . . . . Orange, Texas	

HOW ACQUIRED: Drafted with the 14th overall pick in the 2010 NFL Draft. First time club drafted two players in the first round since 2001 (Koren Robinson, 9; Steve Hutchinson, 17).

NFL CAREER HIGHLIGHTS:

• Led team with five interceptions (T5th NFC, T10th NFL), tying the club's mark for most interceptions by a rookie (Michael Boulware, 2005).

• In 2010, finished fifth on team with 71 tackles (60 solo) during rookie campaign.

• Scored first career touchdown on a 10-yard return of a blocked punt vs. Kansas City (11/28/10), the first time that has happened for Seattle since Alex Bannister's 9-yard return vs. Denver (10/14/01).

• Collected the first two interceptions of career vs. San Diego (9/26/10) with the final pick coming at the goal-line to preserve the win. Became the first Seahawks rookie since Kenny Easley in 1991 to have two interceptions in one game.

• Posted a career-high eight stops (six solo) in consecutive weeks at New Orleans (11/21/10) and vs. Kansas City (11/28/10).

• Made NFL debut with six tackles (four solo) vs. San Francisco (9/12/10).

• Only second safety drafted by Seahawks in first round (Kenny Easley, 1981). Fourth player drafted out of Texas (Last: Marcus Tubbs, 2004).

COLLEGE: Named a Thorpe Award finalist (nation's top defensive back). Left school after redshirt-sophomore season and started all 27 games at Texas, posting 135 tackles (97 solos)

with 7.5 stops for loss. Added 19 tackles (17 solos) with a blocked punt performing on UT's special team coverage units. Deflected 21 passes and intercepted 10 others for 149 yards in returns. His 10 interceptions rank 11th on the school's career record list. As a sophomore, earned All-American first-team honors from T*he NFL Draft Report*, *Walter Camp Football Foundation, American Football Coaches Association, AP*, and *Football Writers Association of America*, adding second-team honors from *The Sporting News*. Finalist for Jim Thorpe Award, given to the Nation's top defensive back. Unanimous All-Big Twelve Conference first-team choice. Recorded 65 tackles (46 solo), one forced fumble and led the league (third in nation) with eight interceptions. His eight interceptions in 2009 set the school single-season record, topping the previous mark of seven.

PERSONAL: Attended West Orange-Stark High School (Texas). Earned all-state selection and three-year starter at DB, RB and WR. Recorded 112 career tackles with 11 interceptions, two kickoff return TDs and two punt return TDs. Also had 1,850 rushing yards and 2,140 receiving yards. Helped team to a 24-2 record over his final two seasons. Also lettered in basketball, baseball and track and field. A two-time letterman in basketball and baseball. A three-time letterman in track and field. An active member of his church in which his late grandfather, Earl Thomas, was the pastor. Was part of a rebuilding project following Hurricane Katrina. His uncle, Anthony Thomas, was a linebacker at Stephen F. Austin (1997-99).

THOMAS' NFL RECORD

			Tackles			Sacks		Interceptions							
Club		G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2010	Seattle	16/16	71	60	11	0.0	0.0	5	68	13.6	34	0	7	1	0	0
NFL TOTALS		**16/16**	**71**	**60**	**11**	**0.0**	**0.0**	**5**	**68**	**13.6**	**34**	**0**	**7**	**1**	**0**	**0**

POSTSEASON

			Tackles			Sacks		Interceptions							
Club		G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2010	Seattle	2/2	12	12	0	0.0	0.0	0	0	0.0	0	0	1	0	0	0
NFL TOTALS		**2/2**	**12**	**12**	**0**	**0.0**	**0.0**	**0**	**0**	**0.0**	**0**	**0**	**1**	**0**	**0**	**0**

THOMAS' SINGLE-GAME HIGHS

Tackles: 8, at New Orleans (11/21/10) and vs. Kansas City (11/28/10)
Interceptions: 2, vs. San Diego (9/26/10)

Sacks: None
Forced Fumbles: 1, at Tampa Bay (12/26/10)
Fumble Recoveries: None

ADDITIONAL STATS

Special Teams Tackles: 2010 (4); **Career:** (4);
Special Teams Touchdowns: 10-yard return of a blocked punt for a TD.

WALTER THURMOND

Position . . . . .Cornerback
Height 5-11
Weight 190
College . . . . Oregon
NFL Seasons. 2nd
Seahawks Seasons. 2nd
Born. . . . . . . August 12, 1987
Hometown . West Covina, Calif.

28

HOW ACQUIRED: Drafted with the 13th selection (111th overall) in the fourth round of the 2010 NFL Draft. Fourth player chosen out of Oregon since 2007 (Last: Max Unger, 2009).

NFL CAREER HIGHLIGHTS:

• Made first NFL start vs. Arizona (10/24/10), totaling four solo stops and two passes defensed.

• Replaced Marcus Trufant (head) at New Orleans (10/21) and had a career-high nine solo stops.

• Made NFL debut at cornerback after Trufant (ankle) went down vs. San Diego (9/26/10).

• Saw first NFL action on special teams in the season opener vs. San Francisco (9/12/10).

COLLEGE: Played in 41 games, recording 254 tackles (181 solo), 12 interceptions (ranked ninth in school history) and scored five total touchdowns at Oregon. Returned 33 kickoffs for 850 yards and ran back 11 punts for 165 yards and one touchdown. As a senior, lost for the season

after four games with a knee injury suffered returning the opening kickoff vs. California. Returned the opening punt 78 yards for a touchdown against Utah, to extend his career TD totals to five. Tied a school record with his third career interception for a touchdown (18 yards) against Purdue. As a junior, started 12 of 13 games played and finished tied for first in the Pac-10 with five interceptions. Recorded 51 tackles and shared the team lead in interceptions, including one INT in the Holiday Bowl victory vs. Oklahoma State. Also had five solo tackles and returned six kickoffs for a total of 201 yards, including a 91-yarder.

PERSONAL: Considered one of California's fastest players, helped lead West Covina (Calif.) High School to CIF Southern Section Division VII championship and a 11-2-1. Recorded 29 receptions for 730 yards and seven touchdowns his senior season in addition to rushing for more than 400 yards and two more scores. Added 85 tackles and five interceptions to earn All-San Gabriel Valley Region honors. Also received All-

THURMOND'S NFL RECORD

| Club | G/S | Tackles | | | Sacks | | Interceptions | | | | | | | | |
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2010 Seattle	13/1	33	29	4	0.0	0.0	0	0	0.0	0	0	7	0	0	0
NFL TOTALS	**13/1**	**33**	**29**	**4**	**0.0**	**0.0**	**0**	**0**	**0.0**	**0**	**0**	**7**	**0**	**0**	**0**

POSTSEASON

| Club | G/S | Tackles | | | Sacks | | Interceptions | | | | | | | | |
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2010 Seattle	2/0	4	3	1	0.0	0.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS	**2/0**	**4**	**3**	**1**	**0.0**	**0.0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**

CIF Southern Section second-team plaudits as a wide receiver in 2004 after attracting first-team all-San Antonio League, all-CIF and all-Valley attention following his 2003 campaign. Born Walter Riley Thurmond III on Aug. 12, 1987, in Hollywood, Calif. Parents are Walter Thurmond Jr. and Kassie Carney. Majored in Political Science.

THURMOND'S SINGLE-GAME HIGHS

Tackles: 9, at New Orleans (10/21/10)
Sacks: None
Forced Fumbles: None

Interceptions: None
Fumble Recoveries: None
Touchdowns: None

ADDITIONAL STATS

Special Teams Tackles: 2010 (4); **Career:** (4); **Postseason:** 2010 (1); **Career** (1).
Punt Returns: 2010: One punt return for 0 yards; **Career**: One punt return for 0 yards.

MARCUS TRUFANT

Position . . . . .Cornerback
Height . . . 5-11   Weight . . 197
College. . . . . Washington State
NFL Seasons 9th
Seahawks Seasons 9th
Born . . . . . December 25, 1980
HometownTacoma, Washington
Pronunciation . . . . . TRUE-font

23

HOW ACQUIRED: Local product chosen with the 11th overall pick in the first round of the 2003 NFL Draft, becoming the first defensive player taken in the first round by the Seahawks since DE Lamar King (1999) and only the third cornerback drafted in the first round by the Seahawks in team history. The fifth-highest cornerback taken by Seattle and highest since Shawn Springs was chosen third in 1997.

NFL CAREER HIGHLIGHTS:

• In ninth season with the club he is the longest tenured Seahawks player.

• Has started 119 of 120 career games. Started the first 94 games of his career before coming off the bench in nickle situations at Dallas (11/1/09) following a back injury.

• Tied for fifth in franchise history with 20-career interceptions (Darryl Williams, Shawn Springs).

• Played in all 16 regular season games in 2010 and finished second on the team with 10 passes defended, fourth with 80 tackles (65 solo).

• Scored second-career regular season touchdown vs. San Francisco (9/12/10) on a 32-yard interception return.

• Missed six games in 2009 after starting season on PUP with a back injury. Prior, had missed only two games in six NFL seasons, missing his first career game in the 2005 season finale vs. Green Bay (1/1/06).

• Earned first NFL Pro Bowl Honors in 2007 after starting all 16 games, registering 85 tackles (78 solo), career-high seven interceptions (2nd NFC, T3rd NFL), 16 passes defended and first-career touchdown.

• Tied a franchise record with career-high three interceptions vs. Arizona (12/9/07) including a 84-yarder for first career touchdown.

• In the 2007 NFC Wild Card Game vs. Washington (1/5/08) returned interception 78 yards for a score and set club playoff records for most interception yards for a career (78) and game (78), longest interception return (78) and most interception touchdowns (1) for a career and game (Babineaux returned interception 57 yards for a touchdown later in the game). Also recorded six tackles (three solo), an interception and three passes defended.

• Set a career high with nine tackles three times in six-year career, including vs. Green Bay (10/12/08).

• In 2004 became only the fourth cornerback in NFL history to lead their team in total tackles with 93.

• One of two rookies (S Ken Hamlin) to start on defense in 2003 while recording 78 tackles (69 solo), two interceptions and a team-high 20 passes defended.

HONORS: 2003, *Pro Football Weekly All-Rookie Team.* **2007,** *NFC Pro Bowl.*

COLLEGE: Started at Washington State since early in his freshman year. Did not allow a touchdown reception in his last two seasons. Finished college career with 201 tackles (153 solo), five tackles for loss, 11 interceptions, and 49 pass deflections in 42 games. As a senior, was selected an All-American second-team pick by the *Associated Press* and first-team All-Pac-10 Conference choice. Served as team captain and started every game at left cornerback. Finished the season third on the team with 74 tackles (59 solo). Also had three interceptions, deflected 13 passes, and recovered a fumble. Returned 38 punts for 402 yards (10.6 avg.).

PERSONAL: Attended Wilson (Tacoma, Wash.) High School. Earned three varsity letters, two in basketball and track. Served as a team captain for three sports as a senior. As a junior, named the top offensive player on the team, while in basketball, he was chosen Mr. Defense. Triple jumped 47-6 to capture ninth place at the State track meet. As a senior, earned All-State first-team honors by *Associated Press*, the *Seattle PI,* and *Washington Prep Report.* Was a *Seattle Times* Red Chip honoree and named to the Western 100 (number eight DB) by the *Tacoma News Tribune*. Named Washington AAAA Player of the Year by *TNT,* as well as to the paper's all-league, all-area, and all-state teams. Won the state 4-A title. Scored 30 touchdowns and rushed for more than 1,800 yards. On defense, recorded 48 tackles and eight interceptions. Majored in communications. Married to Jessica and has two daughters, Karmyn and Kimora.

TRUFANT'S NFL RECORD

Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2003 Seattle	16/16	78	69	9	0.0	0.0	2	21	10.5	15	0	20	0	1	31
2004 Seattle	16/16	93	83	10	1.0	8.0	5	141	28.2	58	0	20	0	0	0
2005 Seattle	15/15	64	55	9	1.0	5.0	1	7	7.0	7	0	14	1	0	0
2006 Seattle	15/15	68	60	8	0.0	0.0	1	0	0.0	0	0	11	2	0	0
2007 Seattle	16/16	85	78	7	0.0	0.0	7	150	21.4	84t	1	16	0	0	0
2008 Seattle	16/16	64	60	4	0.0	0.0	1	0	0.0	0	0	13	0	2	36
2009 Seattle	10/9	49	43	6	0.0	0.0	2	4	2.0	4	0	6	0	0	0
2010 Seattle	16/16	80	65	15	0.0	0.0	1	32	32.0	32t	1	10	1	2	0
NFL TOTALS	**120/119**	**581**	**513**	**68**	**2.0**	**13.0**	**20**	**355**	**17.0**	**84t**	**2**	**110**	**4**	**5**	**67**

POSTSEASON

Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2003 Seattle	1/1	5	5	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2004 Seattle	1/1	5	4	1	0.0	0.0	0	0	0.0	0	0	1	0	0	0
2005 Seattle	3/3	9	9	0	0.0	0.0	0	0	0.0	0	0	4	0	1	0
2006 Seattle			Injured Reserve												
2007 Seattle	2/2	9	6	3	0.0	0.0	1	78	78.0	78t	1	3	0	0	0
2010 Seattle	2/2	11	10	1	0.0	0.0	0	0	0.0	0	0	1	0	0	0
NFL TOTALS	**9/9**	**39**	**34**	**5**	**0.0**	**0.0**	**1**	**78**	**78**	**78t**	**1**	**9**	**0**	**1**	**0**

TRUFANT'S SINGLE-GAME HIGHS

Tackles: 9, 6 Times, Last vs. N.Y. Giants (11/7/10)
Sacks: 1.0, 2 Times, Last at Jacksonville (9/11/05)
Forced Fumbles: 1, 3 Times, Last at Denver (12/3/06)
Interceptions: 3 vs. Arizona (12/9/07)
Fumble Recoveries: 1, 3 Times, Last at St. Louis (12/14/08)

Touchdowns: 1 vs. Arizona (12/9/07), 84-yard interception return & vs. San Francisco (9/12/10), 32-yard interception return.

ADDITIONAL STATS

Special Teams Tackles: 2003 (5), 2004 (2), 2005 (7); **Career:** (14); **Postseason:** 2003 (1)
Punt Return: 2006: One punt return for no gain.

MAX UNGER

Position . . . . Center
Height 6-5
Weight 305
College . . . . Oregon
NFL Seasons 3rd
Seahawks Seasons 3rd
Born . . . . April 14, 1986
Hometown Kailua-Kona, Hawaii

60

HOW ACQUIRED: Drafted with the 17th selection in the second round (49th overall) of the 2009 NFL Draft. Third center drafted in the second round in club history. Fifth player selected from Oregon in school history.

NFL CAREER HIGHLIGHTS:

• Started the 2010 season opener vs. San Francisco (9/12) at right guard before leaving the game with a season-ending toe injury. Was placed on injured reserve on September 14.

• In 2009, became the first rookie lineman to start all 16 games since Ray Roberts in 1992. Started first 13 games at right guard before moving to center for the final three games.

COLLEGE: Started 51 consecutive games and earned all-conference honors in every season, including being named first-team All-Pac-10 twice. Also named to several All-Amercan teams. Earned those accolades at two positions: left tackle in 2005 and 2006 and center in 2007 and 2008. As a senior, started all 13 games, including 11 at center. The Ducks led the Pac-10 and finished second in the nation with an average of 280.08 yards per game on the ground. They also led the league in scoring (41.92 ppg, seventh in the country) and total offense (484.85 ypg).

PERSONAL: Attended Hawaii Preparatory (Honaunau, Hi.) Academy, playing football for head coach Tom Goodspeed. Ranked among nation's top 50 offensive guards by Rivals.com as a senior. Did not begin playing organized football until the ninth grade, but in only his second season, he was a member of the Honolulu Star-Bulletin's 2002 second-team All-State squad. Playing on both sides of the ball during his last two years, he received first-team All-Big Island Inter-scholastic Federation honors both times.

UNGER'S NFL RECORD

Year	Team	—	GP/GS	Postseason
2009	Seattle	—	16/16	—
2010	Seattle	—	1/1	0/0
NFL TOTALS		**—**	**17/17**	**0/0**

LEON WASHINGTON

Position . . . . . . .Running Back
Height 5-8
Weight 203
College . . . . Florida State
NFL Seasons 6th
Seahawks Seasons. 2nd
Born. . . . . August 29, 1982
Hometown . . Jacksonville, Fla.

33

HOW ACQUIRED: Came to Seattle on April 24, 2010, in a draft-day trade with the Jets. The Seahawks sent their fifth-round choice (139th overall) to New York in exchange for Washington and their seventh-round pick (236th overall).

CAREER HIGHLIGHTS:

• Orginally drafted by the New York Jets in the fourth round (117th overall) of the 2006 NFL draft. Played for New York from 2006-09.

• Second all-time in NFL history with seven career kickoff returns for touchdowns (8, Josh Cribbs).

• First player in NFL history to return three kickoffs for touchdowns in two different seasons (2007, 2010).

• Became the 10th player in NFL history and first in Seahawks history to return two kickoffs for touchdowns (101 and 99 yards) in a game vs. San Diego (9/26/10). His returns are the longest in franchise history. His 253 total kickoff return yardage is also a franchise record, while his 63.3-yard average (4 for 253 yards) is fourth in NFL history (min. 3 att.) and highest since 1960.

• Established career-long 84-yard punt return vs. Carolina (12/5/10), sixth longest in Seahawks history.

• In 2010, ranked fifth in the NFC (8th NFL) with a 25.6 kickoff return average.

• In 2009, rushed for 331 yards on 71 carries in seven games before his season ended on October 25 due to a leg injury.

• Named to the Pro Bowl in 2008 as a kick returner after he ranked first in the NFL for most combined yards (2,332), which also set a Jets single-season record.

• Set a career high with 274 all-purpose yards vs. Kansas City (10/26/08).

• Rushed for a career-long 61-yard touchdown at Tennessee (11/23/08).

• Started eight games at running back as a rookie in 2006, leading the Jets in rushing with 650 yards, the fourth highest total by a Jets rookie in franchise history, and most since Clark Gaines had 724 yards in 1976.

HONORS:

2010, *Associated Press Second-Team All-Pro, NFC Special Teams Player of the Week vs. SD (9/26/10), Pro Bowl alternate.*

2008, *NFC Pro Bowl.*

COLLEGE: Left school ranked 10th in career rushing with 2,041 yards. Became the only player in the Bobby Bowden era to score a touchdown five different ways (run, reception, punt return, kickoff return, and fumble return). Earned All-ACC second-team honors and was named the Seminoles' offensive MVP by the coaching staff. Earned Gator Bowl Most Valuable Player honors in 2004 with 12 rushes for 195 yards in the Seminoles' victory over West Virginia. Played in 10 of 12 games, while earning 10 starting assignments. Led the ACC in rushing yards per game with an average of 95.1 and finished second in the ACC with 112.5 total offensive yards per game.

PERSONAL: Attended Andrew Jackson High School. Named 2002 Mr. Florida in football after rushing for 2,437 yards and 28 touchdowns, returning three punts and one kickoff for a touchdown, and posting 88 tackles and three interceptions on defense. Earned Florida Times-Union Player of the Year honors and was rated the number three prospect overall in the state of Florida by the Orlando Sentinel. Visited St. Barnabas Medical Center in Livingston, NJ, in 2006, along with 24 members of the Jets' rookie class, to tour the facilities and spend time with patients in the pediatric and burn victim units. Majored in Social Sciences at FSU. Has two sons; Leon, Jr. and Noel Simon.

WASHINGTON'S GAME-BY-GAME

2006	Opponent	Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD	Total	W/L
9/10	at Tennessee	0	0	0.0	0	0	0	0	0.0	0	0	0	W
9/17	New England	1	0	0.0	0	0	0	0	0.0	0	0	0	L
9/24	at Buffalo	7	25	3.6	7	0	2	52	26	47	0	77	W
10/1	Indianapolis	9	33	3.7	7	0	1	8	8.0	8	0	41	L
10/8	at Jacksonville	23	101	4.4	19	0	1	8	8.0	8	0	109	L
10/15	Miami	11	58	5.3	12	0	0	0	0.0	0	0	58	W
10/22	Detroit	20	129	6.5	23	2	1	8	8.0	8	0	137	W
10/29	at Cleveland	15	51	3.4	11	0	0	0	0.0	0	0	51	L
11/12	at New England	9	35	3.9	8	0	2	1	0.5	2	0	36	W
11/19	Chicago	13	22	1.7	16	0	1	7	7.0	7	0	29	L
11/26	Houston	5	17	3.4	9	0	2	7	3.5	9	0	24	W
12/3	at Green Bay	7	40	5.7	20t	0	2	26	13.0	13	0	66	W
12/10	Buffalo	7	55	7.9	18	1	7	28	4.0	9	0	83	L
12/17	at Minnesota	3	5	1.7	5	0	3	50	16.7	38	0	55	W
12/25	at Miami	6	26	4.3	11	0	4	108	27.0	64	0	134	W
12/31	Oakland	15	53	3.5	15t	1	2	17	8.5	10	0	70	W
TOTALS (16/8)		**151**	**650**	**4.3**	**23**	**4**	**28**	**320**	**10.8**	**64**	**0**	**970**	**10-6**
1/7/07	at New England	11	50	4.5	19	0	4	25	6.3	12	0	75	L
PLAYOFF TOTALS (1/1)		**11**	**50**	**4.5**	**19**	**0**	**4**	**25**	**6.3**	**12**	**0**	**75**	**0-1**

2007	Opponent	Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD	Total	W/L
9/9	New England	4	15	3.8	5	0	3	30	10.0	16	0	45	L
9/16	at Baltimore	0	0	0.0	0	0	0	0	0.0	0	0	0	L
9/23	Miami	7	18	2.6	5	0	0	0	0.0	0	0	18	W
9/30	at Buffalo	4	24	6.0	9	1	8	38	4.8	9	0	62	L
10/7	at New York Giants	9	13	1.4	10	0	1	-1	-1.0	-1	0	12	L
10/14	Philadelphia	2	8	4.0	6	0	1	5	5.0	5	0	13	L
10/21	at Cincinnati	3	11	3.7	8	0	2	21	10.5	15	0	33	L
10/28	Buffalo	5	25	5.0	17	0	2	7	3.5	11	0	32	L
11/4	Washington	4	13	3.3	4	0	4	18	4.5	7	0	31	L
11/18	Pittsburgh	2	10	5.0	8	0	0	0	0.0	0	0	10	W
11/22	at Dallas	2	14	7.0	11	0	1	5	5.0	5	0	19	L
12/2	at Miami	10	68	6.8	18t	2	2	35	17.5	18	0	103	W
12/9	Cleveland	3	5	1.7	3	0	4	31	7.8	11	0	36	L
12/16	at New England	4	57	14.3	49	0	3	9	3.0	5	0	66	L
12/23	at Tennessee	1	5	5.0	5	0	2	2	1.0	5	0	7	L
12/30	Kansas City	11	67	6.1	22	0	3	13	4.3	11	0	80	W
TOTALS (16/4)		**71**	**353**	**5.0**	**49**	**3**	**36**	**213**	**5.9**	**18**	**0**	**566**	**4-12**

2008	Opponent	Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD	Total	W/L
9/7	at Miami	6	9	1.5	5	0	2	17	8.5	13	0	26	W
9/14	New England	2	28	14.0	17	0	4	22	5.5	13	0	59	L
9/22	at San Diego	1	-1	-1.0	-1	0	2	20	10.0	15	0	19	L
9/28	Arizona	7	26	3.7	13	0	4	17	4.3	9	0	43	W
10/12	Cincinnati	5	7	1.4	3	0	4	22	5.5	12	0	29	W
10/19	at Oakland	3	19	6.3	11t	1	3	21	7.0	8	0	27	L
10/26	Kansas City	3	67	22.3	60t	1	3	34	11.3	18t	1	101	W
11/2	at Buffalo	7	13	1.9	5	0	2	42	21.0	40	0	65	W
11/9	St. Louis	12	54	4.5	13	0	4	14	3.5	7	0	68	W
11/13	at New England	5	18	3.6	7	0	2	17	8.5	10	1	35	W
11/23	at Tennessee	8	82	10.3	61t	2	1	2	2.0	2	0	84	W
11/30	Denver	2	4	2.0	4	0	3	60	20.0	34	0	64	L
12/7	at San Francisco	1	1	1.0	1	0	6	31	5.2	9	0	32	L
12/14	Buffalo	1	47	47.0	47t	1	1	7	7.0	7	0	54	W
12/21	at Seattle	3	14	4.7	7	0	0	0	0.0	0	0	14	L
12/28	Miami	10	60	6.0	13	1	6	29	4.8	9	0	89	L
TOTALS (16/1)		**76**	**448**	**5.9**	**61t**	**6**	**47**	**355**	**7.6**	**40**	**2**	**803**	**9-7**

WASHINGTON'S GAME-BY-GAME

2009	Opponent	Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD	Total	W/L
		----------Rushing------------					------------Receiving----------						
9/13	at Houston	15	60	4.0	12	0	4	24	6.0	8	0	84	W
9/20	New England	14	58	4.1	19	0	2	18	9.0	13	0	76	W
9/27	Tennessee	12	46	3.8	10	0	1	6	6.0	6	0	52	W
10/4	at New Orleans	4	17	4.3	7	0	4	24	6.0	15	0	41	L
10/12	at Miami	11	45	4.1	11	0	1	13	13.0	13	0	58	L
10/18	Buffalo	15	99	6.6	33	0	3	46	15.3	33	0	145	L
10/25	at Oakland	1	6	6.0	6	0	0	0	0.0	0	0	6	W
Games 7-16				Injured Reserve (leg)									
TOTALS (7/0)		**72**	**331**	**4.6**	**33**	**0**	**15**	**131**	**8.7**	**33**	**0**	**803**	**9-7**
2010	Opponent	Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD	Total	W/L
		----------Rushing------------					------------Receiving----------						
9/12	San Francisco	6	12	2.0	5	0	0	0	0.0	0	0	12	W
9/19	at Denver	4	17	4.3	7	0	0	0	0.0	0	0	17	L
9/26	San Diego	1	0	0.0	0	0	0	0	0.0	0	0	0	W
110/3	at St. Louis	1	1	1.0	1	0	2	28	14.0	28	0	29	L
10/17	at Chicago	0	0	0.0	0	0	1	0	0.0	0	0	0	W
10/24	Arizona	0	0	0.0	0	0	0	0	0.0	0	0	0	W
10/31	at Oakland	5	29	5.8	21	0	0	0	0.0	0	0	29	L
11/7	New York Giants	0	0	0.0	0	0	0	0	0.0	0	0	0	L
11/14	at Arizona	0	0	0.0	0	0	0	0	0.0	0	0	0	W
11/21	at New Orleans	1	0	0.0	0	0	1	9	9.0	0	0	9	L
11/28	Kansas City	0	0	0.0	0	0	1	5	5.0	0	0	5	L
12/5	Carolina	2	5	2.5	4	0	0	0	0.0	0	0	5	W
12/12	at San Francisco	4	10	2.5	5	0	1	13	13.0	13	0	23	L
12/19	Atlanta	1	6	6.0	6	0	0	0	0.0	0	0	6	L
12/26	at Tampa Bay	1	16	16.0	16t	1	0	0	0.0	0	0	16	L
1/2/11	St. Louis	1	4	4.0	4	0	3	24	8.0	10	0	28	W
TOTALS (16/1)		**27**	**100**	**3.7**	**21**	**1**	**9**	**79**	**8.8**	**28**	**0**	**28**	**7-9**
1/8/11	New Orleans	1	-1	-1.0	-1	0	0	0	0.0	0	0	-1	W
1/16/11	at Chicago	1	9	9.0	9	0	1	10	10.0	10	0	19	L
PLAYOFF TOTALS (1/1)		**2**	**8**	**4.0**	**9**	**0**	**1**	**10**	**10.0**	**10**	**0**	**18**	**1-1**

WASHINGTON'S SINGLE-GAME HIGHS

RUSHING
Rush Attempts: 23 at Jacksonville (10/8/06)
Rushing Yards: 129 vs. Detroit (10/29/06)
Longest Rush: 61t at Tennessee (11/23/08)
Rushing Touchdowns: 2, 3 Times, Last at Tennessee (11/23/08)
RECEIVING
Receptions: 8 at Buffalo (9/30/07)
Receiving Yards: 108 at Miami (12/25/06)
Longest Reception: 64 (12/25/06)
Receiving Touchdowns: 1, 2 Times, Last at New England (11/13/08)
RETURNS
Kickoff Returns: 7 at San Francisco (12/12/10), at Tampa Bay (12/26/10)
Kickoff Return Yardage: 253 vs. San Diego (9/26/10)
Longest Kickoff Return: 101t vs. San Diego (9/26/10)
Punt Return: 5, 3 Times, Last vs. Cincinnati (10/12/08)
Punt Return Yardage: 92 vs. Carolina (12/5/10)
Longest Punt Return: 84 vs. Carolina (12/5/10)

ADDITIONAL STATS

Passing: 2007: 1-1, 36 yards, 118.8 rating. **Misc. Tackles:** 2006: 2, 2008: 4; **Career:** 6
Postseason: Punt Returns: 2006: One punt return for -7 yards.

WASHINGTON'S NFL RECORD

	Club	G/S	No	Yds	Avg	LG	TD	Att	Yds	Avg	LG	TD
				Rushing					**Receiving**			
2006	N.Y. Jets	16/8	151	650	4.3	23	4	25	270	10.8	64	0
2007	N.Y. Jets	16/4	71	353	5.0	49	3	36	213	5.9	18	0
2008	N.Y. Jets	16/1	76	448	5.9	61t	6	47	355	7.6	40	2
2009	N.Y. Jets	7/0	72	331	4.6	33	0	15	131	8.7	33	0
2010	Seattle	16/0	27	100	3.7	21	1	9	79	8.8	28	0
NFL TOTALS		**71/13**	**397**	**1,882**	**4.7**	**61t**	**14**	**132**	**1,050**	**7.9**	**64**	**2**

	Club	G/S	No	Yds	Avg	LG	TD	Att	Yds	Avg	LG	TD
				Kickoff Returns					**Punt Returns**			
2006	N.Y. Jets	16/8	6	79	13.2	23	0	13	97	7.5	38	0
2007	N.Y. Jets	16/4	47	1,291	27.5	98t	3	20	183	9.2	33	0
2008	N.Y. Jets	16/1	48	1,231	25.6	94	1	29	303	10.4	37	0
2009	N.Y. Jets	7/0	16	385	24.1	43	0	2	16	8.0	12	0
2010	Seattle	16/0	57	1,461	25.6	101t	3	22	249	11.3	84	0
NFL TOTALS		**71/13**	**174**	**4,467**	**25.7**	**101t**	**7**	**86**	**857**	**10.0**	**84**	**0**

POSTSEASON

	Club	G/S	No	Yds	Avg	LG	TD	Att	Yds	Avg.	LG	TD
				Rushing					**Receiving**			
2006	N.Y. Jets	1/1	11	50	4.5	19	0	4	25	6.3	12	0
2009	N.Y. Jets				Injured Reserve (Leg)							
2010	Seattle	2/1	2	8	4.0	9	0	1	10	10.0	10	0
NFL TOTALS		**3/2**	**13**	**58**	**4.5**	**19**	**0**	**9**	**35**	**7.0**	**12**	**0**

	Club	G/S	No	Yds	Avg	LG	TD	Att	Yds	Avg	LG	TD
				Kickoff Returns					**Punt Returns**			
2006	N.Y. Jets	1/1	0	0	0.0	0	0	1	-7	-7.0	-7	0
2009	N.Y. Jets				Injured Reserve (Leg)							
2010	Seattle	2/1	9	222	24.7	62	0	1	12	12.0	12	0
NFL TOTALS		**3/2**	**9**	**222**	**24.7**	**62**	**0**	**2**	**5**	**2.5**	**5**	**0**

CHARLIE WHITEHURST

Position . . . . .Quarterback
Height 6-5
Weight 225
College . . . . Clemson
NFL Seasons 6th
Seahawks Seasons. 2nd
Born. . . . . August 6, 1982
Hometown . . . . Alpharetta, Ga.

6

HOW ACQUIRED: Joined the Seahawks March 18, 2010, via trade with San Diego. Seattle received Whitehurst and San Diego's 2010 second-round pick (60th overall) in exchange for Seattle's 2010 second-round choice (40th overall) and a 2011 undisclosed draft pick.

NFL CAREER HIGHLIGHTS:

• Orginally drafted by San Diego in the third round (81st overall) of the 2006 NFL Draft. Played for the Chargers from 2006-09.

• Made second-career start vs. St. Louis (1/2/11), helping lead the Seahawks to a division-clinching win vs. St. Louis in the season finale on Sunday Night Football. Finished the game with an 84.5 passer rating, completing 22 of 36 passes for 192 yards and one touchdown.

• Rushed for second-career score after taking over for Matt Hasselbeck in the third quarter of the Atlanta game (12/19/10). Also threw for 83 yards on 8 of 16 passing.

• Made first-career NFL start vs. New York Giants (11/7/10), completing 12 of 23 passes for

113 yards, one touchdown and two interceptions.

• Played in first NFL game taking over for Philip Rivers late in the fourth quarter vs. Tennessee (9/24/06) and scored first-career touchdown on a 14-yard run.

COLLEGE: Left school with 25-career wins, second most in school history, including eight fourth quarter comeback wins. Seven wins over top-25 teams tied a school record, including three wins vs. top-10 teams. Graduated with 46 school records, including career passing yardage, completions, TD passes, comple-

tion percentage and 300-yard games. Recorded school-record 420 yards and four touchdowns in first-career start at Duke. Only quarterback in 104-game histoy of USC-Clemson series to post 4-0 record as starter. Only quarterback in ACC with multiple starts and winning record vs. Florida State (2-1). Majored in marketing.

PERSONAL: Born in Green Bay, Wisconsin. Highly decorated quarterback at Chattahoochee High School in Alpharetta, Georgia. Also lettered in baseball as an outfielder and first baseman.

WHITEHURST'S NFL RECORD

				PASSING							
Year	Club	G/S	Att	Comp	Yds	Pct	TD	Int	LG	Sacked	Rate
2006	San Diego	2/0	0	0	0	0.0	0	0	0	0	0.0
2007	San Diego	0/0	0	0	0	0.0	0	0	0	0	0.0
2008	San Diego	0/0	0	0	0	0.0	0	0	0	0	0.0
2009	San Diego	0/0	0	0	0	0.0	0	0	0	0	0.0
2010	Seattle	6/2	99	57	507	57.6	2	3	61	5/13	65.5
NFL TOTALS		**8/2**	**99**	**57**	**507**	**57.6**	**2**	**3**	**61**	**5/13**	**65.5**

WHITEHURST'S GAME-BY-GAME PASSING

2010

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Rating
09/12	San Francisco			Did Not Play								
09/19	at Denver			Did Not Play								
09/26	San Diego			Did Not Play								
10/03	at St. Louis			Did Not Play								
10/17	at Chicago			Did Not Play								
10/24	Arizona			Did Not Play								
10/31	at Oakland	(P)	0	0	0	0.0	0	0	0	0/0		0.0
11/07	N.Y. Giants	(S)	23	12	113	52.2	1	2	36t	0/0	L	44.3
11/14	at Arizona	(P)	6	4	53	66.7	0	1	22	1/0		54.9
11/21	at New Orleans			Did Not Play								
11/28	Kansas City			Did Not Play								
12/05	Carolina			Did Not Play								
12/12	at San Francisco			Did Not Play								
12/19	Atlanta	(P)	16	8	83	50.0	0	0	31	1/7		65.4
12/26	at Tampa Bay	(P)	18	11	66	61.1	0	0	14	3/6		68.3
1/2/11	St. Louis	(S)	36	22	192	61.1	1	0	0	0/0	W	84.5
TOTALS		**(6/2)**	**99**	**57**	**507**	**57.6**	**2**	**3**	**61**	**5/13**	**1-1**	**65.5**
01/08	New Orleans			Did Not Play								
01/16	at Chicago			Did Not Play								
PLAYOFF TOTALS		**(0/0)**	**0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0/0**		**0.0**

W/L Record reflects games started only

ADDITIONAL STATS

Rushing: 2006: 2 rushes for 13 yards and one touchdown; 2010: 20 rushes for 43 yards and one touchdown; **Career:** 22 rushes for 46 yards and two touchdowns.

SINGLE-GAME HIGHS

PASSING

Attempts:	36 vs. St. Louis	(1/2/2011)
Completions:	22 vs. St. Louis	(1/2/2011)
Completion %:	61.1, 2 times, vs. St. Louis (1/2/2011) and at Tampa Bay (12/26/2010)	
Yards:	192 vs. St. Louis	(1/2/2011)
Longest, No TD:	61 vs. St. Louis	(1/2/2011)
Longest TD:	36 vs. New York Giants	(11/7/2010) to Ben Obomanu
Most TDs:	1, 2 times, vs. St. Louis (1/2/2011) and vs. New York Giants (11/7/2010)	
Interceptions:	2 vs. New York Giants (11/7/2010)	

RUSHING

Rushes:	8 vs. St. Louis (1/2/2011)
Rushing Yds.:	30 vs. St. Louis (1/2/2011)
Longest Rush:	14t vs. Tennessee (9/17/06)
Rushing TD:	2 times, vs. Atlanta (12/19/10), and vs. Tennessee (9/17/06)

JIMMY WILKERSON

Position . . . . .Defensive End
Height 6-2
Weight 270
College. . . . . Oklahoma
NFL Seasons 9th
Seahawks Seasons 1st
Born . . . . January 4, 1981
Hometown . . . . . Naples, Texas

65

HOW ACQUIRED: Signed by the Seahawks as an unrestricted free agent from New Orleans on August 2, 2011.

NFL CAREER HIGHLIGHTS:

• Originally drafted by the Kansas City Chiefs in the sixth round (189th overall) of the 2003 NFL Draft. Played five seasons with the Chiefs before spending two years (2008-09) in Tampa Bay with current line coach Todd Wash. Spent 2010 with New Orleans, playing in 16 games with 43 tackles (19 solo) and 2.0 sacks.

• Established career highs in tackles (66, 42 solo) and sacks (6.0) as a 15-game starter with Tampa Bay in 2009.

• Had a career-high nine stops vs. New England (10/25/09) and posted a career-high 3.0 sacks at Philadelphia (10/11/09).

COLLEGE: At Oklahoma, started 24 of 38 games played, totaling 130 tackles (66 solo), 12 sacks, 13 passes defensed and four forced fumbles. Declared for draft following his junior season. Was a first team All Big 12 as a sophomore and junior end, after spending the majority of his freshman year playing linebacker.

PERSONAL: Named the East Texas Player of the Year as a senior and was a two time All Texas selection at Pewitt High in Omaha, Texas. Led his team to the Class 2A quarterfinals as a senior, posting 111 stops as a linebacker and led his team to the state championship as a junior. Also played quarterback, throwing for 1,209 yards, rushing for 1,430 yards and had 35 total touchdowns in his career. Majored in education.

WILKERSON'S SINGLE-GAME HIGHS

Tackles: 9 vs. New England (10/25/09)
Sacks: 3.0 at Philadelphia (10/11/09)
Forced Fumbles: 1 four times, last at Philadelphia (10/11/09)
Fumble Recoveries: 1 at Buffalo (11/13/05)
Interceptions: None

ADDITIONAL STATISTICS

Special Teams Tackles: 2003 (8), 2004 (3), 2005 (6), 2006 (11), 2007 (13), 2008 (6), 2009 (1), 2010 (0), **Career** (48).

WILKERSON'S NFL RECORD

	Club	G/S	Tackles			Sacks		Interceptions								
			Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2003	KC	12/0	23	11	12	0.0	0.0	0	0	0.0	0	0	1	0	0	0
2004	KC	15/0	11	4	7	0.5	4.5	0	0	0.0	0	0	0	0	0	0
2005	KC	16/2	35	23	12	0.0	0.0	0	0	0.0	0	0	3	0	1	0
2006	KC	13/1	16	13	4	0.0	0.0	0	0	0.0	0	0	2	0	0	0
2007	KC	16/2	11	8	3	0.5	6.0	0	0	0.0	0	0	0	0	0	0
2008	TB	16/1	28	21	7	5.0	47.0	0	0	0.0	0	0	2	1	0	0
2009	TB	15/15	66	42	24	6.0	35.0	0	0	0.0	0	0	2	3	0	0
2010	NO	16/0	43	19	24	2.0	11.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS		**119/21**	**234**	**141**	**93**	**14.0**	**103.5**	**0**	**0**	**0.0**	**0**	**0**	**10**	**4**	**1**	**0**

POSTSEASON

	Club	G/S	Tackles			Sacks		Interceptions								
			Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2003	KC	1/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2006	KC	1/0	3	3	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2010	NO	1/0	1	1	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS		**3/0**	**4**	**4**	**0**	**0.0**	**0.0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**
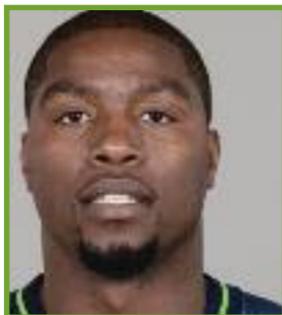
MIKE WILLIAMS

Position . . . . . . .Wide Receiver
Height 6-5
Weight 235
College . . . Southern California
NFL Seasons 5th
Seahawks Seasons 2nd
Born . . . . January 4, 1984
Hometown . . . . Tampa, Florida

17

HOW ACQUIRED: Signed by Seattle on April 16, 2010, as an unrestricted free agent.

NFL CAREER HIGHLIGHTS:

• Originally selected by Detroit in the first round (10th overall) of the 2005 NFL Draft. Traded to Oakland on April 28, 2007, along with Josh McCown, in exchange for a 2007 fourth-round pick. Released by the Raiders on October 30, 2007, before signing with Tennessee on November 22, 2007.

• Led the team in receptions (career-high 65), and yards (career-high 751) with a career-high two touchdowns in 2010. His 25 catches on third down ranked seventh in the NFC (T9th NFL).

• Three touchdown receptions in 2010 post-season are a franchise record for a single post-season, including two at Chicago (1/16/11).

• Saw action in first-career playoff game and tied the team-lead with five catches for 68 yards and one touchdown in Wild Card Game win vs. New Orleans (1/8/11).

• Set career high in catches with 11 vs. Arizona (10/24/10) and at Arizona (11/14/10). Also established a career high with 145 receiving yards at Arizona (11/14/10) while scoring

first touchdown as a Seahawks player.

• Set career-long with a 68-yard reception at New Orleans (11/21/10).

• Made NFL debut vs. Green Bay (9/11/05) and caught one pass for 3 yards and first-career touchdown.

COLLEGE: Finished college career with 176 receptions for 2,579 yards, 30 touchdowns and a 14.7 yard per-catch average. 2003 first-team All-American (AP, ESPN.com, Football Writers, SI.com, among others). Also finalist for the Biletnikoff Award (nation's top receiver), finished eighth in Heisman Trophy voting, All-Pac-10 first team and CBS.Sportsline.com National Player of the Year. In final season as a sophomore, started all 13 games, recording 95 receptions for 1,314 yards (13.8 avg) and 16 touchdowns - most by a Trojan since 1981.

PERSONAL: Attended Plant High School in Tampa Florida. Had 38 catches for 789 yards (20.8 avg.) with 12 touchdowns as a senior. 2001 honors included Tom Lemming All-American, Super Prep All-Dixie, Prep Star All-Southeast Region, St. Petersburg Times All-Suncoast second team and Tampa Tribune All-

Hillsborough County first team as a senior wide receiver at Plant High in Tampa (Fla.). As a junior in 2000, made the All-State Class 4A second team while catching 35 passes for 803 yards (22.9 avg.) with 12 scores. Had 28 catches for 631 yards (22.5 avg.) as a sophomore in 1999. Also played basketball averaging 16.9 points, 8.3 rebounds and 4.6 assists as a senior.

WILLIAMS' NFL RECORD

	Club	G/S	No	Receiving Yds	Avg	LG	TD	Att	Rushing Yds	Avg	LG	TD
2005	Detroit	14/4	29	350	12.1	49	1	0	0	0.0	0	0
2006	Detroit	8/2	8	99	12.4	21t	1	0	0	0.0	0	0
2007	Oak/Ten	8/1	7	90	12.9	24	0	0	0	0.0	0	0
2010	Seattle	14/13	65	751	11.6	68	2	1	0	0.0	0	0
NFL TOTALS		**44/20**	**109**	**1,290**	**11.8**	**68**	**4**	**1**	**0**	**0.0**	**0**	**0**

POSTSEASON

	Club	G/S	No	Receiving Yds	Avg	LG	TD	Att	Rushing Yds	Avg	LG	TD
2007	Tennessee			Inactive								
2010	Seattle	2/2	9	83	9.2	38t	3	0	0	0.0	0	0
NFL TOTALS		**2/2**	**9**	**83**	**9.2**	**38t**	**3**	**0**	**0**	**0.0**	**0**	**0**

WILLIAMS' GAME-BY-GAME RECEIVING

2005	Opponent	No	Yds	Avg	LG	TD
9/11	Green Bay	1	3	3.0	3t	1
9/18	at Chicago	0	0	0.0	0	0
10/2	at Tampa Bay	3	22	7.3	11	0
10/9	Baltimore	1	7	7.0	7	0
10/16	Carolina	2	27	13.5	14	0
10/23	at Cleveland	5	95	19.0	49	0
10/30	Chicago	3	27	9.0	10	0
11/6	at Minnesota	4	43	10.8	14	0
11/24	Atlanta	6	84	14.0	20	0
12/4	Minnesota	1	6	6.0	6	0
12/11	at Green Bay	1	6	6.0	6	0
12/18	Cincinnati	1	9	9.0	9	0
12/24	at New Orleans	1	21	21.0	21	0
1/1	at Pittsburgh	0	0	0.0	0	0
TOTALS (14/4)		**29**	**350**	**12.1**	**49**	**1**

2007	Opponent	No	Yds	Avg	LG	TD
9/9	Detroit	1	11	11.0	11	0
9/23	Cleveland	1	24	24.0	24	0
9/30	at Miami	0	0	0.0	0	0
10/14	at San Diego	3	35	11.7	15	0
10/21	Kansas City	0	0	0.0	0	0
10/28	at Tennessee	2	20	10.0	14	0
12/2	Houston	0	0	0.0	0	0
12/9	San Diego	0	0	0.0	0	0
TOTALS (8/1)		**7**	**90**	**12.9**	**24**	**0**

2006	Opponent	No	Yds	Avg	LG	TD
9/24	Green Bay	0	0	0.0	0	0
10/8	at Minnesota	0	0	0.0	0	0
11/23	Miami	1	7	7.0	7	0
12/3	at New England	0	0	0.0	0	0
12/10	Minnesota	0	0	0.0	0	0
12/17	at Green Bay	3	42	14.0	21	0
12/24	Chicago	2	22	11.0	14	0
12/31	at Dallas	2	28	14.0	21t	1
TOTALS (8/2)		**8**	**99**	**12.4**	**21t**	**1**

2010	Opponent	No	Yds	Avg	LG	TD
9/12	San Francisco	4	64	16.0	35	0
9/19	at Denver	1	7	7.0	7	0
9/26	San Diego	2	35	17.5	22	0
10/3	at St. Louis	4	32	8.0	17	0
10/17	at Chicago	10	123	12.3	24	0
10/24	Arizona	11	87	7.9	16	1
10/31	at Oakland	1	27	27.0	27	0
11/7	New York Giants	2	25	12.5	17	0
11/14	at Arizona	11	145	13.2	32	0
11/21	at New Orleans	6	109	18.2	68	0
11/28	Kansas City		Inactive (foot)			
12/5	Carolina	0	0	0.0	0	0
12/12	San Francisco		Inactive (ankle)			
12/19	Atlanta	8	66	8.3	17	0
12/26	at Tampa Bay	2	15	7.5	9	0
1/2/11	St. Louis	2	15	7.5	9	0
TOTALS (14/13)		**65**	**751**	**11.6**	**68**	**2**
1/8	New Orleans	5	68	13.6	38t	1
01/16	at Chicago	4	15	3.8	7	2
PLAYOFFS (2/2)		**9**	**83**	**9.2**	**38t**	**3**

M. WILLIAMS' SINGLE-GAME HIGHS

Receptions: 11, 2 times, at Arizona (11/14/10), vs. Arizona (10/24/10)
Receiving Yards: 145, at Arizona (11/14/10)
Longest Reception: 68 at New Orleans (11/21/10)
Receiving Touchdowns: 1, 4 times, Last vs. St. Louis (1/2/11)

2011 DRAFT CHOICES

Rd	Pick	Overall	Pos	Player	College
1	25	25	T	James Carpenter	Alabama
3	11	75	G	John Moffitt	Wisconsin
4	2	99	LB	K.J. Wright	Mississippi St.
4	10	107	WR	Kris Durham	Georgia
5	23	154	CB	Richard Sherman	Stanford
5	25	156	S	Mark LeGree	Appalachian St.
6	8	173	CB	Byron Maxwell	Clemson
7	2	205	DE	Pep Levingston	LSU
7	41	245	LB	Malcolm Smith	USC

JAMES CARPENTER

Position . . . . .Tackle
Height 6-5
Weight 321
College. . . . . Alabama
NFL Seasons . . . . Rookie
Seahawks Seasons . . . . Rookie
Born. . . . . March 22, 1989
Hometown . . Augusta, Georgia

75

HOW ACQUIRED: Selected with the 25th overall pick in the 2011 NFL Draft. Second straight season club has selected a tackle in the first round (Russell Okung, 2010). Third player drafted out of Alabama in club history (Shaun Alexander, 2000; Cornelius Wortham, 2005).

COLLEGE: Started all 27 games at left tackle during his two-year career at Alabama, blocking for 16 100-yard rushers. Helped Crimson Tide win the National Championship in 2010. Transfered to Alabama after spending two seasons at Coffeyville (Kan.) Community College.

Senior: Started all 13 games as a senior while earning first-team All-SEC selection by the league coaches and second-team pick by the *A.P.* Named the SEC Offensive Lineman of the Week following his performance in week eight at Tennessee. Helped the Crimson Tide rank 22nd nationally in total offense, racking up 444 yards per game. The Tide also ranked 29th nationally running the ball at 183 ypg and 27th passing at 262 ypg. Anchor of offensive line that has provided time for the nation's No. 4 quarterback in passing efficiency.

Junior: Started all 14 games at left tackle in his first season at Alabama. A second-team All-SEC selection by the Associated Press. One-of-three new starters on the offensive line that cranked out 403 yards of total offense per game, which ranked 42nd nationally and 215 yards on the ground (12th in the nation). Part of an offensive line that allowed just 1.43 sacks per game to rank 36th nationally and fourth in the SEC as a unit.

Junior College: Played for two seasons at Coffeyville [Kan.] Community College. Was named to the first-team Kansas Jayhawk Community College Conference (KJCCC) All-League team. Coached by Darian Dulin.

PERSONAL: A January 2009 enrollee at Alabama, Carpenter filled an important need on the Crimson Tide's offensive line. Won the Bart Starr Most Improved Player Award following spring practice in 2009. A four-star junior college recruit by both Rivals.com and Scout.com. Rivals.com's No. 32 junior college prospect. Listed at No. 13 on *SuperPrep* magazine's Juco 100. Originally signed with Iowa State out of Hephzibah High School. Spent two seasons at Coffeyville [Kan.] Community College and all-area performer for John Bowen at Hephzibah [Ga.] High School.
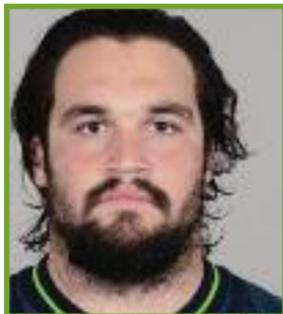
JOHN MOFFITT

Position	Guard
Height	6-4
Weight	319
College	Wisconsin
NFL Seasons	Rookie
Seahawks Seasons	Rookie
Born	October 28, 1986
Hometown	Guilford, Conn.

74

HOW ACQUIRED: Drafted with the 11th pick in the third round (75th overall) of the 2011 NFL Draft. Highest Seahawks drafted guard since Steve Hutchinson was drafted 17th overall in 2001. Third player chosen out of Wisconsin in club history (Eric Unverzagt, 1996; Chris McIntosh, 2001).

COLLEGE: Started 42 of 45 games at Wisconsin at guard and center. In 42 starts, was credited with 280 knockdowns/key blocks, that included 46 touchdown-resulting blocks and fifteen blocks down field. As an offensive guard, delivered 174 knockdowns and 28 touchdown-resulting blocks, posting 106 more key blocks, including 18 touchdown-resulting shots at center. On 2,915 offensive snaps, allowed just two quarterback pressures and 3.5 sacks, as he was penalized only twice in his Badger career.

Senior: Started all 13 games at left guard, leading a blocking unit that allowed only 14 sacks. Earned All-American first-team honors from *The NFL Draft Report* and the *Associated Press*, adding second-team accolades from S*ports Illustrated*. Consensus All-Big Ten Conference first-team selection. Was the recipient of the Badgers' Wayne Souza Coaches Appreciation Award (offense) and was named to the Rotary Lombardi Award Watch list. Registered 66 knockdowns/key blocks with 13 touchdown-resulting blocks and four other blocks down field. Helped the Badgers rank second in the conference and 12th in the nation in rushing offense (245.09 ypg). Led the Big Ten while finishing fifth in the NCAA ranks in scoring offense (41.46 ypg).

Junior: Earned All-Big Ten Conference first-team honors from *The NFL Draft Report*, the league's coaches and media. Took over left guard duties vs. MSU, remaining at that position for eight games before shifting to center for his final two contests. Helped the Badgers average 417 yards in total offense, the fourth-best average in school history. The team's average of 213 yards per game passing ranked fifth in school history. Their average of 31.77 points scored per game is the sixth-best season average by a Badgers team in school annals. Allowed just one quarterback sack and one pressure, as UW gave up 23 sacks as a unit.

Sophomore: Took over center duties, starting all 13 games, earning Co-Offensive Player of the Week honors vs. Akron. Badgers led the Big Ten Conference and ranked 14th nationally with an average of 211 yards per game rushing. The team also averaged 399 yards in total offense and 27.5 points per game, registering 90 knockdowns/key blocks, 14 touchdown-resulting blocks and five blocks down field. Allowed just one sack and was penalized just once on 900 offensive snaps.

Freshman: All-Big Ten Conference Freshman Team selection by *The Gridiron Report*. Inserted into the starting lineup at left guard for the final six contests. Posted 50 knockdowns/key blocks with six touchdown blocks. The team averaged 177.0 yards rushing with Moffitt as a reserve, but 228.5 yards and 2.67 touchdowns per game on the ground as a starter.

PERSONAL: Attended Notre Dame (West Haven, Ct.) High School. Played on both sides of the line. Received a three-star rating from Rivals.com, and was a member of the New England Top 20 team by that recruiting service, ranking 13th on that list. The Prep Star All-American added All-State first-team honors as an offensive guard by the *Hartford Courant*. Was also a two-time All-Conference selection. Captured the state heavyweight weightlifting championship. Also competed in track, performing in the weights. Sociology major. Nicknamed "Moff". Father, Dave, and uncle, Steven, played college basketball at New Haven from 1973-76. Another uncle, Jim, played football at Temple. Resides in Guilford, Connecticut.
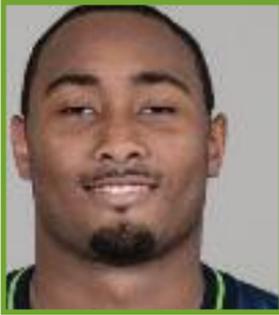
K.J. WRIGHT

Position . . . . .Linebacker
Height 6-4
Weight 246
College . . . . . Mississippi State
NFL Seasons . . . . Rookie
Seahawks Seasons . . . . Rookie
Born . . . . July 23, 1989
Hometown . Olive Branch, Miss.

50

HOW ACQUIRED: Selected with the second pick in the 4th round (99th overall) of the 2011 NFL Draft. Ninth linebacker chosen in the 4th round in club history (Last: Niko Koutouvides, 2004). Fifth and highest player drafted out of Mississippi State in club history.

COLLEGE: Started 35-of-47 games at Mississippi State (22 at strong-side outside linebacker and 13 at weak-side linebacker). Finished his career with 259 tackles (131 solos) that included nine sacks for minus 60 yards, 23.5 stops for losses totaling 104 yards and 11 quarterback pressures. Caused and recovered three fumbles, as he also had 14 pass deflections.

Senior: All-Southeastern Conference second-team selection by *The NFL Draft Report*. Named team captain. Ranked second on the squad with a career-high 98 tackles (51 solo) and three sacks. Had three quarterback pressures and finished third on the team with eight stops for losses of 32 yards. Caused and recovered a fumble. Ranked second in the conference while pacing the team with nine pass deflections.

Junior: Started 10 of the 12 games played. Finished second on the team with 82 tackles (41 solo), added a pair of sacks, 6.5 stops for losses of 17 yards and four quarterback pressures. Caused two fumbles and recovered another, as he also deflected a pair of passes.

Sophomore: Started all 12 games at strong-side outside linebacker, ranking second on the team and 19th in the SEC with 72 tackles (36 solo). Led the Bulldogs and placed 20th in the SEC with four sacks for minus 41 yards. Paced the Bulldogs and ranked 18th in the league with nine stops for losses. Collected three quarterback pressures and deflected three passes. Had at least one stop behind the line of scrimmage in eight contests.

Freshman: Appeared in the team's final 10 games during freshman campaign, seeing most of his action on special teams. Recorded seven tackles (3 solos) with a fumble recovery. His first career tackle came vs. Alabama-Birmingham, followed by two hits vs. Tennessee. Recovered a fumble vs. Kentucky and made two more stops in each of the Arkansas and Mississippi games.

PERSONAL: Attended Olive Branch (Miss.) High School. Regarded as the nation's 45th best strong-side outside linebacker. Selected to play in the Mississippi/Alabama All-Star Classic. Named first-team, all-state on the defensive line by the *Clarion-Ledger* in all classifications following his senior season. Also earned first-team, all-state mention by the Mississippi Association of Coaches at outside linebacker in Class 5A. Recorded 91 total tackles, 13 sacks and a pass interception as well. Helped Olive Branch to a 12-2 overall record as a senior. Also a standout for an undefeated basketball team as a senior. Born Kenneth Bernard Wright Jr. in Memphis, Tenn. Son of Kenneth Wright Sr., and Jacquelyn Wright.

KRIS DURHAM

Position	Wide Receiver
Height	6-6
Weight	216
College	Georgia
NFL Seasons	Rookie
Seahawks Seasons	Rookie
Born	March 17, 1988
Hometown	Calhoun, Georgia

84

HOW ACQUIRED: Second of two fourth-round selections (107th overall). Seventh receiver drafted by the Seahawks since 2006, and third under Head Coach Pete Carroll and General Manager John Schneider.

COLLEGE: Played in 47 career games (15 starts) at Georgia, hauling in 64 passes for 1,109 yards and four touchdowns. Missed the 2009 season due to a torn labrum in his left shoulder and received a medical redshirt for the 2010 season.

RS Senior: Appeared in 11 games (eight starts), recording 32 receptions for 659 yards and three touchdowns. Led team in receiving five times, including a career-best 112 yards on four catches with a touchdown vs. Vanderbilt. Recipient of the David C. Cooper Family Football Scholarship. Seleted to play in the Texas vs. the Nation Post-Season All-Star game. Named All-SEC Fourth Team by Phil Steele.

Junior: Appeared in 10 games (four starts), catching 13 passes for 199 yards (15.3 avg) and one touchdown. Returned from a broken hand in 2009 Capital One Bowl, starting and recording three receptions for 32 yards. Led team with three receptions for 74 yards, including first career touchdown on a 61-yard pass vs. Georgia Southern.

Sophomore: Appeared in 13 games (one start) and totaled 11 receptions for 169 yards. Recorded three catches for 48 yards with a long reception of 28 yards during Georgia's 41-10 rout of No. 10 Hawaii in the Sugar Bowl.

Freshman: Played in all 13 games (two starts), registering eight receptions for 82 yards. Caught two passes for 27 yards in debut vs. Western Kentucky.

PERSONAL: Attended Calhoun High School. *Atlanta Journal-Constitution* 2005 Best in Georgia and Class AA All-State Team. Georgia Sportswriters Association 2005 AA All-State Team and Class AA Defensive Player of the Year. Totaled 55 catches for 1,062 yards and 14 touchdowns during his senior year with an average of 19.3 yards a reception. Returned nine punts for 87 yards and returning nine kickoffs for 248 yards and one TD. On defense, recorded 39 tackles and seven interceptions. Also played basketball and averaged 12 points and nine rebounds a game his junior season. State runnerup in 4x4 relay and state qualifer in high jump, 110 hurdles, 300 hurdles, and 4x1 relay. Majored in Middle School Education.

RICHARD SHERMAN

Position . . . . .Cornerback
Height 6-3
Weight 195
College . . . . Stanford
NFL Seasons . . . . Rookie
Seahawks Seasons . . . . Rookie
Born . . . . March 30, 1988
Hometown . . . . Compton, Calif.

25

HOW ACQUIRED: Drafted with the 23rd pick in the 5th round of the 2011 NFL Draft (154th overall). First of three consecutive defensive backs selected. First player drafted out of Stanford since 1998 (Carl Hansen).

COLLEGE: Played in 52 career games with 37 starts (27-15 at wide receiver, 25-22 at cornerback). Played his first three seasons at wide receiver before before transitioning to cornerback prior to his senior season. Was granted a fifth season after his junior season was cut short after four games due to a knee injury. Registered 81 career catches for 1,340 yards (16.5 avg) and seven touchdowns. Tallied 112 career tackles and six interceptions at cornerback.

RS Senior: Honorable mention All-Pac-10 selection. Totaled 50 tackles, four interceptions, nine pass breakups and two forced fumbles at left cornerback. Three of his four interceptions came in the final five games of the season. Had a career high 10 tackles and an interception against 13th-ranked Arizona.

Senior: Transitioned from wide receiver to cornerback in spring drills. Appeared in all 13 games (12 starts). Started the first seven games of the year before coming off the bench against ASU. Ranked fourth on the team with 62 tackles.

Had two interceptions and eight pass breakups on the season. Picked off a pass in the fourth quarter against USC for a 43-yard touchdown. Had 15 punt returns for 154 yards and one touchdown, including a 48-yard return for a touchdown against San Jose State on Sept. 19.

Junior: Played in just four games (all starts) before a knee injury sidelined him for the remainder of the season. Was granted a medical redshirt year. Caught eight passes for 108 yards. Started the first four games at wide receiver. Matched his season high with three catches for 33 yards in the win over San Jose State.

Sophomore: Led the team in receiving yards (651) for the second straight season and also led the team in receiving touchdowns (4) and yards per catch (16.7). Finished 10th in the Pac-10 in receiving yards. Topped Stanford in receiving yardage six times. Had three 100-yard games, topped off by a four-catch, 112-yard effort with one touchdown against TCU.

Freshman: Earned first-team Pac-10 All-Freshman honors and honorable mention freshman All-American honors from *The Sporting News*. Was also named the Menlo-Atherton Trophy winner as the team's most outstanding freshman. Played in all 12 games (five starts). Led the team in catches (34), receiving yards (581) and tied for the team lead in both touchdowns (3) and touchdown receptions (3). Started the last four games and averaged 101.5 yards per game during that stretch, catching 20 balls for 406 yards. Was named Pac-10 Offensive Player of the Week following his performance against Washington when he caught six passes for 177 yards.

PERSONAL: Graduated from Dominguez High School in Compton. Ranked among the best wide receiver prospects in the nation. PrepStar All-West selection and *SuperPrep* All-Far West pick. Named to the *Long Beach Press Telegram's* Dream Team as one of the premier recruits in the West. Listed as the 50th-best recruit in the nation by SuperPrep. Accounted for 1,030 all-purpose yards as a senior, including 870 yards on 28 catches and three punt returns for touchdowns. Recorded 45 tackles, eight pass breakups and one interception as a defensive back. First team All-CIF and *Long Beach Press-Telegram* Dream Team selection in track as a senior. Communications major.

MARK LeGREE

Position	Safety
Height	6-0
Weight	211
College	Appalachian State
NFL Seasons	Rookie
Seahawks Seasons	Rookie
Born	July 8, 1989
Hometown	Columbus, Georgia

30

HOW ACQUIRED: Selected with the 25th pick in the 5th round of the 2011 NFL Draft (156th overall). Fourth safety drafted since 2009 and third under Head Coach Pete Carroll and General Manager John Schneider. Third player drafted out of Appalachian State (Gary Dandridge and Michael Frier, 1992).

COLLEGE: Started 39 of 53 career games at Appalachian State. Registered 198 tackles and 22 interceptions in four seasons. His 22 career interceptions rank third in school annuals and second all-time in the Southern Conference. Became the first Southern Conference player to lead the nation in interceptions (10, 2008).

Senior: Led the team with five interceptions for 66 yards in returns while starting 12 games. Recorded 49 tackles (26 solo), including one stop behind the line of scrimmage. All-American first-team choice by *The NFL Draft Report*, Walter Camp Football Foundation and the American Football Coaches Association. Added All-Southern Conference first-team honors. Was the only Football Championship Subdivision player listed on the Bronko Nagurski Award Watch List, an honor bestowed upon the best defender in the NCAA Division I ranks (both FBS and FCS). Finalist for the Buck Buchanan Award, given to the top defensive player in the NCAA Football Championship Subdivision ranks.

Junior: Started all 14 games at free safety, ranking fifth on the team with a career-best 71 tackles (41 solo), and seven interceptions (led conference, third nationally). Also caused one fumble and deflected six passes. All-American first-team choice by *The NFL Draft Report*, *The Sports Network, Associated Press,* Walter Camp Foundation, American Football Coaches Association and C*ollege Sporting News*. Unanimous All-Southern Conference first-team pick. Finalist for the Buck Buchanan Award.

Sophomore: Started 13 games at free safety. Became the first Southern Conference player to ever lead the nation in interceptions, becoming only the 23rd player in NCAA Division I FCS history to pick off at least 10 passes in a season, breaking the school's 45-year-old season-record of eight interceptions, set by Larry Harbin in 1963. Those 10 INTs tied the league's annual record, sharing that honor with Vince Perone of Furman (1972) and Jim Bolding of East Carolina (1975). All-American first-team selection by *The*

NFL Draft Report, *Associated Press,* Walter Camp Football Foundation, *The Sports Network* and *College Sporting News*. Added first-team All-Southern Conference honors. Was the only sophomore to be named a finalist for the Buck Buchanan Award (finished third).

Freshman: Appeared in all 14 games, seeing most of his action on the special teams coverage units. Recorded 20 tackles (10 solo), registering season-best totals of three hits in each of the Gardner-Webb and Delaware clashes.

PERSONAL: Attended White Oak (Jacksonville, N.C.) High School. All-American selection and rated the fourth-best skill athlete in the country by *Super Prep.* The receiver and defensive back was rated eighth on the Rivals.com North Carolina Top 30 list and ranked 25th among the nation's prep athletes, earning a four-star prospect grade from that recruiting service. Scout.com regarded Williams as the second-best high school player in the state and the *Charlotte Observer* placed him eighth on their top prospects list. As a senior, Williams caught 29 passes for 299 yards. Also averaged eight tackles per game and intercepted seven passes. Also lettered in basketball and track. Management and society major. Son of Danine Williams-Collins and Curtis Dowdy.

BYRON MAXWELL

Position	Cornerback
Height	6-1
Weight	207
College	Clemson
NFL Seasons	Rookie
Seahawks Seasons	Rookie
Born	February 23, 1988
Hometown	Charleston, S.C.

41

HOW ACQUIRED: Drafted with the eighth pick in the sixth round (173rd overall) of the 2011 NFL Draft. Second cornerback selected in this draft. Second time club selected a cornerback with the 173rd pick (John Harris, 1978).

COLLEGE: Registered 165 tackles, 11.5 tackles for loss, a sack, four interceptions, 20 pass breakups, and six caused fumbles in a school-record-tying 53 games (eight starts) in his career. Had 45 career special teams tackles. His six career caused fumbles were among the top-10 figures in Clemson history. One of the hardest hitting defensive backs in the ACC. Played in four bowl games and had 16 combined tackles in those games.

RS Senior: Played in 13 games (eight starts), recording 48 tackles, 3.5 tackles for loss, two interceptions, seven pass breakups, and a team-tying-high three caused fumbles. Tied for second in the ACC in caused fumbles. Was bothered by a turf-toe injury. Had a caused fumble against North Texas, Maryland, and Florida State. Team defensive player of the game against #16 Miami (FL) when he had eight tackles, including seven first hits, and three pass breakups. Had nine tackles in 51 snaps against Maryland. Special teams player-of-the-game at Florida State.

RS Junior: Had season-high six tackles against Middle Tennessee when he played 23 snaps off the bench. Had three stops against TCU, including a tackle for loss. Played career-high 52 snaps against Florida State when Chris Chancellor was injured, he stepped up with five tackles, an interception and a pass breakup. Had five stops at South Carolina and three in the ACC Championship game against Georgia Tech. Had a recovered fumble against Maryland, so he had three takeaways on the season. Had 15 tackles on special teams plays, which led the team.

RS Sophomore: Led the team in special teams tackles (21). Played well as a reserve in the Gator Bowl against Nebraska with six tackles in 28 snaps; that included four special teams tackles. Special teams player of the week against N.C. State, Wake Forest, and Duke, and defensive player of the week at Virginia. Had eight tackles and two tackles for loss in 23 snaps at Virginia. Also had a caused fumble on one of the best hits of the year. Had five tackles in 30 snaps off the bench against No. 24 Alabama.

Had five stops against N.C. State in 29 snaps. Had seven tackles (six first hits) in 38 snaps at No. 21 Wake Forest. Had five stops in 27 snaps against Georgia Tech. Led all non-starters in tackles.

RS Freshman: Played 24 snaps per game as a reserve cornerback. Clemson's top reserve against N.C. State and Wake Forest by the Clemson radio network. Played 317 snaps, third-most on the team among freshmen. Played at least double-figure snaps in every game. Had 27 tackles, including 21 first hits. Had four pass breakups. Had three tackles and a sack at Duke. Redshirted as a true freshman.

PERSONAL: Rated as the No. 3 player in South Carolina by *The State* at Fort Dorchester High and no. 40 in the nation by ESPN.com. Did not play as a senior due to injury. Recorded 60 tackles, 19 pass breakups, and five interceptions as a junior. Majored in sociology.

PEP LEVINGSTON

Position . . . . .Defensive End	
Height 6-4	
Weight 292	
College. . . . . LSU	
NFL Seasons . . . . Rookie	
Seahawks Seasons . . . . Rookie	**93**
Born . . . . . November 16, 1987	
Hometown . . . . Ruston, La.	

HOW ACQUIRED: First of two seventh-round picks (205th overall). Third Seahawks player chosen out of the SEC in this draft (James Carpenter, Alabama; K.J. Wright, Missisissippi State). Seventh consecutive year club has selected a defensive end.

COLLEGE: Four-year letterwinner on the defensive line for the Tigers. Played in 48 career games (started 22 games in final two seasons). Played first three seasons at defensive end before moving inside to defensive tackle as a senior in 2010. Recorded 70 career tackles to go with 15.5 tackles for loss and three sacks.

RS Senior: Played all 13 games (12 starts) at defensive tackle. Led team with five QB hurries. Tallied 25 tackles, including two for losses. Set a career high with seven tackles against West Virginia. Had two QB hurries against Ole Miss. Recovered a fumble versus ULM. Saw limited action against Alabama because of injury. Posted a tackle for loss in win at Florida. Made his first start at left defensive tackle in the opener against North Carolina.

RS Junior: In first year as a starter at defensive end for the Tigers, taking over for Tyson Jackson, who was the No. 3 overall pick in the 2009 NFL Draft. Played in 11 games (10 starts). Finished with 28 tackles, eight tackles for loss and four pass breakups. Had career-high four tackles in wins over Tulane and Louisiana Tech and against Penn State. Added two tackles for loss against Tulane and Penn State. Made the first start of his career at Washington and recorded one solo tackle and tallied one pass breakup.

RS Sophomore: Played in 10 games with no starts. Registered nine tackles and was among the best off the bench with four tackles for loss and two sacks. Delivered his most productive game of the season against Ole Miss finishing with a season-high three tackles and one tackle for loss.

RS Freshman: Saw limited action in each of the Tigers' 14 games in 2007. Had eight tackles, including 1.5 in losses and a sack, on the year. Recorded a career-high four tackles in LSU's

shutout of Middle Tennessee. Had two tackles and his first career sack at Mississippi State. Was also a key contributor on special teams where he teamed with Mit Cole and Quinn Johnson to form "the shield" on punts and played on the kickoff return unit.

PERSONAL: Attended Ruston High School in Louisiana. One of the state's top defensive line prospects for the Class of 2006. Named to Tigerbait.com Louisiana Top 20, the *Baton Rouge Advocate* Second Dozen, the *Mobile Register* Super Southeast 120 and the *New Orleans Times-Picayune* Best of the Rest. Named 5A first-team all-state. Finished a stellar senior season with 82 tackles, 18 tackles for loss, eight sacks and 11 quarterback hurries. Had four fumble recoveries, including two returned for touchdowns. Junior season was cut short due to a torn ACL suffered in his second game. Full name is Lazarius Cortez Levingston. Parents are James Levingston and Marilyn Williams.
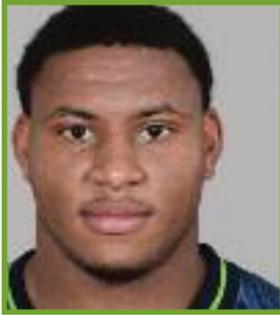
MALCOLM SMITH

Position . . . . .Linebacker
Height 6-0
Weight 226
College . . . . USC
NFL Seasons . . . . Rookie
Seahawks Seasons . . . . Rookie
Born . . . . July 5, 1989
Hometown . . Northridge, Calif.

53

HOW ACQUIRED: Drafted with its compensatory pick (245 overall) in the seventh round of the 2011 NFL Draft. Second Seahawks linebacker selected in this draft (K.J. Wright) and second player out of the Pac-10 (Richard Sherman, Stanford). Sixth player selected out of USC in club histoy and fifth since 2005.

COLLEGE: Played in 47 career games in four seasons at Southern California, registering 174 tackles, two interceptions, one sack and two touchdowns.

Senior: Played in 11 games during senior season. Registered 78 tackles (46 solo), one sack and one interception returned 74 yards for a touchdown. Missed two games (vs. Cal, 10/16; vs. Oregon, 10/30).

Junior: Started at weakside linebacker as a junior in 2009 and had an eye-opening performance. Appeared in 10 games (nine starts), registering 72 tackles (second on USC), including six for losses, plus three deflections, one forced fumble and one interception (for a 62-yard TD). Missed the Washington State and California games after spraining his right ankle at Washington and was sidelined at Arizona State after spraining his left shoulder at Oregon.

Sophomore: Served as the backup weakside linebacker and was a key special teamer as a sophomore in 2008 while appearing in all 13 games. Tallied 18 tackles, including 0.5 for a one yard loss. Had six tackles against Washington and four at Washington State.

Freshman: Backup linebacker and key special teams player as a first-year freshman in 2007. Played in all 13 games, recording six tackles and one forced fumble. He also returned a fumbled kickoff return 31 yards (at Nebraska).

PERSONAL: Attended Taft High school in Woodland Hills (Calif.). Posted 31 tackles, 10 sacks and 4 fumble recoveries on defense and ran for 919 yards on 118 carries (7.8 avg) with 15 TDs on offense in 2006 despite missing the first half of the season with a leg injury. His 2006 honors included Super Prep All-American, Prep Star All-American, Prep Star 100, Super Prep All-Farwest, Prep Star All-West, Scout.com All-West, *Long Beach Press-Telegram* Best in the West first team, *Orange County Register* Fab 15 second team, *Tacoma News-Tribune* Western 100, Cal-Hi Sports All-State third team, All-L.A. City first team and *Los Angeles Daily News* All-Area second team as a senior linebacker. His brother, Steve, was a 2006 All-American wide receiver at USC, who lettered 4 years with the Trojans (2003-06) and finished his career as Troy's No. 5 career pass catcher (190 receptions with 22 TDs), and now plays for the New York Giants.

Pierre Allen, DE, 6-4, 273, Rookie, Nebraska (Denver, Colo.)

Signed by Seattle as a rookie free agent on July 26, 2011. Started for three years at Nebraska, playing in 42 career games with 39 starts. Finished with 184 tackles (71 solo) and 13.5 sacks. After registering a career-high 65 tackles (25 solo) his senior season, named First-Team All-Big 12 by the coaches, second-team All-Big 12 by the Dallas Morning News and honorable mention All-Big 12 by the Associated Press. Posted career-high in sacks (5.0) his sophomore and junior seasons. Played football and basketball at Thomas Jefferson High in Denver, where he helped his team make the 5A state playoffs his final three seasons. In basketball, he helped his team win the 4A state title his final two seasons, earning MVP honors in the state tournament both years. Majored in family science. Born on November 18, 1987.

Doug Baldwin, WR, 5-10, 189, Rookie, Stanford (Gulf Breeze, Fla.)

Signed by Seattle as a rookie free agent on July 26, 2011. Appeared in 31 career games at Stanford. Proved to be a big-play threat both at wide receiver and in the return game, averaging 26.0 yards in 25 career kickoff returns and 7.6 yards in 23 punt returns. Played in 12 games and made nine starts at wide receiver during his sophomore campaign in 2008, leading the Cardinal with four touchdown receptions and averaging 14.4 yards per catch, finishing second on the team with 23 catches for 332 yards. Played football, basketball and was a three-year track letterwinner in the high jump and long jump at Gulf Breeze High School in Florida, where he was rated as one of the top wide receiver prospects in the nation. Member of the National Honor Society, Math Honor Society and Spanish Honor Society. Majoring in Science, Technology, and Society. Born on September 21, 1988.

Dorson Boyce, FB, 6-1, 237, Rookie, Washington (New York City, N.Y.)

Signed by Seattle as a rookie free agent on July 26, 2011. Saw action in Washington's Holiday Bowl victory over Nebraska and played in seven games in his first season with the Huskies in 2009. A junior-college transfer out of Allan Hancock College in Santa Maria, Calif. Named to the 2008 All-Northern National Conference team and to the All-California Region III First-Team as a sophomore, when he helped the Bulldogs earn a spot in the playoffs. Played football at Bayside High in Queens, N.Y., where he was named second-team All-City by Newsday and second-team All-Queens by the New York Daily News as a senior. Also a standout on his high school basketball team. Born on June 25, 1988.

Marcus Brown, CB, 6-1, 190, Rookie, Arkansas State (Marianna, Ark.)

Signed by Seattle as an undrafted rookie free agent on April 24, 2010. Signed to active roster from Seattle's practice squad on December 20, 2010 and made NFL debut vs. St. Louis (1/2/11) on special teams. Was inactive for both postseason games. He finished his career at Arkansas State with 123 tackles and nine pass breakups, and recorded 50 tackles, five pass breakups and one forced fumble during the 2009 season. He had one interception and returned a fumble 71 yards for a touchdown against Louisiana-Monroe during the 2008 season, the second-longest in Red Wolves history. Played quarterback as a junior at Lee High. Rated as the sixth-best recruit in the state by SuperPrep magazine. As a senior, tallied 16 total touchdowns while splitting time as receiver, quarterback and running back. Had 720 yards rushing, 630 yards receiving and 300 yards passing and 12 sacks on defense. Rushed for over 900 yards and scored 17 touchdowns as a junior. Also competed in track. Born on January 27, 1987.

Brandon Browner, CB, 6-4, 221, 1st Year, Oregon State (Sylmar, Calif.)

Signed by Seattle to a future 2011 contract on January 21, 2011. Originally signed by the Denver Broncos as an undrafted rookie free agent in 2005 and placed on injured reserve (arm) in August 2005. Released after training camp in 2006 and signed with the Calgary Stampeders of the CFL. Played four seasons with Calgary (2007-10), being named to the CFL all-star team his last three seasons and winning the Grey Cup in 2008. Played in 68 career games with 206 tackles, 2.0 sacks, 12 interceptions and two touchdowns. Had a career-high 61 stops in 2008 and five interceptions in 2010. Was the 2003 Pac-10 Freshman of the Year at Oregon State. Browner redshirted in 2002 at Oregon State. He then went on to start in every game he played in for the Beavers. Named to the Freshman All-American teams by the Football Writers Association and The Sporting News in 2003. Also a member of the 2003 All-Pac 10 second-team. Ranked ninth in the nation with six interceptions and recorded 43 tackles (37 solo) with six pass break-ups, two forced fumbles as a redshirt freshman. Browner added All-American and All-Pac 10 Conference honors from The NFL Draft Report in 2004 with 44 tackles (37 solo), one sack, nine pass deflections and a blocked kick. He finished his two-year collegiate career with 87 tackles (74 solo), a 2-yard sack, five stops for losses of 16 yards, two forced fumbles, 15 pass deflections and six interceptions for 74 yards in returns and a touchdown. Prepped at Sylmar High and Monroe High in the San Fernando Valley, Calif. Was a Prep Star West All-Region and All-Valley Mission League selection as a senior, playing defense and at receiver. Was also MVP of the Mission League on defense. On offense, he accounted for 1,726 career yards and 24 touchdowns, with 16 career interceptions on defense. As a senior, returned three punts for touchdowns. Majored in speech communications. Born on August 2, 1984.

Chris Carter, WR, 5-11, 191, 1st Year, UC Davis (Danville, Calif.)

Signed by Seattle to a future 2011 contract on January 27, 2011. Played at UC Davis where he was named the 2009 Great West Conference Player of the Year his senior season, recording 85 passes for 889 yards and four touchdowns, leading the Aggies to a 6-5 campaign. In four seasons, totaled 213 catches, 2,434 yards and 15 touchdowns for the Aggies. Named North Coast Section Offensive Player of the Year as a senior at San Ramon Valley High, posting 63 catches for 1,515 yards (24.0 avg.) and 19 touchdowns. Also selected to All-Metro and All-San Francisco Chronicle first teams, and named among Bay Area's top 100 athletes and the Football Cream Of The Crop as one of the top 20 football players. Led team to 11-2 record and voted MVP of the North Coast Section title game, scoring three touchdowns. Majored in communications. Born on June 14, 1987.
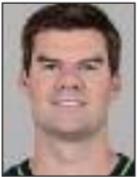
Brandon Coutu, K, 5-11, 188, 2nd Year, Georgia (Lawrenceville, Ga.)

Signed by Seattle as a free agent on July 30, 2011. Originally drafted by the Seahawks in the seventh round (235th overall) of the 2008 NFL Draft. Made the 53-man roster but was inactive all 16 games in 2008, since the team also had Olindo Mare. Released in 2009 during training camp and did not play football in 2009 or 2010. In 43 games at Georgia, scored 262 points, sixth-most in school history. Was successful on 51 of 64 field goal attempts and made all 109 PATs. Earned All SEC honorable mention his senior season. Attended Collins Hill High School. Named to the Gwinnett Daily Post All-County first team and Touchdown Club of Atlanta Class 5A All-State team as a senior. Averaged 40.6 yards on 40 punts, setting the county record with a 75-yard punt, made all nine field goal attempts and all 19 PATs his final season. Also played soccer. Born on September 29, 1984.

Thomas Clayton, RB, 5-11, 222, 3rd year, Kansas State (Alexandria, Va.)

Claimed off of waivers (New England) on August 5, 2011. Played three games in 2010, one with New England and two with the Cleveland Browns, carrying the ball a total of seven times. Claimed off waivers and awarded to the Patriots from the Browns on December 2, 2010. Originally a sixth-round draft choice (186th overall) by the San Francisco 49ers in the 2007 NFL Draft, where he spent time on the team's practice squad from 2007-08, before spending the 2009 season on injured reserve. Played in 28 career games at Kansas State, racking up 1,075 yards and seven touchdowns on 232 carries. Was a Super Prep All-American at Mt. Vernon High School in

Alexandria, Va. and was named USA Today All-USA second-team, as he rushed for over 2,000 yards as a senior and scored 26 touchdowns, leading Mt. Vernon to a 3A Division 5 title. Majored in social sciences. Born on April 26, 1984.

Dominique Edison, WR, 6-2, 204, 2nd Year, Stephen F. Austin (San Augustine, Texas)

Signed to Seattle's practice squad on December 9, 2010 after being released from the Titans practice squad. Originally drafted with the second of two sixth-round choices (206th overall) by the Tennessee Titans in the 2009 NFL Draft. Saw action in five games in 2009, making his debut vs. Houston (9/20). In 44 career games (32 starts) at Stephen F. Austin, he recorded 182 receptions for 2,697 yards and 28 touchdowns. He finished his career ranked first in school history in receptions and second in yards and touchdown catches. In Southland Conference history he ranked second in ranked second in career receptions and touchdown receptions at the time of his departure. Recorded a school-record 67 catches for 1,016 yards and ranked second in the nation with 18 touchdowns as a senior. Prepped at San Augustine High, where he recorded 90 catches for 1,916 yards and 17 scores during career and helped win the 2003 State 2A title. Was also an all-district centerfielder, district MVP in basketball and won the 200-meter state track title. Born on July 16, 1986.

Paul Fanaika, G, 6-5, 327, 3rd Year, Arizona State (San Mateo, Calif.)

Signed by Seattle from Cleveland's practice squad on December 14, 2010. Originally drafted by Philadelphia in the seventh-round (213th overall) of the 2009 NFL Draft. Spent the first 11 weeks on the Eagles' practice squad before being signed to Washington's active roster on November 23. Claimed by the Browns via waivers on June 15, 2010. Released following training camp on September 4, 2010, before being added to the practice squad the following day. In 2009 with Washington, was inactive for five contests and did not play in the season finale at San Diego (1/3/10). Was a four-year letterman at Arizona State (2005-08), starting 35 of 48 games during his collegiate career. Garnered All-Pac-10 honorable mention honors as both a sophomore and senior. Started all 12 games at right guard his senior season. Attended Mills High in Milbrae, Calif. Mother, Tina, played volleyball at Fresno State. His sister, Lavinia, is a guard on the Arizona State women's basketball team. Full name is Pauliasi Fanaika. Born on April 9, 1986.

Breno Giacomini, T, 6-7, 318, 4th Year, Louisville (Cambridge, Mass.)

Signed by Seattle from Green Bay's practice squad on September 28, 2010. Was inactive six times and dressed, but did not play, once in 2010 for Seattle. Originally drafted by the Green Bay Packers in the fifth round (150th overall) in the 2008 NFL Draft. Played two seasons for the Packers before being released following training camp on September 4, 2010. He was signed to the practice squad the following day. Was active for one game, but did not play, in 2009 and inactive for 15, plus the NFC Wild Card playoff game. Was active for two games, making his NFL debut at Detroit (9/14/08). Converted tight end who didn't become a full-time tackle until his senior season at Louisville. Split time at tight end and tackle for his first three seasons at Louisville. Helped protect Brian Brohm on his way to setting a school record with 30 touchdown passes and 4,204 yards as a senior, which is second-best in Louisville single-season history. Three-year starter at Malden High and earned Greater Boston League all-star honors as a senior. Played both defensive end and linebacker. Started his freshman and sophomore years, but didn't play football as a junior to concentrate on basketball. Four-year letterwinner in basketball and was the second-leading scorer in the league as a senior at 21.0 points per game. Sold hot dogs as a senior in high school at Fenway Park. Majored in Sports administration. Born on September 27, 1985.

John Gold, P, 6-2, 204, Rookie, Texas (Palestine, Texas)

Signed by Seattle as a rookie free agent on July 26, 2011. A three-year punter for the Longhorns who shared punting duties over his last two seasons. Appeared in 24 games in three seasons, punting 60 times for 2,654 yards (44.2 ypp), with a career-long punt of 63 yards coming against Iowa State in 2010. Gold was a three-time selection to the First-Team Academic All-Big 12 and recipient of the Provost Award for his 4.0 GPA during Spring 2008. A two-year letterman at punter and kicker at Palestine High School. Also lettered in baseball, cross country, and soccer as a junior. Majored in finance. Born on March 22, 1988.

Jesse Hoffman, DB, 6-0, 196, Rookie, Eastern Washington (Seattle, Wash.)

Signed by Seattle as a rookie free agent on July 26, 2011. Served as defensive back and kickoff returner for the Eagles. Earned All-Big Sky conference Honorable Mention for the 2010 college football season as voted on by the Big Sky Conference head football coaches. Hoffman returned a pair of kickoffs for scores in 2010, averaging 32.17 yards per attempt, including four returns for 70 yards in Eastern Washington's 20-19 victory over Delaware in the 2010 FCS National Championship Game. Hoffman's career average of 26.3 yards on 24 career returns ranks fourth in Eastern Washington school history. Played football at Shorecrest High School as running back and defensive back, leading Shorecrest to its first State 3A playoff berth since 1994. Also played basketball and competed in track & field. Majored in mechanical engineering technology. Born on January 18, 1988.

Neal Howey, LB, 6-1, 230, Rookie, Eastern Michigan (Monroe, Mich.)

Signed by Seattle as a rookie free agent on July 26, 2011. Appeared in all 12 games for the Eagles in 2010, recording 95 tackles (44 solo), good for 7.92 total tackles per game. Transferred to EMU from Upper Iowa University. Played high school football at St. Mary's Catholic Central in Monroe, Mich., where he earned First-team All-League and all-region linebacker as a senior, as well as honorable mention All-State. Lettered in basketball, achieving first-team All-League and All-Region. Also made the state finals in track & field. Business management major. Born on November 4, 1987.

Zach Hurd, T, 6-7, 321, Rookie, Connecticut (Waterford, Conn.)

Signed by Seattle as a rookie free agent on July 26, 2011. Started all 39 games over the past three seasons and played in 13 games as a freshman in 2007. Appeared in 53 games over the past four seasons, a school record. A First-Team All-Big East performer for the past two seasons, blocking for four 1,000 yard rushers during his career with the Huskies. Part of an offensive line that allowed running back Donald Brown to lead the country in rushing in 2008. Did not play football until high school, where he started for two years on both the offensive and defensive lines. Also threw shot put and javelin for the track & field team. An individualized major. Born on September 30, 1988.
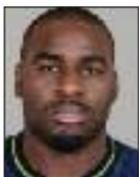
Lemuel Jeanpierre, G, 6-3, 301, 2nd Year, South Carolina (Orlando, Fla.)

Signed to Seattle's practice squad on September 6, 2010 and to the active roster on January 7, 2011. Was inactive for both postseason contests. Originally signed with the Kansas City Chiefs as an undrafted free agent on April 25, 2010, before being released following training camp on September 3. Played on the defensive side of the ball first two seasons at South Carolina before making the transition to the offensive line in the final week of the 2007 spring session. Played in 36 games (21 starts). As a senior, played in 13 games with eight starts at center and two starts at guard. As a junior, opened the first five games at either left or right guard, but missed the rest of the season after suffering a knee injury. Started five games at right guard after making the transition from defensive line to offensive line in spring practice as a sophomore. Saw action in 13 games with one start at defensive tackle as a redshirt fresman. Registered 17 tackles (11 solo), 6.0 stops for loss and 2.0 sacks. Played at Timber Creek School in Orlando, Fla. Earned 6A first-team all-state honors. Named first-team All-Orange Country as a junior by the Orlando Sentinel after totaling 96 tackles and nine sacks. Played in the Central Florida All-Star Game. Regarded as the 44th-best defensive tackle in the country by Rivals.com and ranked #25 on the Orlando Sentinel's Top 100 players in the state of Florida. Three-year starter on the basketball team. Majored in Retailing and is working on a master's degree in Sport and Entertainment Management at South Carolina. Born on May 19, 1987.

Brett Johnson, FS, 6-1, 194, 1st year, California (Las Vegas, Nev.)

Signed by Seattle as a free agent on August 2, 2011. Originally signed by the Buffalo Bills following the 2010 NFL draft. Waived by the Bills and picked up by the Philadelphia Eagles and St. Louis Rams during training camp, but was released prior to the start of the 2010 regular season by the Rams. Signed to the Bills practice squad in December 2010. Played in 49 games with 22 starts for the Golden Bears, including 21 starts in his final two years. Totaled 107 tackles, three interceptions, two forced fumbles, one fumble recovery, one blocked kick and eight pass breakups in four seasons at Cal. Prepped at Green Valley High School in Henderson, Nev. Gained All-Region notice by PrepStar and SuperPrep after racking up 94 tackles, three interceptions and five forced fumbles as a senior in 2004. Also a three-year letterwinner in track & field. Majored in interdisciplinary studies. Born on February 27, 1987.

Jeron Johnson, S, 5-10, 212, Rookie, Boise State (Compton, Calif.)

Signed by Seattle as a rookie free agent on July 26, 2011. Started 44 games for the Broncos and became a cornerstone of the Boise State defense, leading the team in tackles in each of his final three seasons. His efforts earned him all-conference honors three consecutive years. Named to the All-WAC First-Team in 2010 after recording 82 total tackles (45 solo) and was named All-WAC second-team in 2008 and 2009. He finished his career ranked 12th all-time in career tackles (318) at Boise State. Was a four-year letterman at Dominguez High School, where he was named San Gabriel Valley League defensive MVP as both a junior and senior, as well as being named to the Press Telegram Dream Team and earning First-Team All-CIF honors. Majored in communication. Born on June 12, 1988.

Michael Johnson, LB, 6-0, 254, 2nd Year, North Alabama (Panama City, Fla.)

Signed by Seattle on August 3, 2011. Originally signed with Kansas City as a rookie free agent in 2010 and signed to Seattle's practice squad on December 22. Played in 49 games (44 starts) at North Alabama, registering 365 tackles (172 solo), 31.5 stops for loss, 8.5 sacks, five interceptions, nine passes defensed, four fumble recoveries and six forced fumbles. Prepped at Bay High School, playing both running back and defensive end. Born on September 8, 1986.

Jameson Konz, DE, 6-3, 234, 2nd Year, Kent State (Uniontown, Ohio)

Drafted by Seattle with the 245th overall pick in the seventh-round of the 2010 NFL Draft. Switched to defensive end for the 2011 season. Placed on injured reserve (hip) on August 3, 2010. Played in 48 career games and began Kent State career playing his first three seasons at linebacker, totaling 90 tackles (49 solo) and 2.0 sacks. Had a career-high 43 stops (22 solo) and 2.0 sacks his junior season. Saw action at receiver his final season in 13 games, recording 23 receptions for 310 yards and two touchdowns. Attended Lake High School. Was an All-Federal League and honorable mention All-Northeast Inland District performer. Played both offense and defense for the Blue Streaks. Scored eight career touchdowns, catching 28 passes as a junior and 14 as a senior for a total of 671 yards. Born July 2, 1986.

Ricardo Lockette, WR, 6-2, 211, Rookie, Fort Valley State (Albany, Ga.)

Signed by Seattle as a rookie free agent on July 26, 2011. A wide receiver and return specialist for the Wildcats, finished 2010 with 23 receptions for 262 yards and one touchdown, while averaging 11.4 yards per catch. As a returner, averaged 24 yards per return, with a long of 49 yards. Started his career in track & field at Wallace State Community College in Hanceville, Ala. before transferring to Fort Valley State in 2008 to play football, where he caught 19 passes for 277 yards and three touchdowns, also returning eight kickoffs for 222 yards and a score. Won a Division II National Championship in the 200 meters in 2008. Born on May 21, 1986.

Mike Morgan, LB, 6-3, 226, Rookie, USC (Dallas, Texas)

Signed by Seattle as a rookie free agent on July 26, 2011. A four-year contributor for the Trojans, playing in 50 games while collecting 139 tackles (73 solo) and 5.5 sacks. Racked up a team-high 13 tackles for a loss in 2009 (with 4 sacks). Made the 2009 Phil Steele's All-Pac 10 third-team. Named to the 2005 Parade All-American, Prep Star Dream Team, ESPN 150, Prep Star All-American, EA Sports All-American third team, Super Prep All-Southwest, Prep All-Midlands and All-State honorable mention squads as a senior linebacker at Skyline High in Dallas, Texas. Also sprinted for Skyline's track team. Received his bachelor's degree in public policy, management and planning. Born on January 16, 1988.

Brent Osborne, G, 6-3, 288, Rookie, Harvard (Draper, Va.)

Signed by Seattle as a rookie free agent on July 26, 2011. Started all 10 games at right tackle for the Crimson in 2010 and was named second team All-Ivy League, as well as the Joseph E. Wolf Award winner as the top interior lineman by his teammates. Appeared in all 10 games and made nine starts in 2009, earning All-Ivy League second team honors. Played high school football at Pulaski County, where he was a three-time all-district selection, including first team honors as a senior. Studied economics at Harvard. Born on November 26, 1988.

Ron Parker, CB, 6-0, 206, Rookie, Newberry College (St. Helena Island, S.C.)

Signed by Seattle as a rookie free agent on July 26, 2011. Led the South Atlantic Conference in interceptions (5) and fumble recoveries (3) in 2010, while racking up 59 tackles. Ranked 14th nationally in interceptions with 0.56 per game. Following the 2010 season, was named a first team All-American by D2Football.com and Don Hansen's Football Gazette, a second team All-American by Daktronics and a third team Little All-American by the Associated Press. In 2009, led the team in tackles (83), led the team and South Atlantic Conference in interceptions (6), and led the team and conference in passes defensed (13). Prepped at Beaufort High School in South Carolina. Majored in sports management. Born on August 17, 1987.

Josh Pinkard, CB, 6-1, 218, 2nd Year, USC (Oxnard, Calif.)

Signed by Seattle as an undrafted rookie free agent on April 24, 2010. Began season on reserve/non-football injury list and signed to practice squad on November 10. Signed to active roster on January 7, 2011 and was inactive for both postseason games. A three-year starter in the secondary for the Trojans. He was granted a sixth year of eligibility by the NCAA after missing the 2006 and 2007 campaigns with knee injuries. Started 31 of 51 career games played and totaled 167 tackles and five interceptions in his career. Was a second-team All-Pac-10 choice after his senior season. He was a 2003 Super Prep All-American, Super Prep All-Farwest, Prep Star All-West, Tacoma News Tribune Western 100, All-CIF Southern Section first team, All-CIF Division IV and Los Angeles Times All-Ventura/North Coast pick as a senior defensive back and wide receiver at Hueneme High. He had 123 tackles, two sacks and four interceptions on defense and 22 receptions for 200-plus yards with five touchdowns on offense. Also participated in basketball and track. Majored in political science. Born on April 2, 1986.

Caz Piurowski, TE, 6-7, 271, 1st Year, Florida State (Land O' Lakes, Fla.)

Signed a future 2011 contract with Seattle on January 28, 2011. From 2006-09, played in 39 career games with 24 starts for Florida State before a season-ending knee injury in 2009. Recorded 33 career receptions for 377 yards and three touchdowns for the Seminoles. Had a career-high 13 catches for 182 yards and two touchdowns his senior season. Graduated from Land O'Lakes High in 2006 rated as the No. 5 tight end in the nation as a prep senior by both Rivals.com and PrepStar Magazine. Earned All-State first team honors in Florida's Class 5A as a senior, catching 34 passes for 589 yards and four touchdowns. Named as one of the nation's top 150 players by ESPN.com. In baseball, hit .466 with a school-record and Pasco County single-season record 18 home runs as a senior. Majored in criminology. Last name pronounced pure-OW-skee. Born on October 11, 1987.

Josh Portis, QB, 6-3, 211, Rookie, California Univ. (Pa.) (Woodland Hills, Calif.)

Signed by Seattle as a rookie free agent on July 26, 2011. In 2010, started all 12 games for the Vulcans and served as team captain for the second-straight year, finishing with 2,651 yards passing and 33 touchdowns, while completing 62 percent of his passes. Led the Pennsylvania State Athletic Conference and ranked 15th in NCAA Division II with a passing efficiency of 155.97 and finished among the league leaders in passing and total offense. Finished 2010 season as a D2Football.com Honorable Mention All-American, All-PSAC West First-Team, and Football Gazette Third-Team All-Region. In 2009, passed for a school-record 3,421 yards and 36 touchdowns. Transferred from Maryland in 2008. Also played at Florida in 2005. Three-year letterman at William H. Taft High School in Los Angeles, Calif. Born on July 14, 1987.

Chase Reynolds, RB, 6-0, 195, Rookie, Montana (Drummond, Mont.)

Signed by Seattle as a rookie free agent on August 2, 2011. In just three seasons as running back, Reynolds racked up 4,070 yards and finished with a Grizzlies career record 59 touchdowns. Marred by a shoulder injury his senior season, but still managed to rush for 982 yards and lead the team in receptions (40), scoring 12 touchdowns, with eight of them coming on the ground. As a junior and senior, was a Walter Payton Award candidate, for the top offensive player in the Football Championship Subdivision. Set a Montana prep record with 5,261 career rushing yards, scoring 114 touchdowns in his four-year, 44-game career, averaging 10.1 yards per carry playing eight-man football at Drummond High School. Lettered 12 times, earning four each in football, basketball and track. Majored in sociology. Born on October 22, 1987.

William Robinson, T, 6-5, 297, 4th Year, San Diego State (Pomona, Calif.)

Signed by Seattle off Washington's practice squad on November 23, 2010. Originally signed with Seattle as an undrafted rookie free agent on April 27, 2008. Injured ankle in the preseason and placed on injured reserve for 2008 season. Went to training camp with the Seahawks in 2009 before being released on September 5, 2009. Signed to the Redskins' practice squad on September 15, 2009, before being added to the active roster on December 9, 2009. Made his NFL debut vs. New York Giants (12/21/09) and saw action at left tackle. Played left tackle his junior and senior seasons. Also saw time at right guard during his career at San Diego State. Prepped at Bishop Amat High School and was an honorable mention all-region pick by PrepStar. Father, Willie, is a retired deputy sheriff in Los Angeles County and is on the SWAT team. Mother, Carolyn, is a retired deputy sheriff who played college basketball at Cal State Fullerton. Earned varsity letters in basketball and track. Majored in political science. Born on December 20, 1984.

Vai Taua, RB, 5-10, 213, Rookie, Nevada (Fountain Valley, Calif.)

Signed by Seattle as a rookie free agent on August 14, 2011. Originally signed by the Buffalo Bills on July 28, 2011 and was released by the team on August 5. A three-time All-WAC first-team running back, rushing for more than 1,300 yards in each of his final three seasons for the Wolf Pack, including a 1,534-yard, 19 touchdown effort as a senior in 2010. Finished his career at Nevada with 45 games played, 4,512 yards rushing, 45 touchdowns and averaged 6.5 yards per rush attempt. Attended Cabrillo High School in Lompoc, Calif. where he ran for 1,709 yards and 27 touchdowns as a senior. Also competed in track & field, lettering twice. Born on October 11, 1988.

Rickey Thenarse, S, 6-1, 210, Rookie, Nebraska (Los Angeles, Calif.)

Signed by Seattle as a rookie free agent on July 26, 2011. Played in 51 career games at Nebraska, starting 10, recording 106 tackles and 2 sacks, including a career-high 34 tackles during his senior season. Named the Huskers Special Teams MVP in 2006 and 2007. A standout running back and defensive back for Jordan High School in Los Angeles, Calif. Earned first-team all-city and all-state honors in high school after rushing for 1,344 yards and 10 touchdowns, catching 19 passes for 628 yards and five touchdowns, and returning 11 punts for 231 yards and a touchdown as a senior. Born on August 2, 1988.

Ryan Travis, TE, 6-2, 242, Rookie, West Liberty (Massillon, Ohio)

Signed by Seattle as a rookie free agent on July 26, 2011. Started all 10 games in 2010, hauling in 126 passes for 1,402 yards and 15 touchdowns, averaging 11.1 yards per catch. Topped a 2009 campaign where he had one of the best offensive seasons of any tight end in Division II history, after he totaled 104 catches for 1,250 yards and 14 touchdowns and earned First-Team AP Little All-American, Daktroncis/CoSIDA First-Team All-American, Don Hansen's Football Gazette First-Team All-American, D2Football.com First-Team All-American and Daktronics/CoSIDA First-Team All-Atlantic Region honors. Lettered in football, basketball and track at Tuslaw High School where he earned first-team All-Ohio honors and league player of the year after rushing for 1,400 yards and 27 touchdowns his senior season. Majoring in education. Born on January 18, 1989.

Teryl White, DT, 295, 6-5, Rookie, NC Central (Macon, Ga.)

Picked up by Seattle as a rookie free agent on August 10, 2011 after a brief stint with the St. Louis Rams. Finished his NCCU career with 158 tackles, including 30.5 tackles for loss and 7.5 sacks during 34 games from 2007-10. Selected to represent the Eagles at the 2010 Russell Athletic HBCU Bowl All-Star Game on Dec. 18 inside the Georgia Dome. Served as President of NCCU's Student-Athlete Advisory Committee and was a two-time recipient of CoSIDA/ESPN the Magazine Academic All-District First-Team honors. Prepped at North Forsyth High School in Winston-Salem, N.C., where he was named All-Conference in football as a defensive lineman and middle linebacker. Also earned All-Conference honors in track & field, competing in shot put and discus. Marketing major, with a minor in Spanish. Born on March 8, 1989.

Pat Williams, WR, 6-1, 204, 3rd Year, Colorado (DeSoto, Texas)

Signed to Seattle's practice squad on September 6, 2010 after being released by the Green Bay Packers. Signed to a future 2011 contract with Seattle on January 17, 2011. Originally signed by Green Bay as a rookie free agent on May 1, 2009 and to its active roster on December 15. Was inactive for three games and the Packers playoff game. Played in 50 career games, with 20 starts, and was a four-year letterwinner at Colorado. Ended his college career tied for eighth all-time in school history in receptions (106) and 17th in yards (1,099), becoming one of only nine players in school history with 100 receptions and 1,000 receiving yards. Posted career-highs his senior season in catches (30), yards (322) and touchdowns (2). Attended DeSoto High where he was a two-time All-District 4-5A selection and his team's back-to-back offensive MVP his junior and senior seasons. Also lettered in track where he won the state championship in 2004 in the 4x200-meter relay. Majored in sociology. Born on January 13, 1986.

David Hawthorne enters 2011 as the starting middle linebacker having originally signed as an undrafted free agent in 2008. He has led the Seahawks in tackles in each of the last two seasons (116 in 2009, 105 in 2010).

GAME 1

Seattle Seahawks 31, San Francisco 49ers 6
Sunday, September 12, 2010 — Qwest Field

The Seattle Seahawks won their season opener in convincing fashion over division rival San Francisco. The 49ers controlled the ball for nearly 20-of-the-first-24 minutes of the first half but could only muster two 23-yard Joe Nedney field goals for a 6-0 lead. San Francisco took advantage of a first-play interception by Matt Hasselbeck deep in Seahawks territory for their first score. Following a three-and-out by Seattle, the 49ers drove to the Seahawks 1-yard line, but a staunch Seahawks defense forced an incomplete pass and took over possession. Following another Seahawks three-and-out, the 49ers drove deep into Seattle territory, but were once again held out of the end zone and settled for Nedney's second field goal. However, that would be all of the scoring for the 49ers and the Seahawks would score four TDs over the next seven minutes. On their ensuing drive, a Hasselbeck to Mike Williams 35-yard completion to the 49ers 1-yard line set up a 1-yard TD run by Hasselbeck to give Seattle a 7-6 lead with 2:26 to go in the half. Jordan Babineaux intercepted Alex Smith on the Niners next possession and returned the ball 23 yards to the San Francisco 13. On the first play of the drive, Hasselbeck connected with Deon Butler for the score and a 14-6 lead at the half. On San Francisco's first possession of the second half, Marcus Trufant added to the scoring bonanza with a 32-yard interception return for a touchdown. The Seahawks took a 28-6 lead with 10:30 left in the third quarter when Hasselbeck found Deion Branch for a 3-yard TD. Seattle's defense continued to hold the 49ers offense in check and added a late field goal by Olindo Mare, adding to his club record with 22 consecutive made field goals. The Seahawks defense limited 49ers Frank Gore to 38 yards on 17 carries and allowed San Francisco to convert just one-of-15 third-down conversion attempts.

San Francisco	3	3	0	0	—	**6**	
Seattle	0	14	14	3	—	**31**	

				SF	Seattle
SF	1	10:16	Nedney 23 FG (8-24, 4:35)	3	0
SF	2	6:23	Nedney 23 FG (9-31, 5:48)	6	0
SEA	2	2:26	Hasselbeck 1 run (Mare kick) (7-64, 3:57)	6	7
SEA	2	1:27	Butler 13 pass Hasselbeck (Mare kick) (1-13, 0:06)	6	14
SEA	3	13:59	Trufant 32 INT return (Mare kick)	6	21
SEA	3	10:39	Branch 3 pass Hasselbeck (Mare kick) (7-60, 2:56)	6	28
SEA	4	2:24	Mare 35 FG (10-57, 6:32)	6	31

Att. 67,044

INDIVIDUAL STATISTICS

RUSHING

San Francisco	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
Gore	17	38	10	0	Forsett	7	43	32	0
Walker, Del.	1	10	10	0	Jones	8	18	6	0
Norris	1	1	1	0	Washington	6	12	5	0
					Hasselbeck	2	4	3	1
TOTAL	**19**	**49**	**10**	**0**	**TOTAL**	**23**	**77**	**32**	**1**

PASSING

San Francisco	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
Smith	45	26	225	0	2	52.5	Hasselbeck	23	18	170	2	1	108.3
TOTAL	**45**	**26**	**225**	**0**	**2**	**52.5**	**TOTAL**	**23**	**18**	**170**	**2**	**1**	**108.3**

RECEIVING

San Francisco	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
Davis	8	73	16	0	Williams	4	64	35	0
Gore	6	45	23	0	Carlson	3	36	19	0
Morgan	3	32	17	0	Forsett	3	17	9	0
Walker, Del.	3	27	14	0	Branch	3	11	5	1
Crabtree	2	12	9	0	Robinson	2	12	13	0
Ginn	1	19	19	0	Butler	1	13	13t	1
Zeigler	1	10	10	0	Morrah	1	11	11	0
Byham	1	5	5	0	Obomanu	1	6	6	0
Norris	1	2	2	0					
TOTAL	**26**	**225**	**23**	**0**	**TOTAL**	**18**	**170**	**35**	**2**

TEAM STATISTICS

	San Francisco	Seattle
Total First Downs	14	14
Third Down Eff.	1-15-7%	5-11-45%
Total Net Yards	263	242
Total Off. Plays	66	47
Avg. per Play	4.0	5.1
Net Yards Rushing	49	77
Total Rushing Plays	19	23
Net Yards Passing	214	165
Times Sacked/Yards Lost	2/11	1/5
Pass Atts-Comps-Ints	45-26-2	23-18-1
Punts-No. and Avg.	6-41.5	5-41.4
Penalties-No. and Yards	8-60	5-35
Fumbles-No. and Lost	1-0	0-0
Touchdowns	0	4
Field Goals Made-Att	2-2	1-1
Time of Possession	32:45	27:15

DEFENSE

San Francisco	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Willis	10	5	0	0.0	0.0	0	0	0	0	0
Goldson	6	5	1	0.0	0.0	0	0	0	0	0
LaBoy	5	4	1	1.0	5.0	0	0	0	0	0
Spikes	5	3	2	0.0	0.0	0	0	0	0	0

Additional Stats: INT: Clements 1.

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Tatupu	8	5	3	0.0	0.0	0	0	0	0	0
Babineaux	7	5	2	0.0	0.0	1	2	1	0	0
Thomas	6	4	2	0.0	0.0	0	0	0	0	0
Jennings	5	5	0	0.0	0.0	0	0	1	0	0
Cole	4	4	0	0.0	0.0	0	0	0	0	0
Bryant	3	3	0	1.0	4.0	0	0	0	0	0

Additional Stats: INT: Trufant 1 (32-yd TD). SACKS: Davis 1.0.

Denver Broncos 31, Seattle Seahawks 14
Sunday, September 19, 2010 — Invesco Field at Mile High

The Seahawks could not overcome four turnovers and slipped to the Broncos 31-14 on what was the hottest game ever played in Denver with the kickoff temperature reading 91 degrees. The day started in rhythm for Seattle as they marched down the field on the opening drive to the Bronco's 1-yard line. However, two penalties later the Seahawks faced a second-and-goal from the 16 and a pass intended for Deion Branch was intercepted by Champ Bailey. The Seahawks defense forced a punt but rookie Walter Thurmond fumbled the punt setting up Denver's first score, a TD pass from Kyle Orton to Eddie Royal. Seattle was forced to punt and the Broncos scored on their next possession on a Correll Buckhalter 1-plunge to take a 14-0 lead. Seattle again moved the ball into scoring position late in the second quarter, but another interception deep in Broncos' territory halted the threat and ended up resulting in a Matt Prater field goal just before the half expired to give Denver a 17-0 lead. The Seahawks tried to rally early in the third quarter behind Golden Tate's 63-yard punt return which set up a Matt Hasselbeck to Ben Obomanu TD pass-and-catch. Seattle's defense, unable to stop the Broncos on three third down attempts, yielded a Knowshon Moreno 1-yard TD run that extended the Denver's lead to 24-7. Seattle moved into scoring position once more late in the third quarter, but elected to go for it on fourth-and-2 and the pass failed. Again, the Broncos took advantage and drove 80 yards in 14 plays, including four third-down conversions, resulting in an Orton 21-yard TD pass to Demaryius Thomas. Hasselbeck capped the scoring with a 20-yard TD run with 5:59 to play resulting in a 31-14 final score. Seattle's run defense allowed just 65 yards on 38 attempts (1.7 avg.).

Seattle	0	0	7	7	—	**14**	
Denver	7	10	7	7	—	**31**	

				Seattle	Denver
DEN 1	3:48	Royal 13 pass Orton (Prater kick) (3-13, 1:16)		0	7
DEN 2	10:30	Buckhalter 1 run (Prater kick) (10-81, 4:41)		0	14
DEN 2	0:11	Prater 20 FG (16-91, 6:07)		0	17
SEA 3	9:47	Obomanu 11 pass Hasselbeck (Mare kick) (5-22, 2:04)		7	17
DEN 3	3:31	Moreno 1 run (Prater kick) (10-80, 6:16)		7	24
DEN 4	9:11	Thomas 21 pass Orton (Prater kick) (14-80, 7:56)		7	31
SEA 4	5:59	Hasselbeck 20 run (Mare kick) (8-80, 3:12)		14	31

Att. 75,130

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	Denver	Att	Yds	LG	TD
Forsett	8	44	19	0	Moreno	24	51	9	1
Hasselbeck	3	21	20t	1	Buckhalter	11	19	4	1
Washington	4	17	7	0	Orton	3	-5	-1	0
Robinson	1	15	15	0					
Jones	4	12	6	0					
TOTAL	**20**	**109**	**20t**	**1**	**TOTAL**	**38**	**65**	**9**	**2**

PASSING

Seattle	A	C	Yds	TD	INT	RT	Denver	A	C	Yds	TD	INT	RT
Hasselbeck	35	20	233	1	3	51.2	Orton	35	25	307	2	0	117.2
TOTAL	**35**	**20**	**233**	**1**	**3**	**51.2**	**TOTAL**	**35**	**25**	**307**	**2**	**0**	**117.2**

RECEIVING

Seattle	No	Yds	LG	TD	Denver	No	Yds	LG	TD
Butler	5	50	20	0	Thomas	8	97	21t	1
Carlson	5	48	22	0	Royal	5	65	34	1
Branch	4	31	9	0	Moreno	4	67	45	0
Obomanu	2	30	19	1	Lloyd	3	53	25	0
Tate	1	52	52	0	Gaffney	2	15	9	0
Forsett	1	8	8	0	Graham	2	6	10	0
Williams	1	7	7	0	Larsen	1	4	4	0
Robinson	1	7	7	0					
TOTAL	**20**	**233**	**52**	**1**	**TOTAL**	**25**	**307**	**45**	**2**

TEAM STATISTICS

	Seattle	Denver
Total First Downs	17	23
Third Down Eff.	7-11-64%	14-20-70%
Total Net Yards	339	369
Total Off. Plays	56	74
Avg. per Play	6.1	5.0
Net Yards Rushing	109	65
Total Rushing Plays	20	38
Net Yards Passing	230	304
Times Sacked/Yards Lost	1/3	1/3
Pass Atts-Comps-Ints	35-20-3	35-25-0
Punts-No. and Avg.	2-53.5	4-51.3
Penalties-No. and Yards	7-64	3-35
Fumbles-No. and Lost	1-1	1-0
Touchdowns	2	4
Field Goals Made-Att	0-0	1-1
Time of Possession	22:33	37:27

DEFENSE

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Milloy	8	7	1	0.0	0.0	0	0	0	1	0
Thomas	7	7	0	0.0	0.0	0	0	0	0	0
Curry	6	5	1	0.0	0.0	0	0	0	0	0

Additional Stats: SACKS: Brock 1.0.

Denver	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Dawkins	8	6	2	0.0	0.0	1	-2	1	0	0
Jones, N.	6	6	0	0.0	0.0	0	0	0	0	0
Haggan	5	4	1	0.0	0.0	0	0	1	0	0
Williams, D.	4	3	1	0.0	0.0	0	0	1	0	0
Moss	3	2	1	1.0	3.0	0	0	0	0	0

Additional Stats: INT: Bailey, Cox 1.

Seattle Seahawks 27, San Diego Chargers 20
Sunday, September 26, 2010 — Qwest Field

Leon Washington's record-setting performance helped Seattle remain undefeated at Qwest Field with a 27-20 win over the San Diego Chargers. Washington accounted for 14 of Seattle's 17 second-half points by returning two kickoffs for touchdowns. The Seahawks took a 3-0 lead early in the second quarter after Olindo Mare connected on a 23-yard field goal. John Carlson gave Seattle a 10-0 lead at the half when he secured a 9-yard touchdown pass from Matt Hasselbeck with 53 seconds remaining. Receiving the opening kickoff of the second half, Washington scored the first of his two touchdowns, this on a career long and club record 101-yard return giving Seattle a 17-0 lead. The Chargers began their comeback just four plays later when Phillip Rivers connected with Malcom Floyd on a 3-yard scoring pass. Backed up deep in their own territory following a punt, Hasselbeck was sacked in the end zone for a safety. San Diego tacked on a Nate Kaeding field goal on the ensuing drive to pull within 17-12. Mare added to Seattle's lead, 20-12, with another 23-yard field goal. The Chargers moved the ball back down into scoring position and Rivers connected with Antonio Gates for a 12-yard TD to draw within two points. Rivers found Legedu Naanee for the successful conversion to square the game 20-20. On the ensuing kickoff, Washington fielded the ball at the 1-yard line and navigated defenders to race 99 yards for the go-ahead score putting Seattle on top 27-20. After holding the Chargers, the Seahawks were unable to convert a first down and punted. With the Chargers facing a fourth down in Seattle territory in the waining moments , Earl Thomas intercepted Rivers for the second time on the day to end the game. Washington became the 10th player in NFL history to have two kick-off return TDs in the same game and moved into a tie for second all time with six for his career. Thomas became the second Seahawks rookie with two interceptions in a game joining Kenny Easley (1981). Rivers passed for 455 yards, a record for most passing yards allowed by a Seahawks defense.

						San Diego	Seattle
San Diego	0	0	12	8	—	20	
Seattle	0	10	7	10	—	27	

				San Diego	Seattle
SEA	2	11:28	Mare 23 FG (9-80, 4:38)	0	3
SEA	2	0:53	Carlson 9 pass Hasselbeck (Mare kick) (3-41, 0:22)	0	10
SEA	3	14:47	Washington 101 kickoff return (Mare kick)	0	17
SD	3	12:33	Floyd 3 pass Rivers (Kaeding kick) (4-80, 2:14)	7	17
SD	3	4:31	Hasselbeck sacked in end zone by Siler for safety	9	17
SD	3	0:37	Kaeding 29 FG (9-44, 3:54)	12	17
SEA	4	11:27	Mare 23 FG (4-6, 0:59)	12	20
SD	4	6:39	Gates 12 pass Rivers (Rivers-Naanee pass) (9-65, 4:48)	20	20
SEA	4	6:24	Washington 99 kickoff return (Mare kick)	20	27

Att. 67,106

INDIVIDUAL STATISTICS

RUSHING

San Diego	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
Tolbert	17	73	13	0	Forsett	17	63	28	0
Sproles	1	16	16	0	Hasselbeck	3	5	5	0
Rivers	1	2	2	0	Washington	1	0	0	0
Naanee	2	-2	5	0					
TOTAL	**21**	**89**	**16**	**0**	**TOTAL**	**21**	**68**	**28**	**0**

PASSING

San Diego	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
Rivers	53	29	455	2	2	80.3	Hasselbeck	32	19	220	1	1	77.6
TOTAL	**53**	**29**	**455**	**2**	**2**	**80.3**	**TOTAL**	**32**	**19**	**220**	**1**	**1**	**77.6**

RECEIVING

San Diego	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
Gates	7	109	28	1	Carlson	5	61	37	1
Floyd	6	97	25	1	Branch	5	60	41	0
Naanee	4	53	20	0	Tate	4	33	11	0
Davis	3	82	49	0	Forsett	3	31	13	0
Crayton	3	57	23	0	Williams	2	35	22	0
Tolbert	3	17	8	0					
McMichael	1	28	28	0					
Sproles	1	10	10	0					
TOTAL	**29**	**455**	**49**	**2**	**TOTAL**	**19**	**220**	**41**	**1**

TEAM STATISTICS

	Seattle	S. Diego
Total First Downs	27	13
Third Down Eff.	6-14-43%	6-13-46%
Total Net Yards	518	271
Total Off. Plays	78	56
Avg. per Play	6.6	4.8
Net Yards Rushing	89	68
Total Rushing Plays	21	21
Net Yards Passing	429	203
Times Sacked/Yards Lost	4/26	3/17
Pass Atts-Comps-Ints	53-29-2	32-19-1
Punts-No. and Avg.	5-41.4	5-40.4
Penalties-No. and Yards	11-83	5-32
Fumbles-No. and Lost	3-3	1-1
Touchdowns	2	3
Field Goals Made-Att	1-1	2-2

DEFENSE

San Diego	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Weddle	6	6	0	0.0	0.0	0	0	0	0	0
Siler	5	5	0	1.0	7.0	0	0	0	0	0
Cason	5	5	0	0.0	0.0	0	0	0	0	0
Burnett	5	5	0	0.0	0.0	0	0	0	0	0
Gregory	4	4	0	0.0	0.0	0	0	0	0	0
Phillips	4	3	1	1.0	6.0	0	0	0	0	0

Additional Stats: INT: Jammer 1. SACKS: Applewhite 1.0.

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Milloy	12	7	5	0.0	0.0	0	0	0	0	0
Hawthorne	9	6	3	0.0	0.0	0	0	0	1	0
Thurmond	7	7	0	0.0	0.0	0	0	1	0	0
Tatupu	7	4	3	0.0	0.0	0	0	0	0	0
Thomas	6	4	2	0.0	0.0	2	55	2	0	0
Clemons	5	3	2	2.0	15.0	0	0	0	0	0

Additional Stats: SACKS: Brock, Mebane 1.0.

St. Louis Rams 20, Seattle Seahawks 3
Sunday, October 3, 2010 — Edward Jones Dome

The Seahawks lost to the Rams for the first time since the 2004 postseason dropping the NFC West matchup 20-3 at the Edward Jones Dome. The Rams struck first and in the first quarter when Sam Bradford, the Rams first overall selection in the 2010 NFL Draft, connected with Brandon Gibson for a 15-yard TD pass-and-catch. The Seahawks countered with a 22-yard Olindo Mare field goal on the ensuing drive early in the second quarter, but that would be all Seattle would muster on the day. For Mare, it extended his club record for consecutive made field goals to 25. The Seahawks could not capitalize on two second quarter fourth-down attempts, failing to convert a 4th-and-2 at the Rams 38-yard line and later on a failed fake field goal attempt with just over one minute to play in the first half. The failed fake attempt led to a Josh Brown 30-yard field goal for the Rams as time expired to take a 10-3 lead. Seattle was forced to punt on their first five second-half possessions and the Rams capitalized on their first possession with a 21-yard screen pass from Bradford to Kenneth Darby resulting in a touchdown and a 17-3 lead. Brown tacked on a 31-yard field goal with 2:35 to play in the game to stretch the lead to 20-3. For Seattle, Chris Clemons recorded two sacks for the second consecutive week and Earl Thomas intercepted a Bradford pass in the end zone to thwart a Rams scoring opportunity.

					Seattle	StL
Seattle	0	3	0	0	—	**3**
St. Louis	7	3	7	3	—	**20**

				Seattle	StL
STL	1	5:49	Gibson 15 pass Bradford (Brown kick) (10-90, 4:09)	0	7
SEA	2	14:20	Mare 22 FG (14-81, 6:29)	3	7
STL	2	0:00	Brown 30 FG (8-45, 1:01)	3	10
STL	3	10:39	Darby 21 pass Bradford (Brown kick) (8-67, 2:59)	3	17
STL	4	2:35	Brown 31 FG (9-44, 4:42)	3	20

Att. 52,326

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	St. Louis	Att	Yds	LG	TD
Forsett	19	65	12	0	Jackson	22	70	16	0
Robinson	1	3	3	0	Bradford	2	8	6	0
Hasselbeck	1	3	3	0	Clayton	1	6	6	0
Tate	1	1	1	0	Toston	1	3	3	0
Washington	1	1	1	0	Darby	2	1	6	0
Ryan	1	-9	-9	0					
TOTAL	**24**	**64**	**12**	**0**	**TOTAL**	**28**	**88**	**16**	**0**

PASSING

Seattle	A	C	Yds	TD	INT	RT	St. Louis	A	C	Yds	TD	INT	RT
Hasselbeck	36	20	191	0	1	58.9	Bradford	41	23	289	2	1	84.3
Robinson	1	1	28	0	0	118.8							
TOTAL	**37**	**21**	**219**	**0**	**1**	**62.8**	**TOTAL**	**41**	**23**	**289**	**2**	**1**	**84.3**

RECEIVING

Seattle	No	Yds	LG	TD	St. Louis	No	Yds	LG	TD
Stokley	4	62	36	0	Clayton	5	72	34	0
Williams	4	32	17	0	Amendola	5	46	14	0
Tate	3	30	13	0	Jackson	3	54	49	0
Washington	2	28	28	0	Gibson	3	50	23	1
Butler	2	20	14	0	Fells	3	35	15	0
Forsett	2	10	5	0	Darby	2	19	21t	1
Carlson	1	15	15	0	Gilyard	2	13	9	0
Branch	1	10	10	0					
Baker	1	8	8	0					
Robinson	1	4	4	0					
TOTAL	**21**	**219**	**36**	**0**	**TOTAL**	**23**	**289**	**49**	**2**

TEAM STATISTICS

	Seattle	StL
Total First Downs	15	19
Third Down Eff.	7-15-27%	7-16-44%
Total Net Yards	257	349
Total Off. Plays	65	73
Avg. per Play	4.0	4.8
Net Yards Rushing	64	88
Total Rushing Plays	24	28
Net Yards Passing	219	289
Times Sacked/Yards Lost	4/26	4/28
Pass Atts-Comps-Ints	37-21-1	41-23-1
Punts-No. and Avg.	7-43.6	7-45.9
Penalties-No. and Yards	6-49	5-41
Fumbles-No. and Lost	1-1	0-0
Touchdowns	0	2
Field Goals Made-Att	1-1	2-2
Time of Possession	27:10	32:50

DEFENSE

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Trufant	8	7	1	0.0	0.0	0	0	0	0	0
Milloy	6	5	1	1.0	6.0	0	0	0	0	0
Tatupu	5	5	0	0.0	0.0	0	0	0	0	0
Bryant	5	3	2	0.0	0.0	0	0	0	0	0
Clemons	4	4	0	2.0	10.0	0	0	0	0	0

Additional Stats: SACKS: Herring 1.0. INT: Thomas 1.

St. Louis	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Dahl	6	6	0	0.0	0.0	0	0	0	0	0
King	6	6	0	0.0	0.0	0	0	0	0	0
Butler	5	5	0	0.0	0.0	0	0	0	0	0
Laurinaitis	5	4	1	0.0	0.0	0	0	0	0	0
Hall	4	4	0	2.0	13.0	0	0	0	1	0

Additional Stats: SACKS: Vobora 1.0, Long, Selvie 0.5. INT: Fletcher 1.

GAME 5

Seattle Seahawks 23, Chicago Bears 20
Sunday, October 17, 2010 — Soldier Field

The Seahawks returned from their bye week with a matchup against the Chicago Bears at Soldier Field. The Bears, coming into the game boasting the NFL's best record at 4-1, took an early lead after a 58-yard pass interference penalty set up a 6-yard TD run by Matt Forte. However, the Seahawks countered on their next drive when Matt Hasselbeck connected with Deon Butler on a 22-yard scoring strike to tie the game 7-7. After several exchanged punts in a battle of field position through the rest of the first quarter, the Seahawks mustered a seven-play, 37-yard drive capped by a Justin Forsett 9-yard TD run to take a 14-7 lead early in the second period. The Bears twice drove into the redzone but twice the Seahawks defense held and limited the Bears to two field goals to retain a 14-13 lead at halftime. The Seahawks defense, relentless with pressure on Bears QB Jay Cutler, extended the lead to 16-13 when Jordan Babineaux sacked Cutler and forced a fumble in the end zone resulting in a safety. Similar to the opening quarter, a battle of field position took place between the punters in the third quarter. Seattle's Jon Ryan tied a career high with six punts downed inside the 20. However, Seattle pieced together a 92-yard drive over the final minutes of the third quarter and to open the fourth quarter resulting in a Marshawn Lynch 1-yard TD run to give the Seahawks a 23-13 lead. The game would get tight in the closing minutes after Bears' Devin Hester returned Ryan's 10th punt of the day 89 yards for a TD with 1:54 remaining. The ensuing onside kick was recovered by Seattle's John Carlson and Seattle ran out the play clock. Seattle's defense racked up six sacks, including two by Lawyer Milloy who became the 11th player in NFL history to record 20 career sacks and 20 career interceptions. Mike Williams posted career highs leading all receivers with 10 catches and 123 yards.

Seattle	7	7	2	7	—	**23**	
Chicago	7	6	0	7	—	**20**	

				Seattle	Chi
CHI	1	12:42	Forte 6 run (Gould kick) (4-80, 2:18)	0	7
SEA	1	10:03	Butler 22 pass Hasselbeck (Mare kick) (6-80, 2:39)	7	7
SEA	2	14:51	Forsett 9 run (Mare kick) (7-37, 2:41)	14	7
CHI	2	11:51	Gould 34 FG (7-65, 3:00)	14	10
CHI	2	1:10	Gould 24 FG (7-86, 2:19)	14	13
SEA	3	11:40	Cutler tackled in end zone by Babineaux for safety	16	13
SEA	4	13:45	Lynch 1 run (Mare kick) (11-92, 5:43)	23	13
CHI	4	1:54	Hester 89 punt return (Gould kick)	23	20

Att. 62,137

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	Chicago	Att	Yds	LG	TD
Forsett	10	67	13	1	Taylor	4	31	24	0
Lynch	17	44	12	1	Cutler	2	19	14	0
Robinson	1	3	3	0	Forte	8	11	6t	1
Hasselbeck	3	-3	-1	0					
TOTAL	**31**	**111**	**13**	**2**	**TOTAL**	**14**	**61**	**24**	**1**

PASSING

Seattle	A	C	Yds	TD	INT	RT	Chicago	A	C	Yds	TD	INT	RT
Hasselbeck	40	25	242	1	0	87.7	Cutler	39	17	290	0	0	69.4
TOTAL	**40**	**25**	**242**	**1**	**0**	**87.7**	**TOTAL**	**39**	**17**	**290**	**0**	**0**	**69.4**

RECEIVING

Seattle	No	Yds	LG	TD	Chicago	No	Yds	LG	TD
Williams	10	123	24	0	Knox	5	120	67	0
Butler	4	47	22t	1	Bennett	3	55	36	0
Stokely	3	17	9	0	Forte	3	40	19	0
Lynch	3	9	5	0	Aromashodu	2	40	34	0
Carlson	2	21	14	0	Hester	2	26	19	0
Baker	1	16	16	0	Manumaleuna	1	5	5	0
Forsett	1	9	9	0	Tayler	1	4	4	0
Washington	1	0	0	0					
TOTAL	**25**	**242**	**24**	**1**	**TOTAL**	**17**	**290**	**67**	**0**

TEAM STATISTICS

	Seattle	Chicago
Total First Downs	20	15
Third Down Eff.	7-18-39%	0-12-0%
Total Net Yards	353	307
Total Off. Plays	71	59
Avg. per Play	5.0	5.2
Net Yards Rushing	111	61
Total Rushing Plays	31	14
Net Yards Passing	242	246
Times Sacked/Yards Lost	0/0	6/44
Pass Atts-Comps-Ints	40-25-0	39-17-0
Punts-No. and Avg.	10-39.7	8-38.1
Penalties-No. and Yards	5-83	2-18
Fumbles-No. and Lost	1-0	1-0
Touchdowns	3	2
Field Goals Made-Att	0-0	2-3
Time of Possession	34:23	25:37

DEFENSE

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Trufant	6	4	2	0.0	0.0	0	0	1	0	0
Thurmond	5	4	1	0.0	0.0	0	0	2	0	0
Thomas	4	4	0	0.0	0.0	0	0	0	0	0
Babineaux	5	3	1	1.5	13.0	0	0	0	1	0
Lewis	3	3	0	1.0	9.0	0	0	0	0	0

Additional Stats: SACKS: Milloy 2.0, Curry 1.0, Clemons 0.5.

Chicago	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Iwuh	9	8	1	0.0	0.0	0	0	0	0	0
Tillman	7	7	0	0.0	0.0	0	0	1	0	0
Harris	7	5	2	0.0	0.0	0	0	0	0	0
Tinoisamoa	6	4	2	0.0	0.0	0	0	0	0	0
Urlacher	6	4	2	0.0	0.0	0	0	0	0	0

Additional Stats: None

Seattle Seahawks 22, Arizona Cardinals 10
Sunday, October 24, 2010 — Qwest Field

Olindo Mare tied a franchise record by connecting on all five field goal attempts and proved to be the difference in a 22-10 Seahawks victory. The Seattle win snapped a four-game winless streak against the Cardinals who had laid claim to the last two NFC West titles. Seattle's defense and special teams combined to create five Arizona turnovers which led to 13 points. Olindo Mare capped a 14-play opening drive for Seattle with a 20-yard chip shot for an early 3-0 lead. Mike Williams, who led all receivers with a career-high 11 receptions, hauled in his first touchdown reception in more than three years on a 2-yard pass from Matt Hasselbeck to give Seattle a 10-0 lead at halftime. Mare tacked on two more field goals, including a 51-yarder, early in the third quarter for a 16-0 lead before Seattle's pressure defense forced a quarterback change for the Cardinals. Exit rookie Max Hall and enter veteran Derek Anderson. Anderson promptly led Arizona down the field on an eight-play, 70-yard scoring drive resulting in a 2-yard Beanie Wells TD run. Seattle countered with yet another field goal to push their lead to 19-7. A 71-yard kickoff return by Arizona's LaRod Stephens-Howling positioned the Cardinals in scoring territory. However, after a 25-yard pass completion to the Seahawks 8-yard line, Seattle's defense stiffened and forced the Cardinals to a Jay Feely 24-yard field goal. Seattle chewed up 7:20 on their ensuing drive before Mare connected on his fifth field goal of the day giving Seattle a victorious 22-10 final. Defensively, Chris Clemons registered at least a share of a sack in his fourth consecutive game and Earl Thomas corralled his fourth interception of the season to lead the team. Offensively, Seattle rushed for a season-high 144 yards led by Marshawn Lynch's 89 yards on 24 carries.

Arizona	0	0	7	3	—	**10**		
Seattle	3	7	9	3	—	**22**		

				Arizona	Seattle
SEA	1	7:29	Mare 20 FG (14-78, 7:31)	0	3
SEA	2	5:46	Williams 2 pass Hasselbeck (Mare kick) (2-2, 0:09)	0	10
SEA	3	12:11	Mare 31 FG (4- -2, 1:55)	0	13
SEA	3	10:57	Mare 51 FG (4- -17, 1:14)	0	16
AZ	3	5:43	Wells 2 run (Feely kick) (8-70, 5:14)	7	16
SEA	3	0:49	Mare 24 FG (14-78, 4:54)	7	19
AZ	4	14:48	Feely 24 FG (5-27, 1:01)	10	19
SEA	4	7:28	Mare 26 FG (12-57, 7:20)	10	22

Att. 67,132

INDIVIDUAL STATISTICS

RUSHING

Arizona	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
Hightower	6	59	24	0	Lynch	24	89	39	0
Wells	14	54	10	1	Forsett	9	41	14	0
					Hasselbeck	2	11	12	0
					Robinson	1	3	3	0
TOTAL	**20**	**113**	**24**	**1**	**TOTAL**	**36**	**144**	**39**	**0**

PASSING

Arizona	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
Anderson	17	8	96	0	0	64.8	Hasselbeck	38	20	192	1	0	75.8
Hall	16	4	36	0	1	13.5							
TOTAL	**33**	**12**	**132**	**0**	**1**	**36.4**	**TOTAL**	**38**	**20**	**192**	**1**	**0**	**75.8**

RECEIVING

Arizona	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
Fitzgerald	3	30	18	0	Williams	11	87	16	1
Roberts	2	40	25	0	Butler	3	41	26	0
Doucet	2	33	29	0	Forsett	2	31	21	0
Steph.-Howling	1	13	13	0	Stokley	1	16	16	0
Patrick	1	6	6	0	Robinson	1	7	7	0
Hightower	1	4	4	0	Obomanu	1	7	7	0
Komar	1	3	3	0	Carlson	1	3	3	0
Spach	1	3	3	0					
TOTAL	**12**	**132**	**29**	**0**	**TOTAL**	**20**	**192**	**26**	**1**

TEAM STATISTICS

	Arizona	Seattle
Total First Downs	13	16
Third Down Eff.	2-12-17%	7-21-33%
Total Net Yards	227	302
Total Off. Plays	55	79
Avg. per Play	4.1	3.8
Net Yards Rushing	113	144
Total Rushing Plays	20	36
Net Yards Passing	114	158
Times Sacked/Yards Lost	2/18	5/34
Pass Atts-Comps-Ints	33-12-1	38-20-0
Punts-No. and Avg.	5-35.6	5-47.4
Penalties-No. and Yards	5-32	10-95
Fumbles-No. and Lost	4-4	1-1
Touchdowns	1	1
Field Goals Made-Att	1-1	5-5
Time of Possession	22:43	37:17

DEFENSE

Arizona	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Toler	12	10	2	0.0	0.0	0	0	1	0	0
Wash.	11	7	4	1.0	8.0	0	0	0	0	0
Haggans	6	6	0	0.0	0.0	0	0	1	0	0
Rhodes	6	5	1	0.0	0.0	0	0	0	0	0
Lenon	6	3	3	0.0	0.0	0	0	0	0	0

Additional Stats: SACKS: Branch 2.0, Campbell, Porter 1.0. FF: Branch 1. FR: Dockett 1.

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Cole	7	6	1	0.0	0.0	0	0	0	0	0
Hawthorne	5	4	1	0.0	0.0	0	0	0	0	0
Thurmond	4	4	0	0.0	0.0	0	0	2	0	0
Trufant	4	4	0	0.0	0.0	0	0	1	1	1
Clemons	3	3	0	1.0	9.0	0	0	1	0	0

Additional Stats: SACKS: Brock 1.0. FR: Brock 1.

GAME 7

Oakland Raiders 33, Seattle Seahawks 3
Sun., October 31, 2010 — Oakland-Alameda County Coliseum

The Seahawks traveled to Oakland to face an old AFC West rival and came away with a 33-3 loss. Despite allowing eight sacks, sustaining multiple injuries and allowing a number of explosive plays by the Raiders, Seattle remained in a tight game until the fourth quarter when Oakland took advantage of Seattle's mis-cues. Seattle was forced to three-and-out on their first five drives and punted on their first six possessions. Oakland took a 3-0 lead on a Sebastian Janikowski 26-yard field goal late in the first quarter and later took a 10-0 lead midway through the second quarter when Marcel Reece held on to a short pass between two defenders on a fourth-and-1 play and raced 30 yards for a TD. Seattle crept into scoring territory late in the first half, but a 51-yard field goal attempt by Olindo Mare sailed wide right, ending his club-record of 30 consecutive field goals made. Janikowski tacked on another field goal in the third quarter for a 13-0 lead. Seattle's offense got on track moving to the Raiders' 11-yard line, but facing a third-and-9 a dropped pass over the middle forced a 29-yard field goal attempt that was hooked left. Following a Raiders missed field goal, another three-and-out by Seattle led to a Janikowski field goal giving Oakland a 16-0 lead to open the fourth quarter. The score was set up by a wild deflection off of the intended receivers leg and taken out of the air by Raiders RB Michael Bush more than 10 yards away from the play, who then raced 55 yards on a third-and-9 from the Raiders own 15-yard line. Once again, the ball did not bounce Seattle's way on their ensuing drive when a pass intended for Deon Butler bounced up in the air on his diving attempt into the hands of defender Tyvon Branch. One play later, Raiders QB Jason Campbell connected with Darrius Heyward-Bey on a 69-yard TD pass. Mare connected on a 47-yard field goal to put Seattle on the board and make the score 23-3. The Raiders tacked on another field goal and late TD for a 33-3 final.

Seattle	0	0	0	3	—	**3**
Oakland	3	7	3	20	—	**33**

				Seattle	Oakland
OAK	1	5:14	Janikowski 31 FG (8-45, 3:05)	0	3
OAK	2	8:54	Reece 30 pass Campbell (Janikowski kick) (12-87, 5:54)	0	10
OAK	3	9:09	Janikowski 36 FG (9-76, 3:43)	0	13
OAK	4	14:52	Janikowski 22 FG (8-82, 3:38)	0	16
OAK	4	13:26	Heyward-Bey 69 pass Campbell (Janikowski kick) (1-69, :10)	0	23
SEA	4	8:57	Mare 47 FG (11-21, 4:29)	3	23
OAK	4	7:18	Janikowski 49 FG (4-5, 1:39)	3	26
OAK	4	1:56	Bush 4 run (Janikowski kick) (6-66, 4:06)	3	33

Att. 35,721

INDIVIDUAL STATISTICS
RUSHING

Seattle	Att	Yds	LG	TD	Oakland	Att	Yds	LG	TD
Washington	5	29	21	0	McFadden	21	111	49	0
Forsett	5	11	5	0	Bush	9	51	30	1
Lynch	9	7	7	0	Reece	2	32	31	0
					Heyward-Bey	1	30	30	0
					Ford	1	11	11	0
					Campbell	4	4	3	0
					Satele	1	0	0	0
TOTAL	**19**	**47**	**21**	**0**	**TOTAL**	**39**	**239**	**49**	**1**

PASSING

Seattle	A	C	Yds	TD	INT	RT	Oakland	A	C	Yds	TD	INT	RT
Hasselbeck	32	13	160	0	1	43.8	Campbell	27	15	310	2	0	120.9
TOTAL	**32**	**13**	**160**	**0**	**1**	**43.8**	**TOTAL**	**27**	**15**	**310**	**2**	**0**	**120.9**

RECEIVING

Seattle	No	Yds	LG	TD	Oakland	No	Yds	LG	TD
Carlson	3	47	35	0	Heyward-Bey	5	105	69t	1
Forsett	3	23	13	0	Reece	3	90	51	1
Tate	2	36	24	0	McFadden	2	24	13	0
Williams	1	27	27	0	Ford	2	22	13	0
Stokley	1	13	13	0	Bush	1	55	55	0
Obomanu	1	5	5	0	Miller	1	8	8	0
Baker	1	5	5	0	Barnes	1	6	6	0
Butler	1	4	4	0					
TOTAL	**13**	**160**	**35**	**0**	**TOTAL**	**15**	**310**	**69**	**2**

TEAM STATISTICS

	Seattle	Oakland
Total First Downs	10	18
Third Down Eff.	1-16-6%	5-17-29%
Total Net Yards	162	545
Total Off. Plays	59	68
Avg. per Play	2.7	8.0
Net Yards Rushing	47	239
Total Rushing Plays	19	39
Net Yards Passing	115	306
Times Sacked/Yards Lost	8/45	2/4
Pass Atts-Comps-Ints	32-13-1	27-15-0
Punts-No. and Avg.	9-45.1	5-54.6
Penalties-No. and Yards	7-55	11-105
Fumbles-No. and Lost	1-0	1-0
Touchdowns	0	3
Field Goals Made-Att	1-3	4-5
Time of Possession	23:56	36:04

DEFENSE

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Trufant	6	5	1	0.0	0.0	0	0	1	0	0
Milloy	6	4	2	0.0	0.0	0	0	0	0	0
Tatupu	6	5	1	0.0	0.0	0	0	0	0	0
Ness	5	4	1	0.0	0.0	0	0	0	0	0

Additional Stats: SACKS: Chancellor 1.0.

Oakland	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Branch	8	5	3	1.0	8.0	1	15	1	0	0
McClain	5	3	2	0.0	0.0	0	0	1	0	0
Bryant	4	4	0	0.0	0.0	0	0	0	0	0
Seymour	4	3	2	2.0	15.0	0	0	0	0	0

Additional Stats: SACKS: Wimbley 2.0, Kelly 1.0, Houston 1.0.

New York Giants 41, Seattle Seahawks 7
Sunday, November 7, 2010 — Qwest Field

The Seattle Seahawks hosted the New York Giants at Qwest Field and dropped consecutive games for the first time this season while the Giants earned their first win in Seattle since 1981. New York used a giant first half to build a 35-0 lead, the largest first-half deficit ever for the Seahawks. Seattle was without seven starters due to injury, including QB Matt Hasselbeck. Forced to a three-and-out on the opening drive, Seattle halted the Giants on their first drive after Aaron Curry forced a fumble which was recovered by David Hawthorne. However, after another Seahawks punt, the Giants scored touchdowns on their next five possessions. Ahmad Bradshaw started the scoring frenzy with a 2-yard TD run with Hakeem Nicks following with a 46-yard TD reception from Eli Manning to give New York a 14-0 lead. On the ensuing kick-off, a Leon Washington fumble was returned to the Seahawks 4-yard line setting up Bradshaw's second TD run. Down 21-0, the Giants added short touchdown receptions by Steve Smith and Kevin Boss in the second quarter for a 35-0 halftime lead. The Giants added two third-quarter field goals by Lawrence Tynes to take a 41-0 lead. Charlie Whitehurst, making his first-career start, connected with Ben Obomanu for a 36-yard TD strike early in the fourth quarter ruining New York's shutout bid. The Giants then used a 19-play, 13-minute drive to essentially run out the clock. Missing two starters on the left side of the offensive line, Seattle did not allow a sack while the Giants came into the game ranked tied for third in the NFL in total sacks.

NY Giants	21	14	6	0	—	**41**	
Seattle	0	0	0	7	—	**7**	

				NYG	Seattle
NYG	1	5:49	Bradshaw 2 run (Tynes kick) (7-52, 3:37)	7	0
NYG	1	2:18	Nicks 46 pass Manning (Tynes kick) (4-63, 2:00)	14	0
NYG	1	2:03	Bradshaw 4 run (Tynes kick) (1-4, 0:05)	21	0
NYG	2	9:15	Smith 6 pass Manning (Tynes kick) (11-73, 5:31)	28	0
NYG	2	0:53	Boss 5 pass Manning (Tynes kick) (10-86, 4:11)	35	0
NYG	3	10:05	Tynes 25 FG (5-40, 1:20)	38	0
NYG	3	0:00	Tynes 20 FG (15-78, 8:29)	41	0
SEA	4	13:34	Obomanu 36 pass Whitehurst (Mare kick) (3-70, 1:26)	41	7

Att. 67,287

INDIVIDUAL STATISTICS

RUSHING

N.Y. Giants	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
Jacobs	11	78	38	0	Lynch	11	48	26	0
Ware	13	66	9	0	Whitehurst	2	2	2	0
Bradshaw	19	57	7	2	Forsett	1	-1	-1	0
Manning	1	-1	-1	0					
Rosenfels	3	-3	0	0					
TOTAL	**47**	**197**	**38**	**2**	**TOTAL**	**14**	**49**	**26**	**0**

PASSING

N.Y. Giants	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
Manning	32	21	290	3	0	125.8	Whitehurst	23	12	113	1	2	44.3
TOTAL	**32**	**21**	**290**	**3**	**0**	**125.8**	**TOTAL**	**23**	**12**	**113**	**1**	**2**	**44.3**

RECEIVING

N.Y. Giants	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
Nicks	6	128	46t	1	Butler	3	5	7	0
Manningham	4	56	32	0	Stokely	2	26	22	0
Smith	4	46	17	1	Williams	2	25	17	0
Bradshaw	4	35	13	0	Carlson	2	9	5	0
Boss	2	15	10	1	Obomanu	1	36	36t	1
Pascoe	1	10	10	0	Baker	1	7	7	0
					Forsett	1	5	5	0
TOTAL		**21**	**290**	**46t**	**3**	**TOTAL**	**12**	**113**	**36t**	**1**

TEAM STATISTICS

	NYG	Seattle
Total First Downs	30	8
Third Down Eff.	6-13-46%	1-8-13%
Total Net Yards	487	162
Total Off. Plays	79	37
Avg. per Play	6.2	4.4
Net Yards Rushing	197	49
Total Rushing Plays	47	14
Net Yards Passing	290	113
Times Sacked/Yards Lost	0/0	0/0
Pass Atts-Comps-Ints	32-21-0	23-12-2
Punts-No. and Avg.	1-50.0	5-41.8
Penalties-No. and Yards	5-40	9-70
Fumbles-No. and Lost	1-1	2-1
Touchdowns	5	1
Field Goals Made-Att	2-2	0-0
Time of Possession	42:34	17:26

DEFENSE

N.Y. Giants	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Webster	5	4	1	0.0	0.0	1	2	1	0	0
Umenyiora	3	3	0	0.0	0.0	0	0	0	0	0
Goff	3	3	0	0.0	0.0	0	0	0	0	0
Grant	3	3	0	0.0	0.0	0	0	0	0	0
Boley	3	3	0	0.0	0.0	0	0	0	0	0

Additional Stats: INT: Thomas 1.

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Hawthorne	12	9	3	0.0	0.0	0	0	0	0	1
Trufant	9	8	1	0.0	0.0	0	0	1	0	0
Tatupu	9	5	4	0.0	0.0	0	0	1	0	0
Balmer	8	6	2	0.0	0.0	0	0	0	0	0
Chancellor	6	4	2	0.0	0.0	0	0	1	0	0

GAME 9

Seattle Seahawks 36, Arizona Cardinals 18
Sunday, November 14, 2010 — University of Phoenix Stadium

Seattle posted their second road victory of the season in a key division battle against the Arizona Cardinals, winning 36-18. Seattle fell behind after the Cardinals first drive resulted in a Tim Hightower 2-yard TD run. However, Seattle responded with a 12-play drive to tie the game on a Marshawn Lynch 1-yard TD run. Olindo Mare put Seattle up 10-7 early in the second quarter with a 41-yard field goal, the first of his club record-tying five on the day. The Cardinals tied it with a field goal of their own, a 23-yarder by Jay Feely with 8:11 to play in the first half. Just 43 seconds later, Seattle took back the lead when Matt Hasselbeck connected with Deon Butler on a 63-yard scoring pass. Ahead 17-10 coming out of the break, Mare connected on four consecutive field goals in the third quarter and to begin the fourth to give the Seahawks a 29-10 cushion. Arizona would threaten midway through the fourth quarter when a Derrick Anderson to Early Doucet TD connection and a 2-point conversion cut Seattle's lead to 29-18. However, the Seahawks responded with a clinching touchdown when Justin Forsett scored on a 4-yard TD run. Matt Hasselbeck posted his 18th-career 300-yard passing game, despite playing the second half with a cracked bone in his left wrist and Mike Williams set a career high with 145 yards tying a career high with 11 receptions. Mare's five field goals gave him 10 total versus the Cardinals in 2010, becoming one-of-five kickers in NFL history to total 10 or more field goals made in one season versus the same team.

Seattle	7	10	9	10	—	**36**	
Arizona	7	3	0	8	—	**18**	

					Seattle	Arizona
AZ	1	12:48	Hightower 2 run (Feely kick) (5-52, 2:12)		0	7
SEA	1	7:44	Lynch 1 run (Mare kick) (12-77, 5:04)		7	7
SEA	2	13:23	Mare 41 FG (8-67, 3:18)		10	7
AZ	2	8:11	Feely 23 FG (8-72, 5:12)		10	10
SEA	2	7:28	Butler 63 pass Hasselbeck (Mare kick) (2-80, 0:43)		17	10
SEA	3	7:05	Mare 34 FG (10-64, 4:52)		20	10
SEA	3	4:50	Mare 19 FG (6-31, 2:02)		23	10
SEA	3	1:15	Mare 23 FG (6-12, 2:45)		26	10
SEA	4	12:18	Mare 19 FG (7-10, 2:55)		29	10
AZ	4	7:52	Doucet 2 pass Anderson (Ander.-Fitz. pass)(12-79, 4:26)		29	18
SEA	4	3:49	Forsett 4 run (Mare kick) (3-10, 0:59)		36	18

Att. 61,904

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	Arizona	Att	Yds	LG	TD
Forsett	9	64	29	1	Hightower	13	39	11	1
Lynch	13	29	13	1	Doucet	1	2	2	0
Obomanu	2	17	13	0					
Butler	1	4	4	0					
Hasselbeck	1	0	0	0					
Williams	1	0	0	0					
Whitehurst	4	-4	-1	0					
TOTAL	**31**	**110**	**29**	**2**	**TOTAL**	**14**	**41**	**11**	**1**

PASSING

Seattle	A	C	Yds	TD	INT	RT	Arizona	A	C	Yds	TD	INT	RT
Hasselbeck	34	22	333	1	0	106.6	Anderson	45	23	322	1	1	72.6
Whitehurst	6	4	53	0	1	54.9							
TOTAL	**40**	**26**	**386**	**1**	**1**	**94.4**	**TOTAL**	**45**	**23**	**322**	**1**	**1**	**72.6**

RECEIVING

Seattle	No	Yds	LG	TD	Arizona	No	Yds	LG	TD
Williams	11	145	32	0	Fitzgerald	7	91	33	0
Butler	4	66	63t	1	Doucet	6	71	36	1
Obomanu	4	60	40	0	Breaston	4	98	36	0
Forsett	3	31	13	0	Hightower	2	23	20	0
Baker	2	51	44	0	Stephens-Howling	2	14	13	0
Lynch	2	33	22	0	Spach	1	14	14	0
					Patrick	1	11	11	0
TOTAL	**26**	**386**	**63t**	**1**	**TOTAL**	**23**	**322**	**36**	**1**

TEAM STATISTICS

	Seattle	Arizona
Total First Downs	24	19
Third Down Eff.	6-15-40%	2-11-18%
Total Net Yards	490	327
Total Off. Plays	73	64
Avg. per Play	6.7	5.1
Net Yards Rushing	110	41
Total Rushing Plays	31	14
Net Yards Passing	380	286
Times Sacked/Yards Lost	2/6	5/36
Pass Atts-Comps-Ints	40-26-1	45-23-1
Punts-No. and Avg.	1-42.0	6-40.5
Penalties-No. and Yards	6-51	10-50
Fumbles-No. and Lost	0-0	1-1
Touchdowns	3	2
Field Goals Made-Att	5-6	1-1
Time of Possession	35:05	24:55

DEFENSE

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Curry	7	7	0	2.0	15.0	0	0	0	1	0
Thomas	7	7	0	0.0	0.0	0	0	0	0	0
Trufant	6	6	0	0.0	0.0	0	0	1	0	0
Clemons	5	4	1	2.0	14.0	0	0	1	0	1
Milloy	4	4	0	1.0	7.0	0	0	0	0	0

Additional Stats: INT: Jennings 1.

Arizona	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Toler	8	8	0	0.0	0.0	0	0	2	0	0
Wilson	8	6	2	1.0	0.0	0	0	0	0	0
Lenon	6	4	2	0.0	0.0	0	0	0	0	0
Campbell	6	3	3	1.0	6.0	0	0	0	0	0

Additional Stats: INT: Rodgers-Cromartie 1.

New Orleans Saints 34, Seattle Seahawks 19
Sunday, November 21, 2010 — Superdome

Despite a 400-yard effort by Seattle's offense, the Seahawks could not hold off the defending Super Bowl Champion New Orleans at the Superdome and lost to the Saints 34-19. Each team scored five times, but it was the Saints who capitalized with five TDs while Seahawks settled for four field goals. Seattle jumped out to an early 3-0 lead on a 20-yard Olindo Mare field goal, but the Saints countered with a Chris Ivory 1-yard TD dive. Seattle scored on another Mare field goal, but the Saints again countered with a TD, a 23-yard Drew Brees to Marques Colston TD pass to take a 14-6 lead. The Saints stretched their lead to 21-6 when Brees hooked up with Robert Meachem on a TD pass which kicked off a scoring frenzy in the final 5:48 of the first half. The Seahawks offense moved the ball right down the field and pulled to within 21-13 when Ben Obomanu was on the receiving end of a Matt Hasselbeck 2-yard scoring pass. The Saints then used just 54 seconds to tack on another TD, a 22-yard Brees to Colston connection. With 1:00 remaining, Seattle picked up three points off Mare's third field goal of the day for a 27-16 Saints lead at halftime. Brees again connected with Meachem for his fourth TD pass of the day on the Saints opening drive of the second half for a 34-16 advantage. Two Seattle fumbles in the third quarter negated key scoring opportunities for the Seahawks and only mustered a late fourth-quarter field goal by Mare, his fourth of the day. In the game, Hasselbeck passed for 366 yards with both David Hawthorne and Earl Thomas each had interceptions in the endzone thwarting Saints scoring opportunities.

							Seattle	NO
Seattle	3	13	0	3	—	**19**		
New Orleans	7	20	7	0	—	**34**		

				Seattle	NO
SEA	1	7:07	Mare 20 FG (9-80, 4:36)	3	0
NO	1	1:30	Ivory 1 run (Hartley kick) (12-80, 5:37)	3	7
SEA	2	14:55	Mare 43 FG (5-45, 1:35)	6	7
NO	2	10:17	Colston 23 pass Brees (Hartley kick) (10-80, 4:38)	6	14
NO	2	5:48	Meachem 3 pass Brees (Hartley kick) (8-42, 4:06)	6	21
SEA	2	1:54	Obomanu 2 pass Hasselbeck (Mare kick) (12-69, 3:54)	13	21
NO	2	1:00	Colston 22 pass Brees (kick aborted) (5-75, 0:54)	13	27
SEA	2	0:00	Mare 43 FG (5-35, 1:00)	16	27
NO	3	12:18	Meachem 32 pass Brees (Hartley kick) (6-80, 2:42)	16	34
SEA	4	5:26	Mare 20 FG (15-78, 7:02)	19	34

Att. 70,015

INDIVIDUAL STATISTICS
RUSHING

Seattle	Att	Yds	LG	TD	New Orleans	Att	Yds	LG	TD
Lynch	7	36	17	0	Ivory	23	99	24	1
Hasselbeck	1	12	12	0	Meachem	1	8	8	0
Forsett	8	10	9	0	Jones	4	4	5	0
Washington	1	0	0	0	Henderson	1	1	1	0
TOTAL	**17**	**58**	**17**	**0**	**TOTAL**	**29**	**112**	**24**	**1**

PASSING

Seattle	A	C	Yds	TD	INT	RT	New Orleans	A	C	Yds	TD	INT	RT
Hasselbeck	44	32	366	1	0	104.9	Brees	43	29	382	4	2	106.9
TOTAL	**44**	**32**	**366**	**1**	**0**	**104.9**	**TOTAL**	**43**	**29**	**382**	**4**	**2**	**106.9**

RECEIVING

Seattle	No	Yds	LG	TD	New Orleans	No	Yds	LG	TD
Williams	6	109	68	0	Colston	8	113	23t	2
Stokley	6	76	18	0	Graham	5	72	27	0
Obomanu	5	87	42	1	Meachem	3	50	32t	2
Forsett	5	33	11	0	Moore	3	43	29	0
Lynch	4	19	8	0	Betts	3	37	25	0
Carlson	3	14	7	0	Thomas	2	26	14	0
Butler	2	19	11	0	Jones	2	8	5	0
Washington	1	9	9	0	Henderson	1	17	17	0
					Humphrey	1	12	12	0
					Evans	1	4	4	0
TOTAL	**32**	**366**	**68**	**1**	**TOTAL**	**29**	**382**	**32t**	**4**

TEAM STATISTICS

	Seattle	NO
Total First Downs	21	26
Third Down Eff.	7-12-58%	11-15-73%
Total Net Yards	424	494
Total Off. Plays	61	72
Avg. per Play	7.0	6.9
Net Yards Rushing	58	112
Total Rushing Plays	17	29
Net Yards Passing	366	382
Times Sacked/Yards Lost	0/0	0/0
Pass Atts-Comps-Ints	44-32-0	43-29-2
Punts-No. and Avg.	2-39.0	1-40.0
Penalties-No. and Yards	8-79	3-24
Fumbles-No. and Lost	2-2	0-0
Touchdowns	1	5
Field Goals Made-Att	4-4	0-1
Time of Possession	26:15	33:45

DEFENSE

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Hawthorne	12	10	2	0.0	0.0	1	5	1	0	0
Thurmond	9	9	0	0.0	0.0	0	0	1	0	0
Thomas	8	6	2	0.0	0.0	1	0	2	0	0
Curry	6	4	2	0.0	0.0	0	0	0	0	0
Milloy	5	5	0	0.0	0.0	0	0	1	0	0
New Orleans	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Shanle	12	9	3	0.0	0.0	0	0	0	1	1
Greer	8	7	1	0.0	0.0	0	0	1	0	0
Porter	6	5	1	0.0	0.0	0	0	0	0	0
Harper	6	4	2	0.0	0.0	0	0	0	1	1

GAME 11

Kansas City Chiefs 42, Seattle Seahawks 24
Sunday, November 28, 2010 — Qwest Field

In a battle between former AFC West combatants, the Kansas City Chiefs topped the Seattle Seahawks 42-24 at Qwest Field. Despite being outgained 302 to 71 yards in the first half, the Seahawks used key special teams and big offensive plays to hang close until the fourth quarter when the Chiefs pulled away. Kansas City got on the board first on their opening drive when Matt Cassel found Dwayne Bowe on a 7-yard TD pass. Seahawks' Kennard Cox blocked a Chiefs punt late in the first quarter, Seattle's first since 2003, that resulted in an Earl Thomas 10-yard return for a TD to tie the game 7-7. However, the Chiefs used a 1-yard TD run by DT Shaun Smith and another Bowe score - a 36-yarder with 1:12 remaining in the half - to build a 21-7 lead. The Seahawks tacked on a field goal as time expired after Roy Lewis and Marcus Trufant combined for a forced fumble and recovery in the closing minute. Down 21-10, Seattle opened the second half with a two-play, 71-yard TD drive that brought Seattle to within 21-17. The score was set up by a 52-yard Ben Obomanu reception and capped by a Matt Hasselbeck-to-Chris Baker TD strike. The Chiefs extended their lead in the fourth quarter to 35-17 behind a Jamaal Charles TD run and Bowe's third TD reception of the game. Seattle found life with 10:16 to play in the game when Hasselbeck connected on a career-long 87-yard TD pass to Ben Obomanu who finished the day with five receptions for 159 yards. With the score 35-24, Kansas City drained 6:40 off the clock en route to a 10-play, 80-yard TD behind a fourth Cassel TD pass.

Kansas City		7	14	0	21	—	**42**	
Seattle		7	3	7	7	—	**24**	
							Kansas City	Seattle
KC	1	11:31	Bowe 7 pass Cassel (Succop kick) (7-72, 3:29)				7	0
SEA	1	0:31	Thomas 10 return of blocked punt (Mare kick)				7	7
KC	2	7:18	Smith 1 run (Succop kick) (15-74, 8:13)				14	7
KC	2	1:12	Bowe 36 pass Cassel (Succop kick) (6-80, 2:38)				21	7
SEA	2	0:00	Mare 43 FG (6-18, 0:28)				21	10
SEA	3	14:03	Baker 13 pass (Mare kick) (2-71, 0:57)				21	17
KC	4	14:54	Charles 3 run (Succop kick) (11-71, 6:06)				28	17
KC	4	12:43	Bowe 9 pass Cassel (Succop kick) (3-22, 1:10)				35	17
SEA	4	10:16	Obomanu 87 pass Hasselbeck (Mare kick) (1-87, 0:13)				35	24
KC	4	3:36	Moeaki 6 pass Cassel (Succop kick) (10-80, 6:40)				42	24

Att. 66,370

INDIVIDUAL STATISTICS
RUSHING

Kansas City	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
Charles	22	173	29	1	Lynch	7	20	6	0
Jones	20	68	16	0	Forsett	3	2	4	0
Cassel	5	28	23	0	Hasselbeck	2	-2	-1	0
Smith	1	1	1t	1					
TOTAL	**48**	**270**	**29**	**2**	**TOTAL**	**12**	**20**	**6**	**0**

PASSING

Kansas City	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
Cassel	32	22	233	4	0	129.3	Hasselbeck	37	20	282	2	2	74.4
TOTAL	**32**	**22**	**233**	**4**	**0**	**129.3**	**TOTAL**	**37**	**20**	**282**	**2**	**2**	**74.4**

RECEIVING

Kansas City	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
Bowe	13	170	36t	3	Obomanu	5	159	87t	1
Jones	3	14	11	0	Stokley	5	51	13	0
Charles	2	3	8	0	Tate	2	21	12	0
Tucker	1	24	24	0	Lynch	2	13	8	0
Cox	1	10	10	0	Butler	2	9	6	0
Moeaki	1	6	6t	1	Baker	1	13	13t	1
Copper	1	6	6	0	Forsett	1	8	8	0
					Washington	1	5	5	0
					Carlson	1	3	3	0
TOTAL	**22**	**233**	**36t**	**4**	**TOTAL**	**20**	**282**	**87t**	**2**

TEAM STATISTICS

	Kansas City	Seattle
Total First Downs	28	13
Third Down Eff.	11-17-65%	3-12-25%
Total Net Yards	503	288
Total Off. Plays	80	51
Avg. per Play	6.3	5.6
Net Yards Rushing	270	20
Total Rushing Plays	48	12
Net Yards Passing	233	282
Times Sacked/Yards Lost	0/0	2/14
Pass Atts-Comps-Ints	32-22-0	37-20-2
Punts-No. and Avg.	5-36.	4 4-40.3
Penalties-No. and Yards	5-50	3-26
Fumbles-No. and Lost	1-1	2-1
Touchdowns	6	3
Field Goals Made-Att	0-1	1-1
Time of Possession	41:03	18:57

DEFENSE

Kansas City	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Arenas	6	6	0	0.0	0.0	0	0	1	0	0
Johnson	6	5	1	1.0	11.0	0	0	1	1	0
Hali	4	1	3	0.0	0.0	0	0	0	0	1
Belcher	3	2	1	0.0	0.0	0	0	0	0	0
Smith	3	1	2	1.0	3.0	0	0	0	0	0

Additional Stats: INT: Lewis, Daniels 1.

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Hawthorne	13	8	5	0.0	0.0	0	0	0	0	0
Milloy	11	9	2	0.0	0.0	0	0	0	0	0
Tatupu	9	4	5	0.0	0.0	0	0	0	0	0
Thomas	8	7	1	0.0	0.0	0	0	0	0	0
Siavii	7	5	2	0.0	0.0	0	0	0	0	0

Additional Stats: FF: Lewis 1. FR: Trufant 1.

Seattle Seahawks 31, Carolina Panthers 14
Sunday, December 5, 2010 — Qwest Field

Despite falling behind 14-3 at halftime, an inspired Seahawks team came out of the break and scored three third-quarter touchdowns to pull away from Carolina. The Panthers scored a touchdown in each opening half quarter before Seattle used an Olindo Mare 24-yard field goal to cut the lead to 11 entering halftime. The Seahawks came out of the blocks in the third quarter with their longest scoring drive of the season, a 96-yard drive that ended with a Marshawn Lynch 1-yard run. Seattle pulled ahead 17-14 on Carolina's ensuing drive when Lofa Tatupu cut off a Jimmy Clausen pass and returned it 26 yards for a touchdown. Forced to punt on their next possession, Leon Washington returned the Panthers punt a career-long 84 yards before being tripped up by the punter at the 2-yard line; however, that set up Lynch's second touchdown of the day for a 24-14 lead. A third Lynch score, this from 22 yards out, iced the game. Of note, Walter Jones' no. 71 jersey was unveiled in the Qwest Field rafters at the 2:00 warning in the first half.

Carolina	7	7	0	0	—	**14**
Seattle	0	3	21	7	—	**31**

				Carolina	Seattle
CAR	1	10:51	Goodson 6 run (Kasay kick) (10-61, 4:09)	7	0
CAR	2	8:05	Stewart 3 run (Kasay kick) (10-79, 5:00)	14	0
SEA	2	0:38	Mare 24 field goal (10-74, 2:36)	14	3
SEA	3	10:46	Lynch 1 run (Mare kick) (9-96, 4:14)	14	10
SEA	3	9:16	Tatupu 26 interception return (Mare kick)	14	17
SEA	3	6:09	Lynch 1 run (Mare kick) (2-2, 0:41)	14	24
SEA	4	4:24	Lynch 22 run (Mare kick) (8-78, 4:31)	14	31

Att. 66,577

INDIVIDUAL STATISTICS

RUSHING

Carolina	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
Stewart	21	92	14	1	Lynch	21	83	22t	3
Goodson	3	19	11	1	Forsett	6	60	31	0
Sutton	4	17	10	0	Robinson	1	14	14	0
Fiammetta	1	3	3	0	Washington	2	5	4	0
Clausen	1	0	0	0	Hasselbeck	1	-1	-1	0
TOTAL	**30**	**131**	**14**	**2**	**TOTAL**	**31**	**161**	**31**	**3**

PASSING

Carolina	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
Smith	34	18	169	0	1	54.7	Hasselbeck	30	17	229	0	2	53.3
							Washington	0	0	0	0	0	0.0
TOTAL	**34**	**18**	**169**	**0**	**1**	**54.7**	**TOTAL**	**30**	**17**	**229**	**0**	**2**	**53.3**

RECEIVING

Carolina	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
Smith	3	54	39	0	Stokley	4	47	17	0
LaFell	3	33	14	0	Butler	4	43	20	0
Rosario	3	26	21	0	Morrah	3	69	36	0
Sutton	3	14	8	0	Obomanu	2	40	27	0
Fiammetta	2	17	9	0	Tate	2	13	7	0
Gettis	2	16	11	0	Lynch	1	17	17	0
Stewart	1	7	7	0	Robinson	1	0	0	0
King	1	2	2	0					
TOTAL	**18**	**169**	**39**	**0**	**TOTAL**	**17**	**229**	**36**	**0**

TEAM STATISTICS

	Carolina	Seattle
Total First Downs	18	25
Third Down Eff.	5-15-33%	5-10-50%
Total Net Yards	283	371
Total Off. Plays	67	64
Avg. per Play	4.2	5.8
Net Yards Rushing	131	161
Total Rushing Plays	30	31
Net Yards Passing	152	210
Times Sacked/Yards Lost	3/17	3/19
Pass Atts-Comps-Ints	34-18-1	30-17-2
Punts-No. and Avg.	7-45.6	3-51.0
Penalties-No. and Yards	8-53	4-20
Fumbles-No. and Lost	1-0	0-0
Touchdowns	2	4
Field Goals Made-Att	0-0	1-2
Time of Possession	30:30	29:30

DEFENSE

Carolina	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Munnerlyn	7	6	1	0.0	0.0	1	-2	3	0	0
Williams	7	5	2	0.0	0.0	0	0	1	0	0
Anderson	7	4	3	1.0	7.0	0	0	0	0	0
Beason	6	4	2	1.0	7.0	0	0	0	0	0
Godfrey	5	5	0	0.0	0.0	1	18	1	0	0

Additional Stats: SACKS: Johnson 1.0.

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Hawthorne	14	11	3	0.0	0.0	0	0	0	0	0
Jennings	7	5	2	0.0	0.0	0	0	1	0	0
Milloy	6	6	0	0.0	0.0	0	0	0	0	0
Curry	6	5	1	0.0	0.0	0	0	0	0	0
Trufant	5	5	0	0.0	0.0	0	0	0	0	0

Additional Stats: SACKS: Brock 2.0, Clemons 1.0. INT: Tatupu 1 (TD).

GAME 13

San Francisco 49ers 40, Seattle Seahawks 21
Sunday, December 12, 2010 — Candlestick Park

The Seahawks, looking to pull ahead in the NFC West, could not overcome five turnovers and fell to the San Francisco 49ers 40-21 at Candlestick Park. The 49ers converted five Seahawks turnovers into 24 points. For the 49ers, Alex Smith led an opening touchdown drive to take a 7-0 lead. After swapping punts on their next possessions, the Seahawks tied the game 7-7 when Matt Hasselbeck and Ruvell Martin, starting for injured WRs Mike Williams and Ben Obomanu, connected on an 11-yard scoring toss. But that would be all of the scoring for Seattle until late in the third quarter. Following their touchdown, the Seahawks turned the ball over on their next six possessions (once via turnover on downs). Jeff Reed tacked on two field goals before Smith hooked up with Josh Morgan and Brian Westbrook for a pair of scores to put the 49ers in front 27-7 with 1:50 remaining in the first half. A second Hasselbeck interception led to another Reed field goal as time expired in the first half for a San Francisco 30-7 halftime lead. On Seattle's first drive of the second half, Dashon Goldson intercepted Hasselbeck and raced 39 yards for a score and a 37-7 lead. Seattle drove into the 49ers red zone, but a fourth Hasselbeck pass was intercepted in the end zone. Following a fourth Reed field goal, Leon Washington made the score 40-14 with a 92-yard kickoff return for a TD, his third of the season. Seattle tacked on a late TD on a Hasselbeck to Deon Butler scoring pass.

	1	2	3	4		
Seattle	7	0	7	7	—	21
San Francisco	10	20	10	0	—	40

					Seattle	SF
SF	1	12:33	Davis 42 pass A. Smith (Reed kick) (6-74, 2:27)		0	7
SEA	1	4:14	Martin 11 pass Hasselbeck (Mare kick) (7-52, 3:47)		7	7
SF	1	0:00	Reed 33 FG (9-59, 4:14)		7	10
SF	2	10:31	Reed 44 FG (7-19, 2:52)		7	13
SF	2	8:04	Morgan 15 pass A. Smith (Reed kick) (3-17, 0:55)		7	20
SF	2	1:50	Westbrook 62 pass A. Smith (Reed kick) (3-68, 1:14)		7	27
SF	2	0:00	Reed 22 FG (4-7, 1:26)		7	30
SF	3	14:11	Goldson 39 INT return (Reed kick)		7	37
SF	3	3:32	Reed 36 FG (7-51, 3:41)		7	40
SEA	3	3:18	Washington 92 KO return (Mare kick)		14	40
SEA	4	1:55	Butler 2 pass Hasselbeck (Mare kick) (9-80, 3:11)		21	40

Att. 69,732

INDIVIDUAL STATISTICS
RUSHING

Seattle	Att	Yds	LG	TD	San Francisco	Att	Yds	LG	TD
Robinson	3	33	17	0	Dixon	14	60	34	0
Lynch	10	29	9	0	Westbrook	9	23	8	0
Washington	4	10	5	0	A. Smith	4	12	9	0
Forsett	3	5	4	0					
Hasselbeck	1	5	5	0					
Butler	1	2	2	0					
TOTAL	**22**	**84**	**17**	**0**	**TOTAL**	**27**	**95**	**34**	**0**

PASSING

Seattle	A	C	Yds	TD	INT	RT	San Francisco	A	C	Yds	TD	INT	RT
Hasselbeck	42	27	285	2	4	60.2	A. Smith	27	17	255	3	0	130.9
TOTAL	**42**	**27**	**285**	**2**	**4**	**60.2**	**TOTAL**	**27**	**17**	**255**	**3**	**0**	**130.9**

RECEIVING

Seattle	No	Yds	LG	TD	San Francisco	No	Yds	LG	TD
Lynch	7	37	12	0	Westbrook	6	87	62t	1
Butler	5	68	43	1	Davis	5	70	42t	1
Martin	4	73	36	1	Morgan	3	82	46	1
Stokley	3	35	15	0	Dixon	1	8	8	0
Tate	3	29	14	0	Walker	1	7	7	0
Baker	1	15	15	0	Crabtree	1	1	1	0
Washington	1	13	13	0					
Forsett	1	9	9	0					
Morrah	1	8	8	0					
Gibson	1	-2	-2	0					
TOTAL	**27**	**285**	**43**	**2**	**TOTAL**	**17**	**255**	**62t**	**3**

TEAM STATISTICS

	Seattle	SF
Total First Downs	20	10
Third Down Eff.	4-10-40%	7-17-41%
Total Net Yards	361	336
Total Off. Plays	65	56
Avg. per Play	5.6	6.0
Net Yards Rushing	84	95
Total Rushing Plays	22	27
Net Yards Passing	277	241
Times Sacked/Yards Lost	1/8	2/14
Pass Atts-Comps-Ints	42-27-4	27-17-0
Punts-No. and Avg.	2-41.0	5-49.4
Penalties-No. and Yards	8-75	2-15
Fumbles-No. and Lost	2›1	0›0
Touchdowns	3	4
Field Goals Made›Att	0-1	4-4
Time of Possession	29:07	30:53

DEFENSE

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Curry	8	7	1	1.0	10.0	0	0	0	0	0
Hawthorne	6	5	1	0.0	0.0	0	0	0	0	0
Milloy	5	2	3	0.0	0.0	0	0	0	0	0
Clemons	3	3	0	1.0	4.0	0	0	0	0	0

SF	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Spikies	9	6	3	0.0	0.0	1	3	2	0	0
Willis	7	4	3	0.0	0.0	0	0	0	0	0
Lawson	6	4	2	0.0	0.0	0	0	1	0	0
Spencer	5	4	1	0.0	0.0	0	0	1	0	0
Goldson	5	2	3	0.0	0.0	1	39t	1	0	0

Additional Stats: INT: Smith, Clements 1. SACKS: LaBoy 1. FF: LaBoy 1. FR: Laboy 1.

Atlanta Falcons 34, Seattle Seahawks 18
Sunday, December 19, 2010 — Qwest Field

Seattle matched the NFC leading Falcons play-for-play and point-for-point until 19 seconds remained in the first half when the Falcons scored a go ahead touchdown. From that point, the Falcons would not look back and left Qwest Field with a 34-18 victory. Seattle executed a perfect opening drive, using 12 plays over 80 yards resulting in a Marshawn Lynch 1-yard TD run, consuming 7:32 of the clock. However, the Falcons countered with their own time-consuming TD drive eating up the next 8:14 on a 15-play, 51-yard drive resulting in a 3-yard Jason Snelling TD reception from Matt Ryan. The Falcons later took a 10-7 lead on a 27-yard Matt Bryant field goal; however, Seattle matched the field goal with an Olindo Mare 38-yarder with 2:05 remaining in the first half following a Jordan Babineaux interception. The Falcons took a 17-10 lead into halftime after Ryan connected with Michael Jenkins with :19 remaining. Seattle forced Atlanta into a three-and-out to open the second half; however, Seattle turned the ball over on their next three possessions leading to 17 Falcons' points and a 34-10 lead. A lost fumble in the end zone, two interceptions and a 24-point deficit for Matt Hasselbeck was cause for Charlie Whitehurst to take over at quarterback late in the third quarter. Following a three-and-out on his first series, Whitehurst led Seattle on an 88-yard TD drive capped by 1-yard scramble up the middle. A successful two-point conversion pass to Ben Obomanu made the score 34-18.

Atlanta	0	17	17	0	—	**34**	
Seattle	7	3	0	8	—	**18**	

					Atlanta	Seattle
SEA	1	7:28	Lynch 1 run (Mare kick) (12-80, 7:32)		0	7
ATL	2	14:14	Snelling 3 pass Ryan (Bryant kick) (15-51, 8:14)		7	7
ATL	2	4:51	Bryant 27 FG (14-51, 7:16)		10	7
SEA	2	2:05	Mare 38 FG (4-7, 1:55)		10	10
ATL	2	0:19	Jenkins 24 pass Ryan (Bryant kick) (13-80, 1:46)		17	10
ATL	3	10:12	Babineaux fumble recovery in end zone (Bryant kick)		24	10
ATL	3	4:20	Bryant 25 FG (8-30, 4:05)		27	10
ATL	3	0:52	White 5 pass Ryan (Bryant kick) (4-21, 2:20)		34	10
SEA	4	8:29	Whitehurst 1 run (Whitehurst-Obomanu pass) (11-88, 4:40)		34	18

INDIVIDUAL STATISTICS
RUSHING

Atlanta	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
Turner	25	82	15	0	Lynch	12	60	14	1
Ryan	6	6	4	0	Whitehurst	3	10	6	1
Snelling	4	6	4	0	Forsett	2	9	9	0
Johnson	1	4	4	0	Washington	1	6	6	0
Douglas	1	0	0	0	Hasselbeck	2	4	5	0
					Robinson	1	2	2	0
TOTAL	**37**	**98**	**15**	**0**	**TOTAL**	**21**	**91**	**14**	**2**

PASSING

Atlanta	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
Ryan	35	20	174	3	1	87.1	Hasselbeck	17	10	71	0	2	28.9
							Whitehurst	16	8	83	0	0	65.4
TOTAL	**35**	**20**	**174**	**3**	**1**	**87.1**	**TOTAL**	**33**	**18**	**154**	**0**	**2**	**41.7**

RECEIVING

Atlanta	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
White	7	65	15	1	Williams	8	66	17	0
Gonzalez	4	26	9	0	Morrah	2	14	9	0
Snelling	4	15	7	1	Forsett	2	7	4	0
Jenkins	3	48	24t	1	Robinson	2	7	4	0
Douglas	1	10	10	0	Carlson	1	31	31	0
Peele	1	10	10	0	Lynch	1	17	17	0
					Obomanu	1	7	7	0
					Stokley	1	5	5	0
TOTAL	**20**	**174**	**24t**	**3**	**TOTAL**	**18**	**154**	**31**	**0**

TEAM STATISTICS

	Atlanta	Seattle
Total First Downs	21	15
Third Down Eff.	9-19-47%	4-12-33%
Total Net Yards	266	234
Total Off. Plays	73	56
Avg. per Play	3.6	4.2
Net Yards Rushing	98	91
Total Rushing Plays	37	21
Net Yards Passing	168	143
Times Sacked/Yards Lost	1/6	2/11
Pass Atts-Comps-Ints	35-20-1	33-18-2
Punts-No. and Avg.	4-45.0	4-41.3
Penalties-No. and Yards	4-35	10-76
Fumbles-No. and Lost	2-0	2-1
Touchdowns	4	2
Field Goals Made-Att	2-2	1-1
Time of Possession	35:25	24:35

DEFENSE

Atlanta	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Lofton	7	4	3	0.0	0.0	0	0	0	0	0
DeCoud	6	5	1	0.0	0.0	0	0	0	0	0
Weathersp.	5	5	0	0.0	0.0	0	0	0	0	0
Moore	5	4	1	0.0	0.0	1	27	2	0	0
Abraham	4	4	0	1.0	7.0	0	0	0	0	0

Additional Stats: SACKS: Anderson 1. FF: Anderson 1. FR: Babineaux 1 (TD).

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Cole	8	3	5	0.0	0.0	0	0	0	0	0
Curry	7	6	1	0.0	0.0	0	0	0	0	0
Tatupu	7	4	3	0.0	0.0	0	0	0	0	0
Thomas	6	6	0	0.0	0.0	0	0	0	0	0
Hawthorne	5	4	1	0.0	0.0	0	0	0	1	0

Additional Stats: SACKS: Brock 1. INT: Babineaux 1.

GAME 15

Tampa Bay Buccaneers 38, Seattle Seahawks 15
Sunday, December 26, 2010 — Raymond James Stadium

Seattle's day started out promising taking an early 7-0 lead; however, the Seahawks struggled to keep pace with Josh Freeman's Tampa Bay club record of five TD passes and ended up losing to the Buccaneers 38-15. On a day that saw wind gusts up to 20 mph, Seattle took a 7-0 lead midway through the first quarter behind a 1-yard Matt Hasselbeck scramble, but he injured his hip on the play and did not return. Tampa countered with a Connor Barth 46-yard field goal. The Buccaneers took a 17-7 lead at halftime behind Freeman TD passes to Kellen Winslow and Mike Williams. Deja vu in the third quarter led to a 31-7 Bucs' lead with Freeman again finding Winslow and Williams on scoring passes. Charlie Whitehurst led the Seahawks on an 11-play scoring drive early in the fourth quarter resulting in a Leon Washington 16-yard TD run, his first with the team. Trailing 31-15 following a two-point conversion, the Seahawks surrendered Freeman's fifth TD pass to Maurice Stovall for a 38-15 lead. Despite dropping the game, a St. Louis Rams win versus the San Francisco 49ers earlier in the day sets up a matchup versus the Rams in the season finale to determine the division champion.

Seattle	7	0	0	8	—	**15**
Tampa Bay	3	14	14	7	—	**38**

				Seattle	TB
SEA	1	2:50	Hasselbeck 1 run (Mare kick) (11-62, 5:53)	7	0
TB	1	0:25	Barth 46 FG (4-11, 2:25)	7	3
TB	2	12:23	Winslow 10 pass Freeman (Barth kick) (6-52, 2:27)	7	10
TB	2	6:17	Williams 20 pass Freeman (Barth kick) (9-59, 4:14)	7	17
TB	3	6:38	Winslow 21 pass Freeman (Barth kick) (10-98, 6:50)	7	24
TB	3	1:28	Williams 7 pass Freeman (Barth kick) (3-56, 1:44)	7	31
SEA	4	10:14	Washington 16 run (Whitehurst to Obomanu pass) (11-54, 6:14)	15	31
TB	4	7:56	Stovall 2 pass Freeman (Barth kick) (4-72, 2:18)	15	38

Att. 46,576

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	Tampa Bay	Att	Yds	LG	TD
Lynch	14	53	29	0	Blount	18	164	53	0
Washington	1	16	16t	1	Freeman	4	23	11	0
Forsett	8	12	5	0	Williams	4	21	15	0
Whitehurst	3	5	5	0					
Robinson	1	3	3	0					
Hasselbeck	1	1	1t	1					
TOTAL	**28**	**90**	**29**	**2**	**TOTAL**	**26**	**208**	**53**	**0**

PASSING

Seattle	A	C	Yds	TD	INT	RT	Tampa Bay	A	C	Yds	TD	INT	RT
Whitehurst	18	11	66	0	0	68.3	Freeman	26	21	237	5	0	144.2
Hasselbeck	4	3	24	0	0	89.6	Johnson	2	2	15	0	0	97.9
TOTAL	**22**	**14**	**90**	**0**	**0**	**72.2**	**TOTAL**	**28**	**23**	**252**	**5**	**0**	**143.8**

RECEIVING

Seattle	No	Yds	LG	TD	Tampa Bay	No	Yds	LG	TD
Carlson	3	27	12	0	Winslow	7	98	29	2
Tate	3	10	5	0	M.Williams	3	44	20	2
Obomanu	2	18	14	0	C.Williams	3	22	9	0
Williams	2	15	9	0	Stovall	3	12	10	1
Forsett	2	5	9	0	Briscoe	2	28	15	0
Morrah	1	9	9	0	Spurlock	1	20	20	0
Stokley	1	6	6	0	Benn	1	16	16	0
					Parker	1	5	5	0
					Graham	1	4	4	0
					Blount	1	3	3	0
TOTAL	**14**	**90**	**14**	**0**	**TOTAL**	**23**	**252**	**29**	**5**

TEAM STATISTICS

	Seattle	Tampa Bay
Total First Downs	10	22
Third Down Eff.	5-15-33%	6-11-55%
Total Net Yards	174	439
Total Off. Plays	53	56
Avg. per Play	3.3	7.8
Net Yards Rushing	90	208
Total Rushing Plays	28	26
Net Yards Passing	84	231
Times Sacked/Yards Lost	3/6	2/21
Pass Atts-Comps-Ints	22-14-0	28-23-0
Punts-No. and Avg.	7-37.1	3-45.0
Penalties-No. and Yards	1-10	3-22
Fumbles-No. and Lost	0-0	4-0
Touchdowns	2	5
Field Goals Made-Att	0-0	1-2
Time of Possession	28:32	31:28

DEFENSE

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Tatupu	10	8	2	1.0	8.0	0	0	0	1	0
Hawthorne	8	5	3	0.0	0.0	0	0	0	0	0
Trufant	6	5	1	0.0	0.0	0	0	0	0	0
Balmer	5	4	1	0.0	0.0	0	0	0	0	0

Additional Stats: SACKS Brock 0.5, Clemons 0.5.

Tampa Bay	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Hayes	9	8	1	2.0	6.0	0	0	0	0	0
Okam	7	6	1	0.0	0.0	0	0	0	0	0
Ruud	6	5	1	1.0	0.0	0	0	0	0	0
Jones	6	5	1	0.0	0.0	0	0	0	0	0

GAME 16

Seattle Seahawks 16, St. Louis Rams 6
Sunday, January 2, 2011 — Qwest Field

The Seahawks won their fifth NFC West title in seven years by defeating the St. Louis Rams 16-6 in front of a raucous Seattle crowd in the final game of the 2010 season. Seattle entered the game one game behind St. Louis in the standings but the Seahawks won the division with a better division record after both teams finished with 7-9 records. Seattle, with Charlie Whitehurst starting at QB in place of Matt Hasselbeck (hip), struck quickly scoring on the opening drive behind a 6-yard Whitehurst to Mike Williams TD connection. The drive was aided by a 61-yard pass to Ruvell Martin on the game's second play from scrimmage. That would prove to be the game's only touchdown. The Rams scored on consecutive Josh Brown field goals over the second and third quarter to pull within 7-6 at the 8:59 mark of the third period. However, Seattle countered with three consecutive Olindo Mare field goals to put the game out of reach. The final score came late in the fourth quarter following Will Herring's first-career interception. A mistake-free Whitehurst completed 22 of 36 passes for 192 yards and a TD. Seattle's rushing attack grounded out 141 yards, including 119 in the second half.

St. Louis	0	3	3	0	—	**6**
Seattle	7	0	3	6	—	**16**

					St. Louis	Seattle
SEA	1	11:38	Williams 4 pass Whitehurst (Mare kick) (6-87, 3:22)		0	7
STL	2	8:54	Brown 32 FG (13-83, 6:15)		3	7
STL	3	8:59	Brown 27 FG (6-12, 2:55)		6	7
SEA	3	3:04	Mare 31 FG (12-62, 5:55)		6	10
SEA	4	10:53	Mare 38 FG (7-29, 2:14)		6	13
SEA	4	1:37	Mare 34 FG (13-47, 7:05)		6	16

Att. 67,325

INDIVIDUAL STATISTICS

RUSHING

St. Louis	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
Jackson	11	45	13	0	Lynch	20	75	24	0
Darby	1	7	7	0	Whitehurst	8	30	9	0
Karney	2	4	4	0	Forsett	3	28	21	0
Robinson	1	-9	-9	0	Washington	1	4	4	0
					Tate	1	3	3	0
					Robinson	2	1	1	0
TOTAL	**15**	**47**	**13**	**0**	**TOTAL**	**35**	**141**	**24**	**0**

PASSING

St. Louis	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
Bradford	36	19	155	0	1	52.4	Whitehurst	36	22	192	1	0	84.5
TOTAL	**36**	**19**	**155**	**0**	**1**	**52.4**	**TOTAL**	**36**	**22**	**192**	**1**	**0**	**84.5**

RECEIVING

St. Louis	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
Jackson	4	39	20	0	Obomanu	5	39	13	0
Fells	3	39	15	0	Martin	3	85	61	0
Gibson	3	30	14	0	Washington	3	24	10	0
Alexander	3	14	10	0	Forsett	3	22	13	0
Robinson	2	14	10	0	Williams	3	16	6	1
Amendola	2	9	6	0	Morrah	1	6	6	0
Toston	1	6	6	0	Carlson	1	3	3	0
Karney	1	4	4	0	Tate	1	3	3	0
					Baker	1	1	1	0
					Lynch	1	-7	-7	0
TOTAL	**19**	**155**	**20**	**0**	**TOTAL**	**22**	**192**	**61**	**1**

TEAM STATISTICS

	St. Louis	Seattle
Total First Downs	10	19
Third Down Eff.	2-14-14%	4-15-27%
Total Net Yards	184	333
Total Off. Plays	54	71
Avg. per Play	3.4	4.7
Net Yards Rushing	47	141
Total Rushing Plays	15	35
Net Yards Passing	137	192
Times Sacked/Yards Lost	3/18	0/0
Pass Atts-Comps-Ints	36-19-1	36-22-0
Punts-No. and Avg.	9-44.0	7-34.7
Penalties-No. and Yards	6-46	7-70
Fumbles-No. and Lost	1-0	2-1
Touchdowns	0	1
Field Goals Made-Att	2-2	3-3
Time of Possession	25:15	34:45

DEFENSE

St. Louis	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Vobora	11	6	5	0.0	0.0	0	0	0	0	0
Laurinaitis	9	6	3	0.0	0.0	0	0	0	0	1
Bartell	7	7	0	0.0	0.0	0	0	0	1	0
Hall	6	4	2	0.0	0.0	0	0	0	0	0

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Hawthorne	7	3	4	0.0	0.0	0	0	0	0	0
Trufant	6	5	1	0.0	0.0	0	0	0	0	0
Tatupu	6	5	1	0.0	0.0	0	0	0	0	0
Brock	5	4	1	2.5	15.0	0	0	1	1	0
Babineaux	5	4	1	0.0	0.0	0	0	2	0	0

Additional Stats: SACKS: Clemons 0.5.

2010 STATISTICS

Day	Date	W/L	Score	Opponents	Attendance
Sun.	Sept. 12	W	31-6	San Francisco	67,044
Sun.	Sept. 19	L	14-31	at Denver	75,130
Sun.	Sept. 26	W	27-20	San Diego	67,106
Sun.	Oct. 3	L	3-20	at St. Louis	52,326
Sun.	Oct. 17	W	23-20	at Chicago	62,137
Sun.	Oct. 24	W	22-10	Arizona	67,132
Sun.	Oct. 31	L	3-33	at Oakland	35,721
Sun.	Nov. 7	L	7-41	New York Giants	67,287
Sun.	Nov. 14	W	36-18	at Arizona	61,904
Sun.	Nov. 21	L	19-34	at New Orleans	70,015
Sun.	Nov. 28	L	24-42	Kansas City	66,370
Sun.	Dec. 5	W	31-14	Carolina	66,577
Sun.	Dec. 12	L	21-40	at San Francisco	69,732
Sun.	Dec. 19	L	18-34	Atlanta	67,101
Sun.	Dec. 26	L	15-38	at Tampa Bay	46,576
Sun.	Jan. 2	W	16-6	St. Louis	67,325

TEAM STATS

	Seahawks	Opponents
Total First Downs	260	313
Rushing	81	91
Passing	159	206
Penalty	20	16
3rd Down: Made/Att.	76/214	94/238
3rd Down Pct.	35.5	39.5
4th Down: Made/Att.	6/17	8/19
4th Down Pct.	35.3	42.1
Possession Avg.	27:33	32:27
Total Net Yards	4765	5897
Avg. Per Game	297.8	368.6
Total Plays	964	1074
Avg. Per Play	4.9	5.5
Net Yards Rushing	1424	1903
Avg. Per Game	89.0	118.9
Total Rushes	385	452
Net Yards Passing	3341	3994
Avg. Per Game	208.8	249.6
Sacked/Yards Lost	35/195	37/246
Gross Yards	3536	4240
Att./Completions	544/324	585/339
Completion Pct.	59.6	57.9
Had Intercepted	20	12
Punts/Average	78/41.7	81/43.5
Net Punting Avg.	78/37.3	81/36.0
Penalties/Yards	101/890	91/706
Fumbles/Ball Lost	18/11	22/10
Touchdowns	33	47
Rushing	13	13
Passing	14	31
Returns	6	3

SCORE BY PERIODS

	Q1	Q2	Q3	Q4	OT	PTS
Seahawks	55	73	86	96	0	310
Opponents	89	141	93	84	0	407

PASSING

	Att.	Comp.	Yds.	Comp.%	TD	Int.	Lg	Sack/Lost	Rating
Hasselbeck	444	266	3001	59.9	12	17	87t	29/175	73.2
Whitehurst	99	57	507	57.6	2	3	61	5/13	65.5
M. Robinson	1	1	28	100.0	0	0	28	0/0	118.8
Washington	0	0	0	--	0	0	--	1/7	--
TEAM	**544**	**324**	**3536**	**59.6**	**14**	**20**	**87t**	**35/195**	**72.1**
OPPONENTS	**585**	**339**	**4240**	**57.9**	**31**	**12**	**69t**	**37/246**	**89.7**

SCORING

	TD	Rush	Pass	Return	K-PAT	FG	S	Pts.
Mare	0	0	0	0	31/31	25/30	0	106
Lynch LG	6	6	0	0			0	36
Lynch TM	6	6	0	0			0	36
Obomanu	4	0	4	0			0	28
Butler	4	0	4	0			0	24
Washington	4	1	0	3			0	24
Hasselbeck	3	3	0	0			0	18
Forsett	2	2	0	0			0	12
M. Williams	2	0	2	0			0	12
Baker	1	0	1	0			0	6
Branch TM	1	0	1	0			0	6
Carlson	1	0	1	0			0	6
Martin	1	0	1	0			0	6
Tatupu	1	0	0	1			0	6
Thomas	1	0	0	1			0	6
Trufant	1	0	0	1			0	6
Whitehurst	1	1	0	0			0	6
Babineaux	0	0	0	0			1	2
TEAM	**33**	**13**	**14**	**6**	**31/31**	**25/30**	**1**	**310**
OPPONENTS	**47**	**12**	**31**	**3**	**44/44**	**25/30**	**1**	**407**

2-Pt. Conversions: Obomanu 2, TEAM 2-2; OPPONENTS 2-3.

RUSHING

	No.	Yds.	Avg.	Long	TD
Lynch LG	202	737	3.6	39	6
Lynch TM	165	573	3.5	39	6
Forsett	118	523	4.4	32	2
Washington	27	100	3.7	21	1
M. Robinson	12	77	6.4	17	0
Hasselbeck	23	60	2.6	20t	3
Whitehurst	20	43	2.2	9	1
Jones TM	12	30	2.5	6	0
Obomanu	2	17	8.5	13	0
Butler	2	6	3.0	4	0
Tate	2	4	2.0	3	0
M. Williams	1	0	0.0	0	0
Ryan	1	-9	-9.0	-9	0
TEAM	**385**	**1424**	**3.7**	**39**	**13**
OPPONENTS	**452**	**1903**	**4.2**	**53**	**13**

RECEIVING

	No.	Yds.	Avg.	Long	TD
M. Williams	65	751	11.6	68	2
Butler	36	385	10.7	63t	4
Forsett	33	252	7.6	21	0
Stokley LG	31	354	11.4	36	0
Stokley TM	31	354	11.4	36	0
Carlson	31	318	10.3	37	1
Obomanu	30	494	16.5	87t	4
Lynch LG	22	145	6.6	22	0
Lynch TM	21	138	6.6	22	0
Tate	21	227	10.8	52	0
Branch TM	13	112	8.6	41	1
Morrah	9	117	13.0	36	0
Baker	9	116	12.9	44	1
Washington	9	79	8.8	28	0
M. Robinson	8	37	4.6	13	0
Martin	7	158	22.6	61	1
Gibson	1	-2	-2.0	-2	0
TEAM	**324**	**3536**	**10.9**	**87t**	**14**
OPPONENTS	**339**	**4240**	**12.5**	**69t**	**31**

2010 STATISTICS

INTERCEPTIONS

	No.	Yds.	Avg.	Long	TD
Thomas	5	68	13.6	34	0
Babineaux	2	37	18.5	20	0
Trufant	1	32	32.0	32t	1
Tatupu	1	26	26.0	26t	1
Hawthorne	1	5	5.0	5	0
Herring	1	0	0.0	0	0
Jennings	1	0	0.0	0	0
TEAM	**12**	**168**	**14.0**	**34**	**2**
OPPONENTS	**20**	**261**	**13.1**	**39t**	**1**

PUNTING

	No.	Yds.	Avg.	Net	TB	In	Lg	B
Ryan	78	3254	41.7	37.3	1	27	63	0
TEAM	**78**	**3254**	**41.7**	**37.3**	**1**	**27**	**63**	**0**
OPPONENTS	**81**	**3521**	**43.5**	**36.0**	**7**	**30**	**63**	**1**

PUNT RETURNS

	Ret.	FC	Yds.	Avg.	Long	TD
Washington	22	8	249	11.3	84	0
Tate	16	6	202	12.6	63	0
Forsett	3	0	17	5.7	12	0
Thurmond	1	0	0	0.0	0	0
TEAM	**42**	**14**	**468**	**11.1**	**84**	**0**
OPPONENTS	**35**	**23**	**327**	**9.3**	**89t**	**1**

KICKOFF RETURNS

	No.	Yds.	Avg.	Long	TD
Washington	57	1461	25.6	101t	3
Morrah	5	76	15.2	30	0
Forsett	1	8	8.0	8	0
A. McCoy	1	3	3.0	3	0
Tate	1	10	10.0	10	0
Carlson	0	0	--	--	0
TEAM	**65**	**1558**	**24.0**	**101t**	**3**
OPPONENTS	**50**	**1099**	**22.0**	**79**	**0**

FIELD GOALS

	1-19	20-29	30-39	40-49	50+
Mare	2/2	10/12	7/7	5/7	1/2
TEAM	**2/2**	**10/12**	**7/7**	**5/7**	**1/2**
OPPONENTS	**0/0**	**14/15**	**8/8**	**3/6**	**0/1**

Mare: (35G) ( ) (23G, 23G) (22G) ( ) (20G, 31G, 51G, 24G, 26G) (51N, 29N, 47G) ( ) (41G, 34G, 19G, 23G, 19G, 29N) (20G, 43G, 43G, 20G) (43G) (24G, 47N) (43N) (38G) ( ) (31G, 38G, 34G)

Opponents: (23G, 23G) (20G) (29G) (30G, 31G) (34G, 24G, 54B) (24G) (31G, 36G, 45N, 22G, 49G) (25G, 20G) (23G) (27N) (43B) ( ) (33G, 44G, 22G, 36G) (27G, 25G) (46G, 40B) (32G, 27G)

Sacks: Clemons 11, Brock 9, Milloy 4, Curry 3.5, Babineaux 1.5, Bryant 1, Chancellor 1, Cole 1, Davis 1, Herring 1, Lewis 1, Mebane 1, Tatupu 1, TM 37, OPP 35.

DEFENSE STATISTICS

Name	Tkl.	Solo	Asst.	QB	Yds.	QH	Int	PD	FF	FR
Hawthorne	105	74	31	0	0	1	1	4	2	1
Milloy	88	61	27	4.0	27.0	6	0	3	1	0
Tatupu	88	58	30	1.0	8.0	1	1	8	2	0
Trufant	80	65	15	0	0	0	1	10	1	2
Thomas	71	60	11	0	0	2	5	7	1	0
Curry	70	58	12	3.5	25.0	9	0	1	2	0
Clemons	48	33	15	11.0	69.5	22	0	3	1	1
Cole	44	36	8	1.0	1.0	1	0	5	0	0
Balmer	43	28	15	0	0	1	0	1	0	0
Jennings	40	35	5	0	0	0	1	13	0	0
Babineaux	36	28	8	1.5	13.0	3	2	8	1	0
Thurmond	33	29	4	0	0	1	0	6	0	0
Brock	32	26	6	9.0	60.5	21	0	3	1	1
Mebane	31	19	12	1.0	7.0	1	0	2	0	0
Siavii	30	24	6	0	0	3	0	2	0	0
Herring	26	22	4	1.0	12.0	1	1	2	1	0
Bryant	18	16	2	1.0	4.0	3	0	0	1	2
Lewis	17	15	2	1.0	9.0	1	0	4	1	0
Chancellor	12	10	2	1.0	3.0	1	0	1	0	0
Terrill	11	4	7	0	0	0	0	1	0	0
Davis	8	7	1	1.0	7.0	2	0	0	0	0
Richardson	8	5	3	0	0	1	0	0	0	0
Cox	7	4	3	0	0	0	0	2	0	0
Ness	5	4	1	0	0	0	0	0	0	0
TEAM	5	5	0	0	0	0	0	0	0	0
Gordon	2	2	0	0	0	0	0	0	0	0
Wilson	1	1	0	0	0	0	0	0	0	0

SPECIAL TEAMS STATISTICS

Name	Tkl.	Solo	Asst.	FF	FR	BL
McCoy, M.	19	17	2	0	0	0
Chancellor	11	7	4	1	0	0
Babineaux	10	9	1	0	0	0
Herring	10	8	2	0	0	0
Lewis	8	5	3	0	1	0
Davis	6	4	2	0	1	0
Obomanu	6	6	0	0	0	0
Robinson	4	4	0	0	0	0
Thomas	4	4	0	0	0	0
Thurmond	4	4	0	0	0	0
Cox	3	2	1	0	1	1
Curry	2	2	0	0	0	0
Hawthorne	2	2	0	0	0	0
Mare	2	1	1	0	0	0
Morrah	2	1	1	0	0	0
Washington	2	2	0	0	0	0
Gresham	1	1	0	0	0	0
Henry	1	1	0	0	0	0
TEAM	1	1	0	0	0	0
Terrill	0	0	0	0	0	3

2010 PARTICIPATION

Date / Game	9/12 SF	9/19 @Den	9/26 SD	10/3 @StL	10/17 @Chi	10/24 Ari	10/31 @Oak	11/7 NYG	11/14 @Ari
Andrews	sub	RG	RG	RG	RG	RG	RG	RG	RG
Babineaux	s	s	s	s	s	s	s	s	s
Baker	TE	te	TE	TE	TE	TE	TE	TE	te
Balmer	dt	dt	dt	dt	LDT	LDT	LDT	RDE	RDE
Barbre				in	in	in	in	sub	sub
Branch	WR	WR	WR	wr					
Brock	de	de	de	de	de	de	de	de	de
Brown									
Bryant	RDE	RDE	RDE	RDE	RDE	RDE	RDE	ir	ir
Butler	wr	wr	wr	WR	WR	WR	WR	WR	WR
Carlson	TE	TE	TE	TE	TE	TE	TE	TE	TE
Chancellor	s	sub	s	sub	s	s	s	s	s
Clemons	LDE	LDE	LDE	LDE	LDE	LDE	LDE	LDE	LDE
Cole	RDT	RDT	RDT	RDT	RDT	RDT	RDT	in	in
Cox	in				in	sub	cb	sub	sub
Curry	OLB	OLB	OLB	OLB	OLB	OLB	OLB	OLB	OLB
Davis	de	de	de	de	de	in	sub	de	de
Dietrich-Smith	in	in	in	in					
Fanaika									
Forsett	RB	RB	RB	RB	rb	rb	rb	rb	rb
Ganther	fb	FB	in					fb	
Geathers									
Giacomini				in	in		dnp		
Gibson	LG	sub	sub	sub	g	sub	g	LG	in
Gordon									
Gresham	sub	sub	sub	sub	sub	sub	sub	sub	sub
Hamilton	g	LG	LG	LG	LG	LG	LG	ir	ir
Hasselbeck	QB	QB	QB	QB	QB	QB	QB	in	QB
Hawthorne	OLB	OLB	OLB	OLB	OLB	OLB	OLB	OLB	OLB
Henry						sub			
Herring	lb	lb	lb	lb	lb	lb	lb	lb	lb
Hill	sus	sub	in	ir	ir	ir	ir	ir	ir
Jennings	RCB	RCB	RCB	RCB	RCB	in	in	RCB	RCB
Jones	rb	rb	rb	in					
Lewis	cb	cb	cb	cb	cb	cb	cb	cb	cb
Locklear	RT	RT	RT	rt	RT	RT	RT	RT	RT
Losman									*in
Lynch					RB	RB	RB	RB	RB
McCoy, A.	in	in	in	in	in	in	in	TE	TE
McCoy, M.	sub	in	sub	sub	sub	sub	in	sub	sub
Mare	k	k	k	k	k	k	k	k	k
Martin									wr
Mebane	LDT	LDT	LDT	LDT	in	in	in	in	LDT
Milloy	SS	SS	SS	SS	SS	SS	SS	SS	SS
Morrah`	te	in	sub	sub	sub	te	sub	te	te
Ness	in	in	in	in	in	in	RCB		
Obomanu	wr	wr	wr	sub	wr	wr	wr	wr	WR
Okam								in	
Okung	in	in	in	LT	LT	LT	in	in	in
Pawelek									
Polumbus	LT	LT	LT	RT	sub	t	LT	in	LT
Pitts	in	in	in		in	in	g/t	LT	LG
Richardson								de	de
Robinson, M.	fb	fb	fb	FB	rb	rb	in	in	in
Robinson, W.									
Robinson, Z.							dnp		
Ryan, J.	p	p	p	p	p	p	p	p	p
Siavii	dt	dt	dt	dt	dt	dt	dt	RDT	RDT
Spencer	C	C	C	C	C	C	C	C	C
Stokley				wr	wr	wr	wr	wr	in
Tate	in	wr	wr	wr	wr	wr	wr	in	in
Tatupu	MLB	MLB	MLB	MLB	MLB	MLB	MLB	MLB	MLB
Thomas	FS	FS	FS	FS	FS	FS	FS	FS	FS
Thurmond	cb	sub	cb	dnp	cb	RCB	in	cb	sub
Terrill				in	dt	dt	dt	LDT	dt
Trufant	LCB	LCB	LCB	LCB	LCB	LCB	LCB	LCB	LCB
Unger	RG	ir	ir	ir	ir	ir	ir	ir	ir
Washington	rb	rb	rb	rb	sub	rb	rb	rb	rb
White									dnp
Whitehurst	dnp	dnp	dnp	dnp	dnp	dnp	qb	QB	qb
Williams	WR	WR	WR	wr	WR	WR	WR	WR	WR
Wilson	in	in	in	in	in	in	in	dt	dt	in
Wrotto		sub	sub						

CAPS - starter; lower case - substitute at that position; sub - special teams only; dnp - did not play; in - inactive; ir - injured reserve; nfi - non-football injury; in* - third quarterback, res - reserve, pup - physically unable to perform; sus - suspended

2010 PARTICIPATION

11/21 @NO	11/28 KC	12/5 Car	12/12 @SF	12/19 Atl	12/26 @TB	1/2 StL	G	S	IN	DNP
RG	RG	RG	RG	in	in	in	13	12	3	0
s	s	s	s	s	s	s	16	0	0	0
TE	TE	TE	TE	te	TE	TE	16	13	0	0
RDE	RDE	RDE	RDE	de	RDE	RDE	16	11	0	0
sub							3	0	4	0
							4	3	0	0
de	de	de	de	de	de	de	16	0	0	0
					in	sub	1	0	1	0
ir	ir	ir	ir	ir	ir	ir	7	7	0	0
wr	WR	wr	WR	ir	ir	ir	13	7	0	0
TE	TE	in	te	TE	te	TE	15	13	1	0
s	s	s	s	s	s	s	16	0	0	0
LDE	LDE	LDE	LDE	LDE	LDE	LDE	16	16	0	0
in	in	in	RDT	RDT	RDT	RDT	11	11	5	0
sub	sub	sub	sub	cb	sub	sub	11	0	2	0
OLB	OLB	OLB	OLB	OLB	OLB	OLB	16	16	0	0
de	sub	sub	de	sub	sub	sub	15	0	1	0
							0	0	4	0
				in	in	in	0	0	3	0
rb	rb	rb	rb	rb	rb	rb	16	4	0	0
							3	1	1	0
	in	in					0	0	2	0
			in	in	in	in	0	0	6	1
in	LG/c	LG	LG	RG	RG	RG	14	8	2	0
	in	in	in	dt	in		1	0	5	0
sub	sub	sub	sub	sub	sub	sub	16	0	0	0
ir	ir	ir	ir				7	6	0	0
QB	QB	QB	QB	Qb	QB	dnp	14	14	1	1
OLB	OLB	OLB	OLB	OLB	OLB	OLB	16	16	0	0
							1	0	0	0
lb	lb	lb	lb	lb	lb	lb	16	16	0	0
ir	ir	ir	ir	ir	ir	ir	1	0	1	0
RCB	RCB	RCB	RCB	RCB	RCB	RCB	14	14	2	0
							3	0	1	0
cb	cb	cb	cb	sub	ir	ir	14	0	0	0
RT	RT	RT	RT	RT	RT	RT	16	15	0	0
*in	*in	*in	*in	*in	*in	*in	0	0	8	0
RB	RB	RB	RB	RB	RB	RB	12	12	0	0
in	ir	ir	ir	ir	ir	ir	2	0	8	0
sub	sub	sub	sub	sub	sub	sub	14	0	2	0
k	k	k	k	k	k	k	16	0	0	0
in	wr	in	wr	wr	in	wr	5	1	3	0
LDT	LDT	LDT	LDT	LDT	LDT	LDT	12	12	4	0
SS	SS	SS	SS	SS	SS	SS	16	16	0	0
te	te	te	TE	TE	te	TE	15	3	1	0
							1	1	0	0
WR	WR	WR	in	WR	WR	wr	15	6	1	0
							0	0	1	0
LT	LT	LT	LT	LT	LT	LT	10	10	6	0
					sub	in	1	0	1	0
dnp	g	sub	sub	sub	sub	LG	14	7	1	1
LG	in	in	in	LG	LG	g	7	5	8	0
de	de	de	de	in	de	de	7	0	2	0
in	in	FB	FB	fb	FB	rb	11	4	5	0
		in	in	in	in	in	0	0	6	0
							0	0	0	1
p	p	p	p	p	p	p	16	0	0	0
RDT	RDT	RDT	dt	LDE	ir	ir	14	6	0	0
C	C	C	C	C	C	C	16	16	0	0
wr	wr	wr	wr	wr	wr	in	11	0	2	0
in	wr	wr	wr	dnp	wr	wr	11	0	4	0
MLB	MLB	MLB	MLB	MLB	MLB	MLB	16	16	0	0
FS	FS	FS	FS	FS	FS	FS	16	16	0	0
cb	cb	cb	cb	in	cb	cb	13	1	2	1
dt	dt	dt	dt	dt	dt	dt	12	1	1	0
LCB	LCB	LCB	LCB	LCB	LCB	LCB	16	16	0	0
ir	ir	ir	ir	ir	ir	ir	1	1	0	0
rb	rb	rb	rb	rb	rb	rb	16	0	0	0
dnp	sub	t	sub	t	t	sub	6	0	2	0
dnp	dnp	dnp	dnp	qb	qb	QB	6	2	0	10
WR	in	WR	in	WR	WR	WR	14	13	2	0
in							2	0	8	0
							2	0	0	0

2010 OFFENSE

	9/12 SF	9/19 @Den	9/26 SD	10/3 @StL	10/17 @Chi	10/24 Ari	10/31 @Oak
Points	31	14	27	3	23	22	3
1 Quarter	0	0	0	0	7	3	0
2 Quarter	14	0	10	3	7	7	0
3 Quarter	14	7	7	0	2	9	0
4 Quarter	3	7	10	0	7	3	0
Overtime	-	-	-	-	-	-	-
First Downs	14	17	13	15	20	16	10
Rushing	3	6	4	4	6	4	2
Passing	9	11	8	10	14	10	5
Penalty	2	0	1	1	0	2	3
3rd Down Effeciency	5/11	7/11	6/13	4/15	7/18	7/21	1/16
Percentage	45%	64%	46%	27%	39%	33%	6%
4th Down Effeciency	0/0	1/2	0/0	0/2	0/0	0/1	1/1
Percentage	0%	50%	0%	0%	0%	0%	100%
Total Net Yards	242	339	271	257	353	302	164
Plays	23	20	21	24	31	36	19
Avg./Play	5.1	6.1	4.8	4.0	5.0	3.8	2.7
Net Yds. Rushing	77	109	68	64	111	144	47
Plays	23	20	21	24	31	36	19
Avg./Play	3.3	5.5	3.2	2.7	3.6	4.0	2.5
Net Yds. Passing	165	230	203	193	242	158	117
Sack/Loss	1/5	1/3	3/17	4/15	0/0	5/34	8/46
Gross Yds.	170	233	220	219	242	192	163
Att./Comp.	23/18	35/20	32/19	37/21	40/25	38/20	32/13
Interceptions	1	3	1	1	0	0	1
Avg./Play	6.9	6.4	5.8	4.7	6.1	3.7	2.9
Punts/Avg.	5/41.4	2/53.5	5/40.4	7/43.6	10/39.7	5/47.4	9/45.1
Blocked	0	0	0	0	0	0	0
Punt Ret./Yds.	3/17	3/82	3/44	3/18	4/2	0/0	5/91
Kickoff Ret./Yds.	2/58	1/13	4/253	4/92	5/87	2/45	4/114
Interceptions/Ret. Yds.	2/52	0/0	2/55	1/0	0/0	1/13	0/0
Penalties/Yds.	5/35	7/64	5/32	6/49	5/83	10/95	7/55
Fumbles/Lost	0/0	1/1	1/1	1/1	1/0	1/1	1/0
Touchdowns	4	2	3	0	3	1	0
Rushing	1	1	0	0	2	0	0
Passing	2	1	1	0	1	1	0
Returns	0	0	2	0	0	0	0
Defense	0	0	2	0	0	0	0
Safeties	0	0	0	0	0	0	0
1 Pt. PAT/Att.	4/4	2/2	3/3	0/0	3/3	1/1	0/0
2 Pt. PAT/Att.	0/0	0/0	0/0	0/0	0/0	0/0	0/0
FG/Att.	1/1	0/0	2/2	1/1	0/0	5/5	1/3
Time of Possession	27:15	22:33	23:56	27:10	34:23	37:17	23:56
Take/Give Ratio	2/1	0/4	5/2	1/2	0/0	5/1	0/1
Avg. Drive Start	SEA33	SEA28	SEA37	SEA21	SEA33	SEA39	SEA31

2010 OFFENSE

11/7 NYG	11/14 @Ari	11/21 @NO	11/28 KC	12/5 Car	12/12 @SF	12/19 Atl	12/26 @TB	1/2 StL
7	36	19	24	31	21	18	15	16
0	7	3	7	0	7	7	7	7
0	10	13	3	3	0	3	0	0
0	9	0	7	21	7	0	0	3
7	10	3	7	7	7	8	8	6
-	-	-	-	-	-	-	-	-
8	24	21	13	25	20	15	10	19
3	7	4	1	11	4	9	5	8
4	15	17	10	11	16	5	5	9
1	2	0	2	3	0	1	0	2
1/8	6/15	7/12	3/12	5/10	4/10	4/12	5/15	4/15
13%	40%	58%	25%	50%	40%	33%	33%	27%
1/2	0/1	0/0	0/2	0/0	0/2	1/2	2/2	0/0
50%	0%	0%	0%	0%	0%	50%	100%	0%
162	490	424	288	371	361	234	174	333
37	73	61	51	64	65	56	53	71
4.4	6.7	7.0	5.6	5.8	5.6	4.2	3.3	4.7
49	110	58	20	161	84	91	90	141
14	31	17	12	31	22	21	28	35
3.5	3.5	3.4	1.7	5.2	3.8	4.3	3.2	4.0
113	380	366	268	210	277	143	84	192
0/0	2/6	0/0	2/14	3/19	1/8	2/11	3/6	0/0
113	386	366	282	229	285	154	90	192
23/12	40/26	44/32	37/20	30/17	42/27	33/18	22/14	36/22
2	1	0	2	2	4	2	0	0
4.9	9.0	8.3	6.9	6.4	6.4	4.1	3.4	5.3
5/41.8	1/42.0	2/39.0	4/40.3	3/51.0	3/41.0	4/41.3	7/37.1	7/34.7
0	0	0	0	0	0	0	0	0
1/6	2/51	0/0	1/2	4/92	3/39	2/3	2/4	6/25
8/137	1/22	4/87	7/115	3/47	7/222	4/76	7/128	3/62
0/0	1/0	2/5	0/0	1/26	0/0	1/17	0/0	0/0
9/70	6/51	8/79	3/26	4/20	8/75	10/76	1/10	7/70
2/1	0/0	2/2	2/1	0/0	2/1	2/1	1/1	2/1
1	3	1	3	4	3	2	2	1
0	2	0	0	3	0	2	2	0
1	1	1	2	1	2	0	0	1
0	0	0	0	0	1	0	0	0
0	0	0	1	1	0	0	0	0
0	0	0	0	0	0	0	0	0
1/1	3/3	1/1	3/3	4/4	3/3	1/1	1/1	1/1
0/0	0/0	0/0	0/0	0/0	0/0	1/1	1/1	0/0
0/0	5/6	4/4	1/1	1/2	0/1	1/1	0/0	3/3
17:26	35:05	26:15	18:57	29:30	29:07	24:35	28:32	34:45
1/3	2/1	2/2	1/3	1/2	0/5	1/3	0/0	1/1
SEA32	SEA40	SEA23	SEA31	SEA25	SEA29	SEA23	SEA31	SEA32

2010 DEFENSE

	9/12 SF	9/19 @Den	9/26 SD	10/3 @StL	10/17 @Chi	10/24 Ari	10/31 @Oak
Points	6	31	20	20	20	10	33
1 Quarter	3	7	0	7	7	0	3
2 Quarter	3	10	0	3	6	0	7
3 Quarter	0	7	12	7	0	7	3
4 Quarter	0	7	8	3	7	3	20
Overtime	-	-	-	-	-	-	-
First Downs	14	23	27	19	15	13	18
Rushing	4	5	5	3	3	6	8
Passing	10	16	22	14	11	6	9
Penalty	0	2	0	2	1	1	1
3rd Down Effeciency	1/15	14/20	6/14	7/16	0/12	2/12	5/17
Percentage	7%	70%	43%	44%	0%	17%	29%
4th Down Effeciency	2/3	0/0	0/2	0/1	1/1	0/1	1/1
Percentage	67%	0%	0%	0%	100%	0%	100%
Total Net Yards	263	369	518	349	307	227	545
Plays	66	74	78	73	59	55	68
Avg./Play	4.0	5.0	6.6	4.8	5.2	4.1	8.0
Net Yds. Rushing	49	65	89	88	61	113	239
Plays	19	38	21	28	14	20	39
Avg./Play	2.6	1.7	4.2	3.1	4.4	5.7	6.1
Net Yds. Passing	214	304	429	261	246	114	306
Sack/Loss	2/11	1/3	4/26	4/28	6/44	2/18	2/4
Gross Yds.	225	307	455	289	290	132	310
Att./Comp.	45/26	35/25	53/29	41/23	39/17	33/12	27/15
Interceptions	2	0	2	1	0	1	0
Avg./Play	4.6	8.4	7.5	5.8	5.5	3.3	10.6
Punts/Avg.	6/41.5	4/51.3	5/41.4	7/45.9	8/38.1	5/35.6	5/52.8
Blocked	0	0	0	0	0	0	0
Punt Ret./Yds.	2/27	2/2	2/23	4/19	2/93	4/37	6/29
Kickoff Ret./Yds.	4/67	1/11	5/132	2/42	2/27	5/140	1/17
Interceptions/Ret. Yds.	1/7	3/13	1/0	1/28	0/0	0/0	1/15
Penalties/Yds.	8/60	3/35	11/83	5/41	2/18	5/32	11/105
Fumbles/Lost	1/0	1/0	3/3	0/0	1/0	4/4	1/0
Touchdowns	0	4	2	2	2	1	3
Rushing	0	2	0	0	1	1	1
Passing	0	2	2	2	0	0	2
Returns	0	0	0	0	1	0	0
Defense	0	0	0	0	0	0	0
Safeties	0	0	0	0	1	0	0
1 Pt. PAT/Att.	0/0	4/4	2/2	2/2	2/2	1/1	3/3
2 Pt. PAT/Att.	0/0	0/0	1/1	0/0	0/0	0/0	0/0
FG/Att.	2/2	1/1	1/1	2/2	1/3	1/1	4/5
Time of Poss.	32:45	37:27	36:04	32:50	25:37	22:43	36:04
Take/Give Ratio	1/2	4/1	2/5	2/1	0/0	1/5	1/0
Avg. Drive Start	SF30	Den28	SD26	StL38	Chi18	Ariz33	Sea31

2010 DEFENSE

11/7 NYG	11/14 @Ari	11/21 @NO	11/28 KC	12/5 Car	12/12 @SF	12/19 Atl	12/26 @TB	1/2 StL
41	18	34	42	14	40	34	38	6
21	7	7	7	7	10	0	3	0
14	3	20	14	7	20	17	14	3
6	0	7	0	0	10	17	14	3
0	8	0	21	0	0	0	7	0
-	-	-	-	-	-	-	-	-
30	19	26	28	18	10	21	22	10
12	2	5	13	10	2	6	6	1
15	16	20	15	8	8	12	16	8
3	1	1	0	0	0	3	0	1
6/13	2/11	11/15	11/17	5/15	7/17	9/19	6/15	2/14
46%	18%	73%	65%	33%	41%	47%	55%	14%
1/2	0/2	0/1	0/0	1/2	0/0	2/2	0/0	0/1
50%	0%	0%	0%	50%	0%	100%	0%	0%
487	327	494	503	283	336	266	439	184
79	64	72	80	67	56	73	56	54
6.2	5.1	6.9	6.3	4.2	6.0	3.6	7.8	3.4
197	41	112	270	131	95	98	208	47
47	14	29	48	30	27	37	26	15
4.2	2.9	3.9	5.6	4.4	3.5	2.6	8.0	3.1
290	286	382	233	152	241	168	231	137
0/0	5/36	0/0	0/0	3/17	2/14	1/6	2/21	3/18
290	322	382	233	169	255	174	252	155
32/21	45/23	43/29	32/22	34/18	27/17	35/20	28/23	36/19
0	1	2	0	1	0	1	0	1
9.1	5.7	8.9	7.3	4.1	8.3	4.7	7.7	3.5
1/50.0	6/40.5	1/40.0	5/36.4	7/45.6	5/49.4	4/45.0	3/45.0	9/44.0
0	0	0	0	0	0	0	0	0
3/29	1/11	0/0	2/17	3/10	1/3	1/12	1/6	1/9
1/17	7/175	1/25	2/32	6/130	4/60	1/46	3/99	5/79
2/30	1/26	0/0	2/26	2/16	4/62	2/38	0/0	0/0
5/40	10/50	3/24	5/50	8/53	2/15	4/35	3/22	6/46
1/1	1/1	0/0	1/1	1/0	0/0	2/0	4/0	1/0
5	2	5	6	2	4	4	5	0
2	1	1	2	2	0	0	0	0
3	1	4	4	0	3	3	5	0
0	0	0	0	0	0	0	0	0
0	0	0	0	0	1	1	0	0
0	0	0	0	0	0	0	0	0
5/5	1/1	4/5	6/6	2/2	4/4	4/4	5/5	0/0
0/0	1/1	0/0	0/0	0/0	0/0	0/0	0/0	0/0
2/2	1/1	0/1	0/1	0/0	4/4	2/2	1/2	2/2
42:34	24:55	33:45	41:03	30:30	30:53	35:25	31:28	25:15
3/1	1/2	2/2	3/1	2/1	5/0	3/1	0/0	1/1
NYG39	Ariz27	NO37	KC34	Car30	SF37	Atl42	TB33	StL27

2010 SEASON

2010 STARTERS

OFFENSE

DATE	GAME	WR	LT	LG	C	RG	RT	TE	WR	QB	RB	FB	K
9/12	San Francisco	Branch	Polumbus	Gibson	Spencer	Unger	Locklear	Carlson	Williams	Hasselbeck	Forsett	Baker (TE)	Mare
9/19	at Denver	Branch	Polumbus	Hamilton	Spencer	Andrews	Locklear	Carlson	Williams	Hasselbeck	Forsett	Ganther	Mare
9/26	San Diego	Branch	Polumbus	Hamilton	Spencer	Andrews	Locklear	Carlson	Williams	Hasselbeck	Forsett	Baker (TE)	Mare
10/3	at St. Louis	Butler	Okung	Hamilton	Spencer	Andrews	Polumbus	Carlson	Baker (TE)	Hasselbeck	Forsett	Robinson	Mare
10/17	at Chicago	Butler	Okung	Hamilton	Spencer	Andrews	Locklear	Carlson	Williams	Hasselbeck	Lynch	Baker (TE)	Mare
10/24	Arizona	Butler	Okung	Hamilton	Spencer	Andrews	Locklear	Carlson	Williams	Hasselbeck	Lynch	Baker (TE)	Mare
10/31	at Oakland	Butler	Polumbus	Hamilton	Spencer	Andrews	Locklear	Carlson	Williams	Hasselbeck	Lynch	Baker (TE)	Mare
11/7	N.Y. Giants	Butler	Pitts	Gibson	Spencer	Andrews	Locklear	Carlson	Williams	Whitehurst	Lynch	Baker (TE)	Mare
11/14	at Arizona	Butler	Pitts	Pitts	Spencer	Andrews	Locklear	Carlson	Williams	Hasselbeck	Lynch	Obomanu	Mare
11/21	at New Orleans	Obomanu	Polumbus	Pitts	Spencer	Andrews	Locklear	Carlson	Williams	Hasselbeck	Lynch	Baker (TE)	Mare
11/28	Kansas City	Obomanu	Okung	Gibson	Spencer	Andrews	Locklear	Carlson	Butler	Hasselbeck	Lynch	Baker (TE)	Mare
12/5	Carolina	Obomanu	Okung	Gibson	Spencer	Andrews	Locklear	Baker	Williams	Hasselbeck	Lynch	Robinson	Mare
12/12	at San Francisco	Baker (TE)	Okung	Gibson	Spencer	Andrews	Locklear	Morrah	Butler	Hasselbeck	Lynch	Robinson	Mare
12/19	Atlanta	Obomanu	Okung	Pitts	Spencer	Gibson	Locklear	Carlson	Williams	Hasselbeck	Lynch	Morrah (TE)	Mare
12/26	at Tampa Bay	Obomanu	Okung	Pitts	Spencer	Gibson	Locklear	Baker	Williams	Hasselbeck	Lynch	Robinson	Mare
1/2	St. Louis	Morrah (TE)	Okung	Polumbus	Spencer	Gibson	Locklear	Carlson	Williams	Whitehurst	Forsett	Baker (TE)	Mare

DEFENSE

DATE	GAME	LDE	LDT	RDT	RDE	OLB	MLB	OLB	LCB	RCB	SS	FS	P
9/12	San Francisco	Clemons	Mebane	Cole	Bryant	Hawthorne	Tatupu	Curry	Trufant	Jennings	Milloy	Thomas	Ryan
9/19	at Denver	Clemons	Mebane	Cole	Bryant	Hawthorne	Tatupu	Curry	Trufant	Jennings	Milloy	Thomas	Ryan
9/26	San Diego	Clemons	Mebane	Cole	Bryant	Hawthorne	Tatupu	Curry	Trufant	Jennings	Milloy	Thomas	Ryan
10/3	at St. Louis	Clemons	Mebane	Cole	Bryant	Hawthorne	Tatupu	Curry	Trufant	Jennings	Milloy	Thomas	Ryan
10/17	at Chicago	Clemons	Balmer	Cole	Bryant	Hawthorne	Tatupu	Curry	Trufant	Jennings	Milloy	Thomas	Ryan
10/24	Arizona	Clemons	Balmer	Cole	Bryant	Hawthorne	Tatupu	Curry	Trufant	Thurmond	Milloy	Thomas	Ryan
10/31	at Oakland	Clemons	Balmer	Cole	Bryant	Hawthorne	Tatupu	Curry	Trufant	Ness	Milloy	Thomas	Ryan
11/7	N.Y. Giants	Clemons	Terrill	Siavii	Balmer	Hawthorne	Tatupu	Curry	Trufant	Jennings	Milloy	Thomas	Ryan
11/14	at Arizona	Clemons	Mebane	Siavii	Balmer	Hawthorne	Tatupu	Curry	Trufant	Jennings	Milloy	Thomas	Ryan
11/21	at New Orleans	Clemons	Mebane	Siavii	Balmer	Hawthorne	Tatupu	Curry	Trufant	Jennings	Milloy	Thomas	Ryan
11/28	Kansas City	Clemons	Mebane	Siavii	Balmer	Hawthorne	Tatupu	Curry	Trufant	Jennings	Milloy	Thomas	Ryan
12/5	Carolina	Clemons	Mebane	Siavii	Balmer	Hawthorne	Tatupu	Curry	Trufant	Jennings	Milloy	Thomas	Ryan
12/12	at San Francisco	Clemons	Mebane	Cole	Balmer	Hawthorne	Tatupu	Curry	Trufant	Jennings	Milloy	Thomas	Ryan
12/19	Atlanta	Clemons	Mebane	Cole	Siavii	Hawthorne	Tatupu	Curry	Trufant	Jennings	Milloy	Thomas	Ryan
12/26	at Tampa Bay	Clemons	Mebane	Cole	Balmer	Hawthorne	Tatupu	Curry	Trufant	Jennings	Milloy	Thomas	Ryan
1/2	St. Louis	Clemons	Mebane	Cole	Balmer	Hawthorne	Tatupu	Curry	Trufant	Jennings	Milloy	Thomas	Ryan

2010 3RD DOWN EFFICIENCY

Date	Team				Yards to Go							Total	Pct.
		1	2	3	4	5	6	7	8	9	10+		
9/12	Seahawks	1-1	2-2	1-1	1-2	0-0	0-0	0-1	0-1	0-0	0-3	5-11	45%
	San Francisco	1-2	0-1	0-1	0-0	0-2	0-2	0-0	0-2	0-2	0-3	1-15	7%
9/19	Seahawks	0-1	0-0	1-1	1-1	0-0	1-2	3-4	1-1	0-0	0-1	7-11	64%
	at Denver	3-4	0-1	3-3	2-2	3-3	0-0	0-0	1-2	0-1	2-4	14-20	70%
9/26	Seahawks	1-2	1-1	0-0	1-3	1-2	0-0	0-1	0-0	0-0	2-4	6-13	46%
	San Diego	0-1	1-1	0-0	1-1	0-0	0-0	0-0	0-1	0-0	4-10	6-14	43%
10/3	Seahawks	2-4	0-1	0-0	0-0	0-1	1-1	0-0	0-0	0-1	1-7	4-15	27%
	at St. Louis	1-1	0-0	0-1	0-1	1-2	1-2	1-3	0-0	0-0	3-6	7-16	44%
10/17	Seahawks	1-1	0-2	0-0	2-2	1-2	2-2	0-0	0-0	1-2	0-7	7-18	39%
	at Chicago	0-0	0-1	0-0	0-1	0-1	0-1	0-1	0-1	0-1	0-5	0-12	0%
10/24	Seahawks	1-3	1-2	0-0	1-1	1-2	1-3	0-3	0-0	0-0	2-7	7-21	33%
	Arizona	1-1	0-0	1-1	0-0	0-0	0-2	0-1	0-1	0-1	0-5	2-12	17%
10/31	Seahawks	0-2	0-0	0-0	0-0	1-2	0-0	0-2	0-0	0-2	0-8	1-16	6%
	at Oakland	1-1	0-1	0-1	0-1	0-2	1-2	1-2	0-1	2-4	0-2	5-17	29%
11/7	Seahawks	0-1	0-0	0-0	0-0	0-1	1-2	0-1	0-0	0-1	0-2	1-8	13%
	N.Y. Giants	0-2	1-2	0-0	1-1	2-3	1-1	0-2	0-0	0-0	1-2	6-13	46%
11/14	Seahawks	1-3	0-1	0-0	2-2	0-1	2-2	0-1	1-1	0-1	0-3	6-15	40%
	at Arizona	0-0	0-0	1-1	0-0	0-1	1-3	0-0	0-0	0-1	0-5	2-11	18%
11/21	Seahawks	1-1	1-3	0-0	0-0	1-1	1-1	2-3	0-0	0-1	1-2	7-12	58%
	at New Orleans	2-2	1-1	3-3	0-1	1-2	0-2	0-0	0-0	0-0	4-4	11-15	73%
11/28	Seahawks	1-3	2-3	0-0	0-2	0-1	0-1	0-0	0-0	0-0	0-2	3-12	25%
	Kansas City	3-3	1-2	1-2	0-0	2-2	3-4	0-0	0-0	0-1	1-3	11-17	65%
12/5	Seahawks	2-2	0-1	1-1	0-0	0-0	0-1	0-1	0-0	0-0	2-4	5-10	50%
	Carolina	2-3	1-1	0-0	1-2	0-1	0-2	0-1	1-3	0-1	0-1	5-15	33%
12/12	Seahawks	0-0	1-3	0-0	2-3	0-0	0-0	0-0	1-2	0-0	0-2	4-10	40%
	at San Francisco	0-0	0-1	0-2	1-1	0-0	1-2	1-3	3-5	0-0	1-3	7-17	41%
12/19	Seahawks	1-1	1-1	0-1	0-0	1-2	0-0	1-1	0-1	0-0	0-5	4-12	33%
	Atlanta	1-1	1-1	1-2	1-1	1-4	3-5	0-2	0-0	0-0	1-3	9-19	47%
12/26	Seahawks	1-2	0-1	1-2	0-1	1-1	1-2	0-0	0-1	0-2	1-3	5-15	33%
	at Tampa Bay	1-1	1-1	0-1	2-2	0-1	0-0	0-0	0-1	0-0	2-4	6-11	55%
1/2	Seahawks	0-2	2-2	0-0	1-2	1-1	0-0	0-3	0-1	0-1	0-3	4-15	27%
	St. Louis	0-2	2-2	0-0	0-1	0-1	0-0	0-3	0-1	0-1	0-3	2-14	14%
Totals	Seahawks	13-29	11-23	4-6	11-19	8-17	10-17	6-21	3-8	1-11	9-63	76-214	36%
	Opponents	16-24	9-16	10-18	9-15	10-25	11-28	3-18	5-18	2-13	19-63	94-238	39%

2010 DRIVE CHART

Date	Team	Drives	3/Out	TD	FG	FGA	Pnt	Dwn	TO	Saf	Clk	Pts	Pts/Drv	Eff
9/12	Seattle	11	5	3	1	1	5	0	1	0	1	24	2.2	0.364
	San Francisco	12	6	0	2	2	6	1	2	0	1	6	0.5	0.167
9/19	Seattle	9	1	2	0	0	2	1	3	0	1	14	1.6	0.222
	at Denver	10	2	4	1	1	4	0	0	0	1	31	3.1	0.500
9/26	Seattle	13	6	1	2	2	5	0	2	1	2	13	1.0	0.231
	San Diego	13	2	2	1	1	5	1	4	0	0	18	1.4	0.231
10/3	Seattle	13	6	0	1	1	7	2	2	0	1	3	0.2	0.077
	at St. Louis	13	4	2	2	2	7	1	1	0	0	20	1.5	0.308
10/17	Seattle	15	7	3	0	0	10	0	0	0	2	21	1.4	0.200
	at Chicago	13	4	1	2	3	8	0	0	1	0	20	1.5	0.231
10/24	Seattle	14	7	1	5	5	5	1	1	0	1	22	1.6	0.429
	Arizona	12	5	1	1	1	5	1	3	0	1	10	0.8	0.167
10/31	Seattle	14	6	0	1	3	9	0	1	0	1	3	0.2	0.071
	at Oakland	14	4	3	4	5	5	0	0	0	1	33	2.4	0.500
11/7	Seattle	10	5	1	0	0	5	1	2	0	1	7	0.7	0.100
	N.Y. Giants	11	1	5	2	2	1	1	1	0	1	41	3.7	0.636
11/14	Seattle	14	1	3	5	6	1	1	1	0	2	36	2.6	0.571
	at Arizona	13	7	2	1	1	6	2	2	0	0	18	1.4	0.231
11/21	Seattle	10	3	1	4	4	2	0	2	0	1	19	1.9	0.500
	at New Orleans	9	1	5	0	1	1	0	2	0	0	34	3.8	0.556
11/28	Seattle	13	4	2	1	1	4	2	3	0	1	17	1.3	0.231
	Kansas City	13	4	6	0	1	5	0	1	0	0	42	3.2	0.462
12/5	Seattle	11	2	3	1	2	3	0	2	0	1	24	2.2	0.364
	Carolina	12	5	2	0	0	7	1	1	0	1	14	1.2	0.167
12/12	Seattle	12	4	2	0	1	2	2	5	0	0	14	1.2	0.167
	at San Francisco	13	5	3	4	4	5	0	0	0	1	33	2.5	0.538
12/19	Seattle	12	5	2	1	1	4	1	3	0	1	18	1.5	0.250
	Atlanta	11	3	3	2	2	4	0	1	0	1	27	2.5	0.455
12/26	Seattle	11	5	2	0	0	7	0	0	0	2	14	1.4	0.182
	at Tampa Bay	10	2	5	1	2	3	0	0	0	0	38	3.8	0.600
1/2	Seattle	14	4	1	3	3	7	0	1	0	2	6	1.1	0.286
	St. Louis	13	7	0	2	2	9	1	1	0	0	6	0.5	0.154
Totals	**Seahawks**	**196**	**71**	**27**	**25**	**30**	**78**	**11**	**29**	**1**	**20**	**255**	**1.4**	**0.265**
	Opponents	**192**	**62**	**44**	**25**	**30**	**81**	**9**	**19**	**1**	**8**	**391**	**2.0**	**0.359**

Date	Team	Trips/Scores	TD	FG/Att	Points	Int	Fum	Downs	Clock
9/12	Seattle	4/4	3	1/1	24	0	0	0	0
	San Francisco	2/3	0	2/2	6	0	0	1	0
9/19	Seattle	1/2	1	0/0	7	1	0	0	0
	at Denver	4/4	3	1/1	24	0	0	0	0
9/26	Seattle	3/4	1	2/2	13	0	0	0	1
	San Diego	3/6	2	1/1	18	1	1	1	0
10/3	Seattle	1/1	0	1/1	3	0	0	0	0
	at St. Louis	3/5	1	2/2	13	1	0	1	0
10/17	Seattle	2/2	2	0/0	14	0	0	0	0
	at Chicago	3/3	1	2/2	13	0	0	0	0
10/24	Seattle	6/7	1	5/5	22	0	0	1	0
	Arizona	2/2	1	1/1	10	0	0	0	0
10/31	Seattle	1/2	0	1/2	3	0	0	0	0
	at Oakland	4/4	1	3/3	16	0	0	0	0
11/7	Seattle	0/1	0	0/0	0	1	0	0	0
	N.Y. Giants	6/7	4	2/2	34	0	0	1	0
11/14	Seattle	6/8	2	4/5	26	0	0	1	0
	at Arizona	3/4	2	1/1	18	0	0	1	0
11/21	Seattle	3/3	1	2/2	13	0	0	0	0
	at New Orleans	2/5	2	0/1	14	2	0	0	0
11/28	Seattle	1/1	1	0/0	7	0	0	0	0
	Kansas City	5/5	5	0/0	35	0	0	0	0
12/5	Seattle	3/3	2	1/1	17	0	0	0	0
	Carolina	2/3	2	0/0	14	0	0	1	0
12/12	Seattle	2/4	2	0/1	14	1	0	0	0
	at San Francisco	4/4	1	3/3	16	0	0	0	0
12/19	Seattle	2/2	2	0/0	15	0	0	0	0
	Atlanta	4/4	2	2/2	20	0	0	0	0
12/26	Seattle	2/2	2	0/0	15	0	0	0	0
	at Tampa Bay	4/4	3	1/1	24	0	0	0	0
1/2	Seattle	4/4	1	3/3	16	0	0	0	0
	St. Louis	2/2	0	2/2	6	0	0	0	0
Totals	**Seahawks**	**41/50**	**21**	**20/23**	**209**	**3**	**0**	**2**	**1**
	Opponents	**53/65**	**30**	**23/24**	**281**	**4**	**1**	**6**	**0**

2010 SUPERLATIVES

OVERALL	7-9	**WHEN SCORING...**	
Home	5-3	First	3-3
Road	2-6	Less than 20 points	1-7
		20 or more points	6-2
BY MONTH			
September	2-1	When leading at halftime	6-0
October	2-2	When trailing at halftime	1-9
November	1-3	When leading after three quarters	7-0
December	1-3	When trailing after three quarters	0-9
January	1-0	When tied after three quarters	0-0
TURF		When outrushing opponents	6-2
Artificial	5-5		
Natural Grass	2-4	When plus in time of possession	4-0
		When minus in time of possession	3-9
INDOORS	1-2	When equal in time of possession	0-0
VS. CONFERENCE		When plus in takeaway/giveaway	4-0
vs. AFC	1-3	When minus in takeaway/giveaway	1-7
North	0-0	When equal in takeaway/giveaway	2-2
West	1-3		
East	0-0	With a 100-yard rusher	0-0
South	0-0	With a 100-yard receiver	2-2
vs. NFC	6-6	With a 300-yard passer	1-1
North	1-0		
West	4-2	Versus an opponent 100-yard rusher	0-3
East	0-1	Versus an opponent 100-yard receiver	2-4
South	1-3	Versus an opponent 300-yard passer	2-3

2010 WEEKLY RANKINGS

NFL

| | Offense | | | Defense | | |
Week	Total	Rush	Pass	Total	Rush	Pass
1	27	26	20t	9	3t	18
2	23	20	19t	17	5	26
3	29	24	21	28	5	30
4	28	27	21	25	3	29
5	28	29	23	26	2	31
6	27	30	21	24	2	30
7	27	24	20	19	2	29
8	30	26t	25	26	10	29
9	30	29	29	27	19	30
10	30	28	23	27	14	28
11	29	30	20	28	13t	30
12	29	32	17	30	22	30
13	28	30	17	30	211	30
14	27	31	16	31	20	30
15	27	31	16	29	21	29
16	28	32	18	30	22	29
17	28	31	19	27	21	27

NFC

| | Offense | | | Defense | | |
Week	Total	Rush	Pass	Total	Rush	Pass
1	14	13	12	6	2	9
2	13	10	11t	8	2	13
3	15	10	12	14	2	15
4	14	13	12	13	1	15
5	12	15	7	10	9	11
6	13	15	12	12	1	15
7	13	10	12	11	1	15
8	14	11t	14	14	6	15
9	14	14	14	14	10	15
10	14	13	13	14	8	15
11	13	15	11	14	7t	16
12	14	16	9	15	11	16
13	13	15	9	15	11	16
14	13	16	9	15	11	16
15	13	16	9	15	11	15
16	13	16	9	15	11	15
17	13	15	11	14	11	15

NFC

NORTH DIVISION	W	L	T	Pct.	Pts.	Opp.
Chicago*	11	5	0	.688	334	286
Green Bay*	10	6	0	.625	388	240
Detroit	6	10	0	.375	362	369
Minnesota	6	10	0	.375	281	348
SOUTH DIVISION	W	L	T	Pct.	Pts.	Opp.
Atlanta*	13	3	0	.813	414	288
New Orleans*	11	5	0	.688	383	307
Tampa Bay	10	6	0	.625	341	318
Carolina	2	14	0	.125	196	408
EAST DIVISION	W	L	T	Pct.	Pts.	Opp.
Philadelphia*	10	6	0	.625	334	286
N.Y. Giants	10	6	0	.625	394	347
Dallas	6	10	0	.375	394	436
Washington	6	10	0	.375	302	377
WEST DIVISION	W	L	T	Pct.	Pts.	Opp.
Seattle*	7	9	0	.438	310	407
St. Louis	7	9	0	.438	289	328
San Francisco	6	10	0	.375	305	346
Arizona	5	11	0	.313	289	434

AFC

NORTH DIVISION	W	L	T	Pct.	Pts.	Opp.
Pittsburgh*	12	4	0	.750	373	232
Baltimore*	12	4	0	.750	357	270
Cleveland	5	11	0	.313	271	332
Cincinnati	4	12	0	.250	322	395
SOUTH DIVISION	W	L	T	Pct.	Pts.	Opp.
Indianapolis*	10	6	0	.625	435	388
Jacksonville	8	8	0	.500	353	419
Houston	6	10	0	.375	390	427
Tennessee	6	10	0	.375	356	339
EAST DIVISION	W	L	T	Pct.	Pts.	Opp.
New England*	14	2	0	.875	518	313
N.Y. Jets*	11	5	0	.688	367	304
Miami	7	9	0	.438	273	333
Buffalo	4	12	0	.250	283	425
WEST DIVISION	W	L	T	Pct.	Pts.	Opp.
Kansas City*	10	6	0	.625	366	326
San Diego	9	7	0	.563	441	322
Oakland	8	8	0	.500	410	371
Denver	4	12	0	.250	344	471

* Playoff teams

AFC Wild Card
• Baltimore 30, Kansas City 7
• N.Y. Jets 17, Indianapolis 16

AFC Divisional
• Baltimore 24, Pittsburgh 31
• N.Y. Jets 28, New England 21

AFC Championship
• N.Y. Jets 19, Pittsburgh 24

NFC Wild Card
• New Orleans 36, Seattle 41
• Green Bay 21, Philadelphia 16

NFC Divisional
• Green Bay 48, Atlanta 21
• Seattle 24, Chicago 35

NFC Championship
• Green Bay 21, Chicago 14

Super Bowl XLV
Pittsburgh 25, Green Bay 31

1976 REVIEW (2-12)

Date	W/L	Score	Opponents	Att
09/12	L	30-24	St. Louis	58,441
09/19	L	31-7	at Washington	53,174
09/26	L	37-21	San Francisco	59,108
10/03	L	28-13	Dallas	62,027
10/10	L	28-20	at Green Bay (Mil)	54,983
10/17	W	13-10	at Tampa Bay	43,812
10/24	L	41-14	Detroit	61,280
10/31	L	41-6	at L.A. Rams	52,035
11/07	W	31-13	Atlanta	57,985
11/14	L	27-21	at Minnesota	45,087
11/21	L	51-27	New Orleans	61,865
11/28	L	28-16	at N.Y. Giants	65,111
12/05	L	34-7	Chicago	60,510
12/12	L	27-10	at Philadelphia	37,949

Team Statistics

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	237	323
Rushing	75	166
Passing	140	136
Penalty	22	21
3rd Down: Made/Att.	59/221	96/219
3rd Down Pct.	26.7	43.8
4th Down: Made/Att.	15/20	6/16
4th Down Pct.	75.0	37.6
TOTAL NET YARDS	4062	5405
Avg. Per Game	290.1	386.0
Total Plays	882	1008
Avg. Per Play	4.6	5.4
NET YARDS RUSHING	1413	2881
Avg. Per Game	100.9	205.8
Total Rushes	374	614
NET YARDS PASSING	2649	2524
Avg. Per Game	189.2	180.3
Sacked/Yards Lost	28/225	27/246
Gross Yards	2874	2770
Att./Completions	480/229	367/223
Completion Pct.	47.7	60.7
Had Intercepted	30	15
PUNTS/AVERAGE	82/37.4	65/35.0
NET PUNTING AVG.	30.1	29.6
PENALTIES/YARDS	80/684	106/926
FUMBLES/LOST	30/18	23/13
TOUCHDOWNS	29	53
Rushing	14	20
Passing	13	27
Returns	2	6
TOTAL POINTS	229	429

By Quarters	1	2	3	4	OT	Tot
SEA	39	73	61	56	0	229
OPP	91	116	127	95	0	429

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Leypoldt	0	0	0	0	19-22	8-12	0	43
Smith	5	4	1	0	0	0	0	30
Largent	4	0	4	0	0	0	0	24
McCullum	4	0	4	0	0	0	0	24
McKinnis	4	4	0	0	0	0	0	24
Zorn	4	4	0	0	0	0	0	24
SEA	29	14	13	2	26-29	9-16	1	229
OPP	53	20	27	6	51-53	20-30	0	429

Rushing	Att	Yds	Avg	LG	TD
Smith	119	537	4.5	53	4
Zorn	52	246	4.7	19	4
Testerman	67	246	3.8	16	1
Nelson	52	173	3.3	25	1
McKinnis	46	105	2.2	14	4
SEA	374	1413	3.8	53	14
OPP	614	2881	4.7	47	20

Receiving	No	Yds	Avg	LG	TD
Largent	54	705	13.0	45	4
Howard	37	422	11.4	30	0
Smith	36	384	10.6	34	1
McCullum	32	506	15.8	72	4
Testerman	25	232	9.2	25	1
SEA	229	2874	12.6	80	13
OPP	223	2770	12.4	66	27

Interceptions	No	Yds	Avg	LG	TD
Brown	4	70	17.5	33	0
Woolsey	4	19	4.7	13	0
Matthews	3	60	20.0	40	1
SEA	15	218	14.5	40	1
OPP	30	388	12.9	70	4

Punt Returns	No	FC	Yds	Avg	LG	TD
Blackwood	19	2	132	6.9	26	0
Brown	13	4	74	5.6	19	0
SEA	39	6	246	6.3	26	0
OPP	56	3	534	9.5	50	1

Kickoff Returns	No	Yds	Avg	LG	TD
Ross	30	655	21.8	45	0
Bolton	15	280	18.6	30	0
SEA	79	1605	20.3	45	0
OPP	46	1041	22.6	41	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Engles	80	3067	38.3	29.9	3	13	55	2
SEA	82	3067	37.4	30.1	3	13	55	2
OPP	65	2275	35.0	29.6	5	10	54	2

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Zorn	439	208	2571	47.3	5.85	12	2.7	27	6.1	80	25/196	49.4
Munson	37	20	295	54.0	7.97	1	2.7	3	8.1	44	3/29	----
SEA	480	229	2874	47.7	5.98	13	3.7	30	6.2	80	26/225	49.9
OPP	367	223	2770	60.8	7.54	27	7.3	15	4.0	66	27/246	91.7

Field Goals	1-19	20-29	30-39	40-49	50+
Bitterlich	0-0	1-1	0-2	0-1	0-0
Leypoldt	0-0	2-2	1-2	5-7	0-1
SEA	0-0	3-3	1-4	5-8	0-1
OPP	1-1	7-7	7-11	5-9	0-2

Bitterlich: (27) (—) (36W,40W,33W)
Leypoldt: () () () (—) (48,44,45B) (25,39,51S) (—)
(43,41) (—) (36W) (—) (45,46R) (—) (24)
OPP: (28,46W,22,26) (37) (45,45,31) (50B,39W)
(—) (38,36W,35B) (25,44) (20) (44W,18,40B,21)
(32W,43,39) (46,36,21)(—) (45S,51S) (33,37)

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Brown	111	85	26	0.0	17	2	0
Curtis	107	66	41	1.0	1	0	1
Bradley	101	75	26	0.0	4	1	1
Matthews	92	75	17	0.0	13	0	0
Niehaus	90	58	32	8.5	0	0	1

Record (Finish): 2-12 (5th, NFC West)
Head Coach: Jack Patera (2-12, .143)
Assistants: Sam Boghosian (Off. Coord./OL), Bob Hollway (Def. Coord./DBs), Earl Leggett (DL), Andy MacDonald (RBs), Larry Peccatiello (LBs), Jerry Rhome (QBs/WRs/TEs)
Captains: T Norm Evans (Off.), LB Mike Curtis (Def.), LB Ed Bradley (Sp. Teams)
MVP: QB Jim Zorn
Pro Bowl: None
National Honors: QB Jim Zorn, NFC Offensive
Rookie of the Year: DT Steve Niehaus, NFC Defensive Rookie of the Year
All-NFL: None

OFFENSE

Pos.		Starts
WR	Sam McCullum	13
LT	Nick Bebout	13
LG	Bob Penchion	13
C	Fred Hoaglin	7
	Art Kuehn*	7
RG	John Demarie	7
	Bob Newton	7
RT	Norm Evans	10
TE	Ron Howard	13
WR	Steve Largent*	13
QB	Jim Zorn*	14
RB	Sherman Smith*	9
FB	Don Testerman*	8

DEFENSE

LE	Dave Tipton	12
LT	Steve Niehaus*	14
RT	Richard Harris	8
RE	Bob Lurtsema	13
LLB	Ken Geddes	9
	Sammy Green*	5
MLB	Ed Bradley	14
RLB	Mike Curtis	14
LCB	Eddie McMillan	14
RCB	Rolly Woolsey	11
FS	Dave Brown	14
SS	Al Matthews	14

SPECIAL TEAMS

K	Don Bitterlich	3
	John Leypoldt	11
P	Rick Engles	14

*Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Baltimore	11	3	0	.786	417	246
New England*	11	3	0	.786	376	236
Miami	6	8	0	.429	263	264
N.Y. Jets	3	11	0	.214	169	383
Buffalo	2	12	0	.143	245	363

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	10	4	0	.714	342	138
Cincinnati	10	4	0	.714	335	210
Cleveland	9	5	0	.643	267	287
Houston	5	9	0	.357	222	273

WESTERN	W	L	T	Pct.	Pts.	Opp.
Oakland	13	1	0	.929	350	237
Denver	9	5	0	.643	315	206
San Diego	6	8	0	.429	248	285
Kansas City	5	9	0	.357	290	376
Tampa Bay	0	14	0	.000	125	412

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Dallas	11	3	0	.786	296	194
Washington*	10	4	0	.714	291	217
St. Louis	10	4	0	.714	309	267
Philadelphia	4	10	0	.286	165	286
N.Y. Giants	3	11	0	.214	170	250

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Minnesota	11	2	1	.821	305	176
Chicago	7	7	0	.500	253	216
Detroit	6	8	0	.429	262	220
Green Bay	5	9	0	.357	218	299

WESTERN	W	L	T	Pct.	Pts.	Opp.
Los Angeles	10	3	1	.750	351	190
San Francisco	8	6	0	.571	270	190
Atlanta	4	10	0	.286	172	312
New Orleans	4	10	0	.286	253	346
Seattle	2	12	0	.143	229	429

1977 REVIEW (5-9)

Date	W/L	Score	Opponents	Att.
09/18	L	29-14	Baltimore	58,991
09/25	L	42-20	at Cincinnati	45,579
10/02	L	24-13	Denver	53,108
10/09	L	31-0	at New England	45,929
10/16	W	30-23	Tampa Bay	54,783
10/23	L	31-13	at Miami	29,855
10/30	W	56-17	Buffalo	61,180
11/06	L	44-7	at Oakland	50,929
11/13	W	17-0	at N.Y. Jets	43,973
11/20	L	22-10	Houston	61,519
11/27	L	30-28	San Diego	55,338
12/04	L	30-20	at Pittsburgh	45,429
12/11	W	34-31	at Kansas City	22,562
12/18	W	20-19	Cleveland	61,583

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	251	295
Rushing	116	152
Passing	116	125
Penalty	19	18
3rd Down: Made/Att.	72/187	86/206
3rd Down Pct.	38.5	41.7
4th Down: Made/Att.	6/16	9/14
4th Down Pct.	37.6	64.3
TOTAL NET YARDS	4292	4818
Avg. Per Game	306.6	344.1
Total Plays	869	963
Avg. Per Play	4.9	5.0
NET YARDS RUSHING	1964	2485
Avg. Per Game	140.3	177.5
Total Rushes	461	596
NET YARDS PASSING	2328	2333
Avg. Per Game	166.3	166.6
Sacked/Yards Lost	21/131	18/131
Gross Yards	2459	2464
Att./Completions	387/175	349/196
Completion Pct.	45.2	56.2
Had Intercepted	32	25
PUNTS/AVERAGE	64/38.0	54/36.0
NET PUNTING AVG.	30.6	30.8
PENALTIES/YARDS	76/666	96/794
FUMBLES/BALL LOST	26/13	20/11
TOUCHDOWNS	37	43
Rushing	12	21
Passing	23	19
Returns	2	3
TOTAL POINTS	282	373

By Quarters	1	2	3	4	OT	Tot
SEA	52	106	57	67	0	282
OPP	101	105	65	102	0	373

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Largent	10	0	10	0	0	0	0	60
Leypoldt	0	0	0	0	33-37	9-18	0	60
Sims	8	5	3	0	0	0	0	48
Smith	6	4	2	0	0	0	0	36
Testerman	5	1	4	0	0	0	0	30
SEA	37	12	23	2	33-37	9-18	0	282
OPP	43	21	19	3	42-43	23-31	2	373

Rushing	Att	Yds	Avg	LG	TD
Smith	163	763	4.7	39	4
Testerman	119	459	3.8	20	1
Sims	99	369	3.7	17	5
Hunter	32	179	5.5	20	1
Zorn	25	141	5.6	15	1
SEA	461	1964	4.3	39	12
OPP	596	2485	4.2	41	21

Receiving	No	Yds	Avg	LG	TD
Largent	33	643	19.4	74	10
Testerman	31	219	7.0	25	4
Smith	30	419	13.9	44	2
Fergerson	19	374	19.6	45	2
Howard	17	177	10.4	24	1
Sims	12	176	14.6	82	3
Sawyer	10	105	10.5	27	0
SEA	175	2459	14.1	82	23
OPP	196	2464	12.6	67	19

Interceptions	No	Yds	Avg	LG	TD
Beamon	6	36	6.0	16	0
McMillan	4	157	39.2	57	0
Brown	4	68	17.0	29	1
Preece	4	55	13.7	29	0
Geddes	3	9	3.0	6	0
SEA	25	356	14.2	57	1
OPP	32	594	18.6	102	3

Kickoff Returns	No	Yds	Avg	LG	TD
Hunter	36	820	22.7	41	0
Fergerson	11	240	21.8	39	0
Packer	13	280	21.5	44	0
SEA	71	1502	21.2	44	0
OPP	50	1240	24.8	70	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Packer	20	0	131	6.5	31	0
SEA	31	4	217	7.0	31	0
OPP	41	2	372	9.1	39	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Zorn	251	104	1683	41.4	6.60	16	6.3	19	7.5	82	12/51	54.2
Myer	130	70	729	53.8	5.60	6	4.6	12	9.2	45	9/80	47.6
SEA	387	175	2459	45.2	6.35	23	5.9	32	8.2	82	21/131	51.7
OPP	349	196	2464	56.1	7.06	19	5.4	25	7.1	67	18/131	66.6

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Weaver	58	2293	39.5	31.8	4	10	59	1
Engles	4	137	34.3	25.3	0	0	41	1
SEA	64	2430	38.0	30.6	4	10	59	2
OPP	54	1942	36.0	30.8	3	11	61	2

Field Goals	1-19	20-29	30-39	40-49	50+
Leypoldt	1-2	2-3	2-4	3-4	1-5
SEA	1-2	2-3	2-4	3-4	1-5
OPP	0-0	9-10	10-12	4-9	0-0

Leypoldt: (19B) (52S,32,42) (52S) (—)
(43,21R,37B) (19,41) (—) (—) (33R, 43L,50R,33)
(51) (—) (20,27) (—) (51S)
OPP: (45R,38,42) (—) (36) (36,26R) (40,37,20)
(39L,41) (25) (35,39,37) (46R) (31B,46B,27,37)
(40,26,39) (22,28,43) (49L,23,45L) (24,38)

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Beeson	136	110	26	1.0	5	0	1
Beamon	128	82	36	0.0	8	1	0
Green	98	57	41	0.0	5	1	0
Preece	96	61	35	0.0	5	1	1
McMillan	80	63	17	0.0	15	0	3
Lurtsema	79	46	33	2.0	0	0	0

Record (Finish): 5-9 (4th, AFC West). Set record for wins by 2nd year expansion team.
Head Coach: Jack Patera (7-21, .250)
Assistants: Sam Boghosian (Off. Coord./OL), Bob Hollway (Def. Coord./DBs), Earl Leggett (DL), Andy MacDonald (RBs), Larry Peccatiello (LBs), Jerry Rhome (QBs/WRs/TEs)
Captains: T Norm Evans (Off.), CB Eddie McMillan (Def.), FS Steve Preece (Sp. Teams)
MVP: WR Steve Largent
Pro Bowl: None
National Honors: None
All-NFL: None

OFFENSE

Pos.		Starts
WR	Duke Fergerson	8
	Sam McCullum	3
	Steve Raible	3
LT	Nick Bebout	12
LG	Gordon Jolley	11
C	Art Kuehn	14
RG	Ron Coder	14
RT	Norm Evans	13
TE	Ron Howard	12
WR	Steve Largent	14
QB	Jim Zorn	10
	Steve Myer	4
RB	Sherman Smith	13
FB	Don Testerman	13

DEFENSE

LE	Richard Harris	14
LT	Ron East	14
RT	Bob Lurtsema	9
	Dennis Boyd*	5
RE	Alden Roche	9
LLB	Sammy Green	14
MLB	Terry Beeson*	13
RLB	Ken Geddes	14
LCB	Eddie McMillan	4
RCB	Dave Brown	14
SS	Autry Beamon	9
	Don Dufek	5
FS	Steve Preece	14

SPECIAL TEAMS

K	John Leypoldt	14
P	Herman Weaver	13
	Rick Engles	1

*Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Baltimore	10	4	0	.714	295	221
Miami	10	4	0	.714	313	197
New England	9	5	0	.643	278	217
N.Y. Jets	3	11	0	.214	191	300
Buffalo	3	11	0	.214	160	313

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	9	5	0	.643	283	243
Houston	8	6	0	.571	299	230
Cincinnati	8	6	0	.571	238	235
Cleveland	6	8	0	.429	269	267

WESTERN	W	L	T	Pct.	Pts.	Opp.
Denver	12	2	0	.857	274	148
Oakland*	11	3	0	.786	351	230
San Diego	7	7	0	.500	222	205
Seattle	5	9	0	.357	282	373
Kansas City	2	12	0	.143	225	349

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Dallas	12	2	0	.857	345	212
Washington	9	5	0	.643	196	189
St. Louis	7	7	0	.500	272	287
Philadelphia	5	9	0	.357	220	207
N.Y. Giants	5	9	0	.357	181	265

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Minnesota	9	5	0	.643	231	227
Chicago*	9	5	0	.643	255	253
Detroit	6	8	0	.429	183	252
Green Bay	4	10	0	.286	134	219
Tampa Bay	2	12	0	.143	103	223

WESTERN	W	L	T	Pct.	Pts.	Opp.
Los Angeles	10	4	0	.714	302	146
Atlanta	7	7	0	.500	179	129
San Francisco	5	9	0	.357	220	260
New Orleans	3	11	0	.214	232	336

1978 REVIEW (9-7)

Date	W/L	Score	Opponents	Att
09/03	L	24-20	San Diego	55,778
09/10	L	21-10	at Pittsburgh	48,277
09/17	W	24-17	at N.Y. Jets	46,911
09/24	W	28-16	Detroit	56,781
10/01	L	28-7	at Denver	74,989
10/08	W	29-28	Minnesota	62,031
10/15	L	45-28	at Green Bay (Mil)	52,712
10/22	W	27-7	Oakland	62,529
10/29	L	20-17	Denver (OT)	62,948
11/05	W	31-29	at Chicago	50,697
11/12	L	17-14	Baltimore	61,905
11/19	W	13-10	at Kansas City	35,252
11/26	W	17-16	at Oakland	52,978
12/03	W	47-24	Cleveland	62,262
12/10	L	37-10	at San Diego	49,975
12/17	W	23-19	Kansas City	58,490

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	345	331
Rushing	150	153
Passing	156	160
Penalty	39	18
3rd Down: Made/Att.	98/235	88/216
3rd Down Pct.	41.7	40.7
4th Down: Made/Att.	20/31	8/14
4th Down Pct.	64.5	57.1
TOTAL NET YARDS	5511	5522
Avg. Per Game	344.4	345.1
Total Plays	1072	1036
Avg. Per Play	5.1	5.3
NET YARDS RUSHING	2394	2517
Avg. Per Game	149.6	157.3
Total Rushes	561	551
NET YARDS PASSING	3117	3005
Avg. Per Game	194.8	187.8
Sacked/Yards Lost	44/284	25/220
Gross Yards	3401	3225
Att./Completions	467/261	460/263
Completion Pct.	55.9	57.2
Had Intercepted	22	22
PUNTS/AVERAGE	69/36.9	66/38.0
NET PUNTING AVG.	29.9	31.0
PENALTIES/YARDS	94/789	125/997
FUMBLES/BALL LOST	36/19	34/17
TOUCHDOWNS	44	43
Rushing	28	20
Passing	15	21
Returns	1	2
TOTAL POINTS	345	358

By Quarters	1	2	3	4	OT	Tot
SEA	85	115	50	95	0	345
OPP	68	114	79	94	3	358

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Sims	15	14	1	0	0	0	0	90
Herrera	0	0	0	0	40-44	13-21	0	79
Largent	8	0	8	0	0	0	0	48
Smith	7	6	1	0	0	0	0	42
Zorn	6	6	0	0	0	0	0	36
SEA	44	28	15	1	40-44	13-21	1	345
OPP	43	20	21	2	41-43	19-27	1	358

Rushing	Att	Yds	Avg	LG	TD
Smith	165	805	4.9	67	6
Sims	174	752	4.3	44	14
Hunter	105	348	3.3	55	2
Zorn	59	290	4.9	23	6
SEA	561	2394	4.3	67	28
OPP	551	2517	4.6	62	20

Receiving	No	Yds	Avg	LG	TD
Largent	71	1168	16.5	57	8
McCullum	37	525	14.2	44	3
Sims	30	195	6.5	25	1
Smith	28	366	13.1	64	1
Raible	22	316	14.4	38	1
SEA	261	3401	13.0	64	15
OPP	263	3225	12.3	55	21

Interceptions	No	Yds	Avg	LG	TD
Webster	5	9	1.8	4	0
Harris	4	65	16.3	28	0
Beamon	4	17	4.3	15	0
Brown	3	44	14.7	44	0
SEA	22	193	8.8	44	1
OPP	22	300	13.6	52	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Weaver	66	2440	37.0	29.5	6	13	59	0
SEA	69	2543	36.9	29.9	6	15	59	0
OPP	66	2507	38.0	31.0	6	16	67	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Crawford	34	4	284	8.4	22	0
SEA	40	5	342	8.6	42	0
OPP	36	9	363	10.1	24	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Zorn	443	248	3283	56.0	7.41	15	3.4	20	4.5	64	44/284	72.2
Myer	22	11	94	50.0	4.27	0	0.0	2	9.1	17	0/0	----
SEA	467	261	3401	55.9	7.28	15	3.2	22	4.7	64	44/284	70.0
OPP	460	263	3225	57.2	7.01	21	4.6	22	4.8	55	25/220	74.3

Kickoff Returns	No	Yds	Avg	LG	TD
Hunter	16	385	24.1	38	0
Crawford	35	829	23.7	36	0
SEA	67	1510	22.5	38	0
OPP	66	1328	20.1	95	1

Field Goals	1-19	20-29	30-30	40-49	50+
Herrera	2-2	1-1	5-7	5-10	0-1
SEA	2-2	1-1	5-7	5-10	0-1
OPP	2-2	7-7	8-10	2-5	0-3

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Beeson	153	107	46	0.0	4	0	0
Butler	122	83	39	2.0	13	0	2
Green	115	79	36	0.0	2	0	1
Webster	113	85	28	0.0	33	0	1
Harris	113	72	41	2.0	15	1	0

Record (Finish): 9-7 (T2nd, AFC West)
Head Coach: Jack Patera (16-28, .364)
Assistants: Jack Christensen (DBs), Andy MacDonald (RBs), Jim Mora (DL), Howard Mudd (OL), Larry Peccatiello (Def. Coach/LBs), Jerry Rhome (Off. Coach/QBs/WRs/TEs)
Captains: T Norm Evans & WR Steve Largent (Off.), DT Dennis Boyd (Def.), SS Autry Beamon (Sp. Teams)
MVP: QB Jim Zorn
Pro Bowl: WR Steve Largent (1)
National Honors: Jack Patera (Coach of the Year), GM John Thompson (Exec. of the Year)
First-Team All-NFL: QB Jim Zorn (*NEA*)

OFFENSE

Pos.		Starts
WR	Sam McCullum	16
LT	Nick Bebout	16
LG	Tom Lynch	16
C	John Yarno	13
RG	Bob Newton	16
RT	Steve August	14
TE	Ron Howard	11
	John Sawyer	5
WR	Steve Largent	16
QB	Jim Zorn	16
RB	Sherman Smith+	11
	Al Hunter	6
FB	David Sims	9
	Don Testerman	5

DEFENSE

LE	Ernie Price	11
	Bill Sandifer	5
LT	Dennis Boyd	16
RT	Bill Sandifer	8
	Steve Niehaus	6
RE	Bill Gregory	14
LLB	Sammy Green	16
MLB	Terry Beeson	16
RLB	Keith Butler*	14
LCB	Cornell Webster	14
	Keith Simpson*	2
RCB	Dave Brown	16
SS	Autry Beamon	16
FS	John Harris*	16

SPECIAL TEAMS

K	Efren Herrera	16
P	Herman Weaver	16

*Rookie or first-year player

+Started 1 game at fullback

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
New England	11	5	0	.688	358	286
Miami*	11	5	0	.688	372	254
N.Y. Jets	8	8	0	.500	359	364
Buffalo	5	11	0	.313	302	354
Baltimore	5	11	0	.313	249	425

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	14	2	0	.875	356	195
Houston*	10	6	0	.625	283	298
Cleveland	8	8	0	.500	334	356
Cincinnati	4	12	0	.250	252	284

WESTERN	W	L	T	Pct.	Pts.	Opp.
Denver	10	6	0	.625	282	198
Seattle	9	7	0	.563	345	358
Oakland	9	7	0	.563	311	283
San Diego	9	7	0	.563	355	309
Kansas City	4	12	0	.250	243	327

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Dallas	12	4	0	.750	384	208
Philadelphia*	9	7	0	.563	270	250
Washington	8	8	0	.500	273	283
St. Louis	6	10	0	.375	248	296
N.Y. Giants	6	10	0	.375	264	298

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Minnesota	8	7	1	.531	294	306
Green Bay	8	7	1	.531	249	269
Detroit	7	9	0	.438	290	300
Chicago	7	9	0	.438	253	274
Tampa Bay	5	11	0	.313	241	259

WESTERN	W	L	T	Pct.	Pts.	Opp.
Los Angeles	12	4	0	.750	316	245
Atlanta*	9	7	0	.563	240	290
New Orleans	7	9	0	.438	281	198
San Francisco	2	14	0	.125	219	350

1979 REVIEW (9-7)

Date	W/L	Score	Opponents	Att
09/02	L	33-16	San Diego	62,287
09/09	L	19-10	at Miami	56,233
09/16	W	27-10	Oakland	61,602
09/23	L	37-34	at Denver	74,879
09/30	L	24-6	Kansas City	61,169
10/07	W	35-24	at San Francisco	44,592
10/14	L	20-10	at San Diego	50,077
10/21	W	34-14	Houston	60,705
10/29	W	31-28	at Atlanta	52,566
11/04	L	24-0	L.A. Rams	62,048
11/11	W	29-24	at Cleveland	72,440
11/18	W	38-24	New Orleans	60,055
11/26	W	30-7	N.Y. Jets	59,977
12/02	L	37-21	at Kansas City	42,160
12/08	W	28-23	Denver	60,038
12/16	W	29-24	at Oakland	53,177

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	315	350
Rushing	121	146
Passing	171	171
Penalty	23	33
3rd Down: Made/Att.	104/243	88/224
3rd Down Pct.	42.8	39.3
4th Down: Made/Att.	14/23	13/21
4th Down Pct.	60.9	61.9
TOTAL NET YARDS	5557	5834
Avg. Per Game	347.3	364.6
Total Plays	1046	1078
Avg. Per Play	5.3	5.4
NET YARDS RUSHING	1967	2375
Avg. Per Game	122.9	148.4
Total Rushes	500	533
NET YARDS PASSING	3590	3459
Avg. Per Game	224.4	216.2
Sacked/Yards Lost	23/201	37/280
Gross Yards	3791	3739
Att./Completions	523/292	508/317
Completion Pct.	55.8	62.4
Had Intercepted	18	17
PUNTS/AVERAGE	70/38.4	69/37.9
NET PUNTING AVG.	33.1	31.5
PENALTIES/YARDS	104/903	117/1045
FUMBLES/BALL LOST	31/18	39/16
TOUCHDOWNS	46	46
Rushing	24	23
Passing	20	21
Returns	2	2
TOTAL POINTS	378	372

By Quarters	1	2	3	4	OT	Tot
SEA	78	114	87	99	--	378
OPP	63	116	84	109	--	372

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Herrera	0	0	0	0	43-46	19-23	0	100
Smith	15	11	4	0	0	0	0	90
Doornink	9	8	1	0	0	0	0	54
Largent	9	0	9	0	0	0	0	54
McCullum	4	0	4	0	0	0	0	24
SEA	46	24	20	2	43-46	19-23	1	378
OPP	46	23	21	2	42-46	18-29	0	372

Rushing	Att	Yds	Avg	LG	TD
Smith	194	775	4.0	31	11
Doornink	152	500	3.3	26	8
Zorn	46	279	6.1	41	2
Hunter	34	174	5.1	67	1
Moore	44	168	3.8	18	2
SEA	500	1967	3.9	67	24
OPP	533	2375	4.5	84	23

Receiving	No	Yds	Avg	LG	TD
Largent	66	1237	18.7	55	9
Doornink	54	432	8.0	41	1
Smith	48	499	10.4	35	4
McCullum	46	739	16.1	65	4
Peets	25	293	11.7	28	1
Raible	20	252	12.6	41	1
Moore	14	128	9.1	24	0
SEA	292	3791	13.0	65	20
OPP	317	3739	11.8	51	21

Interceptions	No	Yds	Avg	LG	TD
Brown	6	46	9.2	23	0
Simpson	4	72	18.0	41	0
Harris	2	30	15.0	25	0
SEA	17	284	16.7	91	1
OPP	18	185	10.3	34	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Weaver	66	2651	40.2	33.4	3	11	60	3
SEA	70	2687	38.4	33.1	4	11	60	3
OPP	69	2616	37.9	31.5	8	14	64	1

Punt Returns	No	FC	Yds	Avg	LG	TD
T. Green	16	3	121	7.6	30	0
Moore	10	1	90	9.0	29	0
SEA	34	6	281	8.3	30	0
OPP	42	12	289	6.9	27	0

Kickoff Returns	No	Yds	Avg	LG	TD
T. Green	20	437	21.9	31	0
Moore	31	641	20.7	39	0
SEA	70	1444	20.6	39	0
OPP	70	1238	17.7	41	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Zorn	505	285	3661	56.4	7.25	20	4.0	18	3.6	65	23/201	77.6
SEA	523	292	3791	55.8	7.25	20	3.8	18	3.4	65	23/201	76.2
OPP	508	317	3739	62.4	7.36	21	4.1	17	3.3	51	37/280	84.6

Field Goals	1-19	20-29	30-39	40-49	50+
Herrera	1-1	7-8	5-6	6-7	0-1
SEA	1-1	7-8	5-6	6-7	0-1
OPP	0-0	10-11	6-9	2-8	0-1

Herrera: (34) (32,49R) (23B,46,20) (28,22,39B) (38,53S,20) (—) (19) (48,30) (24) (—) (34) (27) (49,42,45) (—) (—) (24,42)
OPP: (31,42,22,23) (36,31) (34L,50S,37) (27) (36) (25) (40R,38L) (—) (25R) (40B,23) (28,44L) (37S,40) (42L) (27,31,22) (41R,29) (20,43S)

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Beeson	116	89	27	2.0	4	0	1
Beamon	112	75	37	0.0	14	1	2
Jackson	95	53	42	0.0	8	0	1
Hardy	87	67	20	3.5	1	1	0
Butler	88	56	32	2.0	9	0	2
Simpson	88	73	15	2.0	12	4	0

Record (Finish): 9-7 (T3rd, AFC West)
Head Coach: Jack Patera (25-35, .417)
Assistants: Jack Christensen (DBs), Andy MacDonald (RBs), Jim Mora (DL), Howard Mudd (OL), Larry Peccatiello (Def. Coach/LBs), Jerry Rhome (Off. Coach/QBs/WRs/TEs), Rusty Tillman (Sp. Teams)
Captains: WR Steve Largent (Off.), DE Dennis Boyd (Def.), FS Autry Beamon (Sp. Teams)
MVP: WR Steve Largent
Pro Bowl: WR Steve Largent (2)
National Honors: None
All-NFL: WR Steve Largent (*SI, N.Y. Daily News*)

OFFENSE

Pos.		Starts
WR	Sam McCullum	16
LT	Nick Bebout	13
LG	Tom Lynch	16
C	John Yarno	16
RG	Bob Newton	11
	Ron Coder	5
RT	Steve August	16
TE	Brian Peets	14
WR	Steve Largent	15
QB	Jim Zorn	16
RB	Sherman Smith	15
FB	Dan Doornink	12
	David Sims	4

DEFENSE

Pos.		Starts
LE	Carl Eller	8
	Dennis Boyd	4
	Ernie Price	4
LT	Robert Hardy*	16
RT	Manu Tuiasosopo*	16
RE	Bill Gregory	16
LLB	Sammy Green	9
	Michael Jackson	7
MLB	Terry Beeson	16
RLB	Keith Butler	14
LCB	Cornell Webster	14
RCB	Dave Brown	16
SS	Keith Simpson	11
	Autry Beamon	4
FS	Autry Beamon	9
	John Harris	6

SPECIAL TEAMS

Pos.		Starts
K	Efren Herrera	16
P	Herman Weaver	16

*Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Miami	10	6	0	.625	341	257
New England	9	7	0	.563	411	326
N.Y. Jets	8	8	0	.500	337	383
Buffalo	7	9	0	.438	268	279
Baltimore	5	11	0	.313	271	351

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	12	4	0	.750	416	262
Houston*	11	5	0	.688	362	331
Cleveland	9	7	0	.563	359	352
Cincinnati	4	12	0	.250	337	421

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Diego	12	4	0	.750	411	246
Denver*	10	6	0	.625	289	262
Seattle	9	7	0	.563	378	372
Oakland	9	7	0	.563	365	337
Kansas City	7	9	0	.438	238	262

*= Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Dallas	11	5	0	.688	371	313
Philadelphia*	11	5	0	.688	339	282
Washington	10	6	0	.625	348	295
N.Y. Giants	6	10	0	.375	237	323
St. Louis	5	11	0	.313	307	358

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Tampa Bay	10	6	0	.625	273	237
Chicago*	10	6	0	.625	306	249
Minnesota	7	9	0	.438	259	337
Green Bay	5	11	0	.313	246	316
Detroit	2	14	0	.125	219	365

WESTERN	W	L	T	Pct.	Pts.	Opp.
Los Angeles	9	7	0	.563	323	309
New Orleans	8	8	0	.500	370	360
Atlanta	6	10	0	.375	300	388
San Francisco	2	14	0	.125	308	416

1980 REVIEW (4-12)

Date	W/L	Score	Opponents	Att
09/07	L	34-13	San Diego	62,042
09/14	W	17-16	at Kansas City	42,403
09/21	L	37-31	New England	61,035
09/28	L	14-0	at Washington	53,263
10/05	W	26-7	at Houston	46,860
10/12	L	27-3	Cleveland	61,366
10/19	W	27-17	at N.Y. Jets	52,496
10/26	L	33-14	at Oakland	50,185
11/02	L	27-20	Philadelphia	61,047
11/09	L	31-30	Kansas City	58,976
11/17	L	19-17	Oakland	60,480
11/23	L	36-20	at Denver	73,274
11/27	L	51-7	at Dallas	57,540
12/07	L	27-21	N.Y. Giants	51,617
12/13	L	21-14	at San Diego	49,980
12/21	L	25-17	Denver	51,853

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	302	301
Rushing	114	129
Passing	166	147
Penalty	22	25
3rd Down: Made/Att.	85/230	110/235
3rd Down Pct.	37.0	46.8
4th Down: Made/Att.	10/15	13/14
4th Down Pct.	66.7	92.9
TOTAL NET YARDS	4879	5177
Avg. Per Game	304.9	323.6
Total Plays	1024	1038
Avg. Per Play	4.8	5.0
NET YARDS RUSHING	1783	2067
Avg. Per Game	111.4	129.2
Total Rushes	456	550
NET YARDS PASSING	3096	3110
Avg. Per Game	193.5	194.4
Sacked/Yards Lost	51/398	26/170
Gross Yards	3494	3280
Att./Completions	517/287	462/267
Completion Pct.	55.5	57.8
Had Intercepted	23	23
PUNTS/AVERAGE	70/40.4	66/40.2
NET PUNTING AVG.	31.6	34.6
PENALTIES/YARDS	109/901	103/876
FUMBLES/BALL LOST	38/15	33/11
TOUCHDOWNS	33	47
Rushing	13	17
Passing	18	28
Returns	2	2
TOTAL POINTS	291	408

By Quarters	1	2	3	4	OT	Tot
SEA	25	95	50	121	0	291
OPP	48	139	77	144	0	408

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Herrera	0	0	0	0	33-33	20-31	0	93
Jodat	6	5	1	0	0	0	0	36
Largent	6	0	6	0	0	0	0	36
McCullum	6	0	6	0	0	0	0	36
Doornink	5	3	2	0	0	0	0	30
McCutcheon	4	3	1	0	0	0	0	24
SEA	33	13	18	2	33-33	20-31	0	291
OPP	47	17	28	2	45-47	25-33	3	408

Rushing	Att	Yds	Avg	LG	TD
Jodat	155	632	4.1	26	5
Doornink	100	344	3.4	22	3
Zorn	44	214	4.9	25	1
McCutcheon	40	202	5.1	32	3
Moore	60	202	3.4	20	0
SEA	456	1783	3.9	32	13
OPP	550	2067	3.8	46	17

Interceptions	No	Yds	Avg	LG	TD
Brown	6	32	5.3	24	0
Harris	6	28	4.7	15	0
Simpson	3	15	5.0	10	0
SEA	23	95	4.1	24	0
OPP	23	170	7.4	25	2

Receiving	No	Yds	Avg	LG	TD
Largent	66	1064	16.1	67	6
McCullum	62	874	14.1	58	5
Sawyer	36	410	11.4	32	0
Doornink	31	237	7.6	16	2
Jodat	26	190	7.3	14	1
Moore	25	231	9.2	34	0
SEA	287	3494	12.2	67	18
OPP	267	3280	12.3	68	28

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Weaver	67	2798	41.8	31.6	7	14	62	2
SEA	70	2827	40.4	31.6	7	15	62	2
OPP	66	2652	40.2	34.6	1	20	60	2

Punt Returns	No	FC	Yds	Avg	LG	TD
Lewis	41	9	349	8.5	75	1
SEA	41	9	349	8.5	75	1
OPP	42	9	476	11.3	36	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Zorn	488	276	3346	53.3	6.86	17	3.5	20	4.1	67	44/341	72.4
Adkins	23	10	136	43.5	5.91	1	4.3	3	13.0	22	5/51	----
Krieg	2	0	0	0.0	0.00	0	0.0	0	0.0	0	1/6	----
SEA	517	287	3494	55.5	6.76	18	3.5	23	4.4	67	51/398	71.3
OPP	462	267	3280	57.8	7.10	28	6.1	23	5.0	68	26/170	79.3

Kickoff Returns	No	Yds	Avg	LG	TD
Lewis	25	585	23.4	54	0
Webster	21	406	19.3	34	0
SEA	73	1489	20.4	54	0
OPP	64	1223	19.1	46	0

Field Goals	1-19	20-29	30-30	40-49	50+
Herrera	1-1	6-6	8-9	4-10	1-5
SEA	1-1	6-6	8-9	4-10	1-5
OPP	1-1	8-9	9-11	3-5	4-7

Herrera: (46,54S,28)(19)(33)(—)(32,33,50,44,40R) (51S,29)(48,23) (48S) (21,31,41L) (39,31,33,60S) (46S,37) (21,20) (—) (52R,48R) (47L) (31R,47) OPP: (41,29) (50,23,57) (19,30,44R,29) (33R,50S,52R) (—) (—) (37L, 22) (34,38,43S, 30,25) (39,25) (42) (28) (24,33) (—) (43,32) (23L) (53,55,34,38,52S)

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Jackson	136	105	31	0.0	5	1	2
Harris	119	80	39	0.0	9	0	1
Simpson	110	82	28	1.0	17	0	1
Hardy	103	72	31	3.0	2	1	1
Beeson	101	65	36	1.0	1	2	1
Tuiasosopo	94	63	31	3.5	4	0	1

Record (Finish): 4-12 (5th, AFC West)
Head Coach: Jack Patera (29-47, .382)
Assistants: Jack Christensen (DBs), Andy MacDonald (RBs), Jim Mora (DL), Howard Mudd (OL), Larry Peccatiello (Def. Coach/ LBs), Jerry Rhome (Off. Coach/QBs/WRs/TEs), Rusty Tillman (Sp. Teams)
Captains: WR Steve Largent (Off.), SS Keith Simpson (Def.)
MVP: WR Sam McCullum
Pro Bowl: None
National Honors: None
All-NFL: None

OFFENSE

Pos.		Starts
WR	Sam McCullum	16
LT	Louis Bullard	13
LG	Tom Lynch	12
	Jeff Sevy	4
C	John Yarno	16
RG	Bob Newton	16
RT	Steve August	16
TE	John Sawyer	16
WR	Steve Largent	16
QB	Jim Zorn	16
RB	Dan Doornink	11
	Sherman Smith	2
FB	Jim Jodat	13
	Dan Doornink	3

DEFENSE

LE	Jacob Green*	13
LT	Robert Hardy	16
RT	Manu Tuiasosopo	16
RE	Bill Gregory	13
LLB	Michael Jackson	15
MLB	Terry Beeson	16
RLB	Keith Butler	16
LCB	Kerry Justin	11
	Cornell Webster	5
RCB	Dave Brown	16
SS	Keith Simpson	16
FS	John Harris	16

SPECIAL TEAMS

K	Efren Herrera	16
P	Herman Weaver	16

*Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Buffalo	11	5	0	.688	320	260
New England	10	6	0	.625	441	325
Miami	8	8	0	.500	266	305
Baltimore	7	9	0	.438	355	387
N.Y. Jets	4	12	0	.250	302	395

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Cleveland	11	5	0	.688	357	310
Houston*	11	5	0	.688	295	251
Pittsburgh	9	7	0	.563	352	313
Cincinnati	6	10	0	.375	244	312

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Diego	11	5	0	.688	418	327
Oakland*	11	5	0	.688	364	306
Kansas City	8	8	0	.500	319	336
Denver	8	8	0	.500	310	323
Seattle	4	12	0	.250	291	408

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Philadelphia	12	4	0	.750	384	222
Dallas*	12	4	0	.750	454	311
Washington	6	10	0	.375	261	293
St. Louis	5	11	0	.313	299	350
N.Y. Giants	4	12	0	.250	249	425

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Minnesota	9	7	0	.563	317	308
Detroit	9	7	0	.563	334	272
Chicago	7	9	0	.438	304	264
Tampa Bay	5	10	1	.344	271	341
Green Bay	5	10	1	.344	231	371

WESTERN	W	L	T	Pct.	Pts.	Opp.
Atlanta	12	4	0	.750	405	272
Los Angeles*	11	5	0	.688	424	289
San Francisco	6	10	0	.375	320	415
New Orleans	1	15	0	.063	291	487

1981 REVIEW (6-10)

Date	W/L	Score	Opponents	Att
09/06	L	27-21	at Cincinnati	41,177
09/13	W	13-10	Denver	58,513
09/20	L	20-10	at Oakland	45,725
09/27	L	20-14	Kansas City	59,255
10/04	L	24-10	at San Diego	51,463
10/11	L	35-17	at Houston	42,671
10/18	L	32-0	N.Y. Giants	56,134
10/25	W	19-3	at N.Y. Jets	49,678
11/01	L	34-24	at Green Bay	49,467
11/08	W	24-21	Pittsburgh	59,058
11/16	W	44-23	San Diego	58,628
11/22	L	40-13	at Kansas City	49,002
11/29	L	32-31	Oakland	57,147
12/06	W	27-23	N.Y. Jets	53,105
12/13	L	23-13	at Denver	74,527
12/20	W	42-21	Cleveland	51,435

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	295	371
Rushing	103	175
Passing	166	173
Penalty	26	23
3rd Down: Made/Att.	76/204	107/220
3rd Down Pct.	37.3	48.6
4th Down: Made/Att.	8/19	4/10
4th Down Pct.	42.1	40.0
Possession Avg.	26:59	33:01
TOTAL NET YARDS	5021	5940
Avg. Per Game	313.8	371.3
Total Plays	1001	1126
Avg. Per Play	5.0	5.3
NET YARDS RUSHING	1594	2806
Avg. Per Game	99.6	175.4
Total Rushes	440	588
NET YARDS PASSING	3427	3134
Avg. Per Game	214.2	195.9
Sacked/Yards Lost	37/300	36/260
Gross Yards	3727	3394
Att./Completions	524/307	502/294
Completion Pct.	58.6	58.6
Had Intercepted	15	21
PUNTS/AVERAGE	68/39.0	55/42.5
NET PUNTING AVG.	36.2	35.3
PENALTIES/YARDS	106/823	104/944
FUMBLES/BALL LOST	41/23	43/27
TOUCHDOWNS	40	46
Rushing	14	20
Passing	21	25
Returns	5	1
TOTAL POINTS	322	388

By Quarters	1	2	3	4	OT	Tot
SEA	71	109	85	57	---	322
OPP	58	140	75	115	---	388

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Largent	10	1	9	0	0	0	0	60
Herrera	0	0	0	0	23-25	12-17	0	59
T. Brown	6	6	0	0	0	0	0	36
Doornink	5	1	4	0	0	0	0	30
SEA	40	14	21	5	37-40	15-24	0	322
OPP	46	20	25	1	41-46	23-29	1	388

Rushing	Att	Yds	Avg	LG	TD
T. Brown	141	531	3.8	43	6
Smith	83	253	3.0	21	3
Doornink	65	194	3.0	11	1
Zorn	30	140	4.7	20	1
Hughes	47	135	2.9	15	0
SEA	440	1594	3.6	43	14
OPP	588	2806	4.8	73	20

Receiving	No	Yds	Avg	LG	TD
Largent	75	1224	16.3	57	9
McCullum	46	567	12.3	36	3
Smith	44	406	9.2	28	1
Hughes	35	263	7.5	22	2
Doornink	27	350	13.0	80	4
SEA	307	3727	12.1	80	21
OPP	294	3394	11.5	90	25

Interceptions	No	Yds	Avg	LG	TD
Harris	10	155	15.5	42	2
Easley	3	155	51.7	82	1
SEA	21	397	18.9	82	3
OPP	15	257	17.1	46	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
West	66	2578	39.1	36.1	2	16	56	0
SEA	68	2665	39.2	36.2	2	16	56	0
OPP	55	2337	42.5	35.3	5	14	63	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Johns	16	4	177	11.1	34	0
Lewis	15	2	100	6.7	23	0
SEA	32	6	293	9.2	34	0
OPP	33	18	153	4.6	16	0

Kickoff Returns	No	Yds	Avg	LG	TD
Lewis	20	378	18.9	36	0
Ivory	15	281	18.7	32	0
SEA	69	1278	18.5	36	0
OPP	67	1177	17.6	35	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Zorn	397	236	2788	59.4	7.02	13	3.3	9	2.3	80	24/201	80.2
Krieg	112	64	843	57.1	7.53	7	6.3	5	4.5	57	11/85	83.3
SEA	524	307	3727	58.6	7.11	21	4.0	15	2.9	80	37/300	82.0
OPP	502	294	3394	58.6	6.76	25	5.0	21	4.2	90	36/260	78.2

Field Goals	1-19	20-29	30-39	40-49	50+
Herrera	0-0	6-6	3-4	2-5	1-2
Alvarez	0-0	3-3	0-0	0-4	0-0
SEA	0-0	9-9	3-4	2-9	1-2
OPP	1-1	8-9	9-10	4-6	1-3

Herrera: (37R) (43,22) (26,40R) ( ) (52L,20) (41,47S) ( ) ( ) (54) (37,48R) (25,30,23) (26,30)
Alvarez: ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( ) (43R,22,42R) (43B) (28,20) (42R)
OPP: (25,43S,40) (30) (34L) (30,38,43L) (47) ( ) (29,54,21,47,31,37) (34) (19,36) (49S,22L) (32) (37,24) (20) (26,50R) (33,43,24) ( )

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Jackson	141	99	42	1.0	4	3	1
Easley	107	79	28	0.0	10	0	3
Butler	100	68	32	1.5	2	0	0
Harris	91	71	20	0.0	7	2	3
Green	87	72	15	12.0	1	5.5	1

Record (Finish): 6-10 (5th, AFC West)
Head Coach: Jack Patera (35-57, .380)
Assistants: Jack Christensen (DBs), Andy MacDonald (RBs), Jim Mora (DL), Howard Mudd (OL), Jerry Rhome (Off. Coach/QBs/WRs/TEs), Jackie Simpson (Def. Coach/LBs), Rusty Tillman (Sp. Teams)
Captains: WR Steve Largent (Off.), CB Keith Simpson (Def.), S Don Dufek (Sp. Teams)
MVP: WR Steve Largent
Pro Bowl: WR Steve Largent (3)
National Honors: S Kenny Easley, AFC Defensive Rookie of the Year, First-Team All-NFL
All-NFL: S Kenny Easley

OFFENSE

Pos.		Starts
WR	Sam McCullum	14
LT	Ron Essink	16
LG	Edwin Bailey*	15
C	John Yarno	9
	Art Kuehn	7
RG	Bob Newton	15
RT	Steve August	16
TE	John Sawyer	16
WR	Steve Largent	16
QB	Jim Zorn	13
	Dave Krieg	3
RB	Sherman Smith	8
	Theotis Brown	7
FB	Dan Doornink	9
	Jim Jodat	5

DEFENSE

LE	Jacob Green	16
LT	Robert Hardy	14
RT	Doug Sutherland	6
	Manu Tuiasosopo	5
	Mike White	5
RE	Manu Tuiasosopo	11
LLB	Michael Jackson	15
MLB	Terry Beeson	7
	Joe Norman	7
RLB	Keith Butler	16
LCB	Keith Simpson	12
RCB	Dave Brown	10
	Kerry Justin	6
LS	Kenny Easley*	14
RS	John Harris	16

SPECIAL TEAMS

K	Efren Herrera	12
	Wilson Alvarez	4
P	Jeff West	15

*Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Miami	11	4	1	.719	345	275
N.Y. Jets*	10	5	1	.565	355	287
Buffalo*	10	6	0	.625	311	276
Baltimore	2	14	0	.125	259	533
New England	2	14	0	.125	322	370

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Cincinnati	12	4	0	.750	421	304
Pittsburgh	8	8	0	.500	356	297
Houston	7	9	0	.438	281	355
Cleveland	5	11	0	.313	276	375

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Diego	10	6	0	.625	478	390
Denver	10	6	0	.625	321	289
Kansas City	9	7	0	.563	343	290
Oakland	7	9	0	.438	273	343
Seattle	6	10	0	.375	322	388

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Dallas	12	4	0	.750	367	277
Philadelphia*	10	6	0	.625	368	221
N.Y. Giants*	9	7	0	.563	295	257
Washington	8	8	0	.500	347	349
St. Louis	7	9	0	.438	315	408

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Tampa Bay	9	7	0	.563	315	268
Detroit	8	8	0	.500	397	322
Green Bay	8	8	0	.500	324	361
Minnesota	7	9	0	.438	325	369
Chicago	6	10	0	.375	253	324

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Francisco	13	3	0	.813	357	250
Atlanta	7	9	0	.438	426	355
Los Angeles	6	10	0	.375	303	351
New Orleans	4	12	0	.250	207	378

1982 REVIEW (4-5)

Date	W/L	Score	Opponents	Att
09/12	L	21-7	Cleveland	55,907
09/19	L	23-21	at Houston	43,117
09/26			at New England	Cxl
10/03			Kansas City	Cxl
10/10			at San Diego	Cxl
10/17			L.A. Raiders	Cxl
10/24			San Diego	Cxl
10/31			at Kansas City	Cxl
11/07			Denver	Cxl
11/14			at St. Louis	Cxl
11/21	W	17-10	at Denver	73,916
11/28	W	16-0	Pittsburgh	55,553
12/05	L	28-23	at L.A. Raiders	42,170
12/12	W	20-14	Chicago	52,826
12/19	L	16-0	New England	53,457
12/26	L	24-10	at Cincinnati	55,330
01/02	W	13-11	Denver	43,145

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	159	167
Rushing	51	86
Passing	89	68
Penalty	19	13
3rd Down: Made/Att.	43/130	50/126
3rd Down Pct.	33.1	39.7
4th Down: Made/Att.	6/12	5/8
4th Down Pct.	50.0	62.5
POSSESSION AVG.	28:04	31:56
TOTAL NET YARDS	2594	2794
Avg. Per Game	288.2	310.4
Total Plays	589	600
Avg. Per Play	4.4	4.7
NET YARDS RUSHING	795	1461
Avg. Per Game	88.3	162.3
Total Rushes	227	337
NET YARDS PASSING	1799	1333
Avg. Per Game	199.9	148.1
Sacked/Yards Lost	36/269	17/135
Gross Yards	2068	1468
Att./Completions	326/176	246/138
Completion Pct.	54.0	56.1
Had Intercepted	13	13
PUNTS/AVERAGE	49/38.6	50/40.6
NET PUNTING AVG.	35.9	34.9
PENALTIES/YARDS	59/523	44/406
FUMBLES/BALL LOST	21/11	18/9
TOUCHDOWNS	14	18
Rushing	4	12
Passing	9	4
Returns	1	2
TOTAL POINTS	127	147

By Quarters	1	2	3	4	OT	Tot
SEA	9	37	28	53	0	127
OPP	26	70	23	28	0	147

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
N. Johnson	0	0	0	0	13-14	10-14	0	43
Largent	3	0	3	0	0	0	0	18
T. Brown	2	2	0	0	0	0	0	12
Carr	2	0	2	0	0	0	0	12
Walker	2	0	2	0	0	0	0	12
SEA	14	4	9	1	13-14	10-14	0	127
OPP	18	12	4	2	17-18	6-15	2	147

Rushing	Att	Yds	Avg	LG	TD
Smith	63	202	3.2	19	0
Doornink	45	178	4.0	46	0
T. Brown	53	141	2.7	17	2
Zorn	15	113	7.5	35	1
Hughes	30	106	3.5	13	0
SEA	227	795	3.5	46	4
OPP	337	1461	4.3	53	12

Receiving	No	Yds	Avg	LG	TD
Largent	34	493	14.5	45	3
Doornink	22	176	8.0	44	0
Smith	19	196	10.3	39	0
Carr	15	265	17.7	50	2
Johns	15	234	15.6	35	1
Metzelaars	15	152	10.1	26	0
SEA	176	2068	11.8	50	9
OPP	138	1468	10.6	56	4

Interceptions	No	Yds	Avg	LG	TD
Easley	4	48	12.0	44	0
Harris	4	33	8.3	18	0
Jackson	2	29	14.5	28	0
SEA	13	160	12.3	44	1
OPP	13	88	6.8	39	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
West	48	1835	38.2	36.7	3	8	52	0
SEA	49	1889	38.6	35.9	3	9	54	0
OPP	50	2032	40.6	34.9	3	10	59	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Johns	19	10	210	11.1	37	0
SEA	21	14	228	10.9	37	0
OPP	19	23	69	3.6	18	0

Kickoff Returns	No	Yds	Avg	LG	TD
Ivory	10	224	22.4	30	0
Lane	11	172	15.6	32	0
SEA	29	544	18.8	32	0
OPP	24	361	15.0	34	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Zorn	245	126	1540	51.4	6.29	7	2.9	11	4.5	50	20/152	62.1
Krieg	78	49	501	62.8	6.42	2	2.6	2	2.6	44	16/117	79.0
SEA	326	176	2068	54.0	6.34	9	2.8	13	4.0	50	36/269	66.1
OPP	246	138	1468	56.1	5.97	4	1.6	13	5.3	56	17/135	57.1

Field Goals	1-19	20-29	30-39	40-49	50+
N. Johnson	0-0	3-4	5-6	2-3	0-1
SEA	0-0	3-4	5-6	2-3	0-1
OPP	0-0	4-5	2-3	0-6	0-1

N. Johnson: ( ) ( ) (37R,41R,23R,25) (35,48,29) (30) (30,34) (52B) (43) (22,34)
OPPONENTS: (45B,26B,42L) (24) (21) ( ) (42L) (50R) (21,41B,37,48L,23) (34) (39L,44B)

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Jackson	64	40	24	0.0	5	0	1
Easley	56	49	7	1.0	3	1	1
D. Brown	51	40	11	1.0	2	0	2
Scholtz	48	36	12	1.0	3	1	1
Simpson	46	42	4	0.0	3	0	0
Butler	45	36	9	2.0	1	0	0

Record (Finish): 4-5 (T8th, AFC). Season short-ened to 9 games because of players' strike. Top 8 in AFC & NFC made playoffs.
Head Coach: Jack Patera (35-59, .372) fired on October 13 after 2 games. Mike McCormack (4-3, .571)
Assistants: Jack Christensen (DBs), Frank Lauterbur (DL), Andy MacDonald (RBs), Howard Mudd (OL), Jerry Rhome (Off. Coach/QBs/ WRs/TEs), Jackie Simpson (Def. Coach /LBs), Rusty Tillman (Sp. Teams)
Captains: WR Steve Largent (Off.), CB Keith Simpson (Def.), S Don Dufek (Sp. Teams)
MVP: S Kenny Easley
Pro Bowl: S Kenny Easley (1)
National Honors: None
First-Team All-NFL: S Kenny Easley (*PFW, NEA, Football Digest*)

OFFENSE

Pos.		Starts
WR	Paul Johns	7
	Roger Carr	2
LT	Ron Essink	7
	Dennis Boyd	2
LG	Edwin Bailey	7
C	John Yarno	9
RG	Robert Pratt	9
RT	Steve August	7
TE	Mike Tice	9
WR	Steve Largent	8
QB	Jim Zorn	7
	Dave Krieg	2
RB	Sherman Smith	8
FB	Dan Doornink	5
	David Hughes	3

DEFENSE

LE	Jacob Green	9
LT	Robert Hardy	8
RT	Manu Tuiasosopo	8
RE	Jeff Bryant*	9
LLB	Bruce Scholtz*	9
MLB	Michael Jackson	8
RLB	Keith Butler	8
LCB	Keith Simpson	8
RCB	Dave Brown	9
LS	Kenny Easley	8
RS	John Harris	9

SPECIAL TEAMS

K	Norm Johnson*	9
P	Jeff West	9

*Rookie or first-year player

AFC

	W	L	T	Pct.	Pts.	Opp.
L.A. Raiders	8	1	0	.889	260	200
Miami	7	2	0	.778	198	131
Cincinnati	7	2	0	.778	232	177
Pittsburgh	6	3	0	.667	204	146
San Diego	6	3	0	.667	288	221
N.Y. Jets	6	3	0	.667	245	166
New England	5	4	0	.556	143	157
Cleveland	4	5	0	.444	140	182
Buffalo	4	5	0	.444	150	154
Seattle	4	5	0	.444	127	147
Kansas City	3	6	0	.333	176	184
Denver	2	7	0	.222	148	226
Houston	1	8	0	.111	136	245
Baltimore	0	8	1	.056	113	236

NFC

	W	L	T	Pct.	Pts.	Opp.
Washington	8	1	0	.889	190	128
Dallas	6	3	0	.667	226	145
Green Bay	5	3	1	.611	226	169
Minnesota	5	4	0	.556	187	198
Atlanta	5	4	0	.556	183	199
St. Louis	5	4	0	.556	135	170
Tampa Bay	5	4	0	.556	158	178
Detroit	4	5	0	.444	181	176
New Orleans	4	5	0	.444	129	160
N.Y. Giants	4	5	0	.444	164	160
San Francisco	3	6	0	.333	209	206
Chicago	3	6	0	.333	141	174
Philadelphia	3	6	0	.333	191	195
L.A. Rams	2	7	0	.222	200	250

As the result of a 57-day players' strike, the 1982 NFL regular-season schedule was reduced from 16 weeks to 9. At the conclusion of the regular season, the NFL conducted a 16-team postseason Super Bowl Tournament. Eight teams from each conference were seeded 1-8 based on their records during the season.

1983 REVIEW (9-7; 2-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/04	L	17-13	at Kansas City	42,531
09/11	W	17-10	at N.Y. Jets	50,066
09/18	W	34-31	San Diego	61,714
09/25	L	27-17	Washington	60,718
10/02	W	24-9	at Cleveland	75,446
10/09	L	28-21	at San Diego	49,132
10/16	W	38-36	L.A. Raiders	60,697
10/23	L	27-21	Pittsburgh	61,615
10/30	W	34-21	at L.A. Raiders	49,708
11/06	W	27-19	Denver	61,189
11/13	L	33-28	at St. Louis	33,280
11/20	L	38-27	at Denver	74,710
11/27	W	51-48	Kansas City (OT)	56,795
12/04	L	35-10	Dallas	63,352
12/11	W	17-12	at N.Y. Giants	48,942
12/18	W	24-6	New England	59,688

POSTSEASON

12/24	W	31-7	Denver	60,753
			(AFC Wild Card Game)	
12/31	W	27-20	at Miami	71,032
			(AFC Divisional Playoff)	
01/08	L	30-14	at L.A. Raiders	88,734
			(AFC Championship)	

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	300	351
Rushing	131	128
Passing	153	195
Penalty	16	28
3rd Down: Made/Att.	96/218	95/214
3rd Down Pct.	44.0	44.4
4th Down: Made/Att.	4/10	4/10
4th Down Pct.	40.0	40.0
POSSESSION AVG.	29:52	30:08
TOTAL NET YARDS	5092	6029
Avg. Per Game	318.3	376.8
Total Plays	1032	1075
Avg. Per Play	4.9	5.6
NET YARDS RUSHING	2119	2198
Avg. Per Game	132.4	137.4
Total Rushes	546	511
NET YARDS PASSING	2973	3831
Avg. Per Game	185.8	239.4
Sacked/Yards Lost	47/343	43/351
Gross Yards	3316	4182
Att./Completions	449/251	521/311
Completion Pct.	55.9	59.7
Had Intercepted	18	26
PUNTS/AVERAGE	79/39.5	68/40.5
NET PUNTING AVG.	34.6	34.2
PENALTIES/YARDS	102/890	91/725
FUMBLES/BALL LOST	36/20	44/28
TOUCHDOWNS	50	48
Rushing	19	14
Passing	25	33
Returns	6	1
TOTAL POINTS	403	397

By Quarters	1	2	3	4	OT	Tot
SEA	67	99	102	132	3	403
OPP	69	134	56	138	0	397

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
N. Johnson	0	0	0	0	49-50	18-25	0	103
Warner	14	13	1	0	0	0	0	84
Largent	11	0	11	0	0	0	0	66
Johns	5	0	4	1	0	0	0	30
SEA	50	19	25	6	49-50	18-25	0	403
OPP	48	14	33	1	43-48	20-26	3	397

Rushing	Att	Yds	Avg	LG	TD
Warner	335	1449	4.3	60	13
Hughes	83	313	3.8	26	1
Doornink	40	99	2.5	9	2
SEA	546	2119	3.9	60	19
OPP	511	2198	4.3	37	14

Receiving	No	Yds	Avg	LG	TD
Largent	72	1074	14.9	46	11
Warner	42	325	7.7	28	1
Young	36	529	14.7	47	2
Johns	34	486	14.3	30	4
SEA	251	3316	13.2	50	25
OPP	311	4182	13.4	78	33

Interceptions	No	Yds	Avg	LG	TD
Easley	7	96	13.2	38	0
D. Brown	6	83	13.8	37	0
Simpson	4	39	9.7	14	0
SEA	26	353	13.6	73	2
OPP	18	279	15.5	40	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
West	79	3115	39.4	34.6	10	25	56	0
SEA	79	3115	39.4	34.6	10	25	56	0
OPP	68	2754	40.5	34.2	3	14	58	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Johns	28	5	316	11.3	75t	1
SEA	34	6	366	10.8	75t	1
OPP	36	16	185	5.1	18	0

Kickoff Returns	No	Yds	Avg	LG	TD
Dixon	49	1148	23.4	94	1
Hughes	12	282	23.5	35	1
SEA	71	1575	22.2	94	1
OPP	59	952	16.1	45	0

Field Goals	1-19	20-29	30-39	40-49	50+
N. Johnson	1-1	4-4	4-7	8-10	1-3
SEA	1-1	4-4	4-7	8-10	1-3
OPP	2-2	5-6	6-7	7-9	0-1

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	243	147	2139	60.5	8.80	18	7.4	11	4.5	50	38/279	95.0
Zorn	205	103	1166	50.2	5.69	7	3.4	7	3.4	43	9/64	64.8
SEA	449	251	3316	55.9	7.39	25	5.6	18	4.0	50	47/343	81.3
OPP	521	311	4182	59.7	8.03	33	6.3	26	5.0	78	43/351	85.6

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Scholtz	104	84	20	1.5	6	3	1
Robinson	96	65	31	1.5	0	2	4
Harris	93	67	26	3.0	8	0	3
Easley	84	58	26	3.0	8	1	3
Butler	81	61	20	0.0	1	0	2

Record (Finish): 9-7 (2nd, AFC). First playoff appearance. Won 2 games then lost AFC Championship Game at L.A. Raiders, 30-14.

Head Coach: Chuck Knox (9-7, .563)

Assistants: Tom Catlin (Asst. Head Coach/Def. Coord./LBs), Ray Prochaska (Off. Coord./OL), George Dyer (DL), Chick Harris (RBs), Ralph Hawkins (DBs), Ken Meyer (QBs), Steve Moore (WRs), Rusty Tillman (Sp. Teams/TEs), Joe Vitt (Sp. Assign.)

Captains: WR Steve Largent (Off.), CB Dave Brown (Def.), RB Eric Lane (Sp. Teams)

MVP: RB Curt Warner

Pro Bowl: SS Kenny Easley (2), RB Curt Warner (1)

National Honors: Chuck Knox, NFL Coach of the Year (SGH); SS Kenny Easley, AFC Defensive Player of the Year (*FB News*); RB Curt Warner, AFC Offensive Player of Year (*UPI*, NFLPA, WNTDC), First-Team All-NFL: SS Kenny Easley (*NEA, PFWA, PFW*)

OFFENSE

Pos.		Starts
WR	Paul Johns	9
LT	Ron Essink	16
LG	Reggie McKenzie	14
C	Blair Bush	16
RG	Robert Pratt	16
RT	Steve August	15
TE	Pete Metzelaars	7
WR	Steve Largent	14
QB	Jim Zorn	8
	Dave Krieg	8
RB	Curt Warner*	16
FB	David Hughes	6

DEFENSE

LE	Jacob Green	16
NT	Manu Tuiasosopo	8
	Joe Nash	8
RE	Jeff Bryant	16
LOLB	Bruce Scholtz	16
LILB	Shelton Robinson	15
RILB	Keith Butler	16
ROLB	Michael Jackson	9
	Greg Gaines	6
LCB	Kerry Justin	10
RCB	Dave Brown	16
SS	Kenny Easley	15
FS	John Harris	16

SPECIAL TEAMS

K	Norm Johnson	16
P	Jeff West	16

*Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Miami	12	4	0	.750	389	250
New England	8	8	0	.500	274	289
Buffalo	8	8	0	.500	283	351
Baltimore	7	9	0	.438	264	354
N.Y. Jets	7	9	0	.438	313	331

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	10	6	0	.625	355	303
Cleveland	9	7	0	.563	356	342
Cincinnati	7	9	0	.438	346	302
Houston	2	14	0	.125	288	460

WESTERN	W	L	T	Pct.	Pts.	Opp.
L.A. Raiders	12	4	0	.750	442	338
Seattle*	9	7	0	.563	403	397
Denver*	9	7	0	.563	302	327
San Diego	6	10	0	.375	358	462
Kansas City	6	10	0	.375	386	367

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Washington	14	2	0	.875	541	332
Dallas*	12	4	0	.750	479	360
St. Louis	8	7	1	.531	374	428
Philadelphia	5	11	0	.313	233	322
N.Y. Giants	3	12	1	.219	267	347

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Detroit	9	7	0	.563	347	286
Green Bay	8	8	0	.500	429	439
Chicago	8	8	0	.500	311	301
Minnesota	8	8	0	.500	316	348
Tampa Bay	2	14	0	.125	241	380

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Francisco	10	6	0	.625	432	293
L.A. Rams*	9	7	0	.563	361	344
New Orleans	8	8	0	.500	319	337
Atlanta	7	9	0	.438	370	389

1984 REVIEW (12-4; 1-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/03	W	33-0	Cleveland	59,540
09/09	W	31-17	San Diego	61,314
09/16	L	38-23	at New England	43,140
09/23	W	38-9	Chicago	61,520
09/30	W	20-12	at Minnesota	57,171
10/07	L	28-14	at L.A. Raiders	77,904
10/14	W	31-28	Buffalo	59,034
10/21	W	28-24	at Green Bay (Mil)	52,286
10/29	W	24-0	at San Diego	53,974
11/04	W	45-0	Kansas City	61,396
11/12	W	17-14	L.A. Raiders	64,001
11/18	W	26-6	at Cincinnati	50,280
11/25	W	27-24	at Denver	74,922
12/02	W	38-17	Detroit	62,441
12/09	L	34-7	at Kansas City	34,855
12/15	L	31-14	Denver	64,411

POSTSEASON

Date	W/L	Score	Opponents	Att
12/22	W	13-7	L.A. Raiders	62,049
			(AFC Wild Card Game)	
12/29	L	31-10	at Miami	73,469
			(AFC Divisional Playoff)	

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	287	288
Rushing	94	99
Passing	171	160
Penalty	22	29
3rd Down: Made/Att.	84/222	73/214
3rd Down Pct.	37.8	34.1
4th Down: Made/Att.	4/9	9/20
4th Down Pct.	44.4	45.0
POSSESSION AVG.	30:46	29:14
TOTAL NET YARDS	5068	4963
Avg. Per Game	316.8	310.2
Total Plays	1034	1051
Avg. Per Play	4.9	4.7
NET YARDS RUSHING	1645	1789
Avg. Per Game	102.8	111.8
Total Rushes	495	475
NET YARDS PASSING	3423	3174
Avg. Per Game	213.9	198.4
Sacked/Yards Lost	42/328	55/398
Gross Yards	3751	3572
Att./Completions	497/283	521/265
Completion Pct.	56.9	50.9
Had Intercepted	26	38
PUNTS/AVERAGE	95/37.5	83/40.3
NET PUNTING AVG.	33.3	33.0
PENALTIES/YARDS	128/1179	114/883
FUMBLES/BALL LOST	24/13	47/25
TOUCHDOWNS	51	34
Rushing	10	11
Passing	32	18
Returns	9	5
TOTAL POINTS	418	282

By Quarters	1	2	3	4	OT	Tot
SEA	92	135	100	91	--	418
OPP	60	86	62	74	--	282

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Johnson	0	0	0	0	50-51	20-24	0	110
Largent	12	0	12	0	0	0	0	72
Turner	10	0	10	0	0	0	0	60
Lane	5	4	1	0	0	0	0	30
SEA	51	10	32	9	50-51	20-24	1	418
OPP	34	11	18	5	34-34	14-22	1	282

Rushing	Att	Yds	Avg	LG	TD
Hughes	94	327	3.5	14	1
Lane	80	299	3.7	40	4
Doornink	57	215	3.8	25	0
SEA	495	1645	3.3	40	10
OPP	475	1789	3.8	25	11

Receiving	No	Yds	Avg	LG	TD
Largent	74	1164	15.7	65	12
Turner	35	715	20.4	80	10
C. Young	33	337	10.2	31	1
Doornink	31	365	11.8	32	2
SEA	283	3751	13.3	80	32
OPP	265	3572	13.5	92	18

Interceptions	No	Yds	Avg	LG	TD
Easley	10	126	12.6	58	2
Brown	8	179	22.4	90	2
SEA	38	697	18.3	90	7
OPP	26	333	12.8	42	3

Punting	No	Yds	Avg	Net	TB	I20	LG	B
West	95	3567	37.5	33.3	10	24	60	0
SEA	95	3567	37.5	33.3	10	24	60	0
OPP	83	3345	40.3	33.0	6	14	63	4

Punt Returns	No	FC	Yds	Avg	LG	TD
Easley	16	5	194	12.1	42	0
Skansi	16	2	145	9.1	16	0
SEA	44	11	484	11.0	47	1
OPP	32	39	205	6.4	65	1

Kickoff Returns	No	Yds	Avg	LG	TD
Dixon	25	446	17.8	36	0
Hughes	17	348	20.5	38	0
SEA	54	1007	18.6	38	0
OPP	67	1116	16.7	46	0

Field Goals	1-19	20-29	30-39	40-49	50+
Johnson	0-0	9-10	4-4	6-7	1-3
SEA	0-0	9-10	4-4	6-7	1-3
OPP	0-0	4-5	5-8	5-9	0-0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	480	276	3671	57.5	7.65	32	6.7	24	5.0	80	40/314	83.3
SEA	497	283	3751	56.9	7.55	32	6.4	26	5.2	80	42/328	80.6
OPP	521	265	3572	50.9	6.86	18	3.5	38	7.3	92	55/398	54.2

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Robinson	93	65	28	0.5	4	0	4
K. Butler	89	68	21	1.0	4	0	2
Gaines	88	61	27	3.5	3	0	2
Nash	82	58	24	7.0	1	1	3

Record (Finish): 12-4 (2nd, AFC West). Lost divisional playoff at Miami 31-10.

Head Coach: Chuck Knox (21-11, .656)

Assistants: Tom Catlin (Asst. Head Coach/ Def. Coord./LBs), Ray Prochaska (Off. Coord./OL), George Dyer (DL), Chick Harris (RBs), Ralph Hawkins (DBs), Ken Meyer (QBs), Steve Moore (WRs), Rusty Tillman (Sp. Teams/TEs), Joe Vitt (Sp. Assign.)

Captains: TE Charle Young (Off.), CB Dave Brown (Def.), RB Eric Lane (Sp. Teams)

MVP: SS Kenny Easley

Pro Bowl: CB Dave Brown (1), SS Kenny Easley (3), K Norm Johnson (1), QB Dave Krieg (1), WR Steve Largent (4), NT Joe Nash (1), ST Fredd Young (1)

National Honors: Chuck Knox, NFL Coach of the Year (*AP, SN, SGH*); SS Kenny Easley, NFL Def. Player of the Year (*AP, PFWA*)

First-Team All-NFL: CB Dave Brown (Films), SS Kenny Easley (*AP, SI, PFW, PFWA, SN, NEA*, Films), DE Jacob Green (*SN*), K Norm Johnson (*AP, PFWA, SN, PFW*), WR Steve Largent (Films), NT Joe Nash (*AP, Films, PFW*), ST Fredd Young (Films, *PFW*)

OFFENSE

Pos.		Starts
WR	Daryl Turner*	8
LT	Ron Essink	16
LG	Reggie McKenzie	8
	Edwin Bailey	8
C	Blair Bush	16
RG	Robert Pratt	16
RT	Bob Cryder	10
TE	Charle Young	13
	Mike Tice	8
WR	Steve Largent	16
QB	Dave Krieg	16
RB	Eric Lane	7
	Curt Warner	1
FB	Franco Harris	6
	David Hughes	6

DEFENSE

LE	Jacob Green	16
NT	Joe Nash	16
RE	Jeff Bryant	16
LOLB	Bruce Scholtz	16
LILB	Shelton Robinson	16
RILB	Keith Butler	16
ROLB	Greg Gaines	11
LCB	Keith Simpson	15
RCB	Dave Brown	16
SS	Kenny Easley	16
FS	John Harris	16

SPECIAL TEAMS

K	Norm Johnson	16
P	Jeff West	16

*Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Miami	14	2	0	.875	513	298
New England	9	7	0	.563	362	352
N.Y. Jets	7	9	0	.438	332	364
Indianapolis	4	12	0	.250	239	414
Buffalo	2	14	0	.125	250	454

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	9	7	0	.563	387	310
Cincinnati	8	8	0	.500	339	339
Cleveland	5	11	0	.313	250	297
Houston	3	13	0	.188	240	437

WESTERN	W	L	T	Pct.	Pts.	Opp.
Denver	13	3	0	.813	353	241
Seattle*	12	4	0	.750	418	282
L.A. Raiders*	11	5	0	.688	368	278
Kansas City	8	8	0	.500	314	324
San Diego	7	9	0	.438	394	413

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Washington	11	5	0	.688	426	310
N.Y. Giants*	9	7	0	.563	299	301
St. Louis	9	7	0	.563	423	345
Dallas	9	7	0	.563	308	308
Philadelphia	6	9	1	.406	278	320

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Chicago	10	6	0	.625	325	248
Green Bay	8	8	0	.500	390	309
Tampa Bay	6	10	0	.375	335	380
Detroit	4	11	1	.281	283	408
Minnesota	3	13	0	.188	276	484

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Francisco	15	1	0	.938	475	227
L.A. Rams*	10	6	0	.625	346	316
New Orleans	7	9	0	.438	298	361
Atlanta	4	12	0	.250	281	382

1985 REVIEW (8-8)

Date	W/L	Score	Opponents	Att
09/08	W	28-24	at Cincinnati	51,625
09/15	W	49-35	at San Diego	54,420
09/23	L	35-24	L.A. Rams	63,292
09/29	L	28-7	at Kansas City	50,485
10/06	W	26-21	San Diego	61,300
10/13	W	30-26	Atlanta	60,430
10/20	L	13-10	at Denver (OT)	74,899
10/27	L	17-14	at N.Y. Jets	69,320
11/03	W	33-3	L.A. Raiders	64,060
11/10	W	27-3	at New Orleans	47,365
11/17	L	20-13	New England	60,345
11/25	L	19-6	at San Francisco	57,482
12/01	W	24-6	Kansas City	52,655
12/08	W	31-13	Cleveland	58,477
12/15	L	13-3	at L.A. Raiders	77,425
12/20	L	27-24	Denver	56,283

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	299	290
Rushing	96	90
Passing	179	179
Penalty	24	21
3rd Down: Made/Att.	96/244	72/218
3rd Down Pct.	39.3	33.0
4th Down: Made/Att.	10/17	9/13
4th Down Pct.	58.8	69.2
POSSESSION AVG.	30:13	29:47
TOTAL NET YARDS	5007	5160
Avg. Per Game	312.9	322.5
Total Plays	1090	1030
Avg. Per Play	4.6	5.0
NET YARDS RUSHING	1644	1837
Avg. Per Game	102.8	114.8
Total Rushes	462	473
NET YARDS PASSING	3363	3323
Avg. Per Game	210.2	207.7
Sacked/Yards Lost	53/457	61/464
Gross Yards	3820	3787
Att./Completions	575/304	496/273
Completion Pct.	52.9	55.0
Had Intercepted	23	24
PUNTS/AVERAGE	91/40.3	97/42.1
NET PUNTING AVG.	33.8	34.6
PENALTIES/YARDS	102/827	106/840
FUMBLES/BALL LOST	34/18	39/20
TOUCHDOWNS	44	35
Rushing	9	12
Passing	28	22
Returns	7	1
TOTAL POINTS	349	303

By Quarters	1	2	3	4	OT	Tot
SEA	43	116	90	100	0	349
OPP	47	78	63	112	3	303

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Johnson	0	0	0	0	40-41	14-25	0	82
Turner	13	0	13	0	0	0	0	78
Warner	9	8	1	0	0	0	0	54
Largent	6	0	6	0	1-1	0	0	37
SEA	44	9	28	7	41-44	14-25	1	349
OPP	35	12	22	1	31-35	20-28	1	303

Rushing	Att	Yds	Avg	LG	TD
Warner	291	1094	3.8	38	8
Morris	55	236	4.3	21	0
Hughes	40	128	3.2	9	0
Krieg	35	121	3.5	17	1
SEA	462	1644	3.6	38	9
OPP	473	1837	3.9	43	12

Receiving	No	Yds	Avg	LG	TD
Largent	79	1287	16.3	43	6
Warner	47	307	6.5	27	1
Turner	34	670	19.7	54	13
C. Young	28	351	12.5	32	2
Skansi	21	269	12.8	32	1
Walker	19	285	15.0	28	2
SEA	304	3820	12.6	54	28
OPP	273	3787	13.9	71	22

Interceptions	No	Yds	Avg	LG	TD
Harris	7	20	2.9	17	0
Brown	6	58	9.7	28	1
Taylor	4	75	18.8	75	1
SEA	24	272	11.3	75	3
OPP	23	389	16.9	83	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Finzer	68	2766	40.7	34.6	6	12	61	0
Colquitt	12	481	40.1	34.3	2	3	55	0
West	11	420	38.2	28.3	3	0	52	0
SEA	91	3667	40.3	33.8	11	15	61	0
OPP	97	4081	42.1	34.6	12	22	62	2

Punt Returns	No	FC	Yds	Avg	LG	TD
Skansi	31	7	312	10.1	32	0
Easley	8	0	87	10.9	25	0
SEA	53	11	483	9.1	32	0
OPP	47	14	374	8.0	19	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	532	285	3602	53.6	6.77	27	5.1	20	3.8	54	52/448	76.2
Gilbert	40	19	218	47.5	5.45	1	2.5	2	5.0	37	1/9	51.9
SEA	575	304	3820	52.9	6.64	28	4.9	23	4.0	54	53/457	73.4
OPP	496	273	3787	55.0	7.64	22	4.4	24	4.8	71	61/464	74.4

Kickoff Returns	No	Yds	Avg	LG	TD
Morris	31	636	20.5	58	0
Skansi	19	358	18.8	35	0
SEA	58	1166	20.1	58	0
OPP	47	918	19.5	63	0

Field Goals	1-19	20-29	30-39	40-49	50+
Johnson	0-0	5-5	7-9	1-8	1-3
SEA	0-0	5-5	7-9	1-8	1-3
OPP	0-0	10-11	4-7	5-7	1-3

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
F. Young	118	93	25	3.0	2	0	1
K. Butler	108	71	37	0.0	3	2	3
Green	92	60	32	13.5	1	7	2
Nash	87	67	20	9.0	0	0	2
Easley	79	62	17	2.0	7	0	3
Bryant	73	49	24	8.5	4	0	4

Record (Finish): 8-8 (3rd, AFC West)
Head Coach: Chuck Knox (29-19, .604)
Assistants: Tom Catlin (Asst. Head Coach/Def. Coord./LBs), Ray Prochaska (Off. Coord.), George Dyer (DL), Chick Harris (RBs), Ralph Hawkins (DBs), Ken Meyer (QBs), Steve Moore (WRs), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/TEs), Joe Vitt (Sp. Assign.)
Captains: WR Steve Largent (Off.), CB Dave Brown (Def.), RB Eric Lane (Sp. Teams)
MVP: WR Steve Largent
Pro Bowl: SS Kenny Easley (4), WR Steve Largent (5), ST Fredd Young (2)
National Honors: RB Curt Warner, Comeback Player of the Year (*SI*)
First-Team All-NFL: SS Kenny Easley (*AP, PFWA, NEA*), WR Steve Largent (*AP, PFWA, SI, C&PFN*)

OFFENSE

Pos.		Starts
WR	Daryl Turner	12
LT	Ron Essink	12
LG	Edwin Bailey	16
C	Blair Bush	16
RG	Robert Pratt	12
RT	Steve August	6
TE	Charle Young	14
QB	Dave Krieg	16
RB	Curt Warner	16
FB	David Hughes	10
	Eric Lane	3

DEFENSE

LE	Jacob Green	16
NT	Joe Nash	16
RE	Jeff Bryant	16
LOLB	Bruce Scholtz	16
LILB	Fredd Young	13
RILB	Keith Butler	16
ROLB	Michael Jackson	16
LCB	Terry Taylor	16
RCB	Dave Brown	16
SS	Kenny Easley	13
FS	John Harris	16

SPECIAL TEAMS

K	Norm Johnson	16
P	David Finzer	12
	Jeff West	2
	Jimmy Colquitt	2

*Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Miami	12	4	0	.750	428	320
N.Y. Jets*	11	5	0	.688	393	264
New England*	11	5	0	.688	362	290
Indianapolis	5	11	0	.313	320	386
Buffalo	2	14	0	.125	200	381

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Cleveland	8	8	0	.500	287	294
Cincinnati	7	9	0	.438	441	437
Pittsburgh	7	9	0	.438	379	355
Houston	5	11	0	.313	284	412

WESTERN	W	L	T	Pct.	Pts.	Opp.
L.A. Raiders	12	4	0	.750	354	308
Denver	11	5	0	.688	380	329
Seattle	8	8	0	.500	349	303
San Diego	8	8	0	.500	467	435
Kansas City	6	10	0	.375	317	360

*Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Dallas	10	6	0	.625	357	333
N.Y. Giants*	10	6	0	.625	399	283
Washington	10	6	0	.625	297	312
Philadelphia	7	9	0	.438	286	310
St. Louis	5	11	0	.313	278	414

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Chicago	15	1	0	.938	456	198
Green Bay	8	8	0	.500	337	355
Minnesota	7	9	0	.438	346	359
Detroit	7	9	0	.438	307	366
Tampa Bay	2	14	0	.125	294	448

WESTERN	W	L	T	Pct.	Pts.	Opp.
L.A. Rams	11	5	0	.688	340	277
San Francisco*	10	6	0	.625	411	263
New Orleans	5	11	0	.313	294	401
Atlanta	4	12	0	.250	282	452

1986 REVIEW (10-6)

Date	W/L	Score	Opponents	Att
09/07	W	30-0	Pittsburgh	61,461
09/14	W	23-17	Kansas City	61,068
09/21	W	38-31	at New England	58,977
09/28	L	19-14	at Washington	54,157
10/06	W	33-7	San Diego	63,207
10/12	L	14-10	at L.A. Raiders	70,635
10/19	W	17-12	N.Y. Giants	62,282
10/26	L	20-13	at Denver	76,089
11/02	L	38-7	N.Y. Jets	62,497
11/09	L	27-7	at Kansas City	53,268
11/16	L	34-7	at Cincinnati	54,410
11/23	W	24-20	Philadelphia	55,786
11/27	W	31-14	at Dallas	58,020
12/08	W	37-0	L.A. Raiders	62,923
12/14	W	34-24	at San Diego	47,096
12/20	W	41-16	Denver	63,697

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	291	310
Rushing	123	93
Passing	158	192
Penalty	10	25
3rd Down: Made/Att.	96/221	84/225
3rd Down Pct.	43.4	37.3
4th Down: Made/Att.	0/6	6/18
4th Down Pct.	0.0	33.3
POSSESSION AVG.	29:46	30:14
TOTAL NET YARDS	5409	5341
Avg. Per Game	338.1	333.8
Total Plays	1005	1053
Avg. Per Play	5.4	5.1
NET YARDS RUSHING	2300	1759
Avg. Per Game	143.8	109.9
Total Rushes	513	471
NET YARDS PASSING	3109	3582
Avg. Per Game	194.3	223.9
Sacked/Yards Lost	39/315	47/306
Gross Yards	3424	3888
Att./Completions	453/268	535/301
Completion Pct.	59.2	56.3
Had Intercepted	14	22
PUNTS/AVERAGE	79/38.6	81/40.4
NET PUNTING AVG.	33.0	33.7
PENALTIES/YARDS	98/813	81/652
FUMBLES/BALL LOST	29/13	26/14
TOUCHDOWNS	43	34
Rushing	15	12
Passing	24	20
Returns	4	2
TOTAL POINTS	366	293

By Quarters	1	2	3	4	OT	Tot
SEA	69	96	80	121	0	366
OPP	60	103	52	78	0	293

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
N. Johnson	0	0	0	0	42-42	22-35	0	108
Warner	13	13	0	0	0	0	0	78
Largent	9	0	9	0	0	0	0	54
Turner	7	0	7	0	0	0	0	42
R. Butler	4	0	4	0	0	0	0	24
SEA	43	15	24	4	42-43	22-35	0	366
OPP	34	12	20	2	32-34	19-28	0	293

Rushing	Att	Yds	Avg	LG	TD
Warner	319	1481	4.6	60	13
Williams	129	538	4.2	36	0
Morris	19	149	7.8	49	1
Krieg	35	122	3.5	19	1
SEA	513	2300	4.5	60	15
OPP	471	1759	3.7	25	12

Receiving	No	Yds	Avg	LG	TD
Largent	70	1070	15.3	38	9
Warner	41	342	8.3	26	0
Franklin	33	547	16.6	49	2
Williams	33	219	6.6	23	0
Skansi	22	271	12.3	39	0
R. Butler	19	351	18.5	67	4
Turner	18	334	18.6	72	7
SEA	268	3424	12.8	72	24
OPP	301	3888	12.9	83	20

Interceptions	No	Yds	Avg	LG	TD
Brown	5	58	11.6	24	1
Justin	4	29	7.3	18	0
Robinson	3	39	13.0	25	0
Moyer	3	38	12.7	20	0
SEA	22	216	9.8	25	1
OPP	14	216	15.4	36	1

Kickoff Returns	No	Yds	Avg	LG	TD
Edmonds	34	764	22.5	46	0
Morris	23	465	20.2	38	0
SEA	64	1322	20.7	46	0
OPP	59	1002	17.0	42	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Gamache	79	3048	38.6	33.0	7	10	55	0
SEA	79	3048	38.6	33.0	7	10	55	0
OPP	81	3270	40.4	33.7	4	20	60	4

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	375	225	2921	60.0	7.79	21	5.6	11	2.9	72	35/281	91.0
Gilbert	76	42	485	55.3	6.38	3	3.9	3	3.9	38	4/34	71.4
SEA	453	268	3424	59.2	7.56	24	5.3	14	3.1	72	39/315	87.7
OPP	535	301	3888	56.3	7.27	20	3.7	22	4.1	83	47/306	74.6

Punt Returns	No	FC	Yds	Avg	LG	TD
Edmonds	34	14	419	12.3	75	1
SEA	39	14	457	11.7	75	1
OPP	38	21	298	7.8	28	0

Field Goals	1-19	20-29	30-39	40-49	50+
N . Johnson	0-0	6-8	8-9	3-11	5-7
SEA	0-0	6-8	8-9	3-11	5-7
OPP	0-0	4-4	10-13	3-8	2-3

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Young	121	93	28	6.0	0	0	0
Robinson	99	81	18	0.0	10	0	3
K. Butler	96	66	30	1.0	5	1	0
Gaines	94	71	23	5.0	1	0	1
Scholtz	79	59	20	3.0	1	4	0

Record (Finish): 10-6 (3rd, AFC West)
Head Coach: Chuck Knox (39-25, .609)
Assistants: Tom Catlin (Asst. Head Coach/Def. Coord./LBs), Steve Moore (Off. Coord./WRs), George Dyer (DL), Chick Harris (RBs), Ralph Hawkins (DBs), Ken Meyer (QBs), Russ Purnell (Sp. Assign.), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/TEs), Joe Vitt (Sp. Assign.)
Captains: WR Steve Largent (Off.), CB Dave Brown (Def.), RB Eric Lane (Sp. Teams)
MVP: RB Curt Warner
Pro Bowl: KR Bobby Joe Edmonds (1), DE Jacob Green (1), WR Steve Largent (6), RB Curt Warner (2), LB Fredd Young (3)
National Honors: RB Curt Warner, AFC Player of the Year (*UPI*)
First-Team All-NFL: KR Bobby Joe Edmonds (*AP, PFWA, SN, PFW, FD*)

OFFENSE

Pos.		Starts
WR	Daryl Turner	12
LT	Ron Mattes	16
LG	Edwin Bailey	12
C	Blair Bush	7
	Will Grant	6
RG	Bryan Millard	16
RT	Mike Wilson	16
TE	Mike Tice	15
WR	Steve Largent	16
QB	Dave Krieg	14
	Gale Gilbert	2
RB	Curt Warner	16
FB	John L. Williams*	16

DEFENSE

LE	Jacob Green	16
NT	Joe Nash	11
RE	Jeff Bryant	12
LOLB	Bruce Scholtz	16
LILB	Fredd Young	15
RILB	Keith Butler	16
ROLB	Greg Gaines	15
LCB	Terry Taylor	15
RCB	Dave Brown	16
SS	Kenny Easley	10
	Paul Moyer	6
FS	Eugene Robinson	16

SPECIAL TEAMS

K	Norm Johnson	16
P	Vince Gamache*	16

*Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
New England	11	5	0	.688	412	307
N.Y. Jets*	10	6	0	.625	364	386
Miami	8	8	0	.500	430	405
Buffalo	4	12	0	.250	287	348
Indianapolis	3	13	0	.188	229	400

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Cleveland	12	4	0	.750	391	310
Cincinnati	10	6	0	.625	409	394
Pittsburgh	6	10	0	.375	307	336
Houston	5	11	0	.313	274	329

WESTERN	W	L	T	Pct.	Pts.	Opp.
Denver	11	5	0	.688	378	327
Kansas City*	10	6	0	.625	358	326
Seattle	10	6	0	.625	366	293
L.A. Raiders	8	8	0	.500	323	346
San Diego	4	12	0	.250	335	396

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
N.Y. Giants	14	2	0	.875	371	236
Washington*	12	4	0	.750	368	296
Dallas	7	9	0	.438	346	337
Philadelphia	5	10	1	.344	256	312
St. Louis	4	11	1	.281	218	351

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Chicago	14	2	0	.875	352	187
Minnesota	9	7	0	.563	398	273
Detroit	5	11	0	.313	277	326
Green Bay	4	12	0	.250	254	418
Tampa Bay	2	14	0	.125	239	473

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Francisco	10	5	1	.656	374	247
L.A. Rams*	10	6	0	.625	309	267
Atlanta	7	8	1	.469	280	280
New Orleans	7	9	0	.438	288	287

1987 REVIEW (9-6; 0-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/13	L	40-17	at Denver	75,999
09/20	W	43-14	Kansas City	61,667
09/27			at San Diego	Cxl
10/04	W	24-20	Miami	19,448
10/11	L	17-10	Cincinnati	31,739
10/18	W	37-14	at Detroit	8,310
10/25	W	35-13	at L.A. Raiders	52,735
11/01	W	28-17	Minnesota	61,134
11/09	L	30-14	at N.Y. Jets	60,452
11/15	W	24-13	Green Bay	60,693
11/22	W	34-3	San Diego	62,444
11/30	W	37-14	L.A. Raiders	62,802
12/06	L	13-9	at Pittsburgh	48,881
12/13	W	28-21	Denver	61,759
12/20	W	34-21	at Chicago	62,518
12/27	L	41-20	at Kansas City	20,370

POSTSEASON

01/03	L	23-20	at Houston (OT)	49,662
			(AFC Wild Card Game)	

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	301	297
Rushing	120	133
Passing	154	148
Penalty	27	16
3rd Down: Made/Att.	92/189	85/196
3rd Down Pct.	48.7	43.4
4th Down: Made/Att.	4/9	4/10
4th Down Pct.	44.4	40.0
POSSESSION AVG.	30:35	29:25
TOTAL NET YARDS	4735	5159
Avg. Per Game	315.7	343.9
Total Plays	937	954
Avg. Per Play	5.1	5.4
NET YARDS RUSHING	2023	2201
Avg. Per Game	134.9	146.7
Total Rushes	937	472
NET YARDS PASSING	2712	2958
Avg. Per Game	180.8	197.2
Sacked/Yards Lost	36/316	37/238
Gross Yards	3028	3196
Att./Completions	405/237	445/255
Completion Pct.	58.5	57.3
Had Intercepted	21	17
PUNTS/AVERAGE	61/38.9	63/39.1
NET PUNTING AVG.	33.1	32.7
PENALTIES/YARDS	79/668	104/890
FUMBLES/BALL LOST	32/16	38/21
TOUCHDOWNS	46	36
Rushing	13	14
Passing	31	20
Returns	2	2
TOTAL POINTS	371	314

By Quarters	1	2	3	4	OT	Tot
SEA	79	132	95	65	0	371
OPP	51	110	75	78	0	314

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
N. Johnson	0	0	0	0	40-40	15-20	0	85
Warner	10	8	2	0	0	0	0	60
Largent	8	0	8	0	0	0	0	48
Turner	6	0	6	0	0	0	0	36
SEA	46	13	31	2	44-46	17-22	0	371
OPP	36	14	20	2	35-36	21-26	0	314

Rushing	Att	Yds	Avg	LG	TD
Warner	234	985	4.2	57	8
J. Williams	113	500	4.4	48	1
Krieg	36	155	4.3	17	2
SEA	496	2023	4.1	57	13
OPP	472	2201	4.7	91	14

Receiving	No	Yds	Avg	LG	TD
Largent	58	912	15.7	55	8
J. Williams	38	420	11.1	75	3
R. Butler	33	465	14.1	40	5
Skansi	19	207	10.9	25	1
SEA	237	3028	12.8	75	31
OPP	255	3196	12.5	81	20

Interceptions	No	Yds	Avg	LG	TD
Easley	4	47	11.8	22	0
Robinson	3	75	25.0	44	0
Jenkins	3	46	15.3	34	0
SEA	17	289	17.0	53	1
OPP	21	146	7.0	32	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Edmonds	20	4	251	12.6	40	0
SEA	32	8	322	10.1	40	0
OPP	32	12	251	7.8	91	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Rodriguez	47	1880	40.0	34.0	5	17	63	0
SEA	61	2370	38.9	33.1	5	18	63	0
OPP	63	2465	39.1	32.7	4	13	60	1

Kickoff Returns	No	Yds	Avg	LG	TD
Edmonds	27	564	20.9	43	0
Hollis	10	263	26.3	41	0
SEA	64	1236	19.3	43	0
OPP	67	1379	20.6	92	1

Field Goals	1-19	20-29	30-39	40-49	50+
N. Johnson	0-0	7-7	4-7	4-5	0-1
Hagler	0-0	2-2	0-0	0-0	0-0
SEA	0-0	9-9	4-7	4-5	0-1
OPP	0-0	7-7	9-9	5-8	0-2

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	294	178	2131	60.5	7.25	23	7.8	15	5.1	75	27/247	87.6
Mathison	76	36	501	47.4	6.59	3	3.9	5	6.6	47	6/49	54.8
Kemp	33	23	396	69.7	12.00	5	15.2	1	3.0	55	3/20	137.1
SEA	405	237	3028	58.5	7.48	31	7.7	21	5.2	75	36/316	85.9
OPP	445	255	3196	57.3	7.18	20	4.5	17	3.8	81	37/238	78.8

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
F. Young	99	78	21	9.0	5	5	4
Bosworth	78	64	14	4.0	3	2	2
Robinson	69	49	20	0.0	3	0	1
Bryant	52	40	12	4.0	0	1	1
J. Green	48	36	12	9.5	0	3	1

Record (Finish): 9-6 (2nd, AFC West). Lost wild card playoff at Houston 23-20 (OT).
Head Coach: Chuck Knox (48-31, .608)
Assistants: Tom Catlin (Asst. Head Coach/Def. Coord./OLBs), Steve Moore (Off. Coord./WRs), George Dyer (DL), Chick Harris (RBs), Ralph Hawkins (DBs), Ken Meyer (QBs), Russ Purnell (TEs/Asst. Sp. Teams), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/ILBs), Joe Vitt (Sp. Assign.)
Captains: WR Steve Largent and RB Curt Warner (Off.), S Kenny Easley (Def.), S Paul Moyer (Sp. Teams)
MVP: WR Steve Largent
Pro Bowl: S Kenny Easley (5), DE Jacob Green (2), WR Steve Largent (7), RB Curt Warner (3), LB Fredd Young (4)
National Honors: None
First-Team All-NFL: WR Steve Largent (*PFWA*), G Bryan Millard (Films), RB Curt Warner (*SI, NEA*), LB Fredd Young (*AP, PFWA*, Films, *SI, PFW, SN, NEA*)

OFFENSE

Pos.		Starts
WR	Daryl Turner	8
LT	Ron Mattes	12
LG	Edwin Bailey	12
C	Blair Bush	11
RG	Bryan Millard	12
RT	Mike Wilson	12
TE	Mike Tice	12
WR	Steve Largent	13
QB	Dave Krieg	12
RB	Curt Warner	12
FB	John L. Williams	10

DEFENSE

LE	Jacob Green	12
NT	Joe Nash	12
RE	Jeff Bryant	12
LOLB	Bruce Scholtz	7
	Tony Woods*	5
LILB	Fredd Young	13
RILB	Brian Bosworth*	12
ROLB	Greg Gaines	10
	Tony Woods*	2
LCB	Terry Taylor	12
RCB	Patrick Hunter	11
SS	Kenny Easley	11
FS	Eugene Robinson	12

SPECIAL TEAMS

K	Norm Johnson	13
P	Ruben Rodriguez	13

*Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Indianapolis	9	6	0	.600	300	238
New England	8	7	0	.533	320	293
Miami	8	7	0	.533	362	335
Buffalo	7	8	0	.467	270	305
N.Y. Jets	6	9	0	.400	280	312

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Cleveland	10	5	0	.677	390	239
Houston*	9	6	0	.600	345	349
Pittsburgh	8	7	0	.533	285	299
Cincinnati	4	11	0	.267	285	370

WESTERN	W	L	T	Pct.	Pts.	Opp.
Denver	10	4	1	.700	379	288
Seattle*	9	6	0	.600	371	314
San Diego	8	7	0	.533	253	317
L.A. Raiders	5	10	0	.333	301	289
Kansas City	4	11	0	.267	273	388

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Washington	11	4	0	.733	379	385
Dallas	7	8	0	.467	340	348
St. Louis	7	8	0	.467	362	268
Philadelphia	7	8	0	.467	337	380
N.Y. Giants	6	9	0	.400	280	312

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Chicago	11	4	0	.733	356	282
Minnesota*	8	7	0	.533	336	335
Green Bay	5	9	1	.367	255	300
Tampa Bay	4	11	0	.267	286	360
Detroit	4	11	0	.267	269	384

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Francisco	13	2	0	.867	459	253
New Orleans*	12	3	0	.800	422	283
L.A. Rams	6	9	0	.400	317	361
Atlanta	3	12	0	.200	205	436

1988 REVIEW (9-7; 0-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/04	W	21-14	at Denver	75,986
09/11	W	31-10	Kansas City	61,512
09/18	L	17-6	at San Diego	44,449
09/25	L	38-7	San Francisco	62,382
10/02	W	31-20	at Atlanta	28,619
10/09	W	16-10	at Cleveland	78,605
10/16	L	20-19	New Orleans	63,569
10/23	L	31-10	at L.A. Rams	57,033
10/30	W	17-14	San Diego	59,641
11/06	L	13-3	Buffalo	61,074
11/13	W	27-24	Houston	60,446
11/20	L	27-24	at Kansas City	33,152
11/28	W	35-27	L.A. Raiders	62,641
12/04	L	13-7	at New England	59,068
12/11	W	42-14	Denver	62,839
12/18	W	43-37	at L.A. Raiders	61,127

POSTSEASON

12/31	L	21-13	at Cincinnati	58,560
			(AFC Divisional Playoff)	

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	291	321
Rushing	125	134
Passing	139	171
Penalty	27	16
3rd Down: Made/Att.	83/211	96/219
3rd Down Pct.	39.3	43.8
4th Down: Made/Att.	7/16	10/16
4th Down Pct.	43.8	62.5
POSSESSION AVG.	28:32	31:28
TOTAL NET YARDS	4842	5639
Avg. Per Game	302.6	352.4
Total Plays	983	1040
Avg. Per Play	4.9	5.4
NET YARDS RUSHING	2086	2286
Avg. Per Game	130.4	142.9
Total Rushes	517	509
NET YARDS PASSING	2756	3353
Avg. Per Game	172.3	209.6
Sacked/Yards Lost	29/223	30/265
Gross Yards	2979	3618
Att./Completions	437/245	501/280
Completion Pct.	56.1	55.9
Had Intercepted	20	22
PUNTS/AVERAGE	70/40.8	66/42.1
NET PUNTING AVG.	36.8	35.7
PENALTIES/YARDS	89/790	111/861
FUMBLES/BALL LOST	29/14	31/18
TOUCHDOWNS	39	38
Rushing	14	14
Passing	22	21
Returns	3	3
TOTAL POINTS	339	329

By Quarters	1	2	3	4	OT	Tot
SEA	58	124	83	74	0	339
OPP	75	90	72	92	0	329

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
N. Johnson	0	0	0	0	39-39	22-28	0	105
Warner	12	10	2	0	0	0	0	72
Blades	8	0	8	0	0	0	0	48
Williams	7	4	3	0	0	0	0	42
Butler	4	0	4	0	0	0	0	24
SEA	39	14	22	3	39-39	22-28	0	339
OPP	38	14	21	3	38-38	21-32	0	329

Rushing	Att	Yds	Avg	LG	TD
Warner	266	1025	3.9	29	10
Williams	189	877	4.6	44	4
SEA	517	2086	4.0	44	14
OPP	509	2286	4.5	42	14

Receiving	No	Yds	Avg	LG	TD
Williams	58	651	11.2	75	3
Blades	40	682	17.1	55	8
Largent	39	645	16.5	46	2
Tice	29	244	8.4	26	0
SEA	245	2979	12.2	75	22
OPP	280	3618	12.9	69	21

Interceptions	No	Yds	Avg	LG	TD
Moyer	6	79	13.2	34	0
Taylor	5	53	10.6	27	1
Jenkins	3	41	13.7	21	0
SEA	22	280	12.7	34	1
OPP	20	195	9.8	55	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Rodriguez	70	2858	40.8	36.8	4	14	68	0
SEA	70	2858	40.8	36.8	4	14	68	0
OPP	66	2778	42.1	35.7	4	22	59	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Edmonds	35	8	340	9.7	41	0
SEA	37	8	340	9.2	41	0
OPP	36	14	202	5.6	16	0

Kickoff Returns	No	Yds	Avg	LG	TD
Edmonds	40	900	22.5	65	0
Morris	11	218	19.8	30	0
SEA	62	1352	21.8	65	0
OPP	66	1207	18.3	95	0

Field Goals	1-19	20-29	30-39	40-49	50+
N. Johnson	1-1	4-4	7-9	10-14	0-0
SEA	1-1	4-4	7-9	10-14	0-0
OPP	0-0	10-11	6-10	4-6	1-5

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	228	134	1741	58.8	7.64	18	7.9	8	3.5	75	12/92	94.6
Stouffer	173	98	1106	56.6	6.39	4	2.3	6	3.5	53	13/110	69.2
Kemp	35	13	132	37.1	3.77	0	0.0	4	14.8	19	3/21	9.2
SEA	437	245	2979	56.1	6.82	22	5.0	20	4.6	75	29/233	74.9
OPP	501	280	3618	55.9	7.22	21	4.2	22	4.4	69	30/265	74.4

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Robinson	114	85	29	1.0	3	1	0
Wyman	97	71	26	2.5	0	1	2
Bosworth	82	55	27	0.0	3	1	1
Woods	80	57	23	5.0	2	0	1
Moyer	73	52	21	0.0	2	0	2

Record (Finish): 9-7 (1st, AFC West). Lost divisional playoff at Cincinnati 21-13.
Head Coach: Chuck Knox (57-38, .600)
Assistants: Tom Catlin (Asst. Head Coach/ Def. Coord./OLBs), Steve Moore (Off. Coord./WRs), George Dyer (DL), Chick Harris (RBs), Ralph Hawkins (DBs), Ken Meyer (QBs), Russ Purnell (TEs/Asst. Sp. Teams), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/ILBs), Joe Vitt (Sp. Assign.)
Captains: WR Steve Largent (Off.), DE Jacob Green and S Eugene Robinson (Def.), Game-to-Game (Sp. Teams)
MVP: FB John L. Williams
Pro Bowl: QB Dave Krieg (2), ST Rufus Porter (1)
National Honors: WR Steve Largent, NFL Man of the Year
First-Team All-NFL: G Bryan Millard (*SI*), ST Rufus Porter (*PFW, C&PFN*)

OFFENSE

Pos.		Starts
WR	Brian Blades*	7
	Ray Butler	5
LT	Ron Mattes	16
LG	Edwin Bailey	16
C	Blair Bush	14
RG	Bryan Millard	14
RT	Mike Wilson	16
TE	Mike Tice	16
WR	Steve Largent	15
QB	Dave Krieg	9
	Kelly Stouffer*	6
	Jeff Kemp	1
RB	Curt Warner	16
FB	John L. Williams	16

DEFENSE

Pos.		Starts
LE	Jacob Green	16
NT	Joe Nash	15
RE	Jeff Bryant	12
LOLB	Bruce Scholtz	15
LILB	Brian Bosworth	10
	Darren Comeaux	6
RILB	Dave Wyman	16
ROLB	Tony Woods	16
LCB	Terry Taylor	8
	Melvin Jenkins	8
RCB	Patrick Hunter*	8
	Melvin Jenkins	8
SS	Paul Moyer	16
FS	Eugene Robinson	16

SPECIAL TEAMS

Pos.		Starts
K	Norm Johnson	16
P	Ruben Rodriguez	16

*Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Buffalo	12	4	0	.750	329	237
Indianapolis	9	7	0	.563	354	315
New England	9	7	0	.563	250	284
N.Y. Jets	8	7	1	.531	372	354
Miami	6	10	0	.375	319	380

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Cincinnati	12	4	0	.750	448	329
Cleveland*	10	6	0	.625	304	288
Houston*	10	6	0	.625	424	365
Pittsburgh	5	11	0	.313	336	421

WESTERN	W	L	T	Pct.	Pts.	Opp.
Seattle	9	7	0	.563	339	329
Denver	8	8	0	.500	327	352
L.A. Raiders	7	9	0	.438	325	369
San Diego	6	10	0	.375	231	332
Kansas City	4	11	1	.281	254	320

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Philadelphia	10	6	0	.625	379	319
N.Y. Giants	10	6	0	.625	359	304
Washington	7	9	0	.438	345	387
Phoenix	7	9	0	.438	344	398
Dallas	3	13	0	.188	265	381

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Chicago	12	4	0	.750	312	215
Minnesota*	11	5	0	.688	406	233
Tampa Bay	5	11	0	.313	261	350
Detroit	4	12	0	.250	220	313
Green Bay	4	12	0	.250	240	315

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Francisco	10	6	0	.625	369	294
L.A. Rams*	10	6	0	.625	407	293
New Orleans	10	6	0	.625	312	283
Atlanta	5	11	0	.313	244	315

1989 REVIEW (7-9)

Date	W/L	Score	Opponents	Att
09/10	L	31-7	at Philadelphia	64,287
09/17	L	34-24	Phoenix	60,444
09/24	W	24-3	at New England	48,025
10/01	W	24-20	at L.A. Raiders	44,319
10/08	L	20-16	Kansas City	60,715
10/15	W	17-16	at San Diego	50,079
10/22	L	24-21	Denver (OT)	62,353
10/29	W	10-7	San Diego	59,691
11/05	L	20-10	at Kansas City	54,489
11/12	L	17-7	Cleveland	58,978
11/19	L	15-3	at N.Y. Giants	75,014
11/26	L	41-14	at Denver	75,117
12/04	W	17-16	Buffalo	57,682
12/10	W	24-17	at Cincinnati	54,744
12/17	W	23-17	L.A. Raiders	61,076
12/23	L	29-0	Washington	60,294

Team Statistics

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	290	293
Rushing	86	119
Passing	180	158
Penalty	24	16
3rd Down: Made/Att.	85/211	89/213
3rd Down Pct.	40.3	41.8
4th Down: Made/Att.	8/17	5/16
4th Down Pct.	47.1	31.3
POSSESSION AVG.	29:20	30:40
TOTAL NET YARDS	4596	5215
Avg. Per Game	287.3	325.9
Total Plays	1010	997
Avg. Per Play	4.6	5.2
NET YARDS RUSHING	1392	2118
Avg. Per Game	87.0	132.4
Total Rushes	405	520
NET YARDS PASSING	3204	3097
Avg. Per Game	200.3	193.6
Sacked/Yards Lost	46/379	32/235
Gross Yards	3583	3332
Att./Completions	559/316	445/252
Completion Pct.	56.5	56.6
Had Intercepted	23	9
PUNTS/AVERAGE	76/39.4	74/39.2
NET PUNTING AVG.	32.9	33.9
PENALTIES/YARDS	79/738	118/809
FUMBLES/BALL LOST	43/14	26/13
TOUCHDOWNS	28	37
Rushing	5	11
Passing	21	23
Returns	2	3
TOTAL POINTS	241	327

By Quarters

By Quarters	1	2	3	4	OT	Tot
SEA	72	60	41	68	0	241
OPP	81	80	86	77	3	327

Scoring

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
N. Johnson	0	0	0	0	27-27	15-25	0	72
Williams	7	1	6	0	0	0	0	42
Blades	5	0	5	0	0	0	0	30
Skansi	5	0	5	0	0	0	0	30
Warner	4	3	1	0	0	0	0	24
SEA	28	5	21	2	28-28	15-25	0	241
OPP	37	11	23	3	35-37	22-32	2	327

Rushing

Rushing	Att	Yds	Avg	LG	TD
Warner	194	631	3.3	34	3
Williams	146	499	3.4	21	1
Krieg	40	160	4.0	18	0
SEA	405	1392	3.4	34	5
OPP	520	2118	4.1	38	11

Receiving

Receiving	No	Yds	Avg	LG	TD
Blades	77	1063	13.8	60	5
Williams	76	657	8.6	51	6
Skansi	39	488	12.5	26	5
Largent	28	403	14.4	33	3
Clark	25	260	10.4	28	1
Warner	23	153	6.7	24	1
SEA	316	3583	11.3	60	21
OPP	252	3332	13.2	69	23

Interceptions

Interceptions	No	Yds	Avg	LG	TD
Robinson	5	24	4.8	20	0
Harper	2	15	7.5	15	0
SEA	9	57	6.3	20	0
OPP	23	248	10.8	30	2

Punting

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Rodriguez	75	2995	39.9	32.9	8	17	59	1
SEA	75	2995	39.9	32.9	8	17	59	1
OPP	74	2902	39.2	33.9	7	21	60	0

Punt Returns

Punt Returns	No	FC	Yds	Avg	LG	TD
Hollis	18	7	164	9.1	21	0
Jefferson	12	10	87	7.3	19	0
SEA	30	17	251	8.4	21	0
OPP	41	12	334	8.1	49	0

Passing

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	499	286	3309	57.3	6.63	21	4.2	20	4.0	60	37/289	74.8
Stouffer	59	29	270	49.2	4.58	0	0.0	3	5.1	29	9/90	40.9
SEA	559	316	3583	56.5	6.41	21	3.8	23	4.1	60	46/379	71.3
OPP	445	252	3332	56.6	7.49	23	5.2	9	2.0	69	32/235	89.3

Kickoff Returns	No	Yds	Avg	LG	TD
Jefferson	22	511	23.2	91	1
Harris	18	334	18.6	25	0
Hollis	15	247	16.5	30	0
SEA	65	1246	19.2	97	1
OPP	44	814	18.5	37	0

Field Goals	1-19	20-29	30-39	40-49	50+
N. Johnson	1-1	6-7	3-4	4-8	1-5
SEA	1-1	6-7	3-4	4-8	1-5
OPP	1-1	10-13	8-10	3-7	0-1

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Robinson	102	72	30	0.0	5	2	0
Wyman	98	72	26	0.0	1	2	0
Glasgow	97	77	20	0.0	7	0	5
Nash	92	65	27	8.0	1	3	0
Comeaux	88	64	24	0.0	1	0	1
Bryant	68	50	18	3.5	2	2	0

Record (Finish): 7-9 (4th, AFC West)
Head Coach: Chuck Knox (64-47, .577)
Assistants: Tom Catlin (Asst. Head Coach/Def. Coord./OLBs), John Becker (Off. Coord./WRs), George Dyer (DL), Chick Harris (RBs), Ken Meyer (QBs), Rod Perry (DBs), Russ Purnell (TEs/Asst. Sp. Teams), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/ILBs), Joe Vitt (Sp. Assign.)
Captains: WR Steve Largent (Off.), DE Jacob Green (Def.), Game-to-Game (Sp. Teams)
Largent Award: WR Steve Largent
MVP: WR Brian Blades
Pro Bowl: WR Brian Blades (1), QB Dave Krieg (3), ST Rufus Porter (2)
National Honors: None
First-Team All-NFL: None

OFFENSE

Pos.		Starts
WR	Brian Blades	14
LT	Andy Heck*	8
	Ron Mattes	8
LG	Edwin Bailey	16
C	Grant Feasel	16
RG	Bryan Millard	16
RT	Mike Wilson	16
TE	Robert Tyler*	9
	Travis McNeal*	6
WR	Steve Largent	9
	Louis Clark	6
QB	Dave Krieg	14
	Kelly Stouffer	2
RB	Curt Warner	15
FB	John L. Williams	15

DEFENSE

LE	Jacob Green	14
NT	Joe Nash	16
RE	Jeff Bryant	15
LOLB	Tony Woods	12
	Rufus Porter	3
LILB	Darren Comeaux	13
	Brian Bosworth	2
RILB	Dave Wyman	16
ROLB	Vernon Maxwell	9
	M.L. Johnson	6
LCB	Dwayne Harper	13
RCB	Patrick Hunter	14
SS	Nesby Glasgow	16
FS	Eugene Robinson	14

SPECIAL TEAMS

K	Norm Johnson	16
P	Ruben Rodriguez	16

*Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Buffalo	9	7	0	.563	409	317
Indianapolis	8	8	0	.500	298	301
Miami	8	8	0	.500	331	379
New England	5	11	0	.313	297	391
N.Y. Jets	4	12	0	.250	253	411

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Cleveland	9	6	1	.594	334	254
Houston*	9	7	0	.563	365	412
Pittsburgh*	9	7	0	.563	265	326
Cincinnati	8	8	0	.500	404	285

WESTERN	W	L	T	Pct.	Pts.	Opp.
Denver	11	5	0	.688	362	226
Kansas City	8	7	1	.531	318	286
L.A. Raiders	8	8	0	.500	315	297
Seattle	7	9	0	.438	241	327
San Diego	6	10	0	.375	266	290

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
N.Y. Giants	12	4	0	.750	348	252
Philadelphia*	11	5	0	.688	342	274
Washington	10	6	0	.625	386	308
Phoenix	5	11	0	.313	258	377
Dallas	1	15	0	.063	204	393

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Minnesota	10	6	0	.625	351	275
Green Bay	10	6	0	.625	362	356
Detroit	7	9	0	.438	312	364
Chicago	6	10	0	.375	358	377
Tampa Bay	5	11	0	.313	320	419

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Francisco	14	2	0	.875	442	253
L.A. Rams*	11	5	0	.688	426	344
New Orleans	9	7	0	.563	386	301
Atlanta	3	13	0	.188	279	437

1990 REVIEW (9-7)

Date	W/L	Score	Opponents	Att
09/09	L	17-0	at Chicago	64,400
09/16	L	17-13	L.A. Raiders	61,889
09/23	L	34-31	at Denver (OT)	75,290
10/01	W	31-16	Cincinnati	60,135
10/07	W	33-20	at New England	39,735
10/14	L	24-17	at L.A. Raiders	50,624
10/21	W	19-7	Kansas City	60,358
10/28			BYE	
11/04	L	31-14	San Diego	59,646
11/11	W	17-16	at Kansas City	71,285
11/18	L	24-21	Minnesota	59,735
11/25	W	13-10	at San Diego (OT)	50,097
12/02	W	13-10	Houston (OT)	57,592
12/09	W	20-14	at Green Bay	52,015
12/16	L	24-17	at Miami	57,851
12/23	W	17-12	Denver	55,845
12/30	W	30-10	Detroit	50,681

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	284	280
Rushing	111	86
Passing	155	171
Penalty	18	23
3rd Down: Made/Att.	87/200	83/207
3rd Down Pct.	43.5	40.1
4th Down: Made/Att.	6/7	7/11
4th Down Pct.	85.7	63.6
POSSESSION AVG.	30:47	29:13
TOTAL NET YARDS	4583	4609
Avg. Per Game	286.4	288.1
Total Plays	945	950
Avg. Per Play	4.8	4.9
NET YARDS RUSHING	1749	1605
Avg. Per Game	109.3	100.3
Total Rushes	457	413
NET YARDS PASSING	2834	3004
Avg. Per Game	177.1	187.8
Sacked/Yards Lost	40/360	33/252
Gross Yards	3194	3256
Att./Completions	448/265	504/300
Completion Pct.	59.2	59.5
Had Intercepted	20	12
PUNTS/AVERAGE	67/40.6	77/41.9
NET PUNTING AVG.	34.4	36.2
PENALTIES/YARDS	89/746	108/766
FUMBLES/BALL LOST	32/16	32/18
TOUCHDOWNS	34	32
Rushing	18	7
Passing	15	19
Returns	1	6
TOTAL POINTS	306	286

By Quarters	1	2	3	4	OT	Tot
SEA	50	94	60	96	6	306
OPP	50	112	53	68	3	286

Scoring	TDs	Ru	Pa	Rt	PAT	FG	S	Pts
Johnson	0	0	0	0	33-34	23-32	0	102
Fenner	15	14	1	0	0	0	0	90
Chadwick	4	0	4	0	0	0	0	24
Kane	4	0	4	0	0	0	0	24
Blades	3	0	3	0	0	0	0	18
Williams	3	3	0	0	0	0	0	18
SEA	34	18	15	1	33-34	23-32	0	306
OPP	32	7	19	6	32-32	20-27	1	286

Rushing	Att	Yds	Avg	LG	TD
Fenner	215	859	4.0	36	14
Williams	187	714	3.8	25	3
Krieg	32	115	3.6	25	0
SEA	457	1749	3.8	36	18
OPP	413	1605	3.9	58	7

Receiving	No	Yds	Avg	LG	TD
Williams	73	699	9.6	60	0
Kane	52	776	14.9	63	4
Blades	49	525	10.7	24	3
Chadwick	27	478	17.7	54	4
Skansi	22	257	11.7	25	2
Fenner	17	143	8.4	50	1
SEA	265	3194	12.1	63	15
OPP	300	3256	10.9	46	19

Interceptions	No	Yds	Avg	LG	TD
Robinson	3	89	29.7	39	0
Harper	3	69	23.0	47	0
SEA	12	182	15.2	47	0
OPP	20	252	12.6	42	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Donnelly	67	2722	40.6	34.4	8	18	54	0
SEA	67	2722	40.6	34.4	8	18	54	0
OPP	77	3225	41.9	36.2	5	22	67	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Warren	28	16	269	9.6	39	0
Jefferson	8	0	68	8.5	14	0
SEA	36	16	337	9.4	39	0
OPP	29	21	254	8.8	66	2

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	448	265	3194	59.2	7.13	15	3.3	20	4.5	63	40/360	73.6
SEA	448	265	3194	59.2	7.13	15	3.3	20	4.5	63	40/360	73.6
OPP	504	300	3256	59.5	6.46	19	3.8	12	2.4	46	33/252	81.3

Kickoff Returns	No	Yds	Avg	LG	TD
Warren	23	478	20.8	71	0
Loville	18	359	19.9	29	0
SEA	50	985	19.7	71	0
OPP	51	910	17.8	39	0

Field Goals	1-19	20-29	30-39	40-49	50+
Johnson	2-2	7-7	8-14	5-6	1-3
SEA	2-2	7-7	8-14	5-6	1-3
OPP	0-0	11-11	3-5	5-8	1-3

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Glasgow	83	70	13	2.0	2	3	1
Robinson	82	63	19	0.0	5	1	4
Harper	71	62	9	0.0	4	1	0
Green	60	44	16	12.5	2	3	1
Hunter	56	48	8	0.0	10	1	1
Nash	53	41	12	1.0	0	1	1

Record (Finish): 9-7 (3rd, AFC West)
Head Coach: Chuck Knox (73-54, .575)
Assistants: Tom Catlin (Asst. Head Coach/Def. Coord./OLBs), John Becker (Off. Coord./WRs), George Dyer (DL), Chick Harris (RBs), Ken Meyer (QBs), Rod Perry (DBs), Russ Purnell (TEs/Asst. Sp. Teams), Frank Raines (Strength & Cond.), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/ILBs), Joe Vitt (Sp. Assign.)
Captains: QB Dave Krieg (Off.), DE Jacob Green (Def.), Game-to-Game (Sp. Teams)
Largent Award: DE Jacob Green
MVP: FB John L. Williams
Pro Bowl: FB John L. Williams (1)
National Honors: SS Kenny Easley and WR Steve Largent, All-NFL Decade of the 1980's Team (Hall of Fame)
First-Team All-NFL: None

OFFENSE

Pos.		Starts
WR	Tommy Kane	11
LT	Andy Heck	16
LG	Edwin Bailey	11
C	Grant Feasel	16
RG	Bryan Millard	16
RT	Ronnie Lee	9
	Ron Mattes	7
TE	Travis McNeal	14
WR	Brian Blades	16
QB	Dave Krieg	16
RB	Derrick Fenner	15
FB	John L. Williams	16

DEFENSE

LE	Jacob Green	16
LT	Joe Nash	16
RT	Jeff Bryant	14
	Cortez Kennedy*	2
RE	Tony Woods	15
LLB	Terry Wooden*	8
MLB	Darren Comeaux	8
	Dave Wyman	8
RLB	Rufus Porter	12
LCB	Dwayne Harper	16
RCB	Patrick Hunter	16
SS	Nesby Glasgow	13
	Robert Blackmon*	3
FS	Eugene Robinson	16

SPECIAL TEAMS

K	Norm Johnson	16
P	Rick Donnelly	16

* Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Buffalo	13	3	0	.813	428	263
Miami*	12	4	0	.750	336	242
Indianapolis	7	9	0	.438	281	353
N.Y. Jets	6	10	0	.375	295	345
New England	1	15	0	.063	181	446

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Cincinnati	9	7	0	.563	360	352
Houston*	9	7	0	.563	405	307
Pittsburgh	9	7	0	.563	292	240
Cleveland	3	13	0	.188	228	462

WESTERN	W	L	T	Pct.	Pts.	Opp.
L.A. Raiders	12	4	0	.750	337	268
Kansas City*	11	5	0	.688	369	257
Seattle	9	7	0	.563	306	286
San Diego	6	10	0	.375	315	281
Denver	5	11	0	.313	331	374

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
N.Y. Giants	13	3	0	.813	335	211
Philadelphia*	10	6	0	.625	396	299
Washington*	10	6	0	.625	381	301
Dallas	7	9	0	.438	244	308
Phoenix	5	11	0	.313	268	296

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Chicago	11	5	0	.688	348	280
Tampa Bay	6	10	0	.375	264	367
Detroit	6	10	0	.375	373	413
Green Bay	6	10	0	.375	271	347
Minnesota	6	10	0	.375	351	326

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Francisco	14	2	0	.875	353	239
New Orleans*	8	8	0	.500	274	275
L.A. Rams	5	11	0	.313	345	412
Atlanta	5	11	0	.313	348	365

* Wild Card team

1991 REVIEW (7-9)

Date	W/L	Score	Opponents	Att
09/01	L	27-24	at New Orleans	68,492
09/08	W	20-13	N.Y. Jets	56,770
09/15	L	16-10	at Denver	74,152
09/22	L	20-13	at Kansas City	71,789
09/29	W	31-3	Indianapolis	56,656
10/06	W	13-7	at Cincinnati	60,010
10/13	L	23-20	L.A. Raiders (OT)	61,974
10/20	W	27-7	at Pittsburgh	54,678
10/27	W	20-9	San Diego	58,025
11/03			BYE	
11/10	L	17-14	at San Diego	43,597
11/17	L	31-7	at L.A. Raiders	49,317
11/24	W	13-10	Denver	60,430
12/01	L	19-6	Kansas City	57,248
12/08	L	24-22	San Francisco	56,711
12/15	L	26-13	at Atlanta	53,834
12/22	W	23-9	L.A. Rams	51,100

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	253	263
Rushing	80	92
Passing	159	159
Penalty	14	12
3rd Down: Made/Att.	67/193	78/220
3rd Down Pct.	34.7	35.5
4th Down: Made/Att.	2/9	9/20
4th Down Pct.	22.2	45.0
POSSESSION AVG.	29:27	30:33
TOTAL NET YARDS	4534	4703
Avg. Per Game	283.4	293.9
Total Plays	924	988
Avg. Per Play	4.9	4.8
NET YARDS RUSHING	1426	1684
Avg. Per Game	89.1	105.3
Total Rushes	394	435
NET YARDS PASSING	3108	3019
Avg. Per Game	194.3	188.7
Sacked/Yards Lost	42/263	36/269
Gross Yards	3371	3288
Att./Completions	488/290	517/296
Completion Pct.	59.4	57.3
Had Intercepted	26	18
PUNTS/AVERAGE	76/40.6	79/39.1
NET PUNTING AVG.	35.7	33.0
PENALTIES/YARDS	85/682	108/845
FUMBLES/BALL LOST	26/17	34/21
TOUCHDOWNS	29	25
Rushing	11	4
Passing	15	18
Returns	3	3
TOTAL POINTS	276	261

By Quarters	1	2	3	4	OT	Tot
SEA	39	78	79	80	0	276
OPP	25	112	47	74	3	261

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Kasay	0	0	0	0	27/28	25/31	0	102
Williams	5	4	1	0	0	0	0	30
Fenner	4	4	0	0	0	0	0	24
Tice	4	0	4	0	0	0	0	24
SEA	29	11	15	3	27/29	25/31	0	276
OPP	25	4	18	3	25/25	28/32	1	261

Rushing	Att	Yds	Avg	LG	TD
Williams	188	741	3.9	42	4
Fenner	91	267	2.9	15	4
Jones	45	154	3.4	22	3
SEA	394	1426	3.6	42	11
OPP	435	1684	3.9	32	4

Receiving	No	Yds	Avg	LG	TD
Blades	70	1003	14.3	52	2
Williams	61	499	8.2	35	1
Kane	50	763	15.3	60	2
Chadwick	22	255	11.6	29	3
SEA	290	3371	11.6	60	15
OPP	296	3288	11.1	61t	18

Interceptions	No	Yds	Avg	LG	TD
Robinson	5	56	11.2	27	0
Harper	4	84	21.0	43	0
SEA	18	302	16.8	43	2
OPP	26	334	12.8	58	2

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	49	2106	43.0	36.9	3	8	60	0
Donnelly	13	505	38.8	33.8	1	1	57	0
Waits	14	474	33.9	33.6	0	2	50	0
SEA	76	3085	40.6	35.7	4	11	60	0
OPP	79	3089	39.1	33.0	8	20	65	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Warren	32	19	298	9.3	59t	1
SEA	38	20	325	8.6	59t	1
OPP	40	18	289	7.2	29	0

Kickoff Returns	No	Yds	Avg	LG	TD
Warren	35	792	22.6	55	0
Loville	18	412	22.9	50	0
SEA	60	1280	21.3	55	0
OPP	51	858	16.8	38	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	285	187	2080	65.6	7.30	11	3.9	12	4.2	60	32/216	82.5
Kemp	181	94	1207	51.9	6.67	4	2.2	12	6.6	52	8/38	52.9
Stouffer	15	6	57	40.0	3.80	0	0.0	1	6.7	19	2/9	23.5
McGwire	7	3	27	42.9	3.86	0	0.0	1	14.3	13	0/0	14.3
SEA	488	290	3371	59.4	6.91	15	3.1	26	5.3	60	42/263	68.4
OPP	517	296	3288	57.3	6.36	18	3.5	18	3.5	61t	36/269	73.4

Field Goals	1-19	20-29	30-39	40-49	50+
Kasay	1/1	5/6	11/14	6/7	2/3
SEA	1/1	5/6	11/14	6/7	2/3
OPP	1/1	7/7	9/9	6/7	5/8

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Wooden	105	80	25	2.0	9	1	4
Robinson	91	67	24	1.0	3	1	1
Porter	71	51	20	10.0	15	4	0
Comeaux	69	51	18	0.5	5	4	0
Harper	69	58	11	0.0	1	1	0
Kennedy	67	59	8	6.5	12	1	1

Record (Finish): 7-9 (4th, AFC West)
Head Coach: Chuck Knox (80-63, .559)
Assistants: Tom Catlin (Asst. Head Coach/Def. Coord./OLBs), John Becker (Off. Coord./WRs), George Dyer (DL), Chick Harris (RBs), Ken Meyer (QBs), Paul Moyer (Staff Asst.), Rod Perry (DBs), Russ Purnell (TEs/Asst. Sp. Teams), Frank Raines (Strength & Cond.), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/ILBs), Joe Vitt (Sp. Assign.)
Captains: QB Dave Krieg (Off.), DE Jacob Green (Def.), Game-to-Game (Sp. Teams)
Largent Award: LB Rufus Porter
MVP: FS Eugene Robinson
Pro Bowl: DT Cortez Kennedy (1), FB John L. Williams (2)
National Honors: None
First-Team All-NFL: CB Dwayne Harper (*SI*), FS Eugene Robinson (*SI*)

OFFENSE

Pos.		Starts
WR	Tommy Kane	15
LT	Andy Heck	16
LG	Warren Wheat	7
	Darrick Brilz	6
C	Grant Feasel	15
RG	Bryan Millard	16
RT	Bill Hitchcock	9
	Ronnie Lee	7
TE	Mike Tice	15
WR	Brian Blades	16
QB	Dave Krieg	9
	Jeff Kemp	5
	Dan McGwire*	1
	Kelly Stouffer	1
RB	Derrick Fenner	8
	James Jones	6
FB	John L. Williams	16

DEFENSE

LE	Jacob Green	16
LT	Jeff Bryant	14
RT	Cortez Kennedy	16
RE	Tony Woods	14
LLB	Terry Wooden	15
MLB	Darren Comeaux	11
RLB	Rufus Porter	15
LCB	Dwayne Harper	16
RCB	Patrick Hunter	15
SS	Robert Blackmon	16
FS	Eugene Robinson	16

SPECIAL TEAMS

K	John Kasay*	16
P	Rick Tuten	10

* Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Buffalo	13	3	0	.813	458	318
N.Y. Jets*	8	8	0	.500	314	293
Miami	8	8	0	.500	343	349
New England	6	10	0	.375	211	305
Indianapolis	1	15	0	.063	143	381

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Houston	11	5	0	.688	386	251
Pittsburgh	7	9	0	.438	292	344
Cleveland	6	10	0	.375	293	298
Cincinnati	3	13	0	.188	263	435

WESTERN	W	L	T	Pct.	Pts.	Opp.
Denver	12	4	0	.750	304	235
Kansas City*	10	6	0	.625	322	252
L.A. Raiders*	9	7	0	.563	298	297
Seattle	7	9	0	.438	276	261
San Diego	4	12	0	.250	274	342

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Washington	14	2	0	.875	485	224
Dallas*	11	5	0	.688	342	310
Philadelphia	10	6	0	.625	285	244
N.Y. Giants	8	8	0	.500	281	297
Phoenix	4	12	0	.250	196	344

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Detroit	12	4	0	.750	339	295
Chicago*	11	5	0	.688	299	269
Minnesota	8	8	0	.500	301	306
Green Bay	4	12	0	.250	273	313
Tampa Bay	3	13	0	.188	199	365

WESTERN	W	L	T	Pct.	Pts.	Opp.
New Orleans	11	5	0	.688	341	211
Atlanta*	10	6	0	.625	361	338
San Francisco	10	6	0	.625	393	239
L.A. Rams	3	13	0	.188	234	390

1992 REVIEW (2-14)

Date	W/L	Score	Opponents	Att
09/06	L	21-3	Cincinnati	57,350
09/13	L	26-7	at Kansas City	75,125
09/20	W	10-6	at New England	42,327
09/27	L	19-17	Miami	59,374
10/04	L	17-6	at San Diego	36,783
10/11	L	27-0	at Dallas	62,311
10/18	L	19-0	L.A. Raiders	56,904
10/25	L	23-10	at N.Y. Giants	67,399
11/01			BYE	
11/08	L	16-3	Washington	53,616
11/15	L	20-3	at L.A. Raiders	46,862
11/22	L	24-14	Kansas City	49,867
11/30	W	16-13	Denver (OT)	51,612
12/06	L	20-14	at Pittsburgh	47,015
12/13	L	20-17	Philadelphia (OT)	47,492
12/20	L	10-6	at Denver	72,570
12/27	L	31-14	San Diego	49,324

Team Statistics	Seattle	Opp
TOTAL FIRST DOWNS	208	247
Rushing	77	96
Passing	114	129
Penalty	17	22
3rd Down: Made/Att.	59/222	75/230
3rd Down Pct.	26.6	32.6
4th Down: Made/Att.	5/17	6/9
4th Down Pct.	29.4	66.7
POSSESSION AVG.	29:01	30:59
TOTAL NET YARDS	3374	4583
Avg. Per Game	210.9	286.4
Total Plays	945	987
Avg. Per Play	3.6	4.6
NET YARDS RUSHING	1596	1922
Avg. Per Game	99.8	120.1
Total Rushes	402	513
NET YARDS PASSING	1778	2661
Avg. Per Game	111.1	166.3
Sacked/Yards Lost	67/545	46/317
Gross Yards	2323	2978
Att./Completions	476/230	428/251
Completion Pct.	48.3	58.6
Had Intercepted	23	20
PUNTS/AVERAGE	108/44.1	96/41.8
NET PUNTING AVG.	38.7	36.8
PENALTIES/YARDS	111/918	100/776
FUMBLES/BALL LOST	37/18	25/11
TOUCHDOWNS	14	32
Rushing	4	14
Passing	9	11
Returns	1	7
TOTAL POINTS	140	312

By Quarters	1	2	3	4	OT	Tot
SEA	20	53	34	30	3	140
OPP	63	87	74	85	3	312

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Kasay	0	0	0	0	14/14	14/22	0	56
Kane	3	0	3	0	0/0	0/0	0	18
Warren	3	3	0	0	0/0	0/0	0	18
Williams	3	1	2	0	0/0	0/0	0	18
SEA	14	4	9	1	14/14	14/22	0	140
OPP	32	14	11	7	29/32	29/36	2	312

Rushing	Att	Yds	Avg	LG	TD
Warren	223	1017	4.6	52	3
Williams	114	339	3.0	14	1
Gelbaugh	16	79	4.9	22	0
SEA	402	1596	4.0	52	4
OPP	513	1922	3.7	66t	14

Receiving	No	Yds	Avg	LG	TD
Williams	74	556	7.5	27	2
Kane	27	369	13.7	31	3
J. Jones	21	190	9.0	30	0
L. Clark	20	290	14.5	33	1
Blades	19	256	13.5	37	1
SEA	230	2323	10.1	57	9
OPP	251	2978	11.9	72t	11

Interceptions	No	Yds	Avg	LG	TD
E. Robinson	7	126	18.0	49	0
Harper	3	74	24.7	41	0
SEA	20	324	16.2	69	0
OPP	23	231	10.0	40	4

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	108	4760	44.1	38.7	8	29	65	0
SEA	108	4760	44.1	38.7	8	29	65	0
OPP	96	4015	41.8	36.8	10	23	65	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Warren	34	25	252	7.4	16	0
SEA	38	27	283	7.4	16	0
OPP	56	26	416	7.4	86t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Warren	28	524	18.7	34	0
Mayes	19	311	16.4	29	0
SEA	50	885	17.7	34	0
OPP	36	685	19.0	64	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Gelbaugh	255	121	1307	47.5	5.13	6	2.4	11	4.3	57	34/265	52.9
Stouffer	190	92	900	48.4	4.74	3	1.6	9	4.7	33	26/222	47.7
McGwire	30	17	116	56.7	3.87	0	0.0	3	10.0	20	7/58	25.8
SEA	476	230	2323	48.3	4.88	9	1.9	23	4.8	57	67/545	48.9
OPP	428	251	2978	58.6	6.96	11	2.6	20	4.7	72t	46/317	69.0

Field Goals	1-19	20-29	30-39	40-49	50+
Kasay	0-0	4-5	8-11	2-6	0-0
SEA	0-0	4-5	8-11	2-6	0-0
OPP	0-0	5-5	14-16	7-11	3-4

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
E. Robinson	94	64	30	0.0	10	2	1
Kennedy	92	76	16	14.0	5	4	1
Porter	90	68	22	9.5	2	2	0
Wyman	83	54	29	0.0	1	2	1
P. Hunter	67	55	12	0.0	13	1	1
Nash	67	46	21	4.5	0	0	0

Record (Finish): 2-14 (5th, AFC West)
Head Coach: Tom Flores (2-14, .125)
Assistants: Tom Catlin (Asst. HC/Def.), Larry Kennan (Off. Coord./QBs), Rusty Tillman (Def. Coord./LBs), Tommy Brasher (DL), Bob Bratkowski (WRs), Dave Brown (Def.), Hudson Houck (OL), Paul Moyer (DBs), Russ Purnell (TEs/Sp. Teams), Frank Raines (Strength & Cond), Clarence Shelmon (RBs)
Captains: FB John L. Williams (Off.),
FS Eugene Robinson (Def.), RB James Jones (Sp. Teams)
Largent Award: DE Jeff Bryant and DT Joe Nash
MVP: DT Cortez Kennedy
Pro Bowl: DT Cortez Kennedy (2), FS Eugene Robinson (1)
National Honors: DT Cortez Kennedy, NFL Defensive Player of the Year (*AP, PFW/PFWA, C&PFN*)
All-NFL: DT Cortez Kennedy (*AP, SI, SN, USAT, PFW/PFWA, C&PFN, NEA*)

OFFENSE

Pos.		Starts
WR	Tommy Kane	11
LT	Ray Roberts*	16
LG	Andy Heck	13
C	Joe Tofflemire	16
RG	Darrick Brilz	16
RT	Bill Hitchcock	11
TE	Ron Heller	11
WR	Louis Clark	10
	Brian Blades	5
QB	Stan Gelbaugh	8
	Kelly Stouffer	7
	Dan McGwire	1
RB	Chris Warren	16
FB	John L. Williams	16

DEFENSE

LE	Jeff Bryant	15
LT	Joe Nash	16
RT	Cortez Kennedy	16
RE	Tony Woods	15
LLB	Terry Wooden	8
	Joe Cain	8
MLB	Dave Wyman	11
RLB	Rufus Porter	16
LCB	Dwayne Harper	16
RCB	Patrick Hunter	16
SS	Robert Blackmon	15
FS	Eugene Robinson	16

SPECIAL TEAMS

K	John Kasay	16
P	Rick Tuten	16

* Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Miami	11	5	0	.688	340	281
Buffalo*	11	5	0	.688	381	283
Indianapolis	9	7	0	.563	216	302
N.Y. Jets	4	12	0	.250	220	315
New England	2	14	0	.125	205	363

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	11	5	0	.688	299	225
Houston*	10	6	0	.625	352	258
Cleveland	7	9	0	.438	272	275
Cincinnati	5	11	0	.313	274	364

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Diego	11	5	0	.688	335	241
Kansas City*	10	6	0	.625	348	282
Denver	8	8	0	.500	262	329
L.A. Raiders	7	9	0	.438	249	281
Seattle	2	14	0	.125	140	312

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Dallas	13	3	0	.813	409	243
Philadelphia*	11	5	0	.688	354	245
Washington*	9	7	0	.563	300	255
N.Y. Giants	6	10	0	.375	306	367
Phoenix	4	12	0	.250	243	332

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Minnesota	11	5	0	.688	374	249
Green Bay	9	7	0	.563	276	296
Tampa Bay	5	11	0	.313	267	367
Chicago	5	11	0	.313	295	361
Detroit	5	11	0	.313	273	332

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Francisco	14	2	0	.875	431	236
New Orleans*	12	4	0	.750	330	202
Atlanta	6	10	0	.375	327	414
L.A. Rams	6	10	0	.375	313	383

1993 REVIEW (6-10)

Date	W/L	Score	Opponents	Att
09/05	L	18-12	at San Diego	58,039
09/12	L	17-13	L.A. Raiders	58,836
09/19	W	17-14	at New England	50,392
09/26	W	19-10	at Cincinnati	46,880
10/03	W	31-14	San Diego	54,778
10/10			BYE	
10/17	L	30-10	at Detroit	60,801
10/24	W	10-9	New England	56,526
10/31	L	28-17	at Denver	73,644
11/07	L	24-14	at Houston	50,447
11/14	W	22-5	Cleveland	54,622
11/21			BYE	
11/28	L	17-9	Denver	57,812
12/05	L	31-16	Kansas City	58,551
12/12	L	27-23	at L.A. Raiders	38,161
12/19	L	30-27	Phoenix (OT)	45,737
12/26	W	16-6	Pittsburgh	51,814
01/02	L	34-24	at Kansas City	72,136

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	279	322
Rushing	114	106
Passing	144	193
Penalty	21	23
3rd Down: Made/Att.	80/224	91/229
3rd Down Pct.	35.7	39.7
4th Down: Made/Att.	6/14	6/13
4th Down Pct.	42.9	46.2
POSSESSION AVG.	29:02	30:58
TOTAL NET YARDS	4669	5313
Avg. Per Game	291.8	332.1
Total Plays	1019	1085
Avg. Per Play	4.6	4.9
NET YARDS RUSHING	2015	1660
Avg. Per Game	125.9	103.8
Total Rushes	473	452
NET YARDS PASSING	2654	3653
Avg. Per Game	165.9	228.3
Sacked/Yards Lost	48/242	38/244
Gross Yards	2896	3897
Att./Completions	498/280	595/333
Completion Pct.	56.2	56.0
Had Intercepted	18	22
PUNTS/AVERAGE	91/44.0	73/42.4
NET PUNTING AVG.	37.3	35.6
PENALTIES/YARDS	99/745	110/818
FUMBLES/BALL LOST	25/13	23/15
TOUCHDOWNS	29	32
Rushing	13	12
Passing	13	16
Returns	0	3
Defensive	3	1
SAFETIES	4	2
TOTAL POINTS	280	314

By Quarters	1	2	3	4	OT	Tot
SEA	72	64	45	99	0	280
OPP	65	104	66	76	3	314

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Kasay	0	0	0	0	29/29	23/28	0	98
C. Warren	7	7	0	0	0	0	0	42
Martin	5	0	5	0	0	0	0	30
Williams	4	3	1	0	0	0	0	24
SEA	29	13	13	3	29/29	23/28	4	280
OPP	32	12	16	4	31/32	29/39	2	314

Rushing	Att	Yds	Avg	LG	TD
C. Warren	273	1072	3.9	45t	7
Williams	82	371	4.5	38	3
Mirer	68	343	5.0	33	3
Vaughn	36	153	4.3	37	0
SEA	473	2015	4.3	45t	13
OPP	452	1660	3.7	30t	12

Receiving	No	Yds	Avg	LG	TD
Blades	80	945	11.8	41	3
Williams	58	450	7.8	25	1
Martin	57	798	14.0	53t	5
Edmunds	24	239	10.0	32	2
Green	23	178	7.7	20	1
SEA	280	2896	10.3	53t	13
OPP	333	3897	11.7	58t	16

Interceptions	No	Yds	Avg	LG	TD
E. Robinson	9	80	8.9	28	0
Hunter	4	54	13.5	34	0
Gray	3	33	11.0	16	0
SEA	22	196	8.9	34	1
OPP	18	159	8.8	40	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	90	4007	44.5	37.3	7	21	64	1
SEA	91	4007	44.0	37.3	7	21	64	1
OPP	73	3097	42.4	35.6	11	19	60	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Martin	32	15	270	8.4	33	0
SEA	33	15	280	8.5	33	0
OPP	47	21	475	10.1	74t	1

Kickoff Returns	No	FC	Yds	Avg	LG	TD
Bates	30	0	603	20.1	46	0
Vaughn	16	0	280	17.5	31	0
SEA	50	0	931	18.6	46	0
OPP	52	1	967	18.6	95t	1

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Mirer	486	274	2833	56.4	5.83	12	2.5	17	3.5	53t	47/235	67.0
SEA	498	280	2896	56.2	5.82	13	2.6	18	3.6	53t	48/242	66.8
OPP	595	333	3897	56.0	6.55	16	2.7	22	3.7	58t	38/244	69.6

Field Goals	1-19	20-29	30-39	40-49	50+
Kasay	1/1	5/5	10/11	4/6	3/5
SEA	1/1	5/5	10/11	4/6	3/5
OPP	2/2	7/7	8/10	7/13	5/7

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
E. Robinson	111	84	27	2.0	15	3	2
Wooden	106	73	33	2.5	9	3	1
Stephens	105	75	30	2.5	1	2	1
Kennedy	77	60	17	6.5	3	1	1
Blackmon	74	55	19	0.0	11	0	1

Record (Finish): 6-10 (5th, AFC West)
Head Coach: Tom Flores (8-24, .250)
Assistants: Tom Catlin (Asst. Head Coach), Larry Kennan (Off. Coord./QBs), Rusty Tillman (Def. Coord./LBs), Tommy Brasher (DL), Bob Bratkowski (WRs), Dave Brown (Def.), Arnie Matsumoto (Staff Asst.), Paul Moyer (DBs), Howard Mudd (OL), Russ Purnell (TEs/Sp. Teams), Frank Raines (Strength & Cond.), Clarence Shelmon (RBs)
Captains: FB John L. Williams (Off.), FS Eugene Robinson (Def.), FB Tracy Johnson & TE Trey Junkin (Sp. Teams)
Largent Award: S Eugene Robinson
MVP: FS Eugene Robinson
Pro Bowl: DT Cortez Kennedy (3), FS Eugene Robinson (2), RB Chris Warren (1)
National Honors: QB Rick Mirer, NFL Offensive Rookie of the Year (*NFLPA, FBD*)
All-NFL: DT Cortez Kennedy (*AP, SI*), FS Eugene Robinson (*PFWA/PFW,* Films, *USA TODAY*)

OFFENSE

Pos.		Starts
WR	Kelvin Martin	14
LT	Ray Roberts	16
LG	Darrick Brilz	16
C	Ray Donaldson	16
RG	Bill Hitchcock	14
RT	Andy Heck	16
TE	Paul Green	8
	Ferrell Edmunds	16
WR	Brian Blades	14
QB	Rick Mirer*	16
RB	Chris Warren	14
FB	John L. Williams	9

DEFENSE

LE	Jeff Bryant	15
LT	Joe Nash	16
RT	Cortez Kennedy	16
RE	Natu Tuatagaloa	15
RLB	Terry Wooden	16
MLB	Rod Stephens	13
RLB	Kevin Murphy	10
	Rufus Porter	6
LCB	Dwayne Harper	14
RCB	Patrick Hunter	15
SS	Robert Blackmon	16
FS	Eugene Robinson	16

SPECIAL TEAMS

K	John Kasay	16
P	Rick Tuten	16

* Rookie or first-year player

AFC

EASTERN

	W	L	T	Pct.	Pts.	Opp.
Buffalo	12	4	0	.750	329	242
Miami	9	7	0	.563	349	351
N.Y. Jets	8	8	0	.500	270	247
New England	5	11	0	.313	238	286
Indianapolis	4	12	0	.250	189	378

CENTRAL

	W	L	T	Pct.	Pts.	Opp.
Houston	12	4	0	.750	368	238
Pittsburgh*	9	7	0	.563	308	281
Cleveland	7	9	0	.438	304	307
Cincinnati	3	13	0	.188	187	319

WESTERN

	W	L	T	Pct.	Pts.	Opp.
Kansas City	11	5	0	.688	328	291
L.A. Raiders*	10	6	0	.625	306	326
Denver*	9	7	0	.563	373	284
San Diego	8	8	0	.500	322	290
Seattle	6	10	0	.375	280	314

* Wild Card team

NFC

EASTERN

	W	L	T	Pct.	Pts.	Opp.
Dallas	12	4	0	.750	376	229
N.Y. Giants*	11	5	0	.688	288	205
Philadelphia	8	8	0	.500	293	315
Phoenix	7	9	0	.438	326	269
Washington	4	12	0	.250	230	345

CENTRAL

	W	L	T	Pct.	Pts.	Opp.
Detroit	10	6	0	.625	298	292
Minnesota*	9	7	0	.563	277	290
Green Bay*	9	7	0	.563	340	282
Chicago	7	9	0	.438	234	230
Tampa Bay	5	11	0	.313	237	376

WESTERN

	W	L	T	Pct.	Pts.	Opp.
San Francisco	10	6	0	.625	473	295
New Orleans	8	8	0	.500	317	343
Atlanta	6	10	0	.375	316	385
L.A. Rams	5	11	0	.313	221	367

1994 REVIEW (6-10)

Date	W/L	Score	Opponents	Att
09/04	W	28-7	at Washington	52,930
09/11	W	38-9	at L.A. Raiders	47,319
09/18	L	24-10	San Diego*	65,536
09/25	W	30-13	Pittsburgh*	59,637
10/02	L	17-15	at Indianapolis	49,876
10/09	L	16-9	Denver*	63,872
10/16			BYE	
10/23	L	38-23	at Kansas City	78,847
10/30	L	35-15	at San Diego	59,001
11/06	L	20-17	Cincinnati (OT)	46,630
11/13	L	17-10	at Denver	71,290
11/20	W	22-21	Tampa Bay	37,466
11/27	W	10-9	Kansas City	54,120
12/04	L	31-19	Indianapolis	39,574
12/11	W	16-14	at Houston	31,453
12/18	L	17-16	L.A. Raiders	53,301
12/24	L	35-9	at Cleveland	54,180

* at Husky Stadium

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	285	318
Rushing	114	122
Passing	143	178
Penalty	28	18
3rd Down: Made/Att.	89/235	83/224
3rd Down Pct.	37.9	37.1
4th Down: Made/Att.	10/19	8/20
4th Down Pct.	52.6	40.0
POSSESSION AVG.	28:35	31:25
TOTAL NET YARDS	4652	5349
Avg. Per Game	290.8	334.3
Total Plays	1018	1077
Avg. Per Play	4.6	5.0
NET YARDS RUSHING	2084	1952
Avg. Per Game	130.3	122.0
Total Rushes	480	511
NET YARDS PASSING	2568	3397
Avg. Per Game	160.5	212.3
Sacked/Yards Lost	40/241	29/206
Gross Yards	2809	3603
Att./Completions	498/253	537/313
Completion Pct.	50.8	58.3
Had Intercepted	9	19
PUNTS/AVERAGE	91/42.9	78/40.9
NET PUNTING AVG.	36.7	35.5
PENALTIES/YARDS	114/898	103/773
FUMBLES/BALL LOST	31/19	21/11
TOUCHDOWNS	32	34
Rushing	16	15
Passing	13	15
Returns	1	1
Defensive	2	3
TOTAL POINTS	287	323

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Mirer	381	195	2151	51.2	5.65	11	2.9	7	1.8	51	27/145	70.2
McGwire	105	51	578	48.6	5.65	1	1.0	2	1.9	36	13/96	60.7
SEA	498	253	2809	50.8	5.64	13	2.6	9	1.8	51	40/241	69.1
OPP	537	313	3603	58.3	6.71	15	2.8	19	3.5	99t	29/206	73.2

By Quarters	1	2	3	4	OT	Tot
SEA	53	74	49	111	0	287
OPP	48	98	65	109	3	323

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Kasay	0	0	0	0	25/26	20/24	0	85
C. Warren	11	9	2	0	0	0	0	68
Blades	4	0	4	0	0	0	0	28
SEA	32	16	13	3	25/26	20/24	1	287
OPP	34	15	15	4	28/28	27/33	1	323

2-Point PATs: Tuten 1-2; Blades 1-1; McGwire 0-1; Vaughn 1-1; C. Warren 1-1
SEA 4-6. OPP 4-6

Rushing	Att	Yds	Avg	LG	TD
C. Warren	333	1545	4.6	41	9
Mirer	34	153	4.5	14	0
Strong	27	114	4.2	14t	1
SEA	480	2084	4.3	41	16
OPP	511	1952	3.8	45t	15

Receiving	No	Yds	Avg	LG	TD
Blades	81	1086	13.4	45	4
Martin	56	681	12.2	32	1
C. Warren	41	323	7.9	51	2
SEA	253	2809	11.1	51	13
OPP	313	3603	11.5	99t	15

Kickoff Returns	No	Yds	Avg	LG	TD
Bates	26	508	19.5	38	0
Vaughn	18	443	24.6	93t	1
SEA	67	1467	21.9	93t	1
OPP	61	1229	20.1	45	0

Interceptions	No	Yds	Avg	LG	TD
4 players with	3				
SEA	19	284	14.9	69t	2
OPP	9	210	23.3	73t	2

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	91	3905	42.9	36.7	7	33	64	0
SEA	91	3905	42.9	36.7	7	33	64	0
OPP	78	3188	40.9	35.5	4	25	64	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Martin	33	20	280	8.5	23	0
SEA	37	23	337	9.1	31	0
OPP	43	21	426	9.9	78t	1

Field Goals	1-19	20-29	30-39	40-49	50+
Kasay	1/1	1/1	11/11	6/9	1/2
SEA	1/1	1/1	11/11	6/9	1/2
OPP	0/0	9/9	13/16	5/8	0/0

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Stephens	128	95	33	2.5	0	3	2
Wooden	127	94	33	1.5	7	1	1
E. Robinson	80	65	15	1.0	8	0	1
Porter	75	61	14	1.5	6	0	0

Record (Finish): 6-10 (5th, AFC West)
Head Coach: Tom Flores (14-34, .292)
Assistants: Larry Kennan (Off. Coord./QBs), Rusty Tillman (Def. Coord./LBs), Tommy Brasher (DL), Bob Bratkowski (WRs), Dave Brown (Def.), Tom Catlin (Quality Control), Arnie Matsumoto (Staff Asst.), Paul Moyer (DBs), Howard Mudd (OL), Russ Purnell (TEs/Sp. Teams), Frank Raines (Strength & Cond.), Clarence Shelmon (RBs)
Captains: C Ray Donaldson (Off.), FS Eugene Robinson (Def.), FB Tracy Johnson & TE Trey Junkin (Sp. Teams)
Largent Award: WR Brian Blades
MVP: RB Chris Warren
Pro Bowl: DT Cortez Kennedy (4), P Rick Tuten (1), RB Chris Warren (2)
All-NFL: DT Cortez Kennedy (*AP, SI, CPFN*), P Rick Tuten (*SI*)

OFFENSE

Pos.		Starts
WR	Kelvin Martin	15
LT	Ray Roberts	14
LG	Jeff Blackshear	16
C	Ray Donaldson	16
RG	Kevin Mawae*	11
RT	Howard Ballard	16
TE	Paul Green	11
	Ferrell Edmunds	7
WR	Brian Blades	16
QB	Rick Mirer	13
	Dan McGwire	3
RB	Chris Warren	15
FB	Tracy Johnson	10

DEFENSE

LE	Antonio Edwards	8
	Sam Adams*	6
LT	Joe Nash	15
RT	Cortez Kennedy	16
RE	Brent Williams	9
	Antonio Edwards	6
LLB	Terry Wooden	15
MLB	Rod Stephens	16
RLB	Rufus Porter	14
LCB	Carlton Gray	11
	Tony Brown	5
RCB	Patrick Hunter	5
	Terry Taylor	3
SS	Robert Blackmon	15
FS	Eugene Robinson	14

SPECIAL TEAMS

K	John Kasay	16
P	Rick Tuten	16

* Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Miami	10	6	0	.625	389	327
New England*	10	6	0	.625	351	312
Indianapolis	8	8	0	.500	307	320
Buffalo	7	9	0	.438	340	356
N.Y. Jets	6	10	0	.375	264	320

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	12	4	0	.750	316	234
Cleveland*	11	5	0	.688	340	204
Cincinnati	3	13	0	.188	276	406
Houston	2	14	0	.125	226	352

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Diego	11	5	0	.688	381	306
Kansas City*	9	7	0	.563	319	398
L.A. Raiders	9	7	0	.563	303	327
Denver	7	9	0	.438	347	396
Seattle	6	10	0	.375	287	323

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Dallas	12	4	0	.750	414	248
N.Y. Giants	9	7	0	.563	279	304
Arizona	8	8	0	.500	235	267
Philadelphia	7	9	0	.438	308	308
Washington	3	13	0	.188	320	412

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Minnesota	10	6	0	.625	356	314
Green Bay*	9	7	0	.563	382	287
Detroit*	9	7	0	.563	357	342
Chicago*	9	7	0	.563	271	307
Tampa Bay	6	10	0	.375	251	351

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Francisco	13	3	0	.813	505	296
New Orleans	7	9	0	.438	348	407
Atlanta	7	9	0	.438	317	385
L.A. Rams	4	12	0	.250	286	365

1995 REVIEW (8-8)

Date	W/L	Score	Opponents	Att
09/03	L	34-10	Kansas City	47,564
09/10	L	14-10	at San Diego	54,420
09/17	W	24-21	Cincinnati	39,492
09/24			BYE	
10/01	W	27-10	Denver	49,914
10/08	L	34-14	at Oakland	50,213
10/15	L	27-21	at Buffalo	74,362
10/22	L	35-25	San Diego	45,821
10/29	L	20-14	at Arizona (OT)	39,600
11/05	W	30-28	N.Y. Giants	42,100
11/12	W	47-30	at Jacksonville	71,290
11/19	W	27-20	at Washington	51,298
11/26	L	16-10	N.Y. Jets	41,160
12/03	W	26-14	Philadelphia	39,893
12/10	W	31-27	at Denver	71,488
12/17	W	44-10	Oakland	58,428
12/24	L	26-3	at Kansas City	75,784

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	311	321
Rushing	121	116
Passing	171	181
Penalty	19	24
3rd Down: Made/Att.	82/217	81/218
3rd Down Pct.	37.8	37.2
4th Down: Made/Att.	9/13	10/18
4th Down Pct.	69.2	55.6
POSSESSION AVG.	28:30	31:30
TOTAL NET YARDS	5270	5669
Avg. Per Game	329.4	354.3
Total Plays	1033	1078
Avg. Per Play	5.1	5.3
NET YARDS RUSHING	2178	2130
Avg. Per Game	136.1	133.1
Total Rushes	477	496
NET YARDS PASSING	3092	3539
Avg. Per Game	193.3	221.2
Sacked/Yards Lost	45/267	28/167
Gross Yards	3359	3706
Att./Completions	511/273	554/310
Completion Pct.	53.4	56.0
Had Intercepted	23	16
PUNTS/AVERAGE	83/45.0	81/42.6
NET PUNTING AVG.	36.5	36.4
PENALTIES/YARDS	100/852	114/901
FUMBLES/BALL LOST	24/9	17/9
TOUCHDOWNS	42	43
Rushing	20	11
Passing	19	26
Returns	1	2
Defensive	2	4
TOTAL POINTS	363	366

By Quarters	1	2	3	4	OT	Tot
SEA	79	77	88	119	0	363
OPP	90	128	48	94	6	366

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Peterson	0	0	0	0	40/40	23/28	0	109
Warren	16	15	1	0	0	0	0	96
Galloway	9	1	7	1	0	0	0	54
SEA	42	20	19	3	40/40	23/28	1	363
OPP	43	11	26	6	36/37	24/35	0	366

2-Point PATs: Mirer 0-1, Warren 0-1
SEA 0-2. OPP 0-5.

Rushing	Att	Yds	Avg	LG	TD
Warren	310	1346	4.3	52	15
Broussard	46	222	4.8	21t	1
L. Smith	36	215	6.0	68	0
SEA	477	2178	4.6	86t	20
OPP	496	2130	4.3	46	11

Receiving	No	Yds	Avg	LG	TD
Blades	77	1001	13.0	49	4
Galloway	67	1039	15.5	59t	7
Warren	35	247	7.1	20t	1
Crumpler	23	254	11.0	24	1
SEA	273	3359	12.3	59t	19
OPP	310	3706	12.0	88t	26

Interceptions	No	Yds	Avg	LG	TD
Blackmon	5	46	9.2	21	0
Gray	4	45	11.3	26	0
SEA	16	127	7.9	32	0
OPP	24	384	16.0	72t	2

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	83	3735	45.0	36.5	8	21	73	0
SEA	83	3735	45.0	36.5	8	21	73	0
OPP	81	3449	42.6	36.4	6	24	62	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Galloway	36	12	360	10.0	89t	1
SEA	40	13	384	9.6	89t	1
OPP	48	7	549	11.4	44	0

Kickoff Returns	No	Yds	Avg	LG	TD
Broussard	43	1064	24.7	70	0
SEA	72	1620	22.5	70	0
OPP	70	1669	23.8	99t	2

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Mirer	391	209	2564	53.5	6.56	13	3.3	20	5.1	59t	42/255	63.7
Friesz	120	64	795	53.3	6.63	6	5.0	3	2.5	43t	3/12	80.4
SEA	511	273	3359	53.4	6.57	19	3.7	23	4.5	59t	45/267	67.6
OPP	554	310	3706	56.0	6.69	26	4.7	16	2.9	88t	28/167	80.2

Field Goals	1-19	20-29	30-39	40-49	50+
Peterson	1/1	5/5	9/10	8/10	0/2
SEA	1/1	5/5	9/10	8/10	0/2
OPP	1/1	10/13	5/7	7/9	1/5

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Wooden	135	114	21	0.0	8	1	0
E. Robinson	105	79	26	0.0	4	0	1
Moss	88	65	23	2.0	5	1	2
C. Harris	85	77	8	0.0	12	1	1
Gray	73	68	5	0.0	19	0	0

Record (Finish): 8-8, (3rd, AFC West)
Head Coach: Dennis Erickson (8-8, .500)
Assistants: Gregg Smith (Asst. Head Coach/TEs), Bob Bratkowski (Off. Coord./WRs), Greg McMackin (Def. Coord.), Dave Arnold (Sp. Teams), Tommy Brasher (DL), Dave Brown (Def.), Tom Catlin (Quality Control), Ned James (Off. Asst.), Dana LeDuc (Strength & Cond.), Arnie Matsumoto (Def. Asst.), Howard Mudd (OL), Rich Olson (QBs), Mike Murphy (LBs), Willy Robinson (DBs), Clarence Shelmon (RBs)
Captains: QB Rick Mirer (Off.), S Eugene Robinson (Def.), TE Trey Junkin (Sp. Teams)
Largent Award: LB Terry Wooden
MVP: RB Chris Warren
Pro Bowl: DT Cortez Kennedy (5), RB Chris Warren (3)
National Honors: WR Steve Largent inducted into Pro Football Hall of Fame

OFFENSE

Pos.		Starts
WR	Joey Galloway*	16
LT	James Atkins	16
LG	Matt Joyce*	13
C	Jim Sweeney	16
RG	Kevin Mawae	16
RT	Howard Ballard	16
TE	Christian Fauria*	9
	Carlester Crumpler	7
WR	Brian Blades	16
QB	Rick Mirer	13
	John Friesz	3
RB	Chris Warren	16
FB	Steve Smith	7
	Tracy Johnson	4

DEFENSE

Pos.		Starts
LE	Michael Sinclair	15
LT	Joe Nash	11
	Sam Adams	5
RT	Cortez Kennedy	16
RE	Brent Williams	9
	Antonio Edwards	7
SLB	Terry Wooden	16
MLB	Dean Wells	10
WLB	Winston Moss	16
LCB	Carlton Gray	16
RCB	Corey Harris	16
SS	Robert Blackmon	13
FS	Eugene Robinson	16

SPECIAL TEAMS

K	Todd Peterson	16
P	Rick Tuten	16

* Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Buffalo	10	6	0	.625	350	335
Indianapolis*	9	7	0	.563	331	316
Miami*	9	7	0	.563	398	332
New England	6	10	0	.375	294	377
N.Y. Jets	3	13	0	.188	233	384

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	11	5	0	.688	407	327
Cincinnati	7	9	0	.438	349	374
Houston	7	9	0	.438	348	324
Cleveland	5	11	0	.313	289	356
Jacksonville	4	12	0	.250	275	404

WESTERN	W	L	T	Pct.	Pts.	Opp.
Kansas City	13	3	0	.813	358	241
San Diego*	9	7	0	.563	321	323
Seattle	8	8	0	.500	363	366
Denver	8	8	0	.500	388	345
Oakland	8	8	0	.500	348	332

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Dallas	12	4	0	.750	435	291
Philadelphia*	10	6	0	.625	318	338
Washington	6	10	0	.375	326	359
N.Y. Giants	5	11	0	.313	290	340
Arizona	4	12	0	.250	275	422

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Green Bay	11	5	0	.688	401	314
Detroit*	10	6	0	.625	436	336
Chicago	9	7	0	.563	392	360
Tampa Bay	7	9	0	.438	238	335

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Francisco	11	5	0	.688	457	258
Atlanta*	9	7	0	.563	362	349
St. Louis	7	9	0	.438	309	418
Carolina	7	9	0	.438	289	325
New Orleans	7	9	0	.438	319	348

1996 REVIEW (7-9)

Date	W/L	Score	Opponents	Att
09/01	L	29-7	at San Diego	58,780
09/08	L	30-20	Denver	43,671
09/15	L	35-17	Kansas City	39,790
09/22	W	17-13	at Tampa Bay	30,212
09/29	L	31-10	Green Bay	59,973
10/06	W	22-15	at Miami	59,539
10/13			BYE	
10/17	L	34-16	at Kansas City	76,057
10/27	W	32-13	San Diego	38,143
11/03	W	23-16	Houston	36,320
11/10	W	42-23	Minnesota	50,794
11/17	L	17-16	at Detroit	51,194
11/24	L	27-21	Oakland	47,506
12/01	L	34-7	at Denver	74,982
12/08	W	26-18	Buffalo	41,373
12/15	L	20-13	at Jacksonville	66,134
12/22	W	28-21	at Oakland	33,455

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	268	325
Rushing	94	114
Passing	147	181
Penalty	27	30
3rd Down: Made/Att.	64/212	80/211
3rd Down Pct.	30.2	37.9
4th Down: Made/Att.	7/17	7/15
4th Down Pct.	41.2	46.7
POSSESSION AVG.	28:01	31:59
TOTAL NET YARDS	5024	5437
Avg. Per Game	314.0	339.8
Total Plays	974	1066
Avg. Per Play	5.2	5.1
NET YARDS RUSHING	1997	2098
Avg. Per Game	124.8	131.1
Total Rushes	442	506
NET YARDS PASSING	3027	3339
Avg. Per Game	189.2	208.7
Sacked/Yards Lost	38/189	48/285
Gross Yards	3216	3624
Att./Completions	494/261	512/303
Completion Pct.	52.8	59.2
Had Intercepted	17	14
PUNTS/AVG.	86/43.6	76/42.3
Net Punting Avg.	34.5	34.0
PENALTIES/YARDS	112/879	98/804
FUMBLES/ LOST	24/12	37/18
TOUCHDOWNS	33	40
Rushing	16	15
Passing	14	25
Defense	1	0
Returns	2	0
TOTAL POINTS	317	376

By Quarters	1	2	3	4	OT	Tot
SEA	53	117	57	90	--	317
OPP	85	111	64	116	--	376

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Peterson	0	0	0	0	27/27	28/34	0	111
Smith	8	8	0	0	0	0	0	54
Galloway	8	0	7	1	0	0	0	48
Warren	5	5	0	0	0	0	0	32
SEA	33	16	14	3	27/27	28/34	0	317
OPP	40	15	25	0	35/35	31/34	1	376

2-Point PATs: Smith 3-3, Warren 1-3
SEA 4-6. OPP 3-5.

Rushing	Att	Yds	Avg	LG	TD
Warren	203	855	4.2	51	5
Smith	153	680	4.4	29	8
Mirer	33	191	5.8	33	2
SEA	442	1997	4.5	51	16
OPP	506	2098	4.1	40	15

Receiving	No	Yds	Avg	LG	TD
Galloway	57	987	17.3	65t	7
Blades	43	556	12.9	80t	2
Warren	40	273	6.8	33	0
Crumpler	26	258	9.9	26	0
Proehl	23	309	13.4	56	2
SEA	261	3216	12.3	80t	14
OPP	303	3624	12.0	65t	25

Punt Returns	No	FC	Yds	Avg	LG	TD
Galloway	15	5	158	10.5	88t	1
R. Harris	19	10	194	10.2	35	0
SEA	34	15	352	10.4	88t	1
OPP	52	17	640	12.3	50	0

Interceptions	No	Yds	Avg	LG	TD
D. Williams	5	148	29.6	79t	1
2 players with	3				
SEA	14	256	18.3	79t	1
OPP	17	305	17.9	63	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	85	3746	44.1	34.5	7	21	66	1
SEA	86	3746	43.6	34.5	7	21	66	1
OPP	76	3214	42.3	34.0	14	23	57	0

Kickoff Returns	No	Yds	Avg	LG	TD
Broussard	43	979	22.8	86	0
SEA	71	1542	21.7	86	0
OPP	72	1642	22.8	60	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Friesz	211	120	1629	56.9	7.72	8	3.8	4	1.9	80t	12/77	86.4
Mirer	265	136	1546	51.3	5.83	5	1.9	12	4.5	60	22/84	56.6
SEA	494	261	3216	52.8	6.51	14	2.8	17	3.4	80t	38/189	68.3
OPP	512	303	3624	59.2	7.08	25	4.9	14	2.7	65t	48/285	85.8

Field Goals	1-19	20-29	30-39	40-49	50+
Peterson	0/0	11/13	7/7	8/11	2/3
SEA	0/0	11/13	7/7	8/11	2/3
OPP	3/3	9/9	8/11	9/9	2/2

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Wells	107	82	25	1.0	4	0	2
Moss	106	77	29	1.0	4	0	0
Blackmon	102	80	22	1.0	7	3	0
D. Williams	80	67	13	0.0	11	0	1
McCrary	76	57	19	13.5	3	1	1

Record (finish): 7-9 (T4th, AFC West)
Head Coach: Dennis Erickson (15-17, .469)
Assistants: Gregg Smith (Asst. Head Coach/TEs), Bob Bratkowski (Off. Coord./WRs), Greg McMackin (Def. Coord.), Dave Arnold (Sp. Teams), Tommy Brasher (DL), Dave Brown (Def. Coach), Keith Gilbertson (Def. Asst.), Ned James (Off. Asst.), Dana LeDuc (Strength & Cond.), Howard Mudd (OL), Rich Olson (QBs), Mike Murphy (LBs), Willy Robinson (DBs), Clarence Shelmon (RBs)
Captains: QB Rick Mirer & RB Chris Warren (Off.), LB Winston Moss & LB Terry Wooden (Def.), P Rick Tuten (Sp. Teams)
Largent Award: DT Cortez Kennedy
MVP: DT Cortez Kennedy
Pro Bowl: DT Cortez Kennedy (6), DE Michael Sinclair (1)

OFFENSE

Pos.		Starts
WR	Joey Galloway	16
LT	James Atkins	16
LG	Pete Kendall*	11
C	Kevin Mawae	16
RG	Derrick Graham	16
RT	Howard Ballard	16
TE	Carlester Crumpler	7
	Christian Fauria	9
WR	Brian Blades	9
	Ricky Proehl	7
QB	Rick Mirer	9
	John Friesz	6
	Stan Gelbaugh	1
RB	Chris Warren	14
FB	Mack Strong	8

DEFENSE

LE	Michael Sinclair	16
LT	Sam Adams	16
RT	Cortez Kennedy	16
RE	Michael McCrary	13
SLB	Terry Wooden	9
	Michael Barber	7
MLB	Dean Wells	15
WLB	Winston Moss	16
LCB	Carlton Gray	16
RCB	Corey Harris	16
SS	Robert Blackmon	16
FS	Darryl Williams	16

SPECIAL TEAMS

K	Todd Peterson	16
P	Rick Tuten	16

* Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
New England	11	5	0	.688	418	313
Buffalo*	10	6	0	.625	319	266
Indianapolis*	9	7	0	.563	317	334
Miami	8	8	0	.500	339	325
N.Y. Jets	1	15	0	.063	279	454

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	10	6	0	.625	344	257
Jacksonville*	9	7	0	.563	325	335
Cincinnati	8	8	0	.500	372	369
Houston	8	8	0	.500	345	319
Baltimore	4	12	0	.250	371	441

WESTERN	W	L	T	Pct.	Pts.	Opp.
Denver	13	3	0	.813	391	275
Kansas City	9	7	0	.563	297	300
San Diego	8	8	0	.500	310	376
Oakland	7	9	0	.438	340	293
Seattle	7	9	0	.438	317	376

*Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Dallas	10	6	0	.625	286	250
Philadelphia*	10	6	0	.625	363	341
Washington	9	7	0	.563	364	312
Arizona	7	9	0	.438	300	397
N.Y. Giants	6	10	0	.375	242	297

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Green Bay	13	3	0	.813	456	210
Minnesota*	9	7	0	.563	298	315
Chicago	7	9	0	.438	283	305
Tampa Bay	6	10	0	.375	221	293
Detroit	5	11	0	.313	302	368

WESTERN	W	L	T	Pct.	Pts.	Opp.
Carolina	12	4	0	.750	367	218
San Francisco*	12	4	0	.750	398	257
St. Louis	6	10	0	.375	303	409
Atlanta	3	13	0	.188	209	461
New Orleans	3	13	0	.188	229	339

1997 REVIEW (8-8)

Date	W/L	Score	Opponents	Att
08/31	L	41-3	N.Y. Jets	53,893
09/07	L	35-14	Denver	55,859
09/14	W	31-3	at Indianapolis	49,194
09/21	W	26-22	San Diego	51,110
09/28	L	20-17	at Kansas City (OT)	77,877
10/05	W	16-13	Tennessee	49,897
10/12			BYE	
10/19	W	17-9	at St. Louis	64,819
10/26	W	45-34	Oakland	66,264
11/02	L	30-27	at Denver	74,212
11/09	W	37-31	at San Diego	64,616
11/16	L	20-17	at New Orleans (OT)	50,493
11/23	L	19-14	Kansas City	66,264
11/30	L	24-17	Atlanta	52,584
12/07	L	31-24	at Baltimore	54,395
12/14	W	22-21	at Oakland	40,124
12/21	W	38-9	San Francisco	66,253

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	331	286
Rushing	98	96
Passing	207	166
Penalty	26	24
3rd Down: Made/Att.	91/224	66/198
3rd Down Pct.	40.6	33.3
4th Down: Made/Att.	8/16	8/16
4th Down Pct.	50.0	50.0
POSSESSION AVG.	30:47	29:13
TOTAL NET YARDS	5759	4849
Avg. Per Game	359.9	303.1
Total Plays	1049	959
Avg. Per Play	5.5	5.1
NET YARDS RUSHING	1800	1731
Avg. Per Game	112.5	108.2
Total Rushes	404	455
NET YARDS PASSING	3959	3118
Avg. Per Game	247.4	194.9
Sacked/Yards Lost	36/228	42/238
Gross Yards	4187	3356
Att./Completions	609/359	462/276
Completion Pct.	58.9	59.7
Had Intercepted	21	13
PUNTS/AVERAGE	78/40.3	74/42.0
Net Punting Avg.	32.3	36.8
PENALTIES/YARDS	109/911	100/820
FUMBLES/LOST	26/11	33/16
TOUCHDOWNS	43	38
Rushing	13	10
Passing	26	19
Defensive	4	4
Returns	0	5
FIELD GOALS	22/28	31/34
TOTAL POINTS	365	362

By Quarters	1	2	3	4	OT	Tot
SEA	44	126	92	103	0	365
OPP	101	111	93	51	6	362

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Peterson	0	0	0	0	37/37	22/28	0	103
Galloway	12	0	12	0	0	0	0	72
Broussard	6	5	1	0	0	0	0	36
McKnight	6	0	6	0	0	0	0	36
Warren	4	4	0	0	0	0	0	24
SEA	43	13	26	4	37/37	22/28	1	365
OPP	38	10	19	9	35/35	31/34	1	358

2-Point PATs: Smith 1-1, Kitna 0-1, Moon 0-3, Tuten 0-1. SEA 1-6. OPP 2-3.

Rushing	Att	Yds	Avg	LG	TD
Warren	200	847	4.2	36t	4
Broussard	70	418	6.0	77t	5
Smith	91	392	4.3	35	2
SEA	404	1800	4.5	77t	13
OPP	455	1731	3.8	55t	10

Receiving	No	Yds	Avg	LG	TD
Galloway	72	1049	14.6	53t	12
Pritchard	64	843	13.2	61	2
Warren	45	257	5.7	20	0
McKnight	34	637	18.7	60t	6
Crumpler	31	361	11.6	30	1
Br. Blades	30	319	10.6	27	2
Broussard	24	143	6.0	20t	1
Smith	23	183	8.0	22	0
SEA	359	4187	11.7	61	26
OPP	276	3356	12.2	92	19

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	48	2007	41.8	36.4	5	15	65	0
SEA	78	3144	40.3	32.3	8	24	65	2
OPP	74	3111	42.0	36.8	7	21	66	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Harris	21	12	144	6.9	19	0
Davis	16	6	104	6.5	28	0
SEA	37	18	248	6.7	28	0
OPP	38	14	463	12.2	89t	2

Interceptions	No	Yds	Avg	LG	TD
D. Williams	8	172	21.5	44t	1
Be. Blades	2	11	5.5	11	0
SEA	13	196	15.1	44t	1
OPP	21	372	17.7	75t	4

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Moon	528	313	3678	59.3	6.97	25	4.7	16	3.0	60t	30/192	83.7
SEA	609	359	4187	58.9	6.88	26	4.3	21	3.4	61	36/228	79.7
OPP	462	276	3356	59.7	7.26	19	4.1	13	2.8	92	42/238	84.1

Kickoff Returns	No	Yds	Avg	LG	TD
Broussard	50	1076	21.5	43	0
SEA	76	1550	20.4	43	0
OPP	77	1779	23.1	93t	1

Field Goals	1-19	20-29	30-39	40-49	50+
Peterson	0/0	9/9	7/10	5/7	1/2
SEA	0/0	9/9	7/10	5/7	1/2
OPP	2/2	12/13	5/5	8/10	4/4

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
C. Brown	104	75	29	6.5	3	1	4
D. Williams	93	68	25	0.0	13	1	1
Wells	92	74	18	1.0	2	1	1
Be. Blades	70	58	12	1.0	2	0	0

Record (finish): 8-8 (3rd, AFC West)
Head Coach: Dennis Erickson (23-25, .479)
Assistants: Gregg Smith (Asst. Head Coach/OL), Bob Bratkowski (Off. Coord./WRs), Greg McMackin (Def. Coord.), Dave Arnold (Sp. Teams), Tommy Brasher (DL), Dave Brown (Def. Coach), Keith Gilbertson (TEs), Ned James (Off. Asst.), Darren Krein (Asst. Str. & Cond.), Dana LeDuc (Strength & Cond.), Howard Mudd (OL), Rich Olson (QBs), Mike Murphy (LBs), Willy Robinson (DBs), Clarence Shelmon (RBs), Jim Zorn (Off. Asst.)
Captains: QB John Friesz (Off.), LB Winston Moss (Def.), S Jay Bellamy (Sp. Teams)
Largent Award: LB Winston Moss
MVP: FS Darryl Williams
Pro Bowl: DE Michael Sinclair (2), FS Darryl Williams (1)

OFFENSE

Pos.		Starts
WR	Joey Galloway	15
LT	Walter Jones*	12
LG	Pete Kendall	16
C	Kevin Mawae	16
RG	Derrick Graham	9
RT	Howard Ballard	10
R/LT	Grant Williams	8
TE	Carlester Crumpler	12
WR	Mike Pritchard	15
QB	Warren Moon	14
	John Friesz	1
	Jon Kitna*	1
RB	Chris Warren	13
FB	Mack Strong	9

DEFENSE

LE	Michael Sinclair	16
LT	Sam Adams	15
RT	Dan Saleaumua	9
	Cortez Kennedy	8
RE	Phillip Daniels	11
LLB	Winston Moss	14
MLB	Dean Wells	16
RLB	Chad Brown	15
LCB	Shawn Springs*	10
RCB	Willie Williams	16
SS	Bennie Blades	9
	Jay Bellamy	7
FS	Darryl Williams	16

SPECIAL TEAMS

K	Todd Peterson	16
P	Rick Tuten	10
	Rohn Stark	4

* Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
New England	10	6	0	.625	369	289
Miami*	9	7	0	.563	339	327
N.Y. Jets	9	7	0	.563	348	287
Buffalo	6	10	0	.375	255	367
Indianapolis	3	13	0	.188	313	401

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	11	5	0	.688	372	307
Jacksonville*	11	5	0	.688	394	318
Tennessee	8	8	0	.500	333	310
Cincinnati	7	9	0	.438	355	405
Baltimore	6	9	1	.406	326	345

WESTERN	W	L	T	Pct.	Pts.	Opp.
Kansas City	13	3	0	.813	375	232
Denver*	12	4	0	.750	472	287
Seattle	8	8	0	.500	365	362
Oakland	4	12	0	.250	324	419
San Diego	4	12	0	.250	266	425

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
N.Y. Giants	10	5	1	.656	307	265
Washington	8	7	1	.531	327	289
Philadelphia	6	9	1	.406	317	372
Dallas	6	10	0	.375	304	314
Arizona	4	12	0	.250	283	379

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Green Bay	13	3	0	.813	422	282
Tampa Bay*	10	6	0	.625	299	263
Detroit*	9	7	0	.563	379	306
Minnesota*	9	7	0	.563	354	359
Chicago	4	12	0	.250	263	421

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Francisco	13	3	0	.813	375	265
Carolina	7	9	0	.438	265	314
Atlanta	7	9	0	.438	320	361
New Orleans	6	10	0	.375	237	327
St. Louis	5	11	0	.313	299	359

1998 REVIEW (8-8)

Date	W/L	Score	Opponents	Att
09/06	W	38-0	at Philadelphia	66,418
09/13	W	33-14	Arizona	57,678
09/20	W	24-14	Washington	63,336
09/27	L	13-10	at Pittsburgh	58,413
10/04	L	17-6	at Kansas City	66,418
10/11	L	21-16	Denver	66,258
10/18			BYE	
10/25	W	27-20	at San Diego	58,512
11/01	L	31-18	Oakland	66,246
11/08	W	24-12	Kansas City	66,251
11/15	L	20-17	at Oakland	51,527
11/22	L	30-22	at Dallas	64,142
11/29	W	20-18	Tennessee	59,048
12/06	L	32-31	at N.Y. Jets	72,200
12/13	W	38-17	San Diego	62,690
12/20	W	27-23	Indianapolis	58,703
12/27	L	28-21	at Denver	74,057

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	267	337
Rushing	92	111
Passing	144	197
Penalty	31	29
3rd Down: Made/Att.	54/195	92/236
3rd Down Pct.	27.7	39.0
4th Down: Made/Att.	6/17	8/20
4th Down Pct.	35.3	40.0
POSSESSION AVG.	27:05	32:55
TOTAL NET YARDS	4626	5689
Avg. Per Game	289.1	355.6
Total Plays	940	1137
Avg. Per Play	4.9	5.0
NET YARDS RUSHING	1626	1999
Avg. Per Game	101.6	124.9
Total Rushes	426	487
NET YARDS PASSING	3000	3690
Avg. Per Game	187.5	230.6
Sacked/Yards Lost	34/219	53/282
Gross Yards	3219	3972
Att./Completions	480/273	597/343
Completion Pct.	56.9	57.5
Had Intercepted	18	24
PUNTS/AVERAGE	81/44.1	78/43.6
Net Punting Avg.	36.5	36.0
PENALTIES/YARDS	117/914	130/1157
FUMBLES/LOST	30/16	34/18
TOUCHDOWNS	45	35
Rushing	11	13
Passing	21	18
Defensive	10	3
Returns	3	1
FIELD GOALS	19/24	23/30
TOTAL POINTS	372	310

By Quarters	1	2	3	4	OT	Tot
SEA	107	91	75	99	0	372
Opp	71	73	61	105	0	310

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Peterson	0	0	0	0	41/41	19/24	0	98
Galloway	12	0	10	2		0	0	72
Watters	9	9	0	0		0	0	56
Pritchard	3	0	3	0		0	0	20
Springs	3	0	0	3		0	0	18
SEA	45	11	21	13	41/41	19/24	0	372
OPP	35	13	18	4	31/31	23/30	0	310

2-Point PATs: SEA 2-4. OPP 0-4.

Rushing	Att	Yds	Avg	LG	TD
Watters	319	1239	3.9	39t	9
A. Green	35	209	6.0	64	1
Kitna	20	67	3.4	21	1
SEA	426	1626	3.8	64	11
OPP	487	1999	4.1	70	13

Receiving	No	Yds	Avg	LG	TD
Galloway	65	1047	16.1	81t	10
Pritchard	58	742	12.8	50t	3
Watters	52	373	7.2	24	0
Fauria	37	377	10.2	25	2
McKnight	21	346	16.5	59t	2
Blades	15	184	12.3	47	0
SEA	273	3219	11.8	81t	21
OPP	343	3972	11.6	80t	18

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Feagles	81	3570	44.1	36.5	12	27	59	0
SEA	81	3570	44.1	36.5	12	27	50	0
OPP	78	3397	43.6	36.0	8	23	61	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Galloway	25	5	251	10.0	74t	2
Joseph	15	5	182	12.1	66	0
SEA	41	10	428	10.4	74t	2
OPP	33	15	371	11.2	63t	1

Interceptions	No	Yds	Avg	LG	TD
Springs	7	142	20.3	56t	2
D. Smith	3	56	18.7	26t	2
D. Williams	3	41	13.7	28	0
Bellamy	3	40	13.3	24	0
W. Williams	2	36	18.0	28t	1
SEA	24	455	19.0	56t	8
OPP	18	220	12.2	74t	2

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Moon	258	145	1632	56.2	6.33	11	4.3	8	3.1	45	22/140	76.6
Kitna	172	98	1177	57.0	6.84	7	4.1	8	4.7	70t	11/72	72.3
Friesz	49	29	409	59.2	8.35	2	4.1	2	4.1	81t	1/7	82.8
SEA	480	273	3219	56.9	6.71	21	4.4	18	3.8	81t	34/219	76.4
OPP	597	343	3972	57.5	6.65	18	3.0	24	4.0	80t	53/282	71.0

Kickoff Returns	No	Yds	Avg	LG	TD
Broussard	29	781	26.9	90t	1
A. Green	27	620	23.0	57	0
SEA	64	1510	23.6	90t	1
OPP	68	1311	19.3	35	0

Field Goals	1-19	20-29	30-39	40-49	50+
Peterson	0/0	7/7	4/5	5/5	3/7
SEA	0/0	7/7	4/5	5/5	3/7
OPP	0/0	10/10	6/7	6/11	1/2

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
C. Brown	150	119	31	7.5	8	1	1
Bellamy	98	81	17	1.0	10	2	2
D. Williams	97	71	26	0.0	11	3	3
Springs	85	61	14	0.0	23	1	1
D. Smith	80	59	21	5.0	5	2	2

Record (finish): 8-8 (3rd, AFC West)

Head Coach: Dennis Erickson (31-33, .484)

Assistants: Pete Rodriguez (Asst. Head Coach/Special Teams), Bob Bratkowski (Off. Coord.), Greg McMackin (Def. Coord.), Tommy Brasher (DL), Dave Brown (Def. Coach), Keith Gilbertson (TEs), Milt Jackson (WRs), Jim Johnson (LBs), Darren Krein (Asst. Strength & Cond.), Tim Lappano (RBs), Dana LeDuc (Strength & Cond.), Bill Meyers (Asst. Off. Line), Rich Olson (QBs), Willy Robinson (DBs), Gregg Smith (Off. Line), Eric Yarber (Off. Quality Control)

Captains: QB Warren Moon, C Kevin Glover, DE Michael Sinclair, S Darryl Williams, ST Jay Bellamy

Largent Award: DE Michael Sinclair

MVP: LB Chad Brown

Pro Bowl: LB Chad Brown (2), DE Michael Sinclair (3), CB Shawn Springs (1), DT Cortez Kennedy (7)

OFFENSE

Pos.		Starts
WR	Joey Galloway	16
LT	Walter Jones	16
LG	Pete Kendall	16
C	Kevin Glover	8
	Chris Gray	8
RG	Brian Habib	16
RT	Howard Ballard	16
TE	Christian Fauria	15
WR	Mike Pritchard	16
	Brian Blades	6
QB	Warren Moon	10
	Jon Kitna	5
	John Friesz	1
RB	Ricky Watters	16
FB	Mack Strong	6

DEFENSE

LE	Michael Sinclair	16
LT	Sam Adams	11
RT	Cortez Kennedy	15
RE	Phillip Daniels	15
OLB	Chad Brown	16
MLB	Dean Wells	7
	DeShone Myles*	7
OLB	Darrin Smith	10
	Anthony Simmons*	4
LCB	Shawn Springs	16
RCB	Willie Williams	14
SS	Jay Bellamy	16
FS	Darryl Williams	16

SPECIAL TEAMS

K	Todd Peterson	16
P	Jeff Feagles	16

* Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
N.Y. Jets	12	4	0	.750	416	266
Miami*	10	6	0	.625	321	265
Buffalo*	10	6	0	.625	400	333
New England*	9	7	0	.563	337	329
Indianapolis	3	13	0	.188	310	444

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Jacksonville	11	5	0	.688	392	338
Tennessee	8	8	0	.500	330	320
Pittsburgh	7	9	0	.438	263	303
Baltimore	6	10	0	.375	269	335
Cincinnati	3	13	0	.188	268	452

WESTERN	W	L	T	Pct.	Pts.	Opp.
Denver	14	2	0	.875	501	309
Oakland	8	8	0	.500	325	378
Seattle	8	8	0	.500	372	310
Kansas City	7	9	0	.438	327	363
San Diego	5	11	0	.313	241	342

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Dallas	10	6	0	.625	381	275
Arizona*	9	7	0	.563	325	378
N.Y. Giants	8	8	0	.500	287	309
Washington	6	10	0	.375	319	421
Philadelphia	3	13	0	.188	161	344

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Minnesota	15	1	0	.938	556	296
Green Bay*	11	5	0	.688	408	319
Tampa Bay	8	8	0	.500	314	295
Detroit	5	11	0	.313	306	378
Chicago	4	12	0	.250	276	368

WESTERN	W	L	T	Pct.	Pts.	Opp.
Atlanta	14	2	0	.875	442	289
San Francisco*	12	4	0	.750	479	328
New Orleans	6	10	0	.375	305	359
Carolina	4	12	0	.250	336	413
St. Louis	4	12	0	.250	285	378

1999 REVIEW (9-7; 0-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/12	L	28-20	Detroit	66,238
09/19	W	14-13	at Chicago	66,944
09/26	W	29-10	at Pittsburgh	57,881
10/03	W	22-21	Oakland	66,400
10/10			BYE	
10/17	L	13-10	at San Diego	59,432
10/24	W	26-16	Buffalo	66,301
11/01	W	27-7	at Green Bay	59,869
11/07	W	37-20	Cincinnati	66,303
11/14	W	20-17	Denver	66,314
11/21	W	31-19	at Kansas City	78,714
11/28	L	16-3	Tampa Bay	66,314
12/05	L	30-21	at Oakland	44,716
12/12	L	19-16	San Diego	66,318
12/19	L	36-30	at Denver (OT)	65,987
12/26	W	23-14	Kansas City	66,332
01/02	L	19-9	at New York Jets	78,154

POSTSEASON

01/09	L	20-17	Miami	66,170
			(AFC Wild Card Game)	

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	276	313
Rushing	65	107
Passing	179	183
Penalty	32	23
3rd Down: Made/Att.	68/210	89/239
3rd Down Pct.	32.4	37.2
4th Down: Made/Att.	2/8	8/18
4th Down Pct.	25.0	44.4
POSSESSION AVG.	27:48	32:12
TOTAL NET YARDS	4805	5426
Avg. Per Game	300.3	339.1
Total Plays	971	1104
Avg. Per Play	4.9	4.9
NET YARDS RUSHING	1408	1934
Avg. Per Game	88.0	120.9
Total Rushes	408	484
NET YARDS PASSING	3397	3492
Avg. Per Game	212.3	218.3
Sacked/Yards Lost	38/232	38/252
Gross Yards	3629	3744
Att./Completions	525/288	582/320
Completion Pct.	54.9	55.0
Had Intercepted	16	30
PUNTS/AVERAGE	84/40.8	81/42.0
Net Punting Avg.	35.2	34.3
PENALTIES/YARDS	98/883	128/985
FUMBLES/LOST	31/17	17/6
TOUCHDOWNS	34	30
Rushing	5	9
Passing	25	19
Defensive	3	1
Returns	1	1
FIELD GOALS	34/40	30/38
TOTAL POINTS	338	298

By Quarters	1	2	3	4	OT	Tot
SEA	86	104	70	78	0	338
OPP	53	109	59	71	6	298

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Peterson	0	0	0	0	32/32	34/40	0	134
Mayes	10	0	10	0	0	0	0	60
Watters	7	5	2	0	0	0	0	42
Dawkins	7	0	7	0	0	0	0	42
Pritchard	2	0	2	0	0	0	0	12
SEA	34	5	25	4	32/32	34/40	0	338
OPP	30	9	19	2	26/27	30/38	1	298

2-Point PATs: SEA 0-2. OPP 0-2.

Rushing	Att	Yds	Avg	LG	TD
Watters	325	1210	3.7	45	5
Green	26	120	4.6	21	0
Kitna	35	56	1.6	10	0
R. Brown	14	38	2.7	0	0
SEA	408	1408	3.5	45	5
OPP	484	1934	4.0	71	9

Receiving	No	Yds	Avg	LG	TD
Mayes	65	829	13.4	54t	10
Dawkins	58	992	17.1	45t	7
Watters	40	387	9.7	25	2
Fauria	35	376	10.7	25	0
R. Brown	34	228	6.7	26	1
Pritchard	26	375	14.4	51	2
Galloway	22	335	15.2	48	1
Mili	5	28	5.6	8	1
Bownes	4	68	17.0	49t	1
SEA	288	3629	12.6	51	25
OPP	320	3744	11.7	76t	19

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Feagles	84	3425	40.8	35.2	5	34	59	0
SEA	84	3425	40.8	35.2	5	34	59	0
OPP	81	3398	42.0	34.3	10	23	68	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Rogers	22	18	318	14.5	94t	1
SEA	30	24	419	14.0	94t	1
OPP	36	18	370	10.3	81t	1

Interceptions	No	Yds	Avg	LG	TD
Springs	5	77	15.4	42	0
W. Williams	5	43	8.6	40t	1
D. Williams	4	41	10.3	21	0
Bellamy	4	4	1.0	7	0
Joseph	3	82	27.3	40	0
Hanks	2	30	15.0	23t	1
SEA	30	336	11.2	42	2
OPP	16	210	13.1	43	0

Kickoff Returns	No	Yds	Avg	LG	TD
Green	36	818	22.7	54	0
Rogers	18	465	25.8	49	0
SEA	68	1547	22.8	61	0
OPP	81	1500	18.5	39	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Kitna	495	270	3346	54.5	6.76	23	4.6	16	3.2	51	32/198	77.7
Foley	30	18	283	60.0	9.43	2	6.7	0	0.0	49t	6/34	113.6
SEA	525	288	3629	54.9	6.91	25	4.8	16	3.0	51	38/232	79.8
OPP	582	320	3744	55.0	6.43	19	3.3	30	5.2	76t	38/252	64.1

Field Goals	1-19	20-29	30-39	40-49	50+
Peterson	1/1	10/10	8/11	14/16	1/2
SEA	1/1	10/10	8/11	14/16	1/2
OPP	1/1	9/9	8/8	9/12	3/8

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
C. Brown	117	87	30	5.5	6	2	1
Bellamy	96	85	11	0.0	8	0	0
D. Smith	90	65	25	1.0	3	0	0
Simmons	90	55	35	0.0	2	0	0
D. Williams	78	63	15	0.0	11	0	1
Springs	74	64	10	0.0	15	0	1
Kennedy	73	61	12	6.5	15	0	1
W. Williams	72	66	6	0.0	16	0	0
Daniels	45	38	7	9.0	2	1	0

Record (finish): 9-7 (1st, AFC West)
Head Coach: Mike Holmgren (9-7, .563)
Assistants: Mike Sherman (Offensive Coordinator/Tight Ends), Larry Brooks (Defensive Line), Jerry Colquitt (Off. Quality Control), Nolan Cromwell (Wide Receivers), Ken Flajole (Defensive Backs), Kent Johnston (Strength & Cond.), Jim Lind (Linebackers), Clayton Lopez (Def. Quality Control), Tom Lovat (Asst. Head Coach/Offensive Line), Stump Mitchell (Running Backs), Dick Roach (Def. Assistant), Pete Rodriguez (Special Teams), Mike Sheppard (Quarterbacks), Rod Springer (Asst. Strength & Cond.), Bob Zeman (Def. Assistant)
Captains: Game-to-Game
Largent Award: LB Chad Brown
MVP: LB Chad Brown
Pro Bowl: LB Chad Brown (3), T Walter Jones (1), DT Cortez Kennedy (8)

OFFENSE

Pos.		Starts
WR	Sean Dawkins	13
LT	Walter Jones	16
LG	Pete Kendall	16
C	Kevin Glover	6
	Chris Gray	10
RG	Brian Habib	16
RT	Grant Williams	15
TE	Christian Fauria	15
WR	Derrick Mayes	15
QB	Jon Kitna	15
RB	Ricky Watters	16
FB	Reggie Brown	8

DEFENSE

LE	Michael Sinclair	15
LT	Sam Adams	13
RT	Cortez Kennedy	16
RE	Phillip Daniels	16
OLB	Chad Brown	15
MLB	Anthony Simmons	16
OLB	Darrin Smith	14
LCB	Shawn Springs	16
RCB	Willie Williams	14
SS	Darryl Williams	12
FS	Jay Bellamy	16

SPECIAL TEAMS

K	Todd Peterson	16
P	Jeff Feagles	16

* Rookie or first-year player

AFC

EASTERN
	W	L	T	Pct.	Pts.	Opp.
Indianapolis	13	3	0	.813	423	333
Buffalo*	11	5	0	.688	320	229
Miami*	9	7	0	.563	326	336
N.Y. Jets	8	8	0	.500	308	309
New England	8	8	0	.500	299	284

CENTRAL
	W	L	T	Pct.	Pts.	Opp.
Jacksonville	14	2	0	.875	396	217
Tennessee*	13	3	0	.813	392	324
Baltimore	8	8	0	.500	324	277
Pittsburgh	6	10	0	.375	317	320
Cincinnati	4	12	0	.250	283	460
Cleveland	2	14	0	.125	217	437

WESTERN
	W	L	T	Pct.	Pts.	Opp.
Seattle	9	7	0	.563	338	298
Kansas City	9	7	0	.563	390	322
San Diego	8	8	0	.500	269	316
Oakland	8	8	0	.500	390	329
Denver	6	10	0	.375	314	318

* Wild Card team

NFC

EASTERN
	W	L	T	Pct.	Pts.	Opp.
Washington	10	6	0	.625	443	377
Dallas*	8	8	0	.500	352	276
N.Y. Giants	7	9	0	.438	299	358
Arizona	6	10	0	.375	245	382
Philadelphia	5	11	0	.313	272	357

CENTRAL
	W	L	T	Pct.	Pts.	Opp.
Tampa Bay	11	5	0	.688	270	235
Minnesota*	10	6	0	.625	399	335
Detroit*	8	8	0	.500	322	323
Green Bay	8	8	0	.500	357	341
Chicago	6	10	0	.375	272	341

WESTERN
	W	L	T	Pct.	Pts.	Opp.
St. Louis	13	3	0	.813	526	242
Carolina	8	8	0	.500	421	381
Atlanta	5	11	0	.313	285	380
San Francisco	4	12	0	.250	295	453
New Orleans	3	13	0	.188	260	434

2000 REVIEW (6-10)

Date	W/L	Score	Opponents	Att
09/03	L	23-0	at Miami	72,949
09/10	L	37-34	St. Louis	64,869
09/17	W	20-10	New Orleans	59,513
09/24	W	20-12	at San Diego	47,233
10/02	L	24-17	at Kansas City	82,893
10/08	L	26-3	at Carolina	72,192
10/15	L	37-24	Indianapolis	63,593
10/22	L	31-3	at Oakland	57,490
10/29	L	24-19	Kansas City	62,141
11/05	W	17-15	San Diego	59,884
11/12	W	28-21	at Jacksonville	68,063
11/19			BYE	
11/26	L	38-31	Denver	68,661
12/03	W	30-10	at Atlanta	44,680
12/10	L	31-24	at Denver	75,218
12/16	W	27-24	Oakland	68,681
12/23	L	42-23	Buffalo	61,025

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	281	331
Rushing	98	126
Passing	168	185
Penalty	15	20
3rd Down: Made/Att.	83/205	89/201
3rd Down Pct.	40.5	44.3
4th Down: Made/Att.	7/14	1/7
4th Down Pct.	50.0	14.3
POSSESSION AVG.	27:31	32:29
TOTAL NET YARDS	4680	6391
Avg. Per Game	292.5	399.4
Total Plays	956	1019
Avg. Per Play	4.9	6.3
NET YARDS RUSHING	1720	2454
Avg. Per Game	107.5	153.4
Total Rushes	403	503
NET YARDS PASSING	2960	3937
Avg. Per Game	185.0	246.1
Sacked/Yards Lost	46/238	27/152
Gross Yards	3198	4089
Att./Completions	507/308	489/309
Completion Pct.	60.7	63.2
Had Intercepted	21	17
PUNTS/AVERAGE	75/39.5	62/41.5
Net Punting Avg.	36.9	33.3
PENALTIES/YARDS	89/728	96/694
FUMBLES/LOST	35/17	28/12
TOUCHDOWNS	37	46
Rushing	10	20
Passing	21	23
Defensive	5	3
Returns	1	0
FIELD GOALS	21/26	28/33
TOTAL POINTS	320	405

By Quarters	1	2	3	4	OT	Tot
SEA	70	100	59	91	0	320
OPP	96	140	71	98	0	405

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Lindell	0	0	0	0	25/25	15/17	0	70
Watters	9	7	2	0	0	0	0	54
Jackson	6	0	6	0	0	0	0	36
Dawkins	5	0	5	0	0	0	0	30
Heppner,TM	0	0	0	0	8/8	6/9	0	26
SEA	37	10	21	6	33/33	21/26	1	320
OPP	46	20	23	3	45/45	28/33	0	405

2-Point PATs: SEA 0-4. OPP 0-1.

Rushing	Att	Yds	Avg	LG	TD
Watters	278	1242	4.5	55	7
Alexander	64	313	4.9	50	2
Kitna	48	127	2.6	13	1
Huard	5	29	5.8	10	0
SEA	403	1720	4.3	55	10
OPP	503	2454	4.9	80t	20

Receiving	No	Yds	Avg	LG	TD
Dawkins	63	731	11.6	40	5
Watters	63	613	9.7	59	2
Jackson	53	713	13.5	71	6
Mayes	29	264	9.1	40	1
Mili	28	288	10.3	34	3
Fauria	28	237	8.5	16	2
Strong	23	141	6.1	24	1
J. Williams	8	99	12.4	18	0
Bailey	6	62	10.3	22	1
Alexander	5	41	8.2	18	0
SEA	308	3198	10.4	71	21
OPP	309	4089	13.2	73	23

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Feagles	74	2960	40.0	36.9	2	24	57	1
SEA	75	2960	39.5	36.9	2	24	57	1
OPP	62	2571	41.5	33.3	6	21	69	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Rogers	26	12	363	14.0	43	0
SEA	30	14	384	12.8	43	0
OPP	32	18	151	4.7	22	0

Interceptions	No	Yds	Avg	LG	TD
Bellamy	4	132	33.0	84t	1
W. Williams	4	74	18.5	69t	1
Simmons	2	15	7.5	8	0
Springs	2	8	4.0	8	0
Koonce	1	27	27.0	27t	1
SEA	17	300	17.6	84t	3
OPP	21	191	9.1	79t	2

Kickoff Returns	No	Yds	Avg	LG	TD
Rogers	66	1629	24.7	81t	1
SEA	80	1932	24.2	81t	1
OPP	64	1236	19.3	39	0

Field Goals	1-19	20-29	30-39	40-49	50+
Lindell	0/0	4/5	1/1	7/8	3/3
Heppner, TM	1/1	2/2	1/3	2/2	0/1
SEA	1/1	6/7	2/4	9/10	3/4
OPP	1/1	11/12	7/9	9/9	0/2

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Kitna	418	259	2658	62.0	6.36	18	4.3	19	4.5	71	33/168	75.6
Huard	87	49	540	56.3	6.21	3	3.4	2	2.3	45	13/72	76.8
SEA	507	308	3198	60.7	6.31	21	4.1	21	4.1	71	46/238	75.5
OPP	489	309	4089	63.2	8.36	23	4.7	17	3.5	73	27/152	90.8

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Simmons	147	119	28	4.0	2	2	0
Koonce	97	73	24	1.5	5	0	1
C. Brown	94	71	23	6.0	3	2	3
Bellamy	87	69	18	2.0	8	2	0
Springs	85	72	13	0.0	14	1	0
W. Williams	60	51	9	1.0	11	1	1
Joseph	58	45	13	0.0	4	0	0
Kennedy	50	32	18	1.0	9	0	0
King	48	42	6	6.0	3	0	0

Record (finish): 6-10 (4th, AFC West)
Head Coach: Mike Holmgren (15-17, .469)
Assistants: Gil Haskell (Off. Coord.), Steve Sidwell (Def. Coord.), Larry Brooks (DL), Jerry Colquitt (Off. Quality Control), Nolan Cromwell (WRs), Ken Flajole (LBs), Johnny Holland (Asst. Special Teams/Stength & Cond.), Kent Johnston (Strength & Cond.), Jim Lind (TEs), Clayton Lopez (Def. Quality Control), Tom Lovat (Asst. Head Coach/OL), Stump Mitchell (RBs), Dick Roach (DBs), Pete Rodriguez (Special Teams), Mike Sheppard (QBs), Rod Springer (Asst. Strength & Cond.)
Captains: Game-to-Game
Largent Award: RB Ricky Watters
Pro Bowl: None

OFFENSE

Pos.		Starts
WR	Sean Dawkins	16
LT	Walter Jones	16
LG	Pete Kendall	16
C	Chris Gray	16
RG	Floyd Wedderburn	16
RT	Chris McIntosh	10
TE	Christian Fauria	10
WR	Darrell Jackson*	10
	Derrick Mayes	8
QB	Jon Kitna	12
	Brock Huard	4
RB	Ricky Watters	16
FB	Mack Strong	12

DEFENSE

LE	Michael Sinclair	16
LT	Riddick Parker	16
RT	Cortez Kennedy	16
RE	Lamar King	16
OLB	Chad Brown	16
MLB	George Koonce	16
OLB	Anthony Simmons	16
LCB	Shawn Springs	16
RCB	Willie Williams	15
SS	Kerry Joseph	10
	Reggie Tongue	6
FS	Jay Bellamy	16

SPECIAL TEAMS

K	Rian Lindell*	12
P	Jeff Feagles	16

* Rookie or first-year player

AFC

EASTERN

EASTERN	W	L	T	Pct.	Pts.	Opp.
Miami	11	5	0	.688	323	226
Indianapolis*	10	6	0	.625	429	326
N.Y. Jets	9	7	0	.563	321	321
Buffalo	8	8	0	.500	315	350
New England	5	11	0	.313	276	338

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Tennessee	13	3	0	.812	346	191
Baltimore*	12	4	0	.750	333	165
Pittsburgh	9	7	0	.563	321	255
Jacksonville	7	9	0	.438	367	327
Cincinnati	4	12	0	.250	185	359
Cleveland	3	13	0	.188	161	419

WESTERN	W	L	T	Pct.	Pts.	Opp.
Oakland	12	4	0	.750	479	299
Denver*	11	5	0	.688	485	369
Kansas City	7	9	0	.438	355	354
Seattle	6	10	0	.375	320	405
San Diego	1	15	0	.062	269	440

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
N.Y. Giants	12	4	0	.750	328	246
Philadelphia*	11	5	0	.688	351	245
Washington	8	8	0	.500	281	269
Dallas	5	11	0	.313	294	361
Arizona	3	13	0	.188	210	443

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Minnesota	11	5	0	.688	397	371
Tampa Bay*	10	6	0	.625	388	269
Green Bay	9	7	0	.562	353	323
Detroit	9	7	0	.562	307	307
Chicago	5	11	0	.313	216	355

WESTERN	W	L	T	Pct.	Pts.	Opp.
New Orleans	10	6	0	.625	354	305
St. Louis*	10	6	0	.625	540	471
Carolina	7	9	0	.438	310	310
San Francisco	6	10	0	.375	388	422
Atlanta	4	12	0	.250	252	413

2001 REVIEW (9-7)

Date	W/L	Score	Opponents	Att
09/09	W	9-6	at Cleveland	72,318
09/23	L	27-3	Philadelphia	62,826
09/30	L	38-14	at Oakland	54,629
10/07	W	24-15	Jacksonville	54,524
10/14	W	34-21	Denver	61,837
10/21			BYE	
10/28	L	24-20	Miami	59,108
11/04	L	27-14	at Washington	82,352
11/11	W	34-27	Oakland	67,231
11/18	W	23-20	at Buffalo	60,836
11/25	L	19-7	at Kansas City	77,357
12/02	W	13-10	San Diego (OT)	55,466
12/09	L	20-7	at Denver	74,524
12/16	W	29-3	Dallas	63,366
12/23	L	27-24	at N.Y. Giants	78,119
12/30	W	25-22	at San Diego	51,412
01/06	W	21-18	Kansas City	58,460

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	274	300
Rushing	107	91
Passing	141	186
Penalty	26	23
3rd Down: Made/Att.	77/213	92/223
3rd Down Pct.	36.2	41.3
4th Down: Made/Att.	8/17	6/11
4th Down Pct.	47.1	54.5
POSSESSION AVG.	29:51	30:09
TOTAL NET YARDS	4772	5206
Avg. Per Game	298.3	325.4
Total Plays	980	1028
Avg. Per Play	4.9	5.1
NET YARDS RUSHING	1936	1721
Avg. Per Game	121.0	107.6
Total Rushes	469	427
NET YARDS PASSING	2836	3485
Avg. Per Game	177.3	217.8
Sacked/Yards Lost	49/328	38/248
Gross Yards	3164	3733
Att./Completions	462/258	563/339
Completion Pct.	55.8	60.2
Had Intercepted	12	14
PUNTS/AVERAGE	86/43.4	76/42.3
Net Punting Avg.	36.4	36.1
PENALTIES/YARDS	66/579	101/805
FUMBLES/LOST	24/9	28/13
TOUCHDOWNS	34	34
Rushing	15	9
Passing	15	20
Defensive	4	3
Returns	0	2
FIELD GOALS	20/32	29/36
TOTAL POINTS	301	324

By Quarters	1	2	3	4	OT	Tot
SEA	64	107	75	52	3	301
OPP	53	123	74	74	0	324

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Alexander	16	14	2	0	0	0	0	96
Lindell	0	0	0	0	33/33	20/32	0	93
Jackson	8	0	8	0	0	0	0	48
Mili	2	0	2	0	0	0	0	12
8 w/ one	8	1	3	4	0	0	0	48
SEA	34	15	15	4	33/33	20/32	1	301
OPP	34	9	20	5	31/31	29/36	0	324

2-Point PATs: Fauria 1-1. SEA 1-1. OPP 1-3.

Rushing	Att	Yds	Avg	LG	TD
Alexander	309	1318	4.3	88t	14
Watters	72	318	4.4	40	1
Hasselbeck	40	141	3.5	17	0
Strong	17	55	3.2	12	0
Graham	12	43	3.6	19	0
SEA	469	1936	4.1	88t	15
OPP	427	1721	4.0	57	9

Receiving	No	Yds	Avg	LG	TD
Jackson	70	1081	15.4	64	8
Alexander	44	343	7.8	28t	2
Robinson	39	536	13.7	42	1
Engram	29	400	13.8	31	0
Fauria	21	188	9.0	30	1
Strong	17	141	8.3	35	0
J. Williams	12	212	17.7	49	1
SEA	258	3164	12.3	64	15
OPP	339	3733	11.0	65	20

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Feagles	85	3730	43.9	36.4	7	26	68	1
SEA	86	3730	43.4	36.4	7	26	68	1
OPP	76	3212	42.3	36.1	6	25	64	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Rogers	25	10	244	9.8	34	0
SEA	33	14	352	10.7	34	0
OPP	43	11	462	10.7	86t	1

Interceptions	No	Yds	Avg	LG	TD
W. Williams	4	24	6.0	24	0
Tongue	3	67	22.3	55t	1
Charlton	2	43	21.5	38t	1
Robertson	2	30	15.0	25	0
Kacyvenski	1	22	22.0	22	0
Lucas	1	0	0.0	0	0
Springs	1	0	0.0	0	0
SEA	14	186	13.3	55t	2
OPP	12	36	3.0	10	0

Kickoff Returns	No	Yds	Avg	LG	TD
Rogers	50	1120	22.4	64	0
SEA	72	1496	20.8	64	0
OPP	64	1273	19.9	90t	1

Field Goals	1-19	20-29	30-39	40-49	50+
Lindell	0/0	7/8	4/5	6/14	3/5
SEA	0/0	7/8	4/5	6/14	3/5
OPP	0/0	12/12	7/8	9/12	1/4

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	321	176	2023	54.8	6.30	7	2.2	8	2.5	64	38/251	70.9
Dilfer	122	73	1014	59.8	8.31	7	5.7	4	3.3	54	10/72	92.0
Huard	17	9	127	52.9	7.47	1	5.9	0	0.0	44	1/5	96.9
Feagles	2	0	0	0.0	0.00	0	0.0	0	0.0	0	0/0	39.6
SEA	462	258	3164	55.8	6.85	15	3.2	12	2.6	64	49/328	77.2
OPP	563	339	3733	60.2	6.63	20	3.6	14	2.5	65	38/248	81.4

DEFENSIVE STATISTICS

Player	T	S	A	Sac	Int	PD	FF	FR
Simmons	123	103	20	2.0	0	7	1	0
C. Brown	106	80	26	8.5	0	7	2	1
Kirkland	101	80	21	1.0	0	4	1	0
Tongue	72	53	19	1.0	3	7	1	1
W. Williams	68	57	11	0.0	4	16	1	1
Robertson	63	48	15	0.0	2	3	0	0
Eaton	55	42	13	1.0	0	2	1	0

Record (finish): 9-7 (2nd, AFC West)
Head Coach: Mike Holmgren (24-24, .500)
Assistants: Gil Haskell (Off. Coord.), Steve Sidwell (Def. Coord.), Larry Brooks (DL), Jerry Colquitt (Off. Quality Control), Nolan Cromwell (WRs), Ken Flajole (LBs), Johnny Holland (Asst. Special Teams/Stength & Cond.), Kent Johnston (Strength & Cond.), Jim Lind (TEs), Clayton Lopez (Def. Quality Control/DBs), Tom Lovat (Asst. Head Coach/OL), Mark Michaels (Asst. Special Teams), Stump Mitchell (RBs), Pete Rodriguez (Special Teams), Rod Springer (Asst. Strength & Cond.), Jim Zorn (QBs)
Captains: LB Chad Brown, QB Matt Hasselbeck, LB Levon Kirkland, FS Marcus Robertson, C Robbie Tobeck, RB Ricky Watters
Largent Award: FB Mack Strong
Pro Bowl: T Walter Jones (2), DT John Randle

OFFENSE

Pos.		Starts
WR	Koren Robinson*	13
LT	Walter Jones	16
LG	Steve Hutchinson	16
C	Robbie Tobeck	16
RG	Chris Gray	16
RT	Todd Weiner	13
TE	Christian Fauria	11
	Itula Mili	5
WR	Darrell Jackson	16
	Bobby Engram	4
QB	Matt Hasselbeck	12
	Trent Dilfer	4
RB	Shaun Alexander	12
	Ricky Watters	4
FB	Mack Strong	13

DEFENSE

LE	Michael Sinclair	16
LT	Chad Eaton	16
RT	John Randle	14
RE	Lamar King	8
	John Hilliard	8
OLB	Chad Brown	16
MLB	Levon Kirkland	16
OLB	Anthony Simmons	16
LCB	Ken Lucas	8
	Shawn Springs	7
RCB	Willie Williams	14
SS	Reggie Tongue	16
FS	Marcus Robertson	12

SPECIAL TEAMS

K	Rian Lindell	16
P	Jeff Feagles	16

* Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
New England	11	5	0	.688	371	272
Miami*	11	5	0	.688	344	290
N.Y. Jets*	10	6	0	.625	308	295
Indianapolis	6	10	0	.375	413	486
Buffalo	3	13	0	.188	265	420

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	13	3	0	.812	352	212
Baltimore*	10	6	0	.600	303	265
Cleveland	7	9	0	.438	285	319
Tennessee	7	9	0	.438	336	388
Cincinnati	6	10	0	.375	294	286
Jacksonville	6	10	0	.375	226	309

WESTERN	W	L	T	Pct.	Pts.	Opp.
Oakland	10	6	0	.625	399	327
Seattle	9	7	0	.562	301	324
Denver	8	8	0	.500	340	339
Kansas City	6	10	0	.375	320	344
San Diego	5	11	0	.313	332	321

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Philadelphia	11	5	0	.688	343	208
Washington	8	8	0	.500	256	303
Arizona	7	9	0	.438	294	321
N.Y. Giants	7	9	0	.438	295	343
Dallas	5	11	0	.313	246	338

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Chicago	13	3	0	.812	338	203
Green Bay*	12	4	0	.750	390	266
Tampa Bay*	9	7	0	.563	324	280
Minnesota	5	11	0	.313	290	390
Detroit	2	14	0	.125	270	424

WESTERN	W	L	T	Pct.	Pts.	Opp.
St. Louis	14	2	0	.875	503	273
San Francisco*	12	4	0	.750	409	282
New Orleans	7	9	0	.438	333	409
Atlanta	7	9	0	.438	291	377
Carolina	1	15	0	.062	253	410

2002 REVIEW (7-9)

Date	W/L	Score	Opponents	Att
09/08	L	31-17	at Oakland	53,260
09/15	L	24-13	Arizona	63,104
09/22	L	9-6	at N.Y. Giants	78,551
09/29	W	48-23	Minnesota	65,212
10/6			BYE	
10/14	L	28-21	San Francisco	66,420
10/20	L	37-20	at St. Louis	65,931
10/27	W	17-14	at Dallas	63,854
11/03	L	14-3	Washington	64,325
11/10	W	27-6	at Arizona	29,252
11/17	L	31-9	Denver	65,495
11/24	W	39-32	Kansas City	56,250
12/01	L	31-24	at San Francisco	67,594
12/08	L	27-20	Philadelphia	59,862
12/15	W	30-24	at Atlanta (OT)	69,551
12/22	W	30-10	St. Louis	63,953
12/29	W	31-28	at San Diego (OT)	52,159

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	347	356
Rushing	104	140
Passing	208	191
Penalty	35	25
3rd Down: Made/Att.	93/216	100/215
3rd Down Pct.	43.1	46.5
4th Down: Made/Att.	6/21	6/13
4th Down Pct.	28.6	46.2
POSSESSION AVG.	28:55	31:05
TOTAL NET YARDS	5818	5852
Avg. Per Game	363.6	365.8
Total Plays	1050	1083
Avg. Per Play	5.5	5.4
NET YARDS RUSHING	1740	2441
Avg. Per Game	108.8	152.6
Total Rushes	430	500
NET YARDS PASSING	4078	3411
Avg. Per Game	254.9	213.2
Sacked/Yards Lost	33/179	28/185
Gross Yards	4257	3596
Att./Completions	587/361	555/321
Completion Pct.	61.5	57.8
Had Intercepted	16	19
PUNTS/AVERAGE	61/41.7	65/39.0
Net Punting Avg.	37.0	33.0
PENALTIES/YARDS	100/792	99/816
FUMBLES/LOST	23/12	22/11
TOUCHDOWNS	41	43
Rushing	17	18
Passing	19	21
Defensive	3	1
Returns	2	3
FIELD GOALS	23/29	22/26
TOTAL POINTS	355	369

By Quarters	1	2	3	4	OT	Tot
SEA	67	123	58	98	9	355
OPP	75	99	82	113	0	369

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Alexander	18	16	2	0	0	0	0	108
Lindell	0	0	0	0	38/38	23/29	0	107
Robinson	5	0	5	0	0	0	0	30
Jackson	4	0	4	0	0	0	0	24
Stevens	3	0	3	0	0	0	0	18
SEA	41	17	19	5	38/38	23/29	0	355
OPP	43	18	21	4	39/39	22/26	0	369

2-Point PATs: SEA 1-2. OPP 3-4.

Rushing	Att	Yds	Avg	LG	TD
Alexander	295	1175	4.0	58t	16
Hasselbeck	40	202	5.1	21	1
Morris	32	153	4.8	24	0
Strong	23	94	4.1	9	0
Evans	17	53	3.1	8	0
Robinson	8	56	7.0	20	0
SEA	430	1740	4.0	58t	17
OPP	500	2441	4.9	58t	18

Receiving	No	Yds	Avg	LG	TD
Robinson	78	1240	15.9	83	5
Jackson	62	877	14.1	48	4
Alexander	59	460	7.8	80t	2
Engram	50	619	12.4	38	0
Mili	43	508	11.8	49	2
Stevens	26	252	9.7	29	3
Strong	22	120	5.5	12	2
SEA	361	4257	11.8	83	19
OPP	321	3596	11.2	64t	21

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Feagles	61	2542	41.7	37.0	4	22	58	0
SEA	61	2542	41.7	37.0	4	22	58	0
OPP	65	2538	39.0	33.0	7	20	59	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Engram	21	23	224	10.7	61t	1
SEA	25	23	256	10.2	61t	1
OPP	17	19	202	11.9	89t	1

Interceptions	No	Yds	Avg	LG	TD
Tongue	5	118	23.6	46t	1
Lucas	3	67	22.3	40	0
Springs	3	0	0.0	0	0
Simmons	2	19	9.5	15	0
6 players with	1				
SEA	19	245	12.9	46t	1
OPP	16	119	7.4	22t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Morris	34	821	24.1	97t	1
J. Williams	21	354	16.9	46	0
SEA	74	1533	20.7	97t	1
OPP	73	1591	21.8	95t	2

Field Goals	1-19	20-29	30-39	40-49	50+
Lindell	1/1	9/9	8/10	4/5	1/4
SEA	1/1	9/9	8/10	4/5	1/4
OPP	0/0	9/9	6/8	7/9	0/0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	419	267	3075	63.7	7.34	15	3.6	10	2.4	49	26/143	87.8
Dilfer	168	94	1182	56.0	7.04	4	2.4	6	3.6	83	7/36	71.1
SEA	587	361	4257	61.5	7.25	19	3.2	16	2.7	83	33/179	83.0
OPP	555	321	3596	57.8	6.48	21	3.8	19	3.4	64t	28/185	75.6

DEFENSIVE STATISTICS

Player	T	S	A	Sac	Int	PD	FF	FR
Tongue	93	68	25	0	5	10	0	1
Robertson	89	67	22	0	0	4	0	2
Lucas	82	71	11	0	3	12	1	0
Bell	74	63	11	1.0	0	5	2	2
Eaton	73	48	25	1.0	0	3	0	2
Kacyvenski	71	51	20	0	1	1	0	0
Springs	59	54	5	0	3	11	0	1

Record (finish): 7-9 (3rd, NFC West)
Head Coach: Mike Holmgren (31-33, .484)
Assistants: Gil Haskell (Off. Coord.), Steve Sidwell (Def. Coord.), Larry Brooks (DL), Jerry Colquitt (Off. Quality Control), Nolan Cromwell (WRs), Ken Flajole (LBs), Johnny Holland (LBs), Kent Johnston (Strength & Cond.), Bill Laveroni (Asst. OL), Jim Lind (TEs), Clayton Lopez (Def. Quality Control/DBs), Tom Lovat (Asst. Head Coach/OL), Mark Michaels (Asst. Special Teams), Stump Mitchell (RBs), Pete Rodriguez (Special Teams), Rod Springer (Asst. Strength & Cond.), Jim Zorn (QBs)
Captains: LB Chad Brown, QB Matt Hasselbeck, LB Levon Kirkland, S Marcus Robertson, C Robbie Tobeck, RB Ricky Watters
Largent Award: FB Mack Strong
Pro Bowl: T Walter Jones (3)

OFFENSE

Pos.		Starts
WR	Koren Robinson	16
LT	Walter Jones	14
LG	Chris Gray (4 @ RG)	12
	Steve Hutchinson	4
C	Robbie Tobeck	16
RG	Floyd Wedderburn	10
RT	Floyd Womack (2 @ LT)	8
	Chris Terry	5
TE	Itula Mili	12
WR	Darrell Jackson	13
QB	Matt Hasselbeck	10
	Trent Dilfer	6
RB	Shaun Alexander	16
FB	Mack Strong	12

DEFENSE

Pos.		Starts
LE	Lamar King	12
LT	Chad Eaton	16
RT	John Randle	12
RE	Antonio Cochran	16
OLB	Chad Brown	8
	Tim Terry	8
MLB	Isaiah Kacyvenski	9
	Orlando Huff	7
OLB	Marcus Bell	9
	Anthony Simmons	7
LCB	Shawn Springs	15
RCB	Ken Lucas	16
SS	Reggie Tongue	16
FS	Marcus Robertson	15

SPECIAL TEAMS

Pos.		Starts
K	Rian Lindell	16
P	Jeff Feagles	16

AFC

EAST

	W	L	T	Pct.	Pts.	Opp.
N.Y. Jets	9	7	0	.563	359	336
New England	9	7	0	.563	381	346
Miami	9	7	0	.563	378	301
Buffalo	8	8	0	.500	379	397

NORTH

	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	10	5	1	.656	390	345
Cleveland*	9	7	0	.563	344	320
Baltimore	7	9	0	.438	316	354
Cincinnati	2	14	0	.125	279	456

SOUTH

	W	L	T	Pct.	Pts.	Opp.
Tennessee	11	5	0	.688	367	324
Indianapolis*	10	6	0	.625	349	313
Jacksonville	6	10	0	.375	328	315
Houston	4	12	0	.250	213	356

WEST

	W	L	T	Pct.	Pts.	Opp.
Oakland	11	5	0	.688	450	304
Denver	9	7	0	.563	392	344
San Diego	8	8	0	.500	333	367
Kansas City	8	8	0	.500	467	399

* Wild Card team

NFC

EAST

	W	L	T	Pct.	Pts.	Opp.
Philadelphia	12	4	0	.750	415	241
N.Y. Giants*	10	6	0	.625	320	279
Washington	7	9	0	.438	307	365
Dallas	5	11	0	.313	217	329

NORTH

	W	L	T	Pct.	Pts.	Opp.
Green Bay	12	4	0	.750	398	328
Minnesota	6	10	0	.375	390	442
Chicago	4	12	0	.250	281	379
Detroit	3	13	0	.188	306	451

SOUTH

	W	L	T	Pct.	Pts.	Opp.
Tampa Bay	12	4	0	.750	346	196
Atlanta*	9	6	1	.594	402	314
New Orleans	9	7	0	.563	432	388
Carolina	7	9	0	.438	258	302

WEST

	W	L	T	Pct.	Pts.	Opp.
San Francisco	10	6	0	.625	367	351
St. Louis	7	9	0	.438	316	369
Seattle	7	9	0	.438	355	369
Arizona	5	11	0	.313	262	417

2003 REVIEW (10-6; 0-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/07	W	27-10	New Orleans	52,250
09/14	W	38- 0	at Arizona	23,127
09/21	W	24-23	St. Louis	65,841
10/05	L	35-13	at Green Bay	70,365
10/12	W	20-19	San Francisco	66,437
10/19	W	24-17	Chicago	65,671
10/26	L	27-24	at Cincinnati	52,131
11/02	W	23-16	Pittsburgh	66,507
11/09	L	27-20	at Washington	80,728
11/16	W	35-14	Detroit	65,865
11/23	L	44-41	at Baltimore (OT)	69,477
11/30	W	34-7	Cleveland	64,680
12/07	L	34-7	at Minnesota	63,968
12/14	L	27-22	at St. Louis	66,152
12/21	W	28-10	Arizona	64,899
12/27	W	24-17	at San Francisco	67,840

POSTSEASON

01/04	L	33-27	at Green Bay (OT)	71,457
			(NFC Wild Card Game)	

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	338	304
Rushing	121	93
Passing	190	183
Penalty	27	28
3rd Down: Made/Att.	96/205	99/235
3rd Down Pct.	46.8	42.1
4th Down: Made/Att.	2/7	7/18
4th Down Pct.	28.6	38.9
POSSESSION AVG.	28:33	31:27
TOTAL NET YARDS	5627	5239
Avg. Per Game	351.7	327.4
Total Plays	1017	1069
Avg. Per Play	5.5	4.9
NET YARDS RUSHING	2009	1759
Avg. Per Game	125.6	109.9
Total Rushes	453	456
NET YARDS PASSING	3618	3480
Avg. Per Game	226.1	217.5
Sacked/Yards Lost	43/254	40/248
Gross Yards	3872	3728
Att./Completions	521/317	573/343
Completion Pct.	60.8	59.9
Had Intercepted	16	16
PUNTS/AVERAGE	69/40.0	76/39.8
NET PUNTING AVG.	37.1	34.1
PENALTIES/YARDS	91/777	105/825
FUMBLES/BALL LOST	23/13	25/12
TOUCHDOWNS	48	36
Rushing	17	9
Passing	27	24
Defensive	0	0
Returns	4	3
FIELD GOALS	22/30	25/31
TOTAL POINTS	404	327

By Quarters	1	2	3	4	OT	Tot
SEA	89	166	67	82	0	404
OPP	51	104	73	96	3	327

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
J. Brown	0	0	0	0	48/48	22/30	0	114
Alexander	16	14	2	0	0	0	0	96
Jackson	9	0	9	0	0	0	0	54
Engram	7	0	6	1	0	0	0	42
K. Robinson	5	0	4	1	0	0	0	30
Mili	4	0	4	0	0	0	0	24
SEA	48	17	27	4	48/48	22/30	1	404
OPP	36	9	24	3	34/35	25/31	0	327

2-Point PATs: SEA 0-0. OPP 1-1.

Rushing	Att	Yds	Avg	LG	TD
Alexander	326	1435	4.4	55	14
Morris	38	239	6.3	43	0
Strong	37	174	4.7	21t	1
Hasselbeck	36	125	3.5	18	2
H. Evans	7	24	3.4	8	0
K. Robinson	4	15	3.8	16	0
SEA	453	2009	4.4	55	17
OPP	456	1759	3.9	50	9

Receiving	No	Yds	Avg	LG	TD
Jackson	68	1137	16.7	80t	9
K. Robinson	65	896	13.8	38t	4
Engram	52	637	12.3	34t	6
Mili	46	492	10.7	46t	4
Alexander	42	295	7.0	22	2
Strong	29	216	7.4	32	0
Stevens	6	72	12.0	26	0
SEA	317	3872	12.2	80t	27
OPP	343	3728	10.9	72t	24

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Rouen	67	2762	41.2	37.1	3	29	61	2
SEA	69	2762	40.0	37.1	3	29	61	2
OPP	76	3028	39.8	34.1	6	19	64	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Engram	31	22	320	10.3	83t	1
SEA	34	22	320	9.4	83t	1
OPP	29	22	140	4.8	19	0

Interceptions	No	Yds	Avg	LG	TD
Tongue	4	11	2.8	10	0
Simmons	3	38	12.7	33	0
Trufant	2	21	10.5	15	0
7 players with	1				
SEA	16	157	9.8	33	0
OPP	16	164	10.3	80t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Morris	47	1007	21.4	56	0
Carter	8	185	23.1	33	0
Strong	3	60	20.0	27	0
SEA	64	1336	20.9	56	0
OPP	79	1626	20.6	52	0

Field Goals	1-19	20-29	30-39	40-49	50+
J. Brown	0/ 0	5/ 5	10/11	6/11	1/3
SEA	0/ 0	5/ 5	10/11	6/11	1/3
OPP	0/ 0	5/ 6	12/15	7/ 8	1/2

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	513	313	3841	61.0	7.49	26	5.1	15	2.9	80t	42/246	88.8
Dilfer	8	4	31	50.0	3.88	1	12.5	1	12.55	14	1/8	59.9
TEAM	521	317	3872	60.8	7.43	27	5.2	16	3.1	80t	43/254	88.2
OPP	573	343	3728	59.9	6.51	24	4.2	16	2.8	72t	40/248	81.4

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Simmons	100	80	20	3.0	3	8	1	1
Hamlin	96	76	20	0.0	1	10	2	1
Brown	86	74	12	7.0	1	3	1	2
Trufant	78	69	9	0.0	2	20	0	1
Tongue	63	50	13	2.0	4	8	2	0
Lucas	62	52	10	0.0	1	12	1	1
Godfrey	59	45	14	0.0	1	4	1	1t

Record (finish): 10-6 (2nd, NFC West)

Head Coach: Mike Holmgren (41-39, .513)

Assistants: Gil Haskell (Off. Coord.), Ray Rhodes (Def. Coord.), Teryl Austin (DBs), Dwaine Board (DL), Nolan Cromwell (WRs), Bill Gillespie (Strength & Cond. Asst.), Kent Johnston (Strength & Cond.), Darren Krein (Strength & Cond. Asst.), Bill Laveroni (Asst. OL), Jim Lind (TEs), Clayton Lopez (Def. Asst./Secondary), Tom Lovat (Asst. Head Coach/OL), John Marshall (LBs), Mark Michaels (Asst. Special Teams), Stump Mitchell (RBs), Gary Reynolds (Off. Asst./Quality Control), Pete Rodriguez (Special Teams Coord.), Zerick Rollins (DL/Quality Control), Jim Zorn (QBs)

Captains: WR Alex Bannister, QB Matt Hasselbeck, DT John Randle

Largent Award: QB Trent Dilfer

Pro Bowl: RB Shaun Alexander (1), ST Alex Bannister (1), QB Matt Hasselbeck (1), G Steve Hutchinson (1), T Walter Jones (4)

OFFENSE

Pos.		Starts
WR	Darrell Jackson	16
	Koren Robinson	15
	Bobby Engram	7
LT	Walter Jones	16
LG	Steve Hutchinson	16
C	Robbie Tobeck	16
RG	Chris Gray	16
RT	Chris Terry	10
	Floyd Womack	4
TE	Itula Mili	12
QB	Matt Hasselbeck	16
RB	Shaun Alexander	15
FB	Mack Strong	9

DEFENSE

LE	Antonio Cochran	7
	Brandon Mitchell	6
LT	Cedric Woodard	12
RT	John Randle	9
	Rashad Moore	6
RE	Chike Okeafor	16
OLB	Anthony Simmons	13
MLB	Randall Godfrey	14
OLB	Chad Brown	14
LCB	Shawn Springs	8
RCB	Marcus Trufant (5 @ LCB)	16
SS	Reggie Tongue	14
FS	Ken Hamlin	14

SPECIAL TEAMS

K	*Josh Brown	16
P	Tom Rouen	16

* Rookie or first-year player

AFC

EAST	W	L	T	Pct.	Pts.	Opp.
New England	14	2	0	.875	348	238
Miami	10	6	0	.625	311	261
Buffalo	6	10	0	.375	243	279
N.Y. Jets	6	10	0	.375	283	299
NORTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Baltimore	10	6	0	.625	391	281
Cincinnati	8	8	0	.500	346	384
Pittsburgh	6	10	0	.375	300	327
Cleveland	5	11	0	.313	254	322
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Indianapolis	12	4	0	.750	447	336
Tennessee*	12	4	0	.750	435	324
Jacksonville	5	11	0	.313	276	331
Houston	5	11	0	.313	255	380
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Kansas City	13	3	0	.812	484	332
Denver*	10	6	0	.625	381	301
Oakland	4	12	0	.250	270	379
San Diego	4	12	0	.250	313	441

* Wild Card team

NFC

EAST	W	L	T	Pct.	Pts.	Opp.
Philadelphia	12	4	0	.750	374	287
Dallas*	10	6	0	.625	289	260
Washington	5	11	0	.312	287	372
N.Y. Giants	4	12	0	.250	243	387
NORTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Green Bay	10	6	0	.625	442	307
Minnesota	9	7	0	.563	416	353
Chicago	7	9	0	.438	283	346
Detroit	5	11	0	.313	270	379
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Carolina	11	5	0	.688	325	304
New Orleans	8	8	0	.500	340	326
Tampa Bay	7	9	0	.438	301	264
Atlanta	5	11	0	.313	299	422
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
St. Louis	12	4	0	.750	447	328
Seattle*	10	6	0	.625	404	327
San Francisco	7	9	0	.438	384	337
Arizona	4	12	0	.250	225	452

2004 REVIEW (9-7; 0-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/12	W	21-7	at New Orleans	64,900
09/19	W	10-6	at Tampa Bay	65,089
09/26	W	34-0	San Francisco	66,709
10/03			BYE	
10/10	L	33-27	St. Louis (OT)	66,940
10/17	L	30-20	at New England	68,756
10/24	L	25-17	at Arizona	35,695
10/31	W	23-17	Carolina	66,214
11/07	W	42-27	at San Francisco	64,423
11/14	L	23-12	at St. Louis	66,044
11/21	W	24-17	Miami	66,644
11/28	L	38-9	Buffalo	66,271
12/06	L	43-39	Dallas	68,093
12/12	W	27-23	at Minnesota	64,110
12/19	L	37-14	at New York Jets	77,894
12/26	W	24-21	Arizona	65,825
01/02	W	28-26	Atlanta	66,740

POSTSEASON

01/08	L	27-20	St. Louis	65,397
			(NFC Wild Card Game)	

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	320	311
Rushing	110	102
Passing	189	191
Penalty	21	18
3rd Down: Made/Att.	76/210	97/229
3rd Down Pct.	36.2	42.4
4th Down: Made/Att.	6/11	6/9
4th Down Pct.	54.5	66.7
POSSESSION AVG.	29:00	31:00
TOTAL NET YARDS	5634	5620
Avg. Per Game	352.1	351.3
Total Plays	1034	1047
Avg. Per Play	5.4	5.4
NET YARDS RUSHING	2095	2031
Avg. Per Game	130.9	126.9
Total Rushes	468	452
NET YARDS PASSING	3539	3589
Avg. Per Game	221.2	224.3
Sacked/Yards Lost	34/176	36/218
Gross Yards	3715	3807
Att./Completions	532/304	559/340
Completion Pct.	57.1	60.8
Had Intercepted	18	23
PUNTS/AVERAGE	79/38.4	74/41.8
NET PUNTING AVG.	34.3	37.3
PENALTIES/YARDS	79/669	91/747
FUMBLES/BALL LOST	19/9	25/12
TOUCHDOWNS	43	42
Rushing	17	17
Passing	23	24
Defensive	3	1
Returns	0	0
FIELD GOALS	23/25	27/32
TOTAL POINTS	371	373

By Quarters	1	2	3	4	OT	Tot
SEA	86	129	70	86	0	371
OPP	89	113	52	113	6	373

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Alexander	20	16	4	0	0	0	0	120
J. Brown	0	0	0	0	40/40	23/25	0	109
Jackson	7	0	7	0	0	0	0	44
Stevens	3	0	3	0	0	0	0	20
Rice	3	0	3	0	0	0	0	18
Engram	2	0	2	0	0	0	0	12
SEA	43	17	23	3	40/40	23/25	0	371
OPP	42	17	24	1	38/39	27/32	1	373

2-Point Conversions: SEA 2-3, OPP 0-2.

Rushing	Att	Yds	Avg	LG	TD
Alexander	353	1696	4.8	44	16
Strong	36	131	3.6	11	0
Morris	30	126	4.2	12	0
Hasselbeck	27	90	3.3	19	1
SEA	468	2095	4.5	44	17
OPP	452	2031	4.5	53	17

Receiving	No	Yds	Avg	LG	TD
Jackson	87	1199	13.8	56t	7
Engram	36	499	13.9	60	2
Robinson	31	495	16.0	33	2
Stevens	31	349	11.3	32	3
Rice TM	25	362	14.5	56	3
Mili	23	240	10.4	20	1
Alexander	23	170	7.4	24	4
SEA	304	3715	12.2	60	23
OPP	340	3807	11.2	63	24

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Jones	26	988	38.0	32.2	2	6	51	1
SEA	79	3036	38.4	34.3	4	20	60	2
OPP	74	3091	41.8	37.3	5	31	60	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Morris	15	4	75	5.0	22	0
Engram	10	19	118	11.8	48	0
SEA	30	26	230	7.7	48	0
OPP	33	21	244	7.4	39	0

Interceptions	No	Yds	Avg	LG	TD
Lucas	6	46	7.7	25	1
Trufant	5	141	28.2	58	0
Boulware	5	69	13.8	63t	1
Hamlin	4	48	12.0	24	0
SEA	23	337	14.7	63t	3
OPP	18	158	8.8	48t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Morris	47	994	21.1	34	0
Carter	21	448	21.3	36	0
SEA	74	1529	20.7	36	0
OPP	77	1677	21.8	51	0

Field Goals	1-19	20-29	30-39	40-49	50+
J. Brown	1/1	7/7	8/9	6/7	1/1
SEA	1/1	7/7	8/9	6/7	1/1
OPP	0/0	6/6	12/15	6/7	3/4

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	474	279	3382	58.9	7.14	22	4.6	15	3.2	60	30/155	83.1
Dilfer	58	25	333	43.1	5.74	1	1.7	3	5.2	56	4/21	46.1
TEAM	532	304	3715	57.1	6.98	23	4.3	18	3.4	60	34/176	79.1
OPP	559	340	3807	60.8	6.81	24	4.3	23	4.1	63	36/218	78.3

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Trufant	93	83	10	1.0	5	20	0	0
Kacyvenski	81	62	19	1.0	0	0	1	0
Hamlin	79	63	16	2.0	4	9	1	1
Bierria	69	47	22	0.0	1	5	1	0
Lucas	67	60	7	0.0	6	21	0	1
Okeafor	53	41	12	8.5	0	0	5	0
Boulware	53	40	13	1.0	5	6	1	0

Record (finish): 9-7 (1st, NFC West)
Head Coach: Mike Holmgren (50-46, .521)
Assistants: Gil Haskell (Off. Coord.), Ray Rhodes (Def. Coord.), Teryl Austin (DBs), Dwaine Board (DL), Mike Clark (Strength & Cond.), Nolan Cromwell (WRs), Bill Gillespie (Strength & Cond. Asst.), Darren Krein (Strength & Cond. Asst.), Bill Laveroni (OL), Jim Lind (TEs), John Marshall (LBs), Mark Michaels (Special Teams), Stump Mitchell (RBs), Gary Reynolds (Off. Asst./Quality Control), Zerick Rollins (DL/Quality Control), Jim Zorn (QBs)
Captains: WR Alex Bannister, QB Matt Hasselbeck, LB Anthony Simmons
Largent Award: FB Mack Strong
Pro Bowl: RB Shaun Alexander (2), G Steve Hutchinson (2), T Walter Jones (5)

OFFENSE

Pos.		Starts
WR	Darrell Jackson	16
	Jerry Rice	9
	Koren Robinson	8
	Bobby Engram	7
LT	Walter Jones	16
LG	Steve Hutchinson	16
C	Robbie Tobeck	16
RG	Chris Gray	16
RT	Chris Terry	8
	Floyd Womack	8
TE	Jerramy Stevens	5
	Itula Mili	4
QB	Matt Hasselbeck	14
	Trent Dilfer	2
RB	Shaun Alexander	16
FB	Mack Strong	13
K	Josh Brown	16

DEFENSE

Pos.		Starts
LE	Chike Okeafor	16
LT	Cedric Woodard	16
RT	Rashad Moore	12
RE	Grant Wistrom	9
	Antonio Cochran	7
OLB	Isaiah Kacyvenski	7
	Anthony Simmons	7
MLB	Orlando Huff	14
OLB	Chad Brown	7
	Isaiah Kacyvenski	6
LCB	Marcus Trufant	16
RCB	Ken Lucas	16
SS	Terreal Bierria	12
	Michael Boulware	4
FS	Ken Hamlin	16

SPECIAL TEAMS

K	Josh Brown	16
P	Donnie Jones	6
	Ken Walter	6
	Tom Rouen	4

AFC

EAST	W	L	T	Pct.	Pts.	Opp.
New England	14	2	0	.875	437	260
N.Y. Jets*	10	6	0	.625	333	261
Buffalo	9	7	0	.563	395	284
Miami	4	12	0	.250	275	354
NORTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Pittsburgh	15	1	0	.938	372	251
Baltimore	9	7	0	.563	317	268
Cincinnati	8	8	0	.500	374	372
Cleveland	4	12	0	.250	276	390
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Indianapolis	12	4	0	.750	522	351
Jacksonville	9	7	0	.563	261	280
Houston	7	9	0	.438	309	339
Tennessee	5	11	0	.313	344	439
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
San Diego	12	4	0	.750	446	313
Denver*	10	6	0	.625	381	304
Kansas City	7	9	0	.438	483	435
Oakland	5	11	0	.313	320	442

* Wild Card teams

NFC

EAST	W	L	T	Pct.	Pts.	Opp.
Philadelphia	13	3	0	.812	386	260
N.Y. Giants	6	10	0	.375	303	347
Dallas	6	10	0	.375	293	405
Washington	6	10	0	.375	240	265
NORTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Green Bay	10	6	0	.625	424	380
Minnesota*	8	8	0	.500	405	395
Detroit	6	10	0	.375	296	350
Chicago	5	11	0	.313	231	331
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Atlanta	11	5	0	.688	340	337
New Orleans	8	8	0	.500	348	405
Carolina	7	9	0	.438	355	339
Tampa Bay	5	11	0	.313	301	304
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Seattle	9	7	0	.563	371	373
St. Louis*	8	8	0	.500	319	392
Arizona	6	10	0	.375	284	322
San Francisco	2	14	0	.125	259	452

2005 REVIEW (13-3; 2-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/11	L	26-14	at Jacksonville	65,204
09/18	W	21-18	Atlanta	66,030
09/25	W	37-12	Arizona	64,843
10/02	L	20-17	at Washington (OT)	90,215
10/09	W	37-31	at St. Louis	65,707
10/16	W	42-10	Houston	66,196
10/23	W	13-10	Dallas	67,046
10/30			BYE	
11/06	W	33-19	at Arizona	43,542
11/13	W	31-16	St. Louis	67,192
11/20	W	27-25	at San Francisco	63,590
11/27	W	24-21	N.Y. Giants (OT)	67,102
12/05	W	42-0	at Philadelphia	67,637
12/11	W	41-3	San Francisco	66,690
12/18	W	28-24	at Tennessee	69,149
12/24	W	28-13	Indianapolis	67,855
01/01	L	23-17	at Green Bay	69,928

POSTSEASON

Date	W/L	Score	Opponents	Att
01/14	W	20-10	Washington (NFC Divisional Playoff)	67,551
01/22	W	34-14	Carolina (NFC Championship Game)	67,837
01/22	L	21-10	Pittsburgh (Super Bowl XL)	68,206

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	361	295
Rushing	142	78
Passing	192	194
Penalty	27	23
3rd Down: Made/Att.	76/192	89/234
3rd Down Pct.	39.6	38.0
4th Down: Made/Att.	7/8	12/19
4th Down Pct.	87.5	63.2
POSSESSION AVG.	29:17	30:43
TOTAL NET YARDS	5915	5069
Avg. Per Game	369.7	316.8
Total Plays	1020	1041
Avg. Per Play	5.8	4.9
NET YARDS RUSHING	2457	1510
Avg. Per Game	153.6	94.4
Total Rushes	519	420
NET YARDS PASSING	3458	3559
Avg. Per Game	216.1	222.4
Sacked/Yards Lost	27/174	50/302
Gross Yards	3632	3861
Att./Completions	474/307	571/331
Completion Pct.	64.8	58.0
Had Intercepted	10	16
PUNTS/AVERAGE	80/41.0	77/40.1
NET PUNTING AVG.	80/34.7	77/36.0
PENALTIES/YARDS	94/846	123/909
FUMBLES/BALL LOST	18/7	25/11
TOUCHDOWNS	57	24
Rushing	29	5
Passing	25	18
Defensive	3	0
Returns	0	1
FIELD GOALS	18/25	34/42
TOTAL POINTS	452	271

By Quarters	1	2	3	4	OT	Tot
SEA	93	148	121	87	3	452
OPP	44	80	83	61	3	271

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Alexander	28	27	1	0	0	0	0	168
J. Brown	0	0	0	0	56/57	18/25	0	110
Jurevicius	10	0	10	0	0	0	0	60
Stevens	5	0	5	0	0	0	0	30
Engram	3	0	3	0	0	0	0	18
Jackson	3	0	3	0	0	0	0	18
SEA	57	29	25	3	56/57	18/25	0	452
OPP	24	5	18	1	21/21	34/42	0	271

2-Point Conversions: SEA 0-0, OPP 2-3.

Rushing	Att	Yds	Avg	LG	TD
Alexander	370	1880	5.1	88t	27
Morris	71	288	4.1	49	1
Hasselbeck	36	124	3.4	23	1
Weaver	17	80	4.7	24	0
Strong	17	78	4.6	16	0
SEA	519	2457	4.7	88t	29
OPP	420	1510	3.6	50	5

Receiving	No	Yds	Avg	LG	TD
Engram	67	778	11.6	56	3
Jurevicius	55	694	12.6	52	10
Stevens	45	554	12.3	35t	5
Jackson	38	482	12.7	48	3
Hackett	28	400	14.3	47	2
Strong	22	166	7.5	27	0
Alexander	15	78	5.2	9	1
SEA	307	3632	11.8	56	25
OPP	331	3861	11.7	63	18

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Rouen	61	2539	41.6	35.0	20	7	62	0
SEA	80	3282	41.0	34.7	25	8	62	0
OPP	77	3091	40.1	36.0	23	7	67	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Williams	24	22	139	5.8	24	0
SEA	31	23	177	5.7	24	0
OPP	41	16	343	8.4	44	0

Interceptions	No	Yds	Avg	LG	TD
Boulware	4	107	26.8	40	0
Babineaux	3	56	18.7	25	0
Tatupu	3	55	18.3	38t	1
Herndon	2	12	6.0	6	0
SEA	16	315	19.7	72t	2
OPP	10	93	9.3	33	0

Kickoff Returns	No	Yds	Avg	LG	TD
Scobey	59	1326	22.5	53	0
SEA	61	1347	22.1	53	0
OPP	82	1802	22.0	99t	1

Field Goals	1-19	20-29	30-39	40-49	50+
J. Brown	0/0	5/5	4/5	4/7	5/8
SEA	0/0	5/5	4/5	4/7	5/8
OPP	0/0	8/9	16/18	7/10	3/5

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	449	294	3459	65.5	7.70	24	5.3	9	2.0	56	24/154	98.2
Wallace	25	13	173	52.0	6.92	1	4.0	1	4.0	42	3/20	70.9
SEA	474	307	3632	64.8	7.66	25	5.3	10	2.1	56	27/174	96.8
OPP	571	331	3861	58.0	6.76	18	3.2	16	2.8	63	50/302	77.4

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Tatupu	105	86	19	4.0	3	10	0	1
Boulware	73	58	15	2.0	4	9	1	0
Manuel	67	54	13	0.0	0	2	0	1
Hill	67	48	19	7.5	0	2	2	0
Trufant	64	55	9	1.0	1	14	1	0
Lewis	64	46	18	0.0	0	1	1	0
Babineaux	58	47	11	0.0	3	8	0	0

Record (finish): 13-3 (1st, NFC West)
Head Coach: Mike Holmgren (63-49, .563)
Assistants: Gil Haskell (Off. Coord.), Ray Rhodes (Def. Coord.), Teryl Austin (DBs), Dwaine Board (DL), Bob Casullo (Special Teams), Mike Clark (Strength & Cond.), Nolan Cromwell (WRs), Keith Gilbertson (Off. Consultant), John Jamison (Special Teams Assistant), Darren Krein (Strength & Cond. Asst.), Bill Laveroni (OL), Jim Lind (TEs), John Marshall (LBs), Stump Mitchell (RBs), Gary Reynolds (Offensive Asst./Quality Control), Zerick Rollins (DL/Quality Control), Jim Zorn (QBs)
Captains: WR Alex Bannister, QB Matt Hasselbeck, DE Grant Wistrom
Largent Award: FB Mack Strong
Pro Bowl: RB Shaun Alexander (3), QB Matt Hasselbeck (2), G Steve Hutchinson (3), T Walter Jones (6), FB Mack Strong (1), LB Lofa Tatupu (1), C Robbie Tobeck (1)

OFFENSE

Pos.		Starts
WR	Bobby Engram	13
	Joe Jurevicius	11
	Darrell Jackson	6
	Peter Warrick	5
LT	Walter Jones	15
	Sean Locklear	1
LG	Steve Hutchinson	16
C	Robbie Tobeck	16
RG	Chris Gray	16
RT	Sean Locklear	15
TE	Jerramy Stevens	12
	Ryan Hannam	5
QB	Matt Hasselbeck	16
RB	Shaun Alexander	16
FB	Mack Strong	7

DEFENSE

Pos.		Starts
LE	Bryce Fisher	15
LT	Chuck Darby	14
	Rocky Bernard	2
RT	Marcus Tubbs	11
	Rocky Bernard	5
RE	Grant Wistrom	16
OLB	Jamie Sharper	8
	Leroy Hill*	9
MLB	Lofa Tatupu*	16
OLB	D.D. Lewis	12
	Kevin Bentley	3
LCB	Kelly Herndon	6
	Andre Dyson	5
	Jordan Babineaux	4
RCB	Marcus Trufant	15
SS	Michael Boulware	16
FS	Marquand Manuel	11
	Ken Hamlin	6

SPECIAL TEAMS

Pos.		Starts
P	Tom Rouen	12
K	Josh Brown	16

* Rookie or first-year player

AFC

EAST	W	L	T	Pct.	Pts.	Opp.
New England	10	6	0	.625	379	338
Miami	9	7	0	.562	318	317
Buffalo	5	11	0	.312	271	367
N.Y. Jets	4	12	0	.250	240	355
NORTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Cincinnati	11	5	0	.688	421	350
Pittsburgh*	11	5	0	.688	389	258
Baltimore	6	10	0	.375	265	299
Cleveland	6	10	0	.375	232	301
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Indianapolis	14	2	0	.875	439	247
Jacksonville*	12	4	0	.750	361	269
Tennessee	4	12	0	.250	299	421
Houston	2	14	0	.125	260	431
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Denver	13	3	0	.812	395	258
Kansas City	10	6	0	.625	403	325
San Diego	9	7	0	.562	418	312
Oakland	4	12	0	.250	290	383

NFC

EAST	W	L	T	Pct.	Pts.	Opp.
N.Y. Giants	11	5	0	.688	422	314
Washington*	10	6	0	.625	359	293
Dallas	9	7	0	.562	325	308
Philadelphia	6	10	0	.375	310	388
NORTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Chicago	11	5	0	.688	260	202
Minnesota	9	7	0	.562	306	344
Detroit	5	11	0	.312	254	345
Green Bay	4	12	0	.250	298	344
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Tampa Bay	11	5	0	.688	300	274
Carolina*	11	5	0	.688	391	259
Atlanta	8	8	0	.500	351	341
New Orleans	3	13	0	.188	235	398
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Seattle	13	3	0	.812	452	271
St. Louis	6	10	0	.375	363	429
Arizona	5	11	0	.312	311	387
San Francisco	4	12	0	.250	239	428

* Wild Card teams

2006 REVIEW (9-7; 1-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/10	W	9-6	at Detroit	60,535
09/17	W	21-10	Arizona	67,470
09/24	W	42-30	N.Y. Giants	68,161
10/01	L	37-6	at Chicago	62,225
10/08			BYE	
10/15	W	30-28	at St. Louis	65,592
10/22	L	31-13	Minnesota	68,118
10/29	L	35-28	at Kansas City	77,645
11/06	W	16-0	Oakland	67,816
11/12	W	24-22	St. Louis	68,175
11/19	L	20-14	at San Francisco	68,367
11/27	W	34-24	Green Bay	68,256
12/03	W	23-20	at Denver	76,146
12/10	L	27-21	at Arizona	63,603
12/14	L	24-14	San Francisco	67,650
12/24	L	20-17	San Diego	68,174
12/31	W	23-7	at Tampa Bay	65,660

POSTSEASON

Date	W/L	Score	Opponents	Att
01/06	W	21-20	Dallas	68,058
			(NFC Wild Card Game)	
01/14	L	27-24	at Chicago (OT)	62,184
			(NFC Divisional Playoff)	

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	312	277
Rushing	112	102
Passing	167	160
Penalty	33	15
3rd Down: Made/Att.	85/224	80/219
3rd Down Pct.	37.9	36.5
4th Down: Made/Att.	2/8	6/12
4th Down Pct.	25.0	50.0
POSSESSION AVG.	29:48	30:12
TOTAL NET YARDS	4977	5285
Avg. Per Game	311.1	330.3
Total Plays	1045	986
Avg. Per Play	4.8	5.4
NET YARDS RUSHING	1923	2029
Avg. Per Game	120.2	126.8
Total Rushes	484	441
NET YARDS PASSING	3054	3256
Avg. Per Game	190.9	203.5
Sacked/Yards Lost	49/315	41/282
Gross Yards	3369	3538
Att./Completions	512/292	504/299
Completion Pct.	57.0	59.3
Had Intercepted	22	12
PUNTS/AVERAGE	86/44.5	88/42.9
NET PUNTING AVG.	37.0	36.9
PENALTIES/YARDS	94/700	118/950
FUMBLES/BALL LOST	21/12	34/14
TOUCHDOWNS	37	39
Rushing	8	12
Passing	26	23
Defensive	2	4
Returns	1	0
FIELD GOALS	25/31	23/33
TOTAL POINTS	335	341

By Quarters	1	2	3	4	OT	Tot
SEA	103	73	52	107	0	335
OPP	67	104	54	116	0	341

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Brown	0	0	0	0	36/36	25/31	0	111
Jackson	10	0	10	0			0	60
Alexander	7	7	0	0			0	42
Stevens	4	0	4	0			0	26
Branch	4	0	4	0			0	24
Hackett	4	0	4	0			0	24
SEA	37	8	26	3	36/36	25/31	0	335
OPP	39	12	23	4	36/36	23/33	0	341

2-Pt. Conversions: SEA 1-1 (Stevens), OPP 1-3.

Rushing	Att	Yds	Avg	LG	TD
Alexander	252	896	3.6	33t	7
Morris	161	604	3.8	29	0
Strong	33	149	4.5	17	1
Wallace	12	122	10.2	37	0
Hasselbeck	18	110	6.1	19	0
SEA	484	1923	4.0	37	8
OPP	441	2029	4.6	95t	12

Receiving	No	Yds	Avg	LG	TD
Jackson	63	956	15.2	72t	10
Branch	53	725	13.7	38t	4
Hackett	45	610	13.6	47	4
Strong	29	159	5.5	13	0
Engram	24	290	12.1	25	1
Stevens	22	231	10.5	26	4
Burleson	18	192	10.7	36	2
SEA	292	3369	11.5	72t	26
OPP	299	3538	11.8	71t	23

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Plackemeier	84	3778	45.0	37.3	15	25	72	0
TEAM	86	3827	44.5	37.0	15	26	72	0
OPP	88	3773	42.9	36.9	5	25	61	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Burleson	34	7	322	9.5	90t	1
TEAM	49	16	424	8.7	90t	1
OPP	39	12	343	8.8	40	0

Interceptions	No	Yds	Avg	LG	TD
Hamlin	3	63	21.0	37	0
Boulware	2	1	0.5	1	0
Tapp	1	25	25.0	25t	1
Babineaux	1	20	20.0	20	0
SEA	12	124	10.3	37	1
OPP	22	141	6.4	39	1

Kickoff Returns	No	Yds	Avg	LG	TD
Burleson	26	643	24.7	50	0
SEA	69	1548	22.4	50	0
OPP	61	1499	24.6	51	0

Field Goals	1-19	20-29	30-39	40-49	50+
J. Brown	0/0	10/10	5/7	7/9	3/5
TEAM	0/0	10/10	5/7	7/9	3/5
OPP	1/1	1/3	11/12	10/12	0/5

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	371	210	2442	56.6	6.58	18	4.9	15	4.0	72t	34/229	76.0
Wallace	141	82	927	58.2	6.57	8	5.7	7	5.0	49t	14/83	76.2
TEAM	512	292	3369	57.0	6.58	26	5.1	22	4.3	72t	49/315	76.0
OPP	504	299	3538	59.3	7.02	23	4.6	12	2.4	71t	41/282	86.1

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Tatupu	123	93	30	1.5	1	7	2	1
Hamlin	96	75	21	2.0	3	11	1	0
Hill	92	70	22	2.0	0	2	2	1
Peterson	89	71	18	10.0	1	6	1	1
Herndon	68	50	18	0.0	1	16	1	1
Trufant	68	60	8	0.0	1	11	2	0
Babineaux	51	41	10	0.0	1	4	0	0

Record (finish): 9-7 (1st, NFC West)
Head Coach: Mike Holmgren (72-56, .563)
Assistants: Gil Haskell (Off. Coord.), John Marshall (Def. Coord.), Teryl Austin (DBs), Dwaine Board (DL), Bob Casullo (Special Teams), Mike Clark (Strength & Cond.), Nolan Cromwell (WRs), Keith Gilbertson (Asst. OL), Tom Headlee (Quality Control/Def.), John Jamison (Special Teams Asst.), Darren Krein (Strength & Cond. Asst.), Bill Laveroni (OL), Jim Lind (TEs), Larry Marmie (Def. Asst./Secondary), Stump Mitchell (RBs), Gary Reynolds (Off. Asst./Quality Control), Ray Rhodes (Special Projects/Def.), Zerick Rollins (LBs), Jim Zorn (QBs)
Captains: LS J.P. Darche, T Walter Jones, LB Lofa Tatupu
Largent Award: FB Mack Strong
Pro Bowl: T Walter Jones (7), LB Julian Peterson (1, 3 overall), FB Mack Strong (2), LB Lofa Tatupu (2)

OFFENSE

Pos.		Starts
WR	Darrell Jackson	13
	Deion Branch	13
	Nate Burleson	7
	Bobby Engram	6
	D.J. Hackett	4
LT	Walter Jones	16
LG	Floyd Womack	8
	Chris Spencer	5
	Rob Sims*	3
C	Robbie Tobeck	8
	Chris Spencer	8
RG	Chris Gray	15
	Floyd Womack	1
RT	Sean Locklear	10
	Tom Ashworth	6
TE	Jerramy Stevens	6
	Itula Mili	2
QB	Matt Hasselbeck	12
	Seneca Wallace	
RB	Shaun Alexander	10
	Maurice Morris	8
FB	Mack Strong	10

DEFENSE

Pos.		Starts
LE	Bryce Fisher	16
LT	Chuck Darby	14
	Marcus Tubbs	2
RT	Rocky Bernard	16
RE	Grant Wistrom	16
OLB	Leroy Hill	15
	D.D. Lewis	1
MLB	Lofa Tatupu	16
OLB	Julian Peterson	16
LCB	Kelly Herndon	16
RCB	Marcus Trufant	15
	Kelly Jennings*	2
SS	Michael Boulware	8
	Jordan Babineaux	8
FS	Ken Hamlin	16

SPECIAL TEAMS

		Starts
K	Josh Brown	16
P	Ryan Plackemeier*	16

* Rookie or first-year player

AFC

EAST	W	L	T	Pct.	Pts.	Opp.
New England	12	4	0	.750	385	237
N.Y. Jets*	10	6	0	.625	316	295
Buffalo	7	9	0	.438	300	311
Miami	6	10	0	.375	260	283
NORTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Baltimore	13	3	0	.812	353	201
Cincinnati	8	8	0	.500	373	331
Pittsburgh	8	8	0	.500	353	315
Cleveland	4	12	0	.250	238	356
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Indianapolis	12	4	0	.750	427	360
Tennessee	8	8	0	.500	324	400
Jacksonville	8	8	0	.500	371	274
Houston	6	10	0	.375	267	366
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
San Diego	14	2	0	.875	492	303
Kansas City*	9	7	0	.562	331	315
Denver	9	7	0	.562	319	305
Oakland	2	14	0	.125	168	332

NFC

EAST	W	L	T	Pct.	Pts.	Opp.
Philadelphia	10	6	0	.625	390	328
Dallas*	9	7	0	.562	425	350
N.Y. Giants*	8	8	0	.500	355	362
Washington	5	11	0	.312	307	376
NORTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Chicago	13	3	0	.812	427	255
Green Bay	8	8	0	.500	301	366
Minnesota	6	10	0	.375	282	327
Detroit	3	13	0	.188	305	398
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
New Orleans	10	6	0	.625	413	322
Carolina	8	8	0	.500	270	305
Atlanta	7	9	0	.438	292	328
Tampa Bay	4	12	0	.250	211	353
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Seattle	9	7	0	.562	335	341
St. Louis	8	8	0	.500	367	381
San Francisco	7	9	0	.438	298	412
Arizona	5	11	0	.312	314	389

* Wild Card teams

2007 REVIEW (10-6; 1-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/09	W	20-6	Tampa Bay	68,044
09/16	L	23-20	at Arizona	64,542
09/23	W	24-21	Cincinnati	68,110
09/30	W	23-3	at San Francisco	67,651
10/07	L	21-0	at Pittsburgh	64,478
10/14	L	28-17	New Orleans	68,296
10/21	W	33-6	St. Louis	68,164
10/28			BYE	
11/04	L	33-30	at Cleveland (OT)	72,927
11/12	W	24-0	San Francisco	68,331
11/18	W	30-23	Chicago	68,249
11/25	W	24-19	at St. Louis	65,423
12/02	W	28-24	at Philadelphia	68,445
12/09	W	42-21	Arizona	68,193
12/16	L	13-10	at Carolina	73,421
12/23	W	27-6	Baltimore	68,164
12/30	L	44-41	at Atlanta	64,925

POSTSEASON

01/05	W	35-14	Washington	68,297
			(NFC Wild Card Game)	
01/12	L	42-20	at Green Bay	72,168
			(NFC Divisional Playoff)	

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	323	278
Rushing	93	78
Passing	211	183
Penalty	19	17
3rd Down: Made/Att.	75/214	88/232
3rd Down Pct.	35.0	37.9
4th Down: Made/Att.	6/14	5/17
4th Down Pct.	42.9	29.4
POSSESSION AVG.	29:49	30:11
TOTAL NET YARDS	5583	5149
Avg. Per Game	348.9	321.8
Total Plays	1056	1035
Avg. Per Play	5.3	5.0
NET YARDS RUSHING	1619	1644
Avg. Per Game	101.2	102.8
Total Rushes	430	422
NET YARDS PASSING	3964	3505
Avg. Per Game	247.8	219.1
Sacked/Yards Lost	36/217	45/303
Gross Yards	4181	3808
Att./Completions	590/371	568/333
Completion Pct.	62.9	58.6
Had Intercepted	13	20
PUNTS/AVERAGE	86/40.0	93/46.5
NET PUNTING AVG.	86/34.3	93/37.0
PENALTIES/YARDS	59/428	99/756
FUMBLES/BALL LOST	21/11	31/14
TOUCHDOWNS	44	32
Rushing	9	16
Passing	30	15
Defensive	2	1
Returns	3	0
FIELD GOALS	28/34	22/27
TOTAL POINTS	393	291

By Quarters	1	2	3	4	OT	Tot
SEA	76	136	73	108	0	393
OPP	62	95	39	92	3	291

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Brown	0	0	0	0	43/43	28/34	0	127
Burleson	11	0	9	2			0	66
Engram	6	0	6	0			0	36
Alexander	5	4	1	0			0	30
Morris	5	4	1	0			0	30
Branch	4	0	4	0			0	24
SEA	44	9	30	5	43/43	28/34	1	393
OPP	32	16	15	1	27/28	22/27	2	291

2-Pt. Conversions: SEA 0-1, OPP 1-4.

Rushing	Att	Yds	Avg	LG	TD
Alexander	207	716	3.5	25	4
Morris	140	628	4.5	46	4
Weaver	33	146	4.4	37	1
Hasselbeck	39	89	2.3	12	0
Strong	4	19	4.8	9	0
SEA	430	1619	3.8	46	9
OPP	422	1644	3.9	53t	16

Receiving	No	Yds	Avg	LG	TD
Engram	94	1147	12.2	49	6
Burleson	50	694	13.9	45t	9
Branch	49	661	13.5	65	4
Weaver	39	313	8.0	46	0
Hackett	32	384	12.0	59	3
Pollard	28	273	9.8	22	2
Morris	23	213	9.3	34t	1
SEA	371	4181	11.3	65	30
OPP	333	3808	11.4	79t	15

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Plackemeier	86	3436	40.0	34.3	6	30	62	0
SEA	86	3436	40.0	34.3	6	30	62	0
OPP	93	4322	46.5	37.0	11	24	80	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Burleson	58	8	658	11.3	94t	1
SEA	58	8	658	11.3	94t	1
OPP	37	15	362	9.8	64	0

Interceptions	No	Yds	Avg	LG	TD
Trufant	7	150	21.4	84t	1
Tatupu	4	116	29.0	49	0
Grant	3	34	11.3	34	0
Peterson	2	3	1.5	3	0
SEA	20	299	15.0	84t	1
OPP	13	144	11.1	35	0

Kickoff Returns	No	Yds	Avg	LG	TD
Burleson	27	590	21.9	91t	1
SEA	53	1173	22.1	91t	2
OPP	73	1790	24.5	61	0

Field Goals	1-19	20-29	30-39	40-49	50+
Brown	0/0	12/12	5/5	8/12	3/5
TEAM	0/0	12/12	5/5	8/12	3/5
OPP	1/1	5/5	9/10	5/7	2/4

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	562	352	3966	62.6	7.06	28	5.0	12	2.1	65	33/204	91.4
S. Wallace	28	19	215	67.9	7.68	2	7.1	1	3.6	45t	3/13	99.6
TEAM	590	371	4181	62.9	7.09	30	5.1	13	2.2	65	36/217	91.8
OPP	568	333	3808	58.6	6.70	15	2.6	20	3.5	79t	45/303	73.0

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Tatupu	109	83	26	1.0	4	9	3	0
Trufant	85	78	7	0.0	7	16	0	0
Hill	81	58	23	3.0	0	4	3	1
Peterson	74	63	11	9.5	2	3	4	2
Grant	72	60	12	0.0	3	10	0	0
Russell	64	56	8	1.0	1	6	0	1

Record (finish): 10-6 (1st, NFC West)
Head Coach: Mike Holmgren (82-62, .569)
Assistants: Gil Haskell (Off. Coord.), John Marshall (Def. Coord.), Dwaine Board (DL), Bruce DeHaven (Special Teams), Mike Clark (Strength & Cond.), Nolan Cromwell (WRs), Keith Gilbertson (Asst. OL), Tom Headlee (Quality Control/Def.), John Jamison (Special Teams Asst.), Darren Krein (Strength & Cond. Asst.), Bill Laveroni (OL), Jim Lind (TEs), Larry Marmie (Def. Asst./Secondary), Stump Mitchell (RBs), Jim Mora (DBs), Gary Reynolds (Off. Asst./Quality Control), Ray Rhodes (Special Projects/Def.), Zerick Rollins (LBs), Jim Zorn (QBs)
Captains: QB Matt Hasselbeck, FB Mack Strong, LB Lofa Tatupu, S Deon Grant, K Josh Brown, LB Niko Koutouvides
Largent Award: WR Bobby Engram
Pro Bowl: QB Matt Hasselbeck (3), T Walter Jones (8), DE Patrick Kerney (1, 2 overall), LB Julian Peterson (2, 4 overall), LB Lofa Tatupu (3), CB Marcus Trufant (1)
All-Pro: DE Patrick Kerney (1), LB Lofa Tatupu (1), T Walter Jones (5).

OFFENSE

Pos.		Starts
WR	Bobby Engram	13
	Nate Burleson	12
	Deion Branch	11
	D.J. Hackett	6
LT	Walter Jones	15
	Floyd Womack	1
LG	Rob Sims	16
C	Chris Spencer	16
RG	Chris Gray	16
RT	Sean Locklear	16
TE	Marcus Pollard	10
	Will Heller	6
QB	Matt Hasselbeck	16
RB	Shaun Alexander	11
	Maurice Morris	5
FB	Leonard Weaver	4
	Mack Strong	2

DEFENSE

Pos.		Starts
LE	Patrick Kerney	16
LT	*Brandon Mebane	10
	Chuck Darby	6
RT	Rocky Bernard	14
	Craig Terrill	2
RE	Darryl Tapp	16
OLB	Leroy Hill	14
	Kevin Bentley	2
MLB	Lofa Tatupu	16
OLB	Julian Peterson	16
LCB	Marcus Trufant	16
RCB	Kelly Jennings	15
SS	Deon Grant	16
	Mike Green	1
FS	Brian Russell	16

SPECIAL TEAMS

K	Josh Brown	16
P	Ryan Plackemeier	16

* Rookie or first-year player

AFC

EAST	W	L	T	Pct.	Pts.	Opp.
New England	16	0	0	1.000	589	274
Buffalo	7	9	0	.438	252	354
N.Y. Jets	4	12	0	.250	268	355
Miami	1	15	0	.063	267	437
NORTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Pittsburgh	10	6	0	.625	393	269
Cleveland	10	6	0	.625	402	382
Cincinnati	7	9	0	.438	380	385
Baltimore	5	11	0	.313	275	384
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Indianapolis	13	3	0	.813	450	262
Jacksonville*	11	5	0	.688	411	304
Tennessee*	10	6	0	.625	301	297
Houston	8	8	0	.500	379	384
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
San Diego	11	5	0	.688	412	284
Denver	7	9	0	.438	320	409
Oakland	4	12	0	.250	283	398
Kansas City	4	12	0	.250	226	335

* Wild Card teams

NFC

EAST	W	L	T	Pct.	Pts.	Opp.
Dallas	13	3	0	.813	455	325
N.Y. Giants*	10	6	0	.625	373	351
Washington*	9	7	0	.563	334	310
Philadelphia	8	8	0	.500	336	300
NORTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Green Bay	13	3	0	.813	435	291
Minnesota	8	8	0	.500	365	311
Detroit	7	9	0	.438	346	444
Chicago	7	9	0	.438	334	348
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Tampa Bay	9	7	0	.563	334	270
Carolina	7	9	0	.438	267	347
New Orleans	7	9	0	.438	379	388
Atlanta	4	12	0	.250	259	414
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Seattle	10	6	0	.625	393	291
Arizona	8	8	0	.500	404	399
San Francisco	5	11	0	.313	219	364
St. Louis	3	13	0	.188	263	438

2008 REVIEW (4-12)

Date	W/L	Score	Opponents	Att
09/07	L	34-10	at Buffalo	71,194
09/14	L	33-30	San Francisco (OT)	67,951
09/21	W	37-13	St. Louis	68,012
9/28			BYE	
10/05	L	44-6	at N.Y. Giants	79,529
10/12	L	27-17	Green Bay	68,302
10/19	L	20-10	at Tampa Bay	64,811
10/26	W	34-13	at San Francisco	67,504
11/02	L	26-7	Philadelphia	68,055
11/09	L	21-19	at Miami	64,862
11/16	L	26-20	Arizona	67,616
11/23	L	20-17	Washington	67,771
11/27	L	34-9	at Dallas	63,253
12/07	L	24-21	New England	68,077
12/14	W	23-20	at St. Louis	56,123
12/21	W	13-3	N.Y. Jets	68,181
12/28	L	34-21	at Arizona	63,874

Team Statistics

	Sea	Opp
TOTAL FIRST DOWNS	265	324
Rushing	104	98
Passing	142	207
Penalty	19	19
3rd Down: Made/Att.	62/198	94/222
3rd Down Pct.	31.3	42.3
4th Down: Made/Att.	10/12	8/13
4th Down Pct.	83.3	61.5
POSSESSION AVG.	26:30	33:30
TOTAL NET YARDS	4385	6048
Avg. Per Game	274.1	378.0
Total Plays	927	1058
Avg. Per Play	4.7	5.7
NET YARDS RUSHING	1768	1899
Avg. Per Game	110.5	118.7
Total Rushes	417	457
NET YARDS PASSING	2617	4149
Avg. Per Game	163.6	259.3
Sacked/Yards Lost	36/214	35/193
Gross Yards	2831	4342
Att./Completions	474/262	566/366
Completion Pct.	55.3	64.7
Had Intercepted	15	9
PUNTS/AVERAGE	90/44.5	68/44.3
NET PUNTING AVG.	90/36.9	68/38.2
PENALTIES/YARDS	79/601	81/671
FUMBLES/BALL LOST	20/12	26/11
TOUCHDOWNS	32	40
Rushing	10	13
Passing	18	25
Defensive	4	1
Returns	0	1
FIELD GOALS	24/27	37/41
TOTAL POINTS	294	392

By Quarters	1	2	3	4	OT	Tot
SEA	74	95	38	87	0	294
OPP	78	137	105	69	3	392

Scoring

	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Mare	0	0	0	0	30/30	24/27	0	102
Duckett	8	8	0	0			0	48
Carlson	5	0	5	0			0	30
Branch	4	0	4	0			0	24
five tied with 12								
SEA	32	10	18	4	30/30	24/27	0	294
OPP	40	13	25	2	39/39	37/41	0	392

2-Pt. Conversions: SEA 0-2, OPP 1-1.

Rushing

	Att	Yds	Avg	LG	TD
J. Jones	158	698	4.4	33	2
Morris	132	574	4.3	45	0
Duckett	62	172	2.8	29	8
Weaver	30	130	4.3	15	0
Wallace	16	78	4.9	23	0
SEA	417	1768	4.2	45	10
OPP	457	1899	4.2	51t	13

Receiving

	No	Yds	Avg	LG	TD
Carlson	55	627	11.4	33	5
Engram	47	489	10.4	37	0
Robinson	31	400	12.9	90t	2
Branch	30	412	13.7	63	4
Weaver	20	222	11.1	62t	2
Morris	19	136	7.2	13t	2
J. Jones	14	66	4.7	17	0
SEA	262	2831	10.8	90t	18
OPP	366	4342	11.9	63	25

Punting

	No	Yds	Avg	Net	TB	I20	LG	B
Ryan	78	3557	45.6	37.9	12	22	63	1
SEA	90	4007	44.5	36.9	12	24	63	1
OPP	68	3009	44.3	38.2	3	20	68	0

Punt Returns

	No	FC	Yds	Avg	LG	TD
Forsett	23	9	227	9.9	29	0
SEA	35	17	353	10.1	30	0
OPP	44	8	444	10.1	63t	1

Interceptions

	No	Yds	Avg	LG	TD
Wilson	4	135	33.8	75t	1
Grant	2	31	15.5	31	0
Babineaux	1	35	35.0	35t	1
Tatupu	1	16	16.0	16	0
Trufant	1	0	0.0	0	0
SEA	9	217	24.1	75t	2
OPP	15	233	15.5	86t	1

Kickoff Returns

	No	Yds	Avg	LG	TD
Wilson	69	1753	25.4	61	0
SEA	77	1948	25.3	61	0
OPP	47	1205	25.6	58	0

Field Goals

	1-19	20-29	30-39	40-49	50+
Mare	0/0	7/7	9/10	5/6	3/4
TEAM	0/0	7/7	9/10	5/6	3/4
OPP	0/0	15/15	8/8	11/14	3/4

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Wallace	242	141	1532	58.3	6.33	11	4.5	3	1.2	90t	14/76	87.0
Hasselbeck	209	109	1216	52.2	5.82	5	2.4	10	4.8	34	19/119	57.8
TEAM	474	262	2831	55.3	5.97	18	3.8	15	3.2	90t	36/214	72.5
OPP	566	366	4342	64.7	7.67	25	4.4	9	1.6	63	35/193	96.0

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Tatupu	94	69	25	0.0	1	4	1	0
Peterson	86	65	21	5.0	0	5	4	1
Hill	81	61	20	1.0	0	3	0	0
Grant	77	60	17	0.0	2	8	0	0
Wilson	76	69	7	1.0	4	9	3	2
Russell	69	53	6	1.0	0	3	1	0

Record (finish): 4-12 (3rd, NFC West)
Head Coach: Mike Holmgren (86-74, .538)
Assistants: Gil Haskell (Off. Coord.), John Marshall (Def. Coord.), Chris Beake (Offensive Asst./Quality Control), Jim Mora (DBs), Dwaine Board (DL), Mike Clark (Strength & Conditioning), Mike DeBord (Asst. OL), Bruce DeHaven (Special Teams), Kasey Dunn (RBs), Keith Gilbertson (WRs), Tom Headlee (Quality Control/Def.), John Jamison (Special Teams Asst.), Darren Krein (Strength & Conditioning Asst.), Bill Lazor (QBs), Jim Lind (TEs), Larry Marmie (Def. Asst./Secondary), Zerick Rollins (LBs), Mike Solari (OL)
Captains: QB Matt Hasselbeck, T Walter Jones, LB Lofa Tatupu, S Deon Grant, LB Lance Laury, LB D.D. Lewis
Largent Award: Coach Mike Holmgren
Pro Bowl: T Walter Jones (9), LB Julian Peterson (3, 5 overall)
All-Pro: T Walter Jones (6).

OFFENSE

Pos.		Starts
WR	Koren Robinson	12
	Bobby Engram	11
	Deion Branch	8
LT	Walter Jones	12
LG	Mike Wahle	10
	Floyd Womack	6
C	Chris Spencer	11
	Steve Vallos	5
RG	Floyd Womack	8
	Mansfield Wrotto	4
RT	Sean Locklear	9
	Ray Willis	7
TE	John Carlson*	9
QB	Seneca Wallace	8
	Matt Hasselbeck	7
RB	Julius Jones	10
	Maurice Morris	6
FB	Leonard Weaver	6

DEFENSE

Pos.		Starts
LE	Darryl Tapp	9
	Patrick Kerney	7
LT	Brandon Mebane	16
RT	Rocky Bernard	15
RE	Lawrence Jackson*	14
OLB	Leroy Hill	12
MLB	Lofa Tatupu	15
OLB	Julian Peterson	15
LCB	Marcus Trufant	16
RCB	Josh Wilson	12
	Kelly Jennings	4
SS	Deon Grant	16
FS	Brian Russell	16

SPECIAL TEAMS

K	Olindo Mare	16
P	Jon Ryan	15

* Rookie or first-year player

AFC

EAST	W	L	T	Pct.	Pts.	Opp.
Miami	11	5	0	.688	345	317
New England	11	5	0	.688	410	309
N.Y. Jets	9	7	0	.563	405	356
Buffalo	7	9	0	.438	336	342
NORTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Pittsburgh	12	4	0	.750	347	223
Baltimore*	11	5	0	.688	385	244
Cincinnati	4	11	1	.281	204	364
Cleveland	4	12	0	.250	232	350
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Tennessee	13	3	0	.813	375	234
Indianapolis*	12	4	0	.750	377	298
Houston	8	8	0	.500	366	394
Jacksonville	5	11	0	.313	302	367
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
San Diego	8	8	0	.500	439	347
Denver	8	8	0	.500	370	448
Oakland	5	11	0	.313	263	388
Kansas City	2	14	0	.125	291	440

* Wild Card teams

NFC

EAST	W	L	T	Pct.	Pts.	Opp.
N.Y. Giants	12	4	0	.750	427	294
Philadelphia*	9	6	1	.594	416	289
Dallas	9	7	0	.563	362	365
Washington	8	8	0	.500	265	296
NORTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Minnesota	10	6	0	.625	379	333
Chicago	9	7	0	.563	375	350
Green Bay	6	10	0	.375	419	380
Detroit	0	16	0	.000	268	517
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Carolina	12	4	0	.750	414	329
Atlanta*	11	5	0	.688	391	325
Tampa Bay	9	7	0	.563	361	323
New Orleans	8	8	0	.500	463	393
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Arizona	9	7	0	.563	427	426
San Francisco	7	9	0	.438	339	381
Seattle	4	12	0	.250	294	392
St. Louis	2	14	0	.125	232	465

2009 REVIEW (5-11)

Date	W/L	Score	Opponents	Att
9/13	W	28-0	St. Louis	67,610
9/20	L	23-10	at San Francisco	69,732
9/27	L	25-29	Chicago	67,938
10/4	L	34-17	at Indianapolis	66,112
10/11	W	41-0	Jacksonville	67,228
10/18	L	27-3	Arizona	67,588
11/1	L	38-17	at Dallas	80,886
11/8	W	32-20	Detroit	67,003
11/15	L	31-20	at Arizona	62,278
11/22	L	35-9	at Minnesota	63,854
11/29	W	27-17	at St. Louis	47,475
12/6	W	20-17	San Francisco	67,761
12/13	L	34-7	at Houston	70,380
12/20	L	24-7	Tampa Bay	67,011
12/27	L	48-10	at Green Bay	70,429
1/3/10	L	17-13	Tennessee	67,002

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	297	305
Rushing	80	80
Passing	184	204
Penalty	33	21
3rd Down: Made/Att.	75/225	87/223
3rd Down Pct.	33.3	39.0
4th Down: Made/Att.	8/19	6/12
4th Down Pct.	42.1	50.0
POSSESSION AVG.	27:31	32:29
TOTAL NET YARDS	5069	5703
Avg. Per Game	316.8	356.4
Total Plays	1045	1024
Avg. Per Play	4.9	5.6
NET YARDS RUSHING	1566	1776
Avg. Per Game	97.9	111.0
Total Rushes	395	428
NET YARDS PASSING	3503	3927
Avg. Per Game	218.9	245.4
Sacked/Yards Lost	41/268	28/185
Gross Yards	3771	4112
Att./Completions	609/372	568/374
Completion Pct.	61.	65.8
Had Intercepted	19	13
PUNTS/AVERAGE	89/46.1	82/47.2
NET PUNTING AVG.	89/38.7	82/41.5
PENALTIES/YARDS	95/840	111/971
FUMBLES/BALL LOST	33/12	21/10
TOUCHDOWNS	30	46
Rushing	7	17
Passing	20	27
Defensive	3	1
Returns	3	2
FIELD GOALS	24/26	22/31
TOTAL POINTS	280	390

By Quarters	1	2	3	4	OT	Tot
SEA	37	118	46	79	0	280
OPP	100	109	104	77	0	390

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Mare	0	0	0	0	28/28	24/26	0	100
Carlson	7	0	7	0			0	42
Forsett	5	4	1	0			0	30
Jones	4	2	2	0			0	24
2 players with								18
SEA	30	7	20	3	28/28	24/26	0	280
OPP	46	17	27	2	44/44	22/31	0	390

2-Pt. Conversions: SEA 0-2, OPP 2-2.

Rushing	Att	Yds	Avg	LG	TD
Jones	177	663	3.7	62t	2
Forsett	114	619	5.4	35	4
James	46	125	2.7	10	0
Hasselbeck	26	119	4.6	23	0
SEA	395	1566	4.0	62t	7
OPP	428	1776	4.1	80t	17

Receiving	No	Yds	Avg	LG	TD
Houshmandzadeh	79	911	11.5	53	3
Burleson	63	812	12.9	44t	3
Carlson	51	574	11.3	42	7
Branch	45	437	9.7	35	2
Forsett	41	350	8.5	47	1
Jones	35	232	6.6	49	2
Griffith	19	118	6.2	25	1
SEA	372	3771	10.1	53	20
OPP	374	4112	11.0	64t	27

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Ryan	88	4068	46.2	38.7	9	28	70	0
SEA	89	4100	46.1	38.7	9	29	70	0
OPP	82	3872	47.2	41.5	6	2	67	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Burleson	30	3	254	8.5	29	0
SEA	46	12	346	7.5	29	0
OPP	43	17	479	11.1	82t	1

Interceptions	No	Yds	Avg	LG	TD
Hawthorne	3	9	3.0	5	0
Grant	3	7	2.3	7	0
Wilson	2	126	63.0	65t	2
Babineaux	2	18	9.0	18	0
Trufant	2	4	2.0	4	0
SEA	13	164	12.6	65t	2
OPP	19	202	10.6	70t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Rankin TM	16	358	22.4	41	0
SEA	60	1316	21.9	46	0
OPP	46	1059	23.0	53	0

Field Goals	1-19	20-29	30-39	40-49	50+
Mare	0/0	9/9	10/11	5/6	0/0
TEAM	0/0	9/9	10/11	5/6	0/0
OPP	1/1	5/6	8/11	5/9	3/4

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	488	293	3029	60.0	6.21	17	3.5	17	3.5	53	32/309	75.1
Wallace	120	78	700	65.0	5.83	3	2.5	2	1.7	39t	9/59	81.9
TEAM	609	372	3771	61.1	6.19	20	3.3	19	3.1	53	41/268	76.7
OPP	568	374	4112	65.8	7.24	27	4.8	13	2.3	64t	28/185	93.4

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Hawthorne	116	93	23	4.0	3	4	2	1
Babineaux	105	76	29	1.5	2	6	1	0
Grant	75	58	17	0.0	3	8	1	1
Curry	60	53	7	2.0	0	6	2	0
Mebane	49	41	8	1.5	0	0	0	0
Tapp	49	40	9	2.5	0	3	0	1
Trufant	49	43	6	0.0	2	6	0	0

Record (finish): 5-11 (3rd, NFC West)
Head Coach: Jim Mora (5-11, .313)
Assistants: Jim Mora, Gus Bradley (Defensive Coord.), Greg Knapp (Offensive Coord.), Chris Beake (Off. Assistant), Mike Clark (Head Strength & Cond.), Mike DeBord (Tight Ends), Bruce DeHaven (Special Teams), Kasey Dunn (Running Backs), Tom Headlee (Quality Control/Defense), Darren Krein (Asst. Strength & Cond.), Bill Lazor (Quarterbacks), Tim Lewis (Defensive Backs), Larry Marmie (Asst. Def. Backs), Mike Phair (Asst. Def. Line), Robert Prince (Wide Receivers), Dan Quinn (Assistant Head Coach/Def. Line), Zerick Rollins (Linebackers), Mike Solari (Offensive Line).
Captains: QB Matt Hasselbeck, T Walter Jones, LB Lofa Tatupu, S Deon Grant, LB Lance Laury, K Olindo Mare.
Largent Award: Matt Hasselbeck
Pro Bowl: None
All-Pro: None

OFFENSE

Pos.		Starts
WR	T.J. Houshmandzadeh	16
	Nate Burleson	12
	Deion Branch	5
LT	Sean Locklear	10
	Brandon Frye	3
	Damion McIntosh	2
	Kyle Williams	1
LG	Rob Sims	14
C	Chris Spencer	11
RG	Max Unger* (3 at C)	13
	Chris Spencer	3
RT	Ray Willis	16
TE	John Carlson	16
QB	Matt Hasselbeck	14
RB	Julius Jones	14
FB	Justin Griffith	11

DEFENSE

Pos.		Starts
LE	Patrick Kerney	9
	Lawrence Jackson	4
LT	Brandon Mebane	15
RT	Colin Cole	15
RE	Lawrence Jackson	6
	Patrick Kerney	5
OLB	Leroy Hill	11
MLB	David Hawthorne	11
	Lofa Tatupu	5
OLB	Aaron Curry*	13
LCB	Marcus Trufant	9
RCB	Josh Wilson	7
SS	Deon Grant	16
FS	Jordan Babineaux	16

SPECIAL TEAMS

Pos.		Starts
K	Olindo Mare	16
P	Jon Ryan	16

* Rookie or first-year player

AFC

EAST	W	L	T	Pct.	Pts.	Opp.
New England	10	6	0	.625	427	285
N.Y. Jets*	9	7	0	.563	348	236
Miami	7	9	0	.438	360	390
Buffalo	6	10	0	.375	258	326
NORTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Cincinnati	10	6	0	.625	305	291
Baltimore*	9	7	0	.563	391	261
Pittsburgh	9	7	0	.563	368	324
Cleveland	5	11	0	.313	245	375
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Indianapolis	14	2	0	.875	416	307
Houston	9	7	0	.563	388	333
Tennessee	8	8	0	.500	354	402
Jacksonville	7	9	0	.438	290	380
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
San Diego	13	3	0	.813	454	320
Denver	8	8	0	.500	326	324
Oakland	5	11	0	.313	197	379
Kansas City	4	12	0	.250	294	424

* Wild Card teams

NFC

EAST	W	L	T	Pct.	Pts.	Opp.
Dallas	11	5	0	.688	361	250
Philadelphia*	11	5	0	.688	429	337
N.Y. Giants	8	8	0	.500	402	427
Washington	4	12	0	.250	266	336
NORTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Minnesota	12	4	0	.750	470	312
Green Bay*	11	5	0	.688	461	297
Chicago	7	9	0	.438	327	375
Detroit	2	14	0	.125	262	494
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
New Orleans	13	3	0	.813	510	341
Atlanta	9	7	0	.563	363	325
Carolina	8	8	0	.500	315	308
Tampa Bay	3	13	0	.188	244	400
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Arizona	10	6	0	.625	375	325
San Francisco	8	8	0	.500	330	281
Seattle	5	11	0	.313	280	390
St. Louis	1	15	0	.063	175	436

2010 REVIEW (7-9; 1-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
9/12	W	31-6	San Francisco	67,044
9/19	L	31-14	at Denver	75,130
9/26	W	27-20	San Diego	67,106
10/3	L	20-3	at St. Louis	52,326
10/10			BYE	
10/17	W	23-20	at Chicago	62,137
10/24	W	22-10	Arizona	67,132
10/31	L	33-3	at Oakland	35,721
11/7	L	41-7	N.Y. Giants	67,287
11/14	W	36-18	at Arizona	61,904
11/21	L	34-19	at New Orleans	70,015
11/28	L	42-24	Kansas City	66,370
12/5	L	31-14	Carolina	66,577
12/12	L	40-21	at San Francisco	69,732
12/19	L	34-18	Atlanta	67,101
12/26	L	38-15	at Tampa Bay	46,576
1/02	W	16-6	St. Louis	67,325

POSTSEASON

1/8	W	41-36	New Orleans	66,336
			(NFC Wild Card Game)	
1/6	L	35-24	Chicago	62,265
			(NFC Divisional Playoff)	

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	260	313
Rushing	81	91
Passing	159	206
Penalty	20	16
3rd Down: Made/Att.	76/214	94/238
3rd Down Pct.	35.5	39.5
4th Down: Made/Att.	6/17	8/19
4th Down Pct.	35.3	42.1
POSSESSION AVG.	27:33	32:27
TOTAL NET YARDS	4765	5897
Avg. Per Game	297.8	368.6
Total Plays	964	1074
Avg. Per Play	4.9	5.5
NET YARDS RUSHING	1424	1903
Avg. Per Game	89.0	118.9
Total Rushes	385	452
NET YARDS PASSING	3341	3994
Avg. Per Game	208.8	249.6
Sacked/Yards Lost	35/195	37/246
Gross Yards	3536	4240
Att./Completions	544/324	585/339
Completion Pct.	59.6	57.9
Had Intercepted	20	12
PUNTS/AVERAGE	78/41.7	81/43.5
NET PUNTING AVG.	78/37.3	81/36.0
PENALTIES/YARDS	101/890	91/706
FUMBLES/BALL LOST	18/11	22/10
TOUCHDOWNS	33	47
Rushing	13	13
Passing	14	31
Defensive	2	2
Returns	4	1
FIELD GOALS	25/30	25/30
TOTAL POINTS	310	407

By Quarters	1	2	3	4	OT	Tot
SEA	55	73	86	96	0	310
OPP	89	141	93	84	0	407

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Mare	0	0	0	0	31/31	25/30	0	106
Lynch	6	6	0	0			0	36
Obomanu	4	0	4	0			0	28
Butler	4	0	4	0			0	24
Washington	4		0	3			0	24
Forsett	2	2	0	0			0	12
Williams	2	0	2	0			0	12
SEA	33	13	14	6	31/31	25/30	1	310
OPP	47	13	31	3	44/44	25/30	1	407

2-Point Conversions: SEA 2-2, OPP 2-3.

Rushing	Att	Yds	Avg	LG	TD
Lynch LG	202	737	3.6	39	6
Lynch TM	165	573	3.5	39	6
Forsett	118	523	4.4	32	2
Washington	27	100	3.7	21	1
Robinson	12	77	6.4	17	0
SEA	385	1424	3.7	39	13
OPP	452	1903	4.2	53	13

Receiving	No	Yds	Avg	LG	TD
Williams	65	751	11.6	68	2
Butler	36	385	10.7	63t	4
Forsett	33	252	7.6	21	0
Stokley	31	354	11.4	36	0
Carlson	31	318	10.3	37	1
Obomanu	30	494	16.5	87t	4
Lynch TM	21	138	6.6	22	0
SEA	324	3536	10.9	87t	14
OPP	339	4240	12.5	69t	31

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Ryan	78	3254	41.7	37.3	1	27	63	0
Ryan	78	3254	41.7	37.3	1	27	63	0
OPP	81	3521	43.5	36.0	7	30	63	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Washington	22	8	249	11.3	84	0
SEA	42	14	468	11.1	84	0
OPP	35	23	327	9.3	89t	1

Interceptions	No	Yds	Avg	LG	TD
Thomas	5	68	13.6	34	0
Babineaux	2	37	18.5	20	0
5 players with	1				
SEA	12	168	14.0	34	2
OPP	20	261	13.1	39t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Washington	57	1461	25.6	101t	3
SEA	65	1558	24.0	101t	3
OPP	50	1099	22.0	79	0

Field Goals	1-19	20-29	30-39	40-49	50+
Mare	2/2	10/12	7/7	5/7	1/2
SEA	2/2	10/12	7/7	5/7	1/2
OPP	0/0	14/15	8/8	3/6	0/1

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	444	266	3001	59.9	6.76	12	2.7	17	3.8	87t	29/175	73.2
Whitehurst	99	57	507	57.6	5.12	2	2.0	3	3.0	61	5/13	65.5
SEA	544	324	3536	59.6	6.50	14	2.6	20	3.7	87t	35/195	72.1
OPP	585	339	4240	57.9	7.25	31	5.3	12	2.1	69t	37/246	89.7

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Hawthorne	105	74	31	0	1	4	2	1
Milloy	88	61	27	4.0	0	3	1	0
Tatupu	88	58	30	1.0	1	8	2	0
Trufant	80	65	15	0	1	10	1	2
Thomas	71	60	11	0	5	7	1	0
Curry	70	58	12	3.5	0	1	2	0
Clemons	48	33	15	11.0	0	3	1	1

Record (finish): 7-9 (1st, NFC West)

Head Coach: Pete Carroll (7-9, .438)

Assistants: Jeremy Bates (Off. Coord.), Gus Bradley (Def. Coord.), Kippy Brown (Wide Receivers), Luke Butkus (Quality Control/Off. Line), Dave Canales (Quality Control/Offense), Chris Carlisle (Head Strength & Cond.), Jedd Fisch (Quarterbacks), Mondray Gee (Asst. Strength & Cond.), Jerry Gray (Defensive Backs), Pat McPherson (Tight Ends), Ken Norton, Jr. (Linebackers), Mike Phair (Defensive Asst.), Dan Quinn (Defensive Line), Kris Richard (Asst. Defensive Backs), Pat Ruel (Asst. Offensive Line), Brian Schneider (Special Teams), Rocky Seto (Quality Control/Defense), Sherman Smith (Running Backs), Jeff Ulbrich (Asst. Special Teams), Art Valero (Offensive Line), Jamie Yanchar (Asst. Strength & Cond.).

Captains: QB Matt Hasselbeck, CB Roy Lewis, LB Lofa Tatupu

Largent Award: CB Roy Lewis

Pro Bowl: None

OFFENSE

Pos.		Starts
WR	Mike Williams	14
	Deon Butler	7
	Ben Obomanu	6
LT	Russell Okung*	10
	Tyler Polumbus	5
LG	Ben Hamilton	6
	Mike Gibson	5
	Chester Pitts	4
C	Chris Spencer	16
RG	Stacy Andrews	12
RT	Sean Locklear	15
TE	John Carlson	13
QB	Matt Hasselbeck	14
RB	Marshawn Lynch	12
FB	Michael Robinson	4

DEFENSE

Pos.		Starts
LE	Chris Clemons	16
LT	Brandon Mebane	12
RT	Colin Cole	11
RE	Kentwan Balmer	8
	Red Bryant	7
OLB	David Hawthorne	16
MLB	Lofa Tatupu	16
OLB	Aaron Curry	16
LCB	Marcus Trufant	16
RCB	Kelly Jennings	14
SS	Lawyer Milloy	16
FS	Earl Thomas*	16

SPECIAL TEAMS

P	Jon Ryan	16
K	Olindo Mare	16
LS	Clint Gresham*	16

* Rookie or first-year player

AFC

EAST	W	L	T	Pct.	Pts.	Opp.
New England	14	2	0	.875	518	313
N.Y. Jets*	11	5	0	.688	367	304
Miami	7	9	0	.438	273	333
Buffalo	4	12	0	.250	283	425
NORTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Pittsburgh	12	4	0	.750	375	232
*Baltimore	12	4	0	.750	357	270
Cleveland	5	11	0	.313	271	332
Cincinnati	4	12	0	.250	322	395
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Indianapolis	10	6	0	.625	435	388
Jacksonville	8	8	0	.500	353	419
Houston	6	10	0	.375	390	427
Tennessee	6	10	0	.375	356	339
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Kansas City	10	6	0	.625	366	326
San Diego	9	7	0	.563	441	322
Oakland	8	8	0	.500	410	371
Denver	4	12	0	.250	344	471

* Wild Card teams

NFC

EAST	W	L	T	Pct.	Pts.	Opp.
Philadelphia	10	6	0	.625	439	377
N.Y. Giants	10	6	0	.625	394	347
Dallas	6	10	0	.375	436	436
Washington	6	10	0	.375	302	377
NORTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Chicago	11	5	0	.688	334	286
Green Bay*	10	6	0	.625	388	240
Detroit	6	10	0	.375	362	369
Minnesota	6	10	0	.375	281	348
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Atlanta	13	3	0	.813	414	288
New Orleans*	11	5	0	.688	384	307
Tampa Bay	10	6	0	.625	341	318
Carolina	2	14	0	.125	196	408
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Seattle	7	9	0	.438	310	407
St. Louis	7	9	0	.438	289	328
San Francisco	6	10	0	.375	305	346
Arizona	5	11	0	.313	289	434

COACHES ALL-TIME ROSTER

Name	Responsibility	Years	College
Arnold, Dave	Special Teams	1995-97	Drake
Austin, Teryl	Defensive Backs	2003-06	Pittsburgh
Bates, Jeremy	Offensive Coordinator	2010	Rice
Beake, Chris	Quality Control/Offense	2008	Air Force Academy
	Offensive Asst.	2009	
Becker, John	Offensive Coord./WRs	1989-91	Cal State-Northridge
Bevell, Darrell	**Offensive Coordinator**	**2011-**	**Wisconsin**
Board, Dwaine	Defensive Line	2003-08	North Carolina A&T
Boghosian, Sam	Offensive Coord./Off. Line	1976-77	UCLA
Bradley, Gus	**Defensive Coordinator**	**2009-**	**North Dakota State**
Brasher, Tommy	Defensive Line	1992-98	Arkansas
Bratkowski, Bob	Wide Receivers	1992-94	Washington State
	Offensive Coord./WRs	1995-97	
	Offensive Coordinator	1998	
Brooks, Larry	Defensive Line	1999-2002	Virginia State
Brown, Dave	Defensive Coach	1992-98	Michigan
Brown, Kippy	**Wide Receivers**	**2010-**	**Memphis State**
Butkus, Luke	**Quality Control/Offensive Line**	**2010-**	**Illinois**
Cable, Tom	**Asst. Head Coach/Offensive Line**	**2011-**	**Idaho**
Canales, Dave	**Quality Control/Offense**	**2010-**	**Azusa Pacific**
Carlisle, Chris	**Head Strength & Conditioning**	**2010-**	**Chadron State**
Carroll, Pete	**Exec. VP & Head Coach**	**2010-**	**Pacific**
Casullo, Bob	Special Teams Coordinator	2005-06	Brockport St. (N.Y.) College
Catlin, Tom	Asst. Head Coach/LBs/Def. Coord.	1983-91	Oklahoma
	Asst. Head Coach/Defense	1992	
	Asst. Head Coach	1993	
	Quality Control	1994-95	
Christensen, Jack	Defensive Backs	1978-82	Colorado State
Clark, Mike	Head Strength & Conditioning	2004-09	Ottawa University
Colquitt, Jerry	Offensive Quality Control	1999-2002	Tennessee
Cromwell, Nolan	Wide Receivers	1999-2007	Kansas
DeBord, Mike	Asst. Offensive Line	2008	Manchester College
	Tight Ends	2009	
DeHaven, Bruce	Special Teams Coordinator	2007-09	SW College (Kan.)
Dunn, Kasey	Running Backs	2008-09	Idaho
Dyer, George	Defensive Line	1983-91	UC-Santa Barbara
Erickson, Dennis	Head Coach	1995-98	Montana State
Fisch, Jedd	Quarterbacks	2010	Florida
Flajole, Ken	Defensive Backs	1999, 2001-02	Pacific Lutheran
	Linebackers	2000	
Flores, Tom	Head Coach	1992-94	Pacific
Gee, Mondray	**Asst. Strength & Conditioning**	**2010-**	**Michigan State**
Gilbertson, Keith	Defensive Asst.	1996	Central Washington
	Tight Ends	1997-98	
	Offensive Consultant	2005	
	Asst. Offensive Line	2006-07	
	Wide Receivers	2008	
Gillespie, Bill	Asst. Strength & Conditioning	2003-04	Liberty
Gray, Jerry	Defensive Backs	2010	Texas
Harris, Chick	Running Backs	1983-91	Northern Arizona
Haskell, Gil	Offensive Coordinator	2000-06	San Francisco State
	Asst. Head Coach/Off. Coord.	2007-08	
Hawkins, Ralph	Defensive Backs	1983-88	Maryland
Headlee, Tom	Quality Control/Defense	2006-09	Washington State
Holland, Johnny	Asst. Special Teams & Strength	2000	Texas A&M
	Linebackers	2001-02	

Name	Responsibility	Years	College
Hollway, Bob	Defensive Coordinator/DBs	1976-77	Michigan
Holmgren, Mike	Head Coach	1999-08	Southern California
Houck, Hudson	Offensive Line	1992	Southern California
Jackson, Milt	Wide Receivers	1998	Tulsa
James, Ned	Offensive Asst.	1995-96	New Mexico
	Defensive Asst.	1997	
Jamison, John	Special Teams Asst.	2005-08	California
Johnson, Jim	Linebackers	1998	Missouri
Johnston, Kent	Strength & Conditioning	1999-2003	Stephen F. Austin
Kennan, Larry	Offensive Coordinator/QBs	1992-94	LaVerne
Knapp, Greg	Offensive Coordinator	2009	Sacramento State
Knox, Chuck	Head Coach	1983-91	Juniata
Krein, Darren	Asst. Strength & Cond.	1997-98, 01-09	Miami
Lappano, Tim	Running Backs	1998	Idaho
Lauterbur, Frank	Defensive Line	1982	Mt. Union
Laveroni, Bill	Asst. Offensive Line	2001-03	California
	Offensive Line	2004-07	
Lazor, Bill	Quarterbacks	2008-09	Cornell
LeDuc, Dana	Strength & Conditioning	1995-98	Texas
Leggett, Earl	Defensive Line	1976-77	Louisiana State
Lewis, Tim	Defensive Backs	2009	Pittsburgh
Lind, Jim	Linebackers	1999	Bemidji (Minn.) State
	Tight Ends	2000-08	
Lopez, Clayton	Defensive Quality Control	1999-2001	Nevada
	Defensive Asst./Secondary	2002-2003	
Lovat, Tom	Offensive Line	1999-2003	Utah
MacDonald, Andy	Running Backs	1976-82	Central Michigan
McCormack, Mike	Head Coach	1982	Kansas
McMackin, Greg	Defensive Coordinator	1995-98	So. Oregon State
McPherson, Pat	**Tight Ends**	**2010-**	**Santa Clara**
Marmie, Larry	Defensive Asst./Secondary	2006-09	Eastern Kentucky
Marshall, John	Linebackers	2003-05	Oregon
	Defensive Coordinator	2006-08	
Matsumoto, Arnie	Staff Asst.	1989-95	Lewis and Clark
Meyer, Ken	Quarterbacks	1983-91	Denison
Meyers, Bill	Asst. Offensive Line	1998	Stanford
Michaels, Mark	Asst. Special Teams	2001-03	Connecticut
	Special Teams	2004	
Mitchell, Stump	Running Backs	1999-2007	Citadel
Moore, Steve	Wide Receivers	1983-85	UC-Santa Barbara
	Offensive Coordinator/WRs	1986-88	
Mora, Jim E.	Defensive Line	1978-81	Occidental
Mora, Jim L.	Asst. Head Coach/Secondary	2007-08	Washington
	Head Coach	2009	
Moyer, Paul	Special Assignments	1990-91	Arizona State
	DBs/Asst. Special Teams	1992-94	
Mudd, Howard	Offensive Line	1978-82	Hillsdale
		1993-97	
Murphy, Mike	Linebackers	1995-97	Huron
Norton, Jr., Ken	**Linebackers**	**2010-**	**UCLA**
Olson, Rich	Quarterbacks	1995-98	Washington State
Patera, Jack	Head Coach	1976-82	Oregon
Peccatiello, Larry	Linebackers	1976-77	William and Mary
	Defensive Coordinator/LBs	1978-80	
Perry, Rod	Defensive Backs	1989-91	Colorado
Phair, Mike	Asst. Linebackers	2008	Arizona State
	Asst. Defensive Line	2009	
	Defensive Asst.	2010	
Prince, Robert	Wide Receivers	2009	Humboldt State

Name	Responsibility	Years	College
Prochaska, Ray	Offensive Coordinator/OL	1983-85	Nebraska
Purnell, Russ	Special Assignments	1986	Whittier
	TEs/Asst. Special Teams	1987-91	
	TEs/Special Teams	1992-94	
Quinn, Dan	Asst. Head Coach/Def. Line	2009	Salisbury State
	Defensive Line	2010	
Raines, Frank	Strength & Conditioning	1990-94	George Mason
Reynolds, Gary	Off. Asst./Quality Control	2003-07	Texas A&M
Rhodes, Ray	Defensive Coordinator	2003-05	Tulsa
	Special Projects/Defense	2006-07	
Rhome, Jerry	QBs/WRs/TEs	1976-77	Tulsa
	Offensive Coord./QBs/WRs/TEs	1978-79	
	Offensive Coord./QBs/WRs	1980-82	
Richard, Kris	**Asst. Defensive Backs**	**2010**	**Southern California**
	Defensive Backs/Cornerbacks	**2011-**	
Roach, Dick	Defensive Asst.	1999-2000	Black Hills State
Robinson, Willy	Defensive Backs	1995-98	Fresno State
Rodriguez, Pete	Asst. Head Coach/Special Teams	1998	Western St. (Colorado)
	Special Teams Coordinator	1999-2003	
Rollins, Zerick	Defensive Asst.	2001	Texas A&M
	Defensive Line/Quality Control	2002-05	
	Linebackers	2006-09	
Ruel, Pat	**Asst. Offensive Line**	**2010-**	**Miami**
Saleh, Robert	**Quality Control/Defense**	**2011-**	**Northern Michigan**
Schneider, Brian	**Special Teams Coordinator**	**2010-**	**Colorado State**
Seto, Rocky	**Quality Control/Defense**	**2010**	**Southern California**
	Asst. Defensive Backs/Safeties	**2011-**	
Shelmon, Clarence	Running Backs	1992-97	Houston
Sheppard, Mike	Quarterbacks	1999-2000	California Lutheran
Sherman, Mike	Offensive Coordinator	1999	Central Connecticut State
Shurmur, Fritz	Defensive Coordinator	1999	Albion College (Mich.)
Sidwell, Steve	Defensive Coordinator	2000-02	Colorado
Simpson, Jackie	Defensive Coord./LBs	1981-82	Mississippi
Smith, Carl	**Quarterbacks**	**2011-**	**Cal Poly-SLO**
Smith, Gregg	Asst. Head Coach/TEs	1995-96	Idaho
	Asst. Head Coach/Offensive Line	1997	
	Offensive Line	1998	
Smith, Sherman	**Running Backs**	**2010-**	**Miami (Ohio)**
Solari, Mike	Offensive Line	2008-09	San Diego State
Springer, Rod	Asst. Strength & Cond.	1999-2002	Tarrleton State
Stephenson, Kent	Offensive Line	1985-91	Northern Iowa
Tillman, Rusty	Special Teams	1979-82	Northern Arizona
	Special Teams/TEs	1983-86	
	Special Teams/LBs	1987-91	
	Defensive Coordinator/LBs	1992-94	
Ulbrich, Jeff	**Asst. Special Teams**	**2010-**	**Hawaii**
Valero, Art	Offensive Line	2010	Boise State
Vitt, Joe	Special Assignments	1982-91	Towson State
Wash, Todd	**Defensive Line**	**2011-**	**North Dakota State**
Yanchar, Jamie	**Asst. Strength & Conditioning**	**2010-**	**Louisville**
Yarber, Eric	Offensive Quality Control	1998	Idaho
Zorn, Jim	Offensive Asst.	1997	Cal Poly-Pomona
	Quarterbacks	2001-07	

A

Player	Position	Years	GP	GS	College
Abramowitz, Sid	T	1984	4	0	Tulsa
Adams, Jamar	S	2008-09	7	0	Michigan
Adams, Sam	DT/DE	1994-99	89	66	Texas A&M
Adams, Theo	T	1992	10	0	Hawaii
Adkins, Sam	QB	1977-82	10	0	Wichita State
Agee, Tommie	FB	1988	16	0	Auburn
Ahrens, Dave	LB	1990	10	3	Wisconsin
Aiu, Charlie	G	1978	1	0	Hawaii
Alexander, Shaun	RB	2000-07	119	97	Alabama
Allen, Harvey	S	1987	2	2	Nevada-Las Vegas
Allert, Ty	LB	1990	1	0	Texas
Allred, Brian	CB	1993-94	4	0	Sacramento State
Alvarez, Wilson	K	1981	4	0	S.E. Louisiana
Anderson, Eddie	S	1986	5	0	Fort Valley State
Anderson, Fredell	DE	1980-82	22	6	Prairie View A&M
Andrews, Ricky	LB	1990	15	0	Washington
Andrews, Stacy	T	2010-	13	12	Mississippi
Andrews, Tom	C/G	1987	2	2	Louisville
Araguz, Leo	P	2005	4	0	Stephen F. Austin
Ashworth, Tom	T	2006-07	29	6	Colorado
Atkins, Baraka	DE	2007-08	21	0	Miami
Atkins, James	T/G	1994-97	49	37	S.W. Louisiana
August, Steve	T	1977-84	97	90	Tulsa

B

Player	Position	Years	GP	GS	College
Babin, Jason	DE	2007-08	4	0	Western Michigan
Babineaux, Jordan	CB	2004-	99	29	Southern Arkansas
Babre, Alan	G	2010-	2	0	Missouri-Southern
Bachman, Ted	CB	1976	5	0	New Mexico State
Baham, Curtis	CB	1987	3	0	Tulane
Bailey, Edwin	G/T	1981-91	139	120	South Carolina State
Bailey, Karsten	WR	1999-00	11	0	Auburn
Bailey, Rodney	DE	2005	8	0	Ohio State
Baker, Chris	TE	2010	16	13	Michigan State
Ballard, Howard	T	1994-98	74	74	Alabama A&M
Balmer, Kentwan	**DL**	**2010-**	**16**	**11**	**North Carolina**
Bannister, Alex	WR	2001-05	57	4	Eastern Kentucky
Barbay, Roland	NT	1987	5	0	Louisiana State
Barber, Michael	LB	1995-97	21	9	Clemson
Barisich, Carl	DE	1976	14	7	Princeton
Barr, Robert	T	1996	*0	0	Rutgers
Bates, Michael	WR	1993-94	31	1	Arizona
Bates, Solomon	LB	2003-04	17	3	Arizona State
Beamon, Autry	S	1977-79	45	39	East Texas State
Bebout, Nick	T	1976-79	56	55	Wyoming
Beede, Frank	G	1996-00	46	8	Panhandle State
Beeson, Terry	LB	1977-81	77	67	Kansas
Bell, Coleman	TE	1996	*0	0	Miami
Bell, Marcus	LB	2000-02	45	9	Arizona
Bell, Mark	TE/DE	1979-80, 82	41	2	Colorado State
Bellamy, Jay	S	1994-00	98	55	Rutgers
Bengen, Brant	WR	1987	3	0	Idaho
Benjamin, Tony	FB	1977-79	28	1	Duke
Bennett, Michael	DE	2009	*0	0	Texas A&M
Bentley, Kevin	LB	2005-07	43	5	Northwestern
Bernard, Rocky	DT	2002-08	103	55	Texas A&M
Bernard, Walter	CB	2002-03	1	0	New Mexico

B

Player	Position	Years	GP	GS	College
Berry, Ray	LB	1993	8	2	Baylor
Berti, Tony	G/T	1998	*0	0	Colorado
Bickett, Duane	LB	1994-95	22	1	Southern California
Bierria, Terreal	S	2002-04	30	12	Georgia
Bitterlich, Don	K	1976	3	0	Temple
Blackmon, Harold	CB	2001-02	9	0	Northwestern
Blackmon, Robert	S	1990-96	106	96	Baylor
Blackshear, Jeff	G	1993-95	47	21	Northeast Louisiana
Blackwood, Lyle	S	1976	11	0	Texas Christian
Blades, Bennie	S	1997	10	9	Miami
Blades, Brian	WR	1988-98	156	122	Miami
Bloedorn, Greg	G	1997-99	12	0	Cornell
Blue, Anthony	CB	1987	3	0	Nevada-Las Vegas
Bolcar, Ned	LB	1990	5	0	Notre Dame
Bolton, Andrew	RB	1976	5	2	Fisk
Borchardt, Jon	G/T	1985-87	42	4	Montana State
Bosworth, Brian	LB	1987-89	24	24	Oklahoma
Boulware, Michael	S	2004-06	48	28	Florida State
Bouyer, Willie	WR	1989-90	1	0	Michigan State
Bowman, Barry	P	1987	1	0	Louisiana Tech
Bownes, Fabien	WR	1999-01	47	0	Western Illinois
Boyd, Dennis	DE/DT/T	1977-79, 81-82	59	27	Oregon State
Boyd, Jerome	LB	1983	5	0	Oregon State
Bradley, Ed	LB	1976	14	14	Wake Forest
Branch, Deion	WR	2006-10	51	40	Louisville
Brandon, David	LB	1993-94	20	0	Memphis State
Brilz, Darrick	G/C	1989-93	78	44	Oregon State
Brinson, Larry	RB	1980	8	0	Florida
Brock, Lou	CB	1988	1	0	Southern California
Brock, Raheem	DE	2010-	16	0	Temple
Broussard, Steve	RB	1995-98	58	2	Washington State
Brown, Arnold	CB	1987	2	0	North Carolina Central
Brown, Chad	LB	1997-04	107	107	Colorado
Brown, Dave	S/CB	1976-86	159	159	Michigan
Brown, Joe	DT	2001-02	2	0	Ohio State
Brown, Josh	K	2003-07	80	0	Nebraska
Brown, Marcus	**CB**	**2010-**	**1**	**0**	**Arkansas State**
Brown, Reggie	FB	1996-00	62	10	Fresno State
Brown, Theotis	RB	1981-83	22	7	UCLA
Brown, Tony	CB	1994-95	29	5	Fresno State
Brown, Travis	QB	2000	1	0	Northern Arizona
Bryant, Beno	RB	1994	2	0	Washington
Bryant, Cullen	FB	1983-84	19	5	Colorado
Bryant, Jeff	DE/DT	1982-93	175	167	Clemson
Bryant, Red	**DT**	**2008-**	**17**	**8**	**Texas A&M**
Bullard, Louis	T	1978-80	36	15	Jackson State
Bumpus, Michael	WR	2008	4	1	Washington State
Burleson, Nate	WR	2006-09	46	32	Nevada
Burnham, Tim	T	1987-88	3	3	Washington
Burse, Tony	FB	1987	12	0	Middle Tennessee State
Bush, Blair	C	1983-88	82	78	Washington
Butler, Chuck	LB	1984	8	0	Boise State
Butler, Deon	**WR**	**2009-**	**29**	**8**	**Penn State**
Butler, Hillary	LB	1998	7	0	Washington
Butler, Keith	LB	1978-87	146	132	Memphis State
Butler, Ray	WR	1985-88	41	8	Southern California

C

Player	Position	Years	GP	GS	College
Cain, Joe	LB	1989-92, 97	68	13	Oregon Tech
Caldwell, Tony	LB	1987	1	1	Washington
Campbell, Jack	T	1982	1	0	Utah
Canty, Chris	CB	1999-00	26	2	Kansas State
Carlson, John	**TE**	**2008-**	**47**	**38**	**Notre Dame**
Carr, Roger	WR	1982	9	2	Louisiana Tech
Carter, Kerry	RB	2003-04	32	0	Stanford
Castor, Chris	WR	1983-84	23	0	Duke
Celestin, Oliver	S	2006	13	0	Texas Southern
Chadwick, Jeff	WR	1989-91	39	0	Grand Valley State
Chancellor, Kam	**S**	**2010-**	**16**	**0**	**Virginia Tech**
Charlton, Ike	CB	2000-01	31	1	Virginia Tech
Childs, Jason	G	1993	*0	0	North Dakota
Clancy, Sam	DE	1983	13	0	Pittsburgh
Clark, Bernard	LB	1991	2	0	Miami
Clark, Greg	LB	1992	12	0	Arizona State
Clark, Louis	WR	1987-92	55	15	Mississippi State
Clarke, Ken	NT	1988	16	1	Syracuse
Clemons, Chris	**DE**	**2010-**	**16**	**16**	**Georgia**
Clune, Don	WR	1976	9	1	Pennsylvania
Cochran, Antonio	DT	1999-04	84	32	Georgia
Coder, Ron	G	1976-77, 79	43	19	Penn State
Coffield, Randy	LB	1976	13	0	Florida State
Colbert, Keary	WR	2008	7	4	Southern California
Cole, Colin	**DT**	**2009-**	**27**	**26**	**Iowa**
Coleman, Andre	WR	1997	2	0	Kansas State
Collins, Greg	LB	1976	13	0	Notre Dame
Collins, Mark	S	1998	9	0	Cal State-Fullerton
Colquitt, Jimmy	P	1985	2	0	Tennessee
Comeaux, Darren	LB	1988-91	50	39	Arizona State
Cook, Kerwin	WR	2001	*0	0	Tulane
Cooke, Bill	DE/DT	1978-80	34	3	Massachusetts
Cooper, Chris	DT	2006	*0	0	Nebraska-Omaha
Cooper, Marquis	LB	2006	1	0	Washington
Corley, Chris	TE	1987	1	0	South Carolina
Cortes, Julio	LB	1987	3	3	Miami
Cotton, Marcus	LB	1991	3	0	Southern California
Coutu, Brandon	K	2008	*0	0	Georgia
Covington, Tony	S	1995	11	0	Virginia
Cowlings, Al	DE	1976	1	0	Southern California
Cox, Kennard	**CB**	**2010-**	**11**	**0**	**Pittsburgh**
Crawford, Rufus	RB	1978	16	0	Virginia State
Croel, Mike	DE	1998	11	0	Nebraska
Cronan, Peter	LB	1977-79, 81	50	3	Boston College
Crumpler, Carlester	TE	1994-98	69	31	East Carolina
Cryder, Bob	T	1984-86	32	25	Alabama
Cunningham, Ed	C	1996	11	3	Washington
Cunningham, T.J.	S	1996	9	0	Colorado
Curry, Aaron	**LB**	**2009-**	**30**	**28**	**Wake Forest**
Curtis, Mike	LB	1976	14	14	Duke

D

Player	Position	Years	GP	GS	College
Daniels, David	WR	1991-92	29	1	Penn State
Daniels, Phillip	DE	1996-99	60	41	Georgia
Darby, Alvis	TE	1976	1	0	Florida
Darby, Chuck	DT	2005-07	36	34	South Carolina State
Darche, Jean-Philippe	LS	2000-06	97	0	McGill (Canada)
Davis, Anthony	LB	1993	10	0	Utah
Davis, Brian	CB	1991-92	29	2	Nebraska
Davis, Chris	FB	2003-04	1	0	Syracuse
Davis, Dexter	**DE**	**2010-**	**15**	**0**	**Arizona State**

D

Player	Position	Years	GP	GS	College
Davis, Fred	CB	1987	1	1	Western Carolina
Davis, Harlan	CB	1991	0	0	Tennessee
Davis, Russell	DT	2006	13	0	North Carolina
Davis, Tyree	WR	1997	14	1	Central Arkansas
Dawkins, Sean	WR	1999-00	32	29	California
Dean, Konrad	T	2002	*0	0	Akron
Dean, Vernon	S	1988	16	0	San Diego State
Dee, Donnie	TE	1989	3	3	Tulsa
Demarie, John	G	1976	9	8	Louisiana State
DeVita, Rob	LB	1987	1	0	Illinois Benedictine
Dickenson, Dave	QB	2002	0	0	Montana
Dietrich-Smith, Evan	G	2010	*0	0	Idaho State
Dilfer, Trent	QB	2001-04	22	12	Fresno State
Dion, Terry	DE	1980	9	2	Oregon
Dixon, Zachary	RB	1983-84	26	2	Temple
Dodge, Dedrick	S	1991-92	25	0	Florida State
Donaldson, Ray	C	1993-94	32	32	Georgia
Donnelly, Rick	P	1990-91	19	0	Wyoming
Doornink, Dan	FB/RB	1979-85	92	44	Washington State
Dorning, Dale	DE	1987	3	3	Oregon
Dorris, Andy	DE	1977	4	1	New Mexico State
Dove, Wes	DE	1987	2	0	Syracuse
Duckett, Forey	S	1994	2	0	Nevada
Duckett, T.J.	RB	2008	16	0	Michigan State
Dufek, Don	S	1976-77, 79-84	95	6	Michigan
Dugan, Bill	G	1981-83	40	5	Penn State
Dyson, Andre	CB	2005	10	5	Utah

E

Player	Position	Years	GP	GS	College
Easley, Kenny	S	1981-87	89	87	UCLA
East, Ron	DT	1977	14	14	Montana State
Eaton, Chad	DT	2001-02	32	32	Washington State
Edmonds, Bobby Joe	RB/KR	1986-88	42	0	Arkansas
Edmunds, Ferrell	TE	1993-94	23	23	Maryland
Edwards, Antonio	DE	1993-97	51	24	Valdosta State
Edwards, Randy	DE/NT	1984-87	52	4	Alabama
Eisenhooth, John	NT	1987	1	0	Lock Haven
Eisenhooth, Stan	C	1987-88	13	0	Towson State
Eller, Carl	DE	1979	16	8	Minnesota
Eloms, Joey	CB	1998-99	6	0	Indiana
Engles, Rick	P	1976-77	15	0	Tulsa
Engram, Bobby	WR	2001-08	109	67	Penn State
Essink, Ron	T	1980-85	83	70	Grand Valley State
Evans, Doug	CB	2002-03	18	0	Louisiana Tech
Evans, Heath	FB	2001-04	61	1	Auburn
Evans, Norm	T	1976-78	38	25	Texas Christian
Evans, Russell	WR	1987	1	0	N.E. Missouri State

F

Player	Position	Years	GP	GS	College
Fairbanks, Don	DE	1987	3	3	Colorado
Fanaika, Paul	G	2010-	*0	0	Arizona State
Fanning, Mike	DE	1984	16	0	Notre Dame
Farrell, Sean	G	1992	6	0	Penn State
Fauria, Christian	TE	1995-01	103	72	Colorado
Feagles, Jeff	P	1998-02	80	0	Miami
Feasel, Grant	C	1987-93	91	51	Abilene Christian
Fenner, Derrick	RB	1989-91	32	23	North Carolina
Fergerson, Duke	WR	1977-79	33	8	San Diego State
Fields, Scott	LB	1999	2	0	Southern California
Fifer, Bill	T	1979	*0	0	West Texas State

Finzer, Dave	P	1985	12	0	DePauw
Fisher, Bryce	DE	2005-07	33	31	Air Force Academy
Fisher, Travis	CB	2009	4	0	Central Florida
Flones, Brian	LB	1981-82	13	0	Washington State
Foley, Glenn	QB	1999	2	1	Boston College
Forsett, Justin	**RB**	**2008-**	**43**	**8**	**California**
Frank, Malcolm	CB	1992	15	0	Baylor
Franklin, Byron	WR	1985-87	33	1	Auburn
Franklin, Jethro	DE	1989	7	1	Fresno State
French, Rufus	TE	1999-00	*0	0	Mississippi
Frier, Mike	DT	1994	2	0	Appalachian State
Friesz, John	QB	1995-98	21	11	Idaho
Frye, Brandon	T	2009	4	3	Virginia Tech
Frye, Charlie	QB	2007-08	2	1	Akron
Fuller, Curtis	S	2001-02	26	2	Texas Christian
Fuller, Randy	CB	1999	2	0	Tennessee State

G

Gaines, Greg	LB	1981, 83-88	88	43	Tennessee
Galloway, Joey	WR	1995-99	71	67	Ohio State
Gamache, Vince	P	1986	16	0	Cal State-Fullerton
Ganther, Quinton	FB	2010	3	1	Utah
Garcia, Frank	P	1981	1	0	Arizona
Gardner, Rich	CB	2006	*0	0	Penn State
Geathers, Clifton	DE	2010	*0	0	South Carolina
Geddes, Ken	LB	1976-78	36	25	Nebraska
Gelbaugh, Stan	QB	1992-96	13	9	Maryland
George, Jeff	QB	2002	0	0	Illinois
Giacomini, Breno	**T**	**2010-**	***0**	**0**	**Louisville**
Gibson, Mike	**G**	**2009-**	**17**	**8**	**California**
Gilbert, Gale	QB	1985-86	25	2	California
Glasgow, Nesby	S	1988-92	77	30	Washington
Glaze, Charles	CB	1987	3	2	South Carolina State
Glover, Kevin	C	1998-99	14	14	Maryland
Goddard, Na'Shan	T	2008	2	0	South Carolina
Godfrey, Chris	G	1988	9	2	Michigan
Godfrey, Randall	LB	2003	15	14	Georgia
Gordon, Amon	DT	2010-	1	0	Stanford
Graff, Neil	QB	1976	*0	0	Wisconsin
Graham, David	DE/NT	1982, 1987	6	2	Morehouse
Graham, Derrick	G	1996-97	25	25	Appalachian State
Graham, Jay	RB	2001	11	0	Tennessee
Graham, Jeff	QB	1993-94	*0	0	Long Beach State
Grant, Deon	S	2007-09	48	48	Tennessee
Grant, Will	C	1986	7	6	Kentucky
Gray, Carlton	CB	1993-96	53	45	UCLA
Gray, Chris	G/C	1998-08	158	145	Auburn
Gray, Oscar	FB	1996-97	9	0	Arkansas
Green, Ahman	RB	1998-99	30	0	Nebraska
Green, Boyce	RB	1987	2	2	Carson-Newman
Green, Howard	DT	2007-08	18	0	Louisiana State
Green, Jacob	DE	1980-91	178	176	Texas A&M
Green, Jessie	WR	1979-80	23	0	Tulsa
Green, Marcus	DT	2006	2	0	Ohio State
Green, Mike	S	2006	15	1	Northwestern State
Green, Paul	TE	1992-94	35	23	Southern California
Green, Sammy	LB	1976-79	60	44	Florida
Green, Tony	KR	1979	11	0	Florida
Greene, Andrew	G	1998	4	0	Indiana
Greene, Danny	WR	1985	4	0	Washington
Greene, David	QB	2005-06	*0	0	Georgia
Gregory, Bill	DE/DT	1978-80	47	43	Wisconsin
Gresham, Clint	**LS**	**2010-**	**16**	**0**	**Texas Christian**
Griffith, Justin	FB	2009	13	12	Mississippi State
Griffith, Russell	P	1987	2	0	Weber State

H

Player	Position	Years	GP	GS	College
Habib, Brian	G	1998-99	32	32	Washington
Hackett, D.J.	WR	2004-07	33	14	Colorado
Hackett, Dino	LB	1993	3	0	Appalachian State
Hagen, Mike	FB	1987	2	1	Montana
Hagler, Scott	K	1987	2	0	South Carolina
Hamdan, Gibran	QB	2006	*0	0	Indiana
Hamilton, Ben	G	2010	7	6	Minnesota
Hamlin, Ken	S	2003-06	54	52	Arkansas
Hand, Norman	DT	2003	6	5	Mississippi
Hanks, Merton	S	1999	12	2	Iowa
Hannam, Ryan	TE	2002-05	52	5	Northern Iowa
Hanousek, Matt	T/G	1987	3	3	Utah State
Hansen, Don	LB	1976	2	0	Illinois
Harden, Michael	CB	2004-05	4	0	Missouri
Hardy, Andre	FB	1985	3	1	St. Mary's
Hardy, Darryl	LB	1997	2	0	Tennessee
Hardy, Robert	DT	1979-82	54	53	Jackson State
Harmon, Kevin	RB	1988-89	9	0	Iowa
Harper, Dwayne	CB	1988-93	94	76	South Carolina State
Harris, Corey	CB	1995-96	32	32	Vanderbilt
Harris, Elroy	RB	1989	14	0	Eastern Kentucky
Harris, Franco	FB	1984	8	6	Penn State
Harris, John	S	1978-85	119	112	Arizona State
Harris, Richard	DE/DT	1976-77	28	24	Grambling
Harris, Ronnie	WR	1994-98	44	0	Oregon
Harrison, Martin	DE	1997	8	0	Washington
Hart, Roy	NT	1988-89	16	1	South Carolina
Hass, Mike	WR	2009	1	0	Oregon State
Hasselbeck, Matt	QB	2001-10	138	131	Boston College
Hauck, Tim	S	1997	16	0	Montana
Hawthorne, David	**LB**	**2008-**	**46**	**27**	**Texas Christian**
Hayes, Eric	DT	1990-91	21	3	Florida State
Heck, Andy	T/G	1989-93	77	70	Notre Dame
Heller, Ron	TE	1990, 92	32	16	Oregon State
Heller, Will	TE	2006-08	44	6	Georgia Tech
Henry, Chris	RB	2010	1	0	Arizona
Heppner, Kris	K	2000	4	0	Montana
Hernandez, Matt	T	1983	8	1	Purdue
Herndon, Kelly	CB	2005-06	28	22	Toledo
Herrera, Efren	K	1978-81	60	0	UCLA
Herring, Will	LB	2007-	54	8	Auburn
Hicks, Mark	LB	1983	10	1	Arizona State
Hill, James	TE	2000	10	0	Abilene Christian
Hill, Leroy	**LB**	**2005-**	**68**	**61**	**Clemson**
Hill, Matt	T	2002-03	27	2	Boise State
Hilliard, John	DE	2000-02	27	11	Mississippi State
Hines, Andre	T	1980	9	0	Stanford
Hire, Doug	C	1987	3	1	Linfield
Hitchcock, Bill	T/G	1991-94	51	39	Purdue
Hoaglin, Fred	C	1976	13	7	Pittsburgh
Hobbs, Daryl	WR	1997	10	0	Pacific
Hobbs, Kevin	CB	2007-08	20	0	Auburn
Hollie, Doug	DE	1987-88	5	0	Southern Methodist
Hollis, David	CB/S	1987-89	27	0	Nevada-Las Vegas
Houser, Kevin	LS	2009	14	0	Ohio State
Houshmandzadeh, T.J.	WR	2009	16	16	Oregon State
Howard, Ron	TE	1976-78	42	36	Seattle
Howell, John	S	2005	10	0	Colorado State

Huard, Brock	QB	1999-01	6	4	Washington
Hudson, Gordon	TE	1986	16	4	Brigham Young
Huff, Orlando	LB	2001-04	55	23	Fresno State
Hughes, David	FB	1981-85	69	27	Boise State
Hughes, Van D	T	1987	1	1	Southwest Texas State
Hunter, Al	RB/FB	1977-80	53	5	Notre Dame
Hunter, John	G	1992	5	3	Brigham Young
Hunter, Patrick	CB	1986-94	120	99	Nevada-Reno
Hunter, Pete	CB	2006	^0	0	Virginia Union
Hunter, Wayne	T	2003	2	0	Hawaii
Hutchinson, Steve	G	2001-05	68	68	Michigan
Hyde, Glenn	C	1986	3	0	Pittsburgh

I

Innocent, Dou	WR	1996	4	0	Mississippi
Irvin, Darrell	DE	1983	16	0	Oklahoma
Ivory, Horace	RB	1981-82	12	0	Oklahoma

J

Jackson, Darrell	WR	2000-06	96	90	Florida
Jackson, Harold	WR	1983	15	6	Jackson State
Jackson, Joe	LB	1987	3	0	San Francisco State
Jackson, Lawrence	DE	2008-09	31	24	Southern California
Jackson, Michael	LB	1979-86	105	78	Washington
Jackson, Terry	CB	1984-85	32	0	San Diego State
James, Edgerrin	RB	2009	7	0	Miami
James, Toran	LB	1998	*0	0	North Carolina A&T
Jeanpierre, Lemuel	**G**	**2010-**	***0**	**0**	**South Carolina**
Jefferson, James	CB	1989-93	58	3	Texas A&I
Jenkins, Marcus	G	2000	*0	0	Central Florida
Jenkins, Melvin	CB	1987-90	60	20	Cincinnati
Jennings, Kelly	**CB**	**2006-**	**77**	**42**	**Miami**
Jodat, Jim	FB	1980-81	28	18	Carthage
Johns, Paul	WR	1981-84	40	18	Tulsa
Johnson, Dustin	FB	1999	1	0	Brigham Young
Johnson, Greggory	CB	1981-83, 86	56	3	Oklahoma State
Johnson, Johnnie	S	1989	3	1	Texas
Johnson, M.L.	LB	1987-89	37	9	Hawaii
Johnson, Norm	K	1982-90	134	0	UCLA
Johnson, Tracy	FB	1992-95	63	15	Clemson
Jolley, Gordon	G/T	1976-77	26	15	Utah
Jones, Donnie	P	2004	6	0	Louisiana State
Jones, Ernie	CB	1976	9	3	Miami
Jones, Horace	DE	1977	1	0	Louisville
Jones, James	FB	1989-92	50	7	Florida
Jones, Julius	RB	2008-10	31	24	Notre Dame
Jones, Mike	LB	1977	12	0	Jackson State
Jones, Mike	TE	1992	4	1	Texas A&M
Jones, Rod	TE	1989	4	0	Washington
Jones, Selwyn	CB	1995-96	31	1	Colorado State
Jones, Walter	T	1997-09	180	180	Florida State
Joppru, Ben	TE	2006-07	18	0	Michigan
Jordan, Charles	WR	1999	4	1	Long Beach City College
Joseph, Kerry	S	1998-01	56	14	McNeese State
Joyce, Matt	G	1995	16	13	Richmond
Juma, Kevin	WR	1987	3	2	Idaho
Junior, E.J.	LB	1992-93	9	0	Alabama
Junkin, Trey	TE	1990-95	92	2	Louisiana Tech
Jurevicius, Joe	WR	2005	16	12	Penn State
Justin, Kerry	CB	1978-83, 86-87	105	35	Oregon State

K

Player	Position	Years	GP	GS	College
Kacyvenski, Isaiah	LB	2000-06	90	22	Harvard
Kaiser, John	LB	1984-86	48	0	Arizona
Kane, Tommy	WR	1988-92	46	26	Syracuse
Kasay, John	K	1991-94	64	0	Georgia
Kashama, Alain	DE	2005	1	0	Michigan
Kasper, Kevin	WR	2002	3	0	Iowa
Kauahi, Kani	C	1982-86	60	5	Hawaii
Kaumeyer, Thom	S	1989-90	8	0	Oregon
Keel, Mark	TE	1987	3	3	Arizona
Keim, Mike	T	1992-95	27	0	Brigham Young
Kelly, Jeff	QB	2002	*0	0	Southern Mississippi
Kelly, Maurice	S	2000-01	24	3	East Tennessee State
Kemp, Jeff	QB	1987-91	55	7	Dartmouth
Kendall, Pete	G	1996-00	76	75	Boston College
Kennedy, Cortez	DT	1990-00	167	153	Miami
Kent, Jordan	WR	2008	9	1	Oregon
Kerney, Patrick	DE	2007-09	37	36	Virginia
Killens, Terry	LB	2002	3	0	Penn State
King, Lamar	DE	1999-03	57	37	Saginaw Valley State
Kinlaw, Reggie	NT	1985-86	30	5	Oklahoma
Kirkland, Levon	LB	2001	16	16	Clemson
Kirtman, David	FB	2006	6	0	Southern California
Kitna, Jon	QB	1997-00	39	33	Central Washington
Koonce, George	LB	2000	16	16	East Carolina
Koutouvides, Niko	LB	2004-07	59	2	Purdue
Kraayeveld, Dave	DE/DT	1978	12	0	Milton
Krieg, Dave	QB	1980-91	129	116	Milton
Kuehn, Art	C/G	1976-82	98	33	UCLA
Kyle, Jason	LB	1995-98	48	0	Arizona

L

Player	Position	Years	GP	GS	College
LaBounty, Matt	DE	1996-01	65	9	Oregon
Lambert, Dion	S	1994-95	1	1	UCLA
Lane, Eric	FB/RB	1981-87	97	12	Brigham Young
Largent, Steve	WR	1976-89	200	197	Tulsa
Laughton, Jim	TE	1986	6	0	San Diego State
Laury, Lance	LB	2006-09	56	0	South Carolina
Lavine, Paul	LB	1987	3	1	Utah State
Le Bel, Harper	TE	1989	16	0	Colorado State
Lee, Ronnie	T	1990-92	34	21	Baylor
Lewis, D.D.	LB	2002-06, 08-09	74	20	Texas
Lewis, Roy	**CB**	**2009-**	**23**	**0**	**Washington**
Lewis, Will	CB	1980-81	26	0	Millersville State
Leypoldt, John	K	1976-78	25	0	No College
Lincoln, Jeremy	CB	1997	12	3	Tennessee
Lindell, Rian	K	2000-02	44	0	Washington State
Lindley, David	QB	1987	*0	0	Linfield
Locklear, Sean	T	2004-	96	78	North Carolina State
Logan, James	LB	1995-00	63	4	Memphis
Long, Doug	WR	1977-78	16	0	Whitworth
Losman, J.P.	QB	2010-	*0	0	Tulane
Loville, Derek	RB	1990-91	27	1	Oregon
Lucas, Ken	CB	2001-04, 09	78	53	Mississippi
Lurtsema, Bob	DE/DT	1976-77	27	25	Western Michigan
Lynch, Marshawn	**RB**	**2010-**	**12**	**12**	**California**
Lynch, Tom	G	1977-80	60	48	Boston College
Lytle, Matt	QB	2000	1	0	Pittsburgh

M

Player	Position	Years	GP	GS	College
McAlister, Ken	S	1982-83	11	0	San Francisco
McBride, Tod	CB	2004	*0	0	UCLA
McCleary, Norris	DT	2002	*0	0	East Carolina
McCloughan, Dave	CB/S	1993-94	28	12	Colorado
McCoy, Anthony	**TE**	**2010-**	**2**	**0**	**Southern California**
McCoy, Matt	**LB**	**2010-**	**14**	**0**	**San Diego State**
McCrary, Fred	FB	2007	6	0	Mississippi State
McCrary, Michael	DE	1993-96	58	13	Wake Forest
McCullum, Sam	WR	1976-81	91	78	Montana State
McCutcheon, Lawrence	FB	1980	8	1	Colorado State
McDaniel, Terry	CB	1998	9	0	Tennessee
McElroy, Vann	S	1990	10	0	Baylor
McEndoo, Jason	C	1998	1	0	Washington State
McGrath, Mark	WR	1981	6	0	Montana State
McGwire, Dan	QB	1991-94	12	5	San Diego State
McIntosh, Chris	T	2000-01	24	13	Wisconsin
McIntosh, Damion	T	2009	10	2	Kansas State
McKenzie, Reggie	G	1983-84	24	22	Michigan
McKinney, Steve	C	2008	*0	0	Texas A&M
McKinnis, Hugh	FB	1976	11	5	Arizona State
McKnight, James	WR	1994-98	60	7	Liberty
McMakin, John	TE	1976	12	1	Clemson
McMillan, Eddie	CB	1976-77	28	28	Florida State
McMillian, Henry	DE	1995-96	4	0	Florida
McMullen, Billy	WR	2008	4	2	Virginia
McNeal, Travis	TE	1989-91	48	24	Tennessee-Chattanooga
McShane, Charles	LB	1977-79	29	0	California Lutheran
McVeigh, John	LB	1987	3	3	Miami
Mack, Kim	S	1987	1	0	Florida State
Mangiero, Dino	NT	1984	15	0	Rutgers
Manuel, Marquand	S	2004-05	31	11	Florida
Mare, Olindo	K	2008-	48	0	Syracuse
Marinaro, Ed	FB	1977	2	0	Cornell
Martin, Amos	LB	1977	2	0	Louisville
Martin, Kelvin	WR	1993-94	32	29	Boston College
Martin, Ruvell	WR	2010-	4	0	Saginaw Valley State
Mathison, Bruce	QB	1987	3	2	Nebraska
Mattes, Ron	T	1986-90	75	59	Virginia
Matthews, Al	S	1976	14	14	Texas A&I
Mawae, Kevin	C/G	1994-97	62	59	Louisiana State
Maxwell, Vernon	LB	1989	9	7	Arizona State
May, Deems	TE	1997-99	47	0	North Carolina
Mayes, Derrick	WR	1999-00	28	23	Notre Dame
Mayes, Rueben	RB	1992-93	17	0	Washington State
Mebane, Brandon	**DT**	**2007-**	**59**	**53**	**California**
Merriman, Sam	LB	1983-87	71	1	Idaho
Metzelaars, Pete	TE	1982-84	34	13	Wabash
Mili, Itula	TE	1998-06	114	43	Brigham Young
Millard, Bryan	G/T	1984-91	121	99	Texas
Millard, Keith	DT	1992	2	0	Washington State
Miller, Brandon	DE	2008	1	0	Georgia
Miller, Darrin	LB	1988-89	32	0	Tennessee
Miller, Donald	LB	1990	7	0	Idaho State
Miller, Keith	LB	2002	7	0	California
Miller, Terry	RB	1981	1	0	Oklahoma State
Milloy, Lawyer	S	2009-	32	18	Washington
Milne, Brian	FB	1999	10	0	Penn State
Minor, Vic	S	1980-81	20	0	Northeast Louisiana
Miranda, Paul	CB	2000-01	12	2	Central Florida
Mirer, Rick	QB	1993-96	55	51	Notre Dame
Mitchell, Brandon	DE	2002-04	34	8	Texas A&M

M

Player	Position	Years	GP	GS	College
Mitz, Alonzo	DE	1986-89	40	7	Florida
Montgomery, Glenn	DT	1996	7	1	Houston
Moody, Michael	T	1994	*0	0	Southern California
Moon, Warren	QB	1997-98	25	24	Washington
Moore, Alvin	RB	1987	1	0	Arizona State
Moore, Jeff	RB	1979-81	32	3	Jackson State
Moore, Mark	S	1987	5	0	Oklahoma State
Moore, Rashad	DT	2003-04	30	18	Tennessee
Morrah, Cameron	**TE**	**2009-**	**18**	**3**	**California**
Morris, Maurice	RB	2002-08	101	22	Oregon
Morris, Michael	LS	1990	4	0	N.E. Missouri State
Morris, Randall	RB	1984-88	61	2	Tennessee
Morton, Michael	RB	1987	2	0	Nevada-Las Vegas
Moss, Winston	LB	1995-97	46	46	Miami
Moyer, Paul	S	1983-89	98	30	Arizona State
Munson, Bill	QB	1976	6	0	Utah State
Murphy, Kevin	LB	1993	14	10	Oklahoma
Myer, Steve	QB	1976-80	13	4	New Mexico
Myles, DeShone	LB	1998-00	16	7	Nevada

N

Player	Position	Years	GP	GS	College
Nash, Joe	DT/NT	1982-96	218	169	Boston College
Nelson, Ralph	RB	1976	7	3	No College
Ness, Nate	CB	2010	1	1	Arizona
Newbill, Richard	LB	1990-92	10	0	Miami
Newton, Bob	G	1976-81	82	66	Nebraska
Niehaus, Steve	DE/DT	1976-78	36	20	Notre Dame
Norman, Dennis	T	2001-04	1	0	Princeton
Norman, Joe	LB	1979-81, 83	50	10	Indiana
Norman, Todd	G	1995	*0	0	Notre Dame

O

Player	Position	Years	GP	GS	College
O'Brien, Mike	S	1979	3	0	California
Obomanu, Ben	**WR**	**2006-**	**41**	**6**	**Auburn**
O'Callaghan, John	TE	1987	1	0	San Diego State
Okeafor, Chike	DE	2003-04	32	32	Purdue
Okung, Russell	**T**	**2010-**	**10**	**10**	**Oklahoma State**
Olds, Bill	FB	1976	1	1	Nebraska
Orns, Fred	LB	1987	2	0	Chapman College
Overhauser, Chad	G	2000	*0	0	UCLA
Owens, John	TE	2009	16	2	Notre Dame
Owens, Rich	DE	2002	3	0	Lehigh

P

Player	Position	Years	GP	GS	College
Packer, Walter	CB/KR	1977	10	0	Mississippi State
Palepoi, Anton	DE	2002-04	21	1	Nevada-Las Vegas
Pardridge, Curt	WR	1987	3	0	Northern Illinois
Parker, Riddick	DT	1997-00	51	19	North Carolina
Parros, Rick	FB/RB	1985, 87	5	1	Utah State
Parry, Josh	FB	2006	8	0	San Jose State
Pawelek, Joe	LB	2010-	1	0	Baylor
Payne, Logan	WR	2008	2	2	Minnesota
Pearman, Alvin	RB	2007	3	0	Virginia
Peets, Brian	TE	1978-79	25	14	Pacific
Penchion, Bob	G	1976	13	13	Alcorn A&M
Perryman, Dean	C	1987	1	0	Washington
Peterson, Julian	LB	2006-08	48	47	Michigan State
Peterson, Todd	K	1995-99	80	0	Georgia
Pinkard, Josh	**CB**	**2010-**	***0**	**0**	**Southern California**

Pitts, Chester	G	2010	7	5	San Diego State
Plackemeier, Ryan	P	2006-08	33	0	Wake Forest
Pollard, Marcus	TE	2007	14	10	Bradley
Pollard, Robert	DE	2005-06	1	0	Texas Christian
Polowski, Larry	LB	1979	14	0	Boise State
Polumbus, Tyler	**T**	**2010-**	**14**	**7**	**Colorado**
Ponder, Willie	WR	2006	6	0	S.E. Missouri State
Porter, Rufus	LB	1988-94	98	67	Southern
Powell, Alvin	G	1987-88	18	0	Winston-Salem State
Pratt, Robert	G	1982-85	52	52	North Carolina
Preece, Steve	S	1977	14	14	Oregon State
Price, Ernie	DE	1978-79	16	15	Texas A&I
Pritchard, Mike	WR	1996-99	62	41	Colorado
Proehl, Ricky	WR	1995-96	24	7	Wake Forest
Pruitt, Etric	S	2005	6	0	Southern Mississippi
Putzier, Jeb	TE	2008	6	1	Boise State

R

Rackley, Derek	LS	2006-07	20	0	Minnesota
Raible, Steve	WR	1976-81	83	8	Georgia Tech
Ramsey, Greg	DE	1987	2	0	Fresno State
Randall, Curtis	LB	2004	4	0	Louisiana Tech
Randle, John	DT	2001-03	43	35	Texas A&I
Rankin, Louis	RB	2009	9	0	Washington
Rayhle, Fred	TE	1977	2	0	Tenn-Chattanooga
Redding, Cory	DE	2009	15	3	Texas
Reece, Geoff	C	1977	5	0	Washington State
Reed, Nick	DE	2009	16	0	Oregon
Rennaker, Terry	LB	1980	15	0	Stanford
Rice, Jerry	WR	2004	11	9	Mississippi Valley State
Richard, Kris	CB	2002-04	38	1	Southern California
Richards, Howard	T	1987	2	2	Missouri
Richardson, C.J.	S	1997	15	0	Miami
Richardson, Jay	DE	2010	7	0	Ohio State
Richardson, Kyle	P	1997	2	0	Arkansas State
Ridgle, Elston	DE	1989	2	0	Nevada-Reno
Riley, Patrick	DT	1996	*0	0	Miami
Roberts, Ray	T	1992-95	57	46	Virginia
Robertson, Marcus	S	2001-02	27	27	Iowa State
Robinson, Damien	S	2003-04	15	4	Iowa
Robinson, Eugene	S	1985-95	170	152	Colgate
Robinson, Jeff	LS	2007-09	21	0	Idaho
Robinson, Koren	WR	2001-04, 08	69	64	North Carolina State
Robinson, Michael	**RB**	**2010-**	**11**	**4**	**Penn State**
Robinson, Rafael	S	1992-95	51	5	Wisconsin
Robinson, Shelton	LB	1982-85	56	35	North Carolina
Robinson, Will	**T**	**2010-**	***0**	**0**	**San Diego State**
Robinson, Zac	QB	2010	*0	0	Oklahoma State
Roche, Alden	DE	1977-78	21	12	Southern
Rodenhauser, Mark	LS	1999	8	0	Illinois State
Rodgers, Tyrone	DT	1992-94	37	0	Washington
Rodriguez, Ruben	P	1987-89	44	0	Arizona
Rogers, Charlie	RB/KR	1999-01	41	0	Georgia Tech
Romes, Charles	CB	1987	*0	0	North Carolina Central
Ross, Dan	TE	1985	10	5	Northeastern
Ross, Gerard	CB	2006	^0	0	Florida State
Ross, Oliver	RB	1976	14	10	Alabama A&M
Rouen, Tom	P	2003-05	32	0	Colorado
Rusk, Reggie	CB	1997-98	2	0	Kentucky
Russell, Brian	S	2007-08	32	32	San Diego State
Ryan, Jon	**P**	**2008-**	**47**	**0**	**Regina**

S

Player	Position	Years	GP	GS	College
Sager, Ken	TE	1987	3	1	Western Washington
Saleaumua, Dan	DT	1997-98	27	15	Arizona State
Salisbury, Sean	QB	1986	*0	0	Southern California
Sandifer, Bill	DT	1977-78	16	15	UCLA
Sanford, Rick	S	1985	5	0	South Carolina
Sawyer, John	TE	1977-78, 80-82	65	39	Southern Mississippi
Scales, Dwight	WR	1984	4	0	Grambling
Schmitt, Owen	FB	2008-09	30	2	West Virginia
Schmitt, Tyler	LS	2008	*0	0	San Diego State
Scholtz, Bruce	LB	1982-88	96	95	Texas
Schreiber, Adam	G	1984	6	0	Texas
Scobey, Josh	RB	2005-06	32	0	Kansas State
Scoggins, Ron	T	1987	3	0	Nevada-Las Vegas
Seigler, Dexter	CB	1996-97	14	0	Miami
Sevy, Jeff	G/T	1979-80	19	5	California
Sharper, Jamie	LB	2005	8	8	Virginia
Shaw, Bobby	WR	1998	1	0	California
Shaw, Rickie	T	1993	*0	0	North Carolina
Siavii, Junior	**DT**	**2010-**	**14**	**6**	**Oregon**
Simmons, Anthony	LB	1998-04	86	79	Clemson
Simonson, Dave	T	1976	5	0	Minnesota
Simpson, Keith	CB/S	1978-85	108	70	Memphis State
Sims, David	FB/RB	1977-79	29	12	Georgia Tech
Sims, Jack	G	1987	3	2	Hawaii
Sims, Rob	G	2006-09	45	34	Ohio State
Sinclair, Michael	DE	1991-01	144	114	Eastern New Mexico
Singer, Curt	T	1986, 90-91	24	0	Tennessee
Skansi, Paul	WR	1984-91	100	2	Washington
Skow, Jim	DE	1991	11	1	Nebraska
Smith, Dallis	S	1987	3	3	Valdosta State
Smith, Darrin	LB	1998-99	28	27	Miami
Smith, Lamar	RB	1994-97	43	4	Houston
Smith, Sherman	RB	1976-82	82	68	Miami, Ohio
Smith, Steve	FB	1994-95	25	7	Penn State
Snell, Donald	WR	1987	1	0	Virginia Tech
Spagnola, John	TE	1988	16	4	Yale
Speer, Del	S	1994	1	0	Florida
Spencer, Chris	C	2005-	82	70	Mississippi
Spitulski, Bob	LB	1992-94	26	1	Central Florida
Springs, Shawn	CB	1997-03	93	88	Ohio State
Stark, Chad	FB	1987	2	0	North Dakota State
Stark, Rohn	P	1997	4	0	Florida State
Stephens, Rod	LB	1989-94	75	34	Georgia Tech
Stevens, Jerramy	TE	2002-06	71	26	Washington
Stewart, Russell	TE	2001	*0	0	Stanford
Stokes, Eric	S	1997-98	11	0	Nebraska
Stokley, Brandon	WR	2010-	11	0	Louisiana-Lafayette
Stouffer, Kelly	QB	1988-92	22	16	Colorado State
Stowe, Tyronne	LB	1995	6	6	Rutgers
Streater, Rahmaan	DE	2000	*0	0	Richmond
Strong, Mack	FB	1994-07	201	108	Georgia
Strozier, Wilbur	TE	1987	12	3	Georgia
Stutz, Boone	LS	2007	8	0	Texas A&M
Sutherland, Doug	DT	1981	16	6	Wisconsin-Superior
Sweeney, Jim	C	1995	16	16	Pittsburgh

T

Player	Position	Years	GP	GS	College
Tafoya, Joe	DE	2005-06	28	1	Arizona
Tapp, Darryl	DE	2006-09	65	30	Virginia Tech
Tate, Golden	**WR**	**2010-**	**11**	**0**	**Notre Dame**
Tatupu, Lofa	LB	2005-10	84	84	Southern California
Taylor, Bobby	CB	2004	9	0	Notre Dame
Taylor, Cordell	CB	1999	2	0	Hampton

Taylor, Courtney	WR	2007-08	18	4	Auburn
Taylor, Terry	CB	1984-88, 94	79	55	Southern Illinois
Teal, Jimmy	WR	1987-88	6	2	Texas A&M
Teel, Mike	QB	2009	*0	0	Rutgers
Terrill, Craig	DT	2004-	88	5	Purdue
Terry, Chris	T	2002-04	25	23	Georgia
Terry, Joe	LB	1987	2	0	Cal State-Hayward
Terry, Tim	LB	2000-02	38	8	Temple
Testerman, Don	FB	1976-78	44	26	Clemson
Thomas, Doug	WR	1991-93	39	4	Clemson
Thomas, Earl	**S**	**2010-**	**16**	**16**	**Texas**
Thomas, Fred	CB	1996-99	45	5	Tennessee-Martin
Thomas, Garth	G	1987	1	1	Washington
Thomas, Ricky	S	1987	1	1	Alabama
Thomas, Robb	WR	1992-95	62	3	Oregon State
Thomas, Rodell	LB	1981-82	19	1	Alabama State
Thurmond, Walter	**CB**	**2010-**	**13**	**1**	**Oregon**
Tice, Mike	TE	1981-88, 90-91	130	83	Maryland
Tipton, Dave	DE	1976	12	12	Stanford
Tipton, Rico	LB	1987	3	2	Washington State
Tobeck, Robbie	C	2000-06	92	88	Washington State
Tofflemire, Joe	C	1989-94	33	16	Arizona
Tongue, Reggie	S	2000-03	62	52	Oregon State
Torretta, Gino	QB	1996-97	1	0	Miami
Treggs, Brian	WR	1992	2	0	California
Trufant, Marcus	**CB**	**2003-**	**120**	**119**	**Washington State**
Tuatagaloa, Natu	DE	1992-93	30	15	California
Tubbs, Marcus	DT	2004-07	29	16	Texas
Tuiasosopo, Manu	DT/DE/NT	1979-83	73	64	UCLA
Turner, Daryl	WR	1984-87	59	40	Michigan State
Turner, Kevin	LB	1981	8	0	Pacific
Tuten, Rick	P	1991-97	101	0	Florida State
Tyler, Robert	TE	1989	9	9	South Carolina State

U

Unger, Max	**G**	**2009-**	**17**	**17**	**Oregon**
Unverzagt, Eric	LB	1996-97	9	0	Wisconsin
Urban, Jerheme	WR	2003-05	10	2	Trinity

V

Vallos, Steve	C	2008-09	32	8	Wake Forest
Vaughn, Jon	RB	1993-94	26	2	Michigan

W

Wagner, Vince	K	1981	*0	0	Northwestern (Minn.)
Wahle, Mike	G	2008	10	10	Navy
Waits, Alex	P	1991	3	0	Texas
Walker, Brian	S	1999	5	0	Washington State
Walker, Byron	WR	1982-86	58	3	Citadel
Walker, Derek	DE	2009	*0	0	Illinois
Walker, Tim	LB	1980	16	0	Savannah State
Wallace, C.J.	S	2007-09	26	0	Washington
Wallace, Seneca	QB	2003-09	47	14	Iowa State
Wallace, Taco	WR	2003-04	4	0	Kansas State
Walsh, Jim	FB	1980	4	0	San Jose State
Walter, Ken	P	2004	6	0	Kent State
Warner, Curt	RB	1983-89	93	92	Penn State
Warren, Chris	RB	1990-97	123	89	Ferrum
Warren, Terrence	WR	1993-94	16	0	Hampton University
Warrick, Peter	WR	2005	13	5	Florida State
Washington, Leon	**RB**	**2010-**	**16**	**0**	**Florida State**
Watson, Tim	DT	2000-01	*0	0	Rowan
Watters, Orlando	CB	1994	16	8	Arkansas
Watters, Ricky	RB	1998-01	53	52	Notre Dame
Weaver, Herman	P	1977-80	61	0	Tennessee

W

Player	Position	Years	GP	GS	College
Weaver, Leonard	FB	2005-08	46	11	Carson-Newman
Weber, Roger	G	1987	*0	0	Kent State
Webster, Cornell	CB	1977-80	52	33	Tulsa
Wedderburn, Floyd	T/G	1999-02	46	26	Penn State
Weeks, Marquis	RB	2006	10	0	Virginia
Weiner, Todd	T	1998-01	48	20	Kansas State
Wells, Dean	LB	1993-98	84	50	Kentucky
Werner, Matt	DE	1994	*0	0	UCLA
West, Jeff	P	1981-85	58	0	Cincinnati
Wheat, Warren	G	1989-91	16	7	Brigham Young
White, Chris	S	1987	1	0	Tennessee
White, Chris	C	2010-	6	0	Southern Mississippi
White, Jim	DE	1976	2	0	Colorado State
White, Mike	DT	1981-82	20	8	Albany State
White, Tracy	LB	2003-04	20	2	Howard
Whitehurst, Charlie	**QB**	**2010-**	**6**	**2**	**Clemson**
Wiley, Charles	DT	1987	1	1	Nevada-Las Vegas
Williams, Brent	DE	1994-95	21	19	Toledo
Williams, Darryl	S	1996-99	61	60	Miami
Williams, Eugene	LB	1982-83	13	1	Tulsa
Williams, Grant	T	1996-99	56	23	Louisiana Tech
Williams, James	FB	1987	1	0	Fresno State
Williams, James	WR	2000-02	29	4	Marshall
Williams, Jimmy	CB	2005-06	30	1	Vanderbilt
Williams, John	FB	1985	2	0	Wisconsin
Williams, John L.	FB	1986-93	123	115	Florida
Williams, Kyle	T	2008-09	6	3	Southern California
Williams, Lester	NT	1987	2	0	Miami
Williams, Mike	**WR**	**2010-**	**14**	**13**	**Southern California**
Williams, Robert	CB	1999	1	0	North Carolina
Williams, Ronnie	TE	1996	13	3	Oklahoma State
Williams, Willie	CB	1997-03	105	75	Western Carolina
Willis, Donald	G	1995	*0	0	North Carolina A&T
Willis, James	LB	1999	16	0	Auburn
Willis, Jason	WR	2004	1	0	Oregon
Willis, Ray	T	2005-	44	26	Florida State
Wilmer, Ray	S	1984	3	0	Louisiana Tech
Wilson, E.J.	DE	2010	2	0	North Carolina
Wilson, Josh	CB	2007-09	40	23	Maryland
Wilson, Mike	T	1986-89	60	60	Georgia
Wilson, Robert	WR	1997-99	18	0	Florida A&M
Wimmer, Gary	LB	1983	3	0	Stanford
Wistrom, Grant	DE	2004-06	41	41	Nebraska
Womack, Floyd	T	2001-08	90	46	Mississippi State
Woodard, Cedric	DT	2000-04	61	28	Texas
Wooden, Terry	LB	1990-96	89	87	Syracuse
Woods, Larry	DT	1976	6	0	Tennessee State
Woods, Tony	LB/DE	1987-92	89	79	Pittsburgh
Woolsey, Rolly	CB	1976	14	11	Boise State
Wortham, Cornelius	LB	2005	8	0	Alabama
Wrotto, Mansfield	G	2007-10	15	5	Georgia Tech
Wunsch, Jerry	T	2002-04	33	5	Wisconsin
Wyman, David	LB	1987-92	61	56	Stanford
Wyms, Ellis	DE	2007	13	0	Mississippi State

Y

Yarno, John	C	1977-82	74	62	Idaho
Young, Charle	TE	1983-85	45	43	Southern California
Young, Fredd	LB	1984-87	60	41	New Mexico State
Young, Renard	CB	1987	3	3	Nevada-Las Vegas

Z

Zorn, Jim	QB	1976-84	126	100	Cal Poly-Pomona

*on active roster, but did not play in a game ^on postseason active roster only

SERIES BREAKDOWN

Due to the 2002 new alignment plan, division records were reset. Division records from 1976-2001 may be found on page 270.

NFC WEST (34-20)

ARIZONA CARDINALS (11-13)

Date				Score	Attendance
9/12/76	—	L		24-30	58,441
11/13/83	—	L	@	28-33	33,280
9/17/89	—	L		24-34	60,444
12/19/93	—	*L		27-30	45,737
10/29/95	—	*L	@	14-20	39,600
9/13/98	—	W		33-14	57,678
9/15/02	—	L		13-24	63,104
11/10/02	—	W	@	27-6	29,252
9/14/03	—	W	@	38-0	23,127
12/21/03	—	W		28-10	64,899
10/24/04	—	L	@	17-25	35,695
12/26/04	—	W		24-21	65,825
9/25/05	—	W		37-12	64,843
11/6/05	—	W	@	33-19	43,542
9/17/06	—	W		21-10	67,470
12/10/06	—	L	@	21-27	63,603
9/16/07	—	L	@	20-23	64,542
12/9/07	—	W		42-21	68,193
11/16/08	—	L		20-26	67,616
12/28/08	—	L	@	21-34	63,874
10/18/09	—	L		3-27	67,588
11/15/09	—	L	@	20-31	62,278
10/24/10	—	W		22-10	67,132
11/14/10	—	W	@	36-18	61,904

Franchise moved from St. Louis in 1988.
Points: Arizona 505 (21.0)
Seattle 593 (24.7)

ST. LOUIS RAMS (15-10)

Date				Score	Attendance
10/31/76	—	L	@	6-45	52,035
11/4/79	—	L		0-24	62,048
9/23/85	—	L		24-35	63,292
10/23/88	—	L	@	10-31	57,033
12/22/91	—	W		23-9	51,100
10/19/97	—	W	@	17-9	64,819
9/10/00	—	L	+	34-37	64,869
10/20/02	—	L	@	20-37	65,931
12/22/02	—	W		30-10	63,953
9/21/03	—	W		24-23	65,841
12/14/03	—	L	@	22-27	66,152
10/10/04	—	*L		27-33	66,940
11/14/04	—	L	@	12-23	66,044
10/9/05	—	W	@	37-31	65,707
11/13/05	—	W		31-16	67,192
10/15/06	—	W	@	30-28	65,592
11/12/06	—	W		24-22	68,175
10/21/07	—	W		33-6	68,164
11/25/07	—	W	@	24-19	65,423
9/21/08	—	W		37-13	68,012
12/14/08	—	W	@	23-20	56,123
9/13/09	—	W		28-0	67,610
11/29/09	—	W	@	27-17	47,475
10/3/10	—	L	@	3-20	52,326
1/2/11	—	W		16-6	67,325

Moved from L.A. Coliseum to Anaheim Stadium in 1980. Moved from Anaheim to St. Louis in 1995.
Points: St. Louis 541 (21.6)
Seattle 562 (22.5)

SAN FRANCISCO 49ERS (13-11)

Date				Score	Attendance
9/26/76	—	L		21-37	59,108
10/7/79	—	W	@	35-24	44,592
11/25/85	—	L	@	6-19	57,482
9/25/88	—	L		7-38	63,382
12/8/91	—	L		22-24	56,711
12/21/97	—	W		38-9	66,253
10/14/02	—	L		21-28	66,420
12/01/02	—	L	@	24-31	67,594
10/12/03	—	W		20-19	66,437
12/27/03	—	W	@	24-17	67,840
9/26/04	—	W		34-0	66,709
11/7/04	—	W	@	42-27	64,423
11/20/05	—	W		27-25	63,590
12/11/05	—	W		41-3	66,690
11/19/06	—	L	@	14-20	68,367
12/14/06	—	L		14-24	67,650
9/30/07	—	W	@	23-3	67,651
11/12/07	—	W		24-0	68,331
9/14/08	—	*L		30-33	67,951
10/26/08	—	W	@	34-13	67,504
10/23/09	—	L	@	10-23	69,732
12/6/09	—	W		20-17	67,761
9/12/10	—	W		31-6	67,044
12/12/10	—	L	@	21-40	69,732

Points: San Francisco 486 (20.3)
Seattle 577 (24.0)

NFC EAST (6-12)

DALLAS COWBOYS (4-8)

Date				Score	Attendance
10/3/76	—	L		13-28	62,027
11/27/80	—	L	@	7-51	57,540
12/4/83	—	L		10-35	63,352
11/27/86	—	W	@	31-14	58,020
10/11/92	—	L	@	0-27	62,311
11/22/98	—	L	@	22-30	64,142
12/16/01	—	W	+	29-3	63,366
10/27/02	—	W	@	17-14	63,854
12/6/04	—	L		39-43	68,093
10/23/05	—	W		13-10	67,046
11/27/08	—	L	@	9-34	63,253
11/1/09	—	L	@	17-38	80,886

Points: Dallas 327 (27.3)
Seattle 207 (17.3)

NEW YORK GIANTS (5-9)

Date				Score	Attendance
11/28/76	—	L	@	16-28	65,111
12/7/80	—	L		21-27	51,617
10/18/81	—	L		0-32	56,134
12/11/83	—	W	@	17-12	48,942
10/19/86	—	W		17-12	62,282
11/19/89	—	L	@	3-15	75,014
10/25/92	—	L	@	10-23	67,399
11/5/95	—	W		30-28	42,100
12/23/01	—	L		24-27	78,119
9/22/02	—	L	@	6-9	78,551
11/27/05	—	*W		24-21	67,102
9/24/06	—	W		42-30	68,161
10/5/08	—	L	@	6-44	79,529
11/7/10	—	L		7-41	67,287

Points: N.Y. Giants 349 (24.9)
Seattle 223 (15.9)

* Overtime   + at Husky Stadium

PHILADELPHIA EAGLES (5-7)

12/12/76	—	L	@	10-27	37,949
11/2/80	—	L		20-27	61,047
11/23/86	—	W		24-20	55,786
9/10/89	—	L	@	7-31	64,287
12/13/92	—	*L		17-20	47,492
12/3/95	—	W		26-14	39,893
9/6/98	—	W	@	38-0	66,418
9/23/01	—	L	+	3-27	62,826
12/8/02	—	L		20-27	59,862
12/5/05	—	W	@	42-0	67,637
12/2/07	—	W	@	28-24	68,445
11/2/08	—	L		7-26	68,055

Points: Philadelphia 243 (20.3)
Seattle 242 (20.2)

WASHINGTON REDSKINS (4-10)

9/19/76	—	L	@	7-31	53,174
9/28/80	—	W	@	14-0	53,263
9/25/83	—	L		17-27	60,718
9/28/86	—	L	@	14-19	54,157
12/23/89	—	L		0-29	60,294
11/8/92	—	L		3-16	53,616
9/4/94	—	W	@	28-7	52,930
11/19/95	—	W		27-20	51,298
9/20/98	—	W		24-14	63,336
11/04/01	—	L	@	14-27	82,352
11/3/02	—	L		3-14	64,325
11/9/03	—	L	@	20-27	80,728
10/2/05	—	*L	@	17-20	90,215
11/23/08	—	L		17-20	67,771

Points: Washington 271 (19.4)
Seattle 205 (14.6)

NFC NORTH (9-8)

CHICAGO BEARS (8-4)

12/5/76	—	L		7-34	60,510
11/5/78	—	W	@	31-29	50,697
12/12/82	—	W		20-14	52,826
9/23/84	—	W		38-9	61,520
12/20/87	—	W	@	34-21	62,518
9/9/90	—	L	@	0-17	64,400
9/19/99	—	W	@	14-13	66,944
10/19/03	—	W		24-17	65,671
10/1/06	—	L	@	6-37	62,225
11/18/07	—	W		30-23	68,249
9/27/09	—	L		19-25	67,938
10/17/10	—	W	@	23-20	62,137

Points: Chicago 259 (21.6)
Seattle 246 (20.5)

DETROIT LIONS (7-4)

10/24/76	—	L		14-41	61,280
9/24/78	—	W		28-16	56,781
12/2/84	—	W		38-17	62,441
10/18/87	—	W	@	37-14	8,310
12/30/90	—	W		30-10	50,681
10/17/93	—	L	@	10-30	60,801
10/17/96	—	L	@	16-17	51,194
9/12/99	—	L		20-28	66,238
11/16/03	—	W		35-14	65,865
9/10/06	—	W	@	9-6	60,535
11/8/09	—	W		32-20	67,003

Points: Detroit 213 (19.4)
Seattle 269 (24.5)

GREEN BAY PACKERS (5-8)

10/10/76	—	L	@	20-27	54,983
10/15/78	—	L	@	28-45	52,712
11/1/81	—	L	@	24-34	49,467
10/21/84	—	W	@	30-24	52,286
11/15/87	—	W		24-13	60,963
12/9/90	—	W	@	20-14	52,015
9/29/96	—	L		10-31	59,973
11/1/99	—	W	@	27-7	59,869
10/5/03	—	L	@	13-35	70,365
1/1/06	—	L	@	17-23	69,928
11/27/06	—	W		34-24	68,256
10/12/08	—	L		17-27	68,302
12/2709	—	L	@	10-48	70,429

1981 & 1999 games played at Green Bay.
1976, 1978 & 1990 played in Milwaukee.
Points: Green Bay 352 (27.1)
Seattle 274 (21.1)

MINNESOTA VIKINGS (6-5)

11/14/76	—	L	@	21-27	45,087
10/8/78	—	W		29-28	62,031
9/30/84	—	W	@	20-12	57,171
11/1/87	—	W		28-17	61,134
11/18/90	—	L		21-24	59,735
11/10/96	—	W		42-23	50,794
9/29/02	—	W		48-23	65,212
12/7/03	—	L	@	7-34	63,968
12/12/04	—	W	@	27-23	64,110
10/22/06	—	L		13-31	68,118
11/22/09	—	L	@	9-35	63,854

Played in Metropolitan Stadium from 1961-
81. Moved into the Metrodome in 1982.
Points: Minnesota 277 (25.2)
Seattle 265 (24.1)

NFC SOUTH (9-7)

ATLANTA FALCONS (8-4)

11/7/76	—	W		30-13	57,985
10/29/79	—	W	@	31-28	52,566
10/13/85	—	W		30-26	60,430
10/2/88	—	W	@	31-20	28,619
12/15/91	—	L	@	13-26	53,834
11/30/97	—	L		17-24	52,584
12/03/00	—	W	@	30-10	44,680
12/15/02	—	*W	@	30-24	69,551
1/2/05	—	W		28-26	66,740
9/18/05	—	W		21-18	66,030
12/30/07	—	L	@	41-44	64,925
12/19/10	—	L		18-34	67,101

Played at Atlanta-Fulton County Stadium
from 1966-91. Moved into
Georgia Dome in 1992.
Points: Atlanta 293 (24.4)
Seattle 320 (26.7)

CAROLINA PANTHERS (2-2)

10/08/00	—	L	@	3-26	72,192
10/31/04	—	W		23-17	66,214
12/16/07	—	L	@	10-13	73,421
12/5/10	—	W		31-14	66,577

Points: Carolina 70 (17.5)
Seattle 67 (16.8)

***** Overtime   + at Husky Stadium**

NEW ORLEANS SAINTS (5-6)

Date		Result		Score	Attendance
11/21/76	—	L		27-51	61,865
11/18/79	—	W		38-24	60,055
11/10/85	—	W	@	27-3	47,365
10/16/88	—	L		19-20	63,569
9/1/91	—	L	@	24-27	68,492
11/16/97	—	*L	@	17-20	50,493
9/17/00	—	W	+	20-10	59,513
9/7/03	—	W		27-10	52,250
9/12/04	—	W	@	21-7	64,900
10/14/07	—	L		17-28	68,296
11/21/10	—	L	@	19-34	70,015

Points: New Orleans 234 (21.3)
Seattle 256 (23.3)

TAMPA BAY BUCCANEERS (7-4)

Date		Result		Score	Attendance
10/17/76	—	W	@	13-10	43,812
10/16/77	—	W		30-23	54,783
11/20/94	—	W		22-21	37,466
9/22/96	—	W	@	17-13	30,212
11/28/99	—	L		3-16	66,314
9/19/04	—	W	@	10-6	65,089
12/31/06	—	W	@	23-7	65,660
9/9/07	—	W		20-6	68,044
10/19/08	—	L	@	10-20	64,811
12/20/09	—	L		7-24	67,011
12/26/10	—	L	@	15-38	46,576

Points: Tampa Bay 184 (16.7)
Seattle 170 (15.5)

AFC WEST (5-7)

DENVER BRONCOS (18-34)

Date		Result		Score	Attendance
10/2/77	—	L		13-24	53,108
10/7/78	—	L	@	7-28	74,989
10/29/78	—	*L		17-20	62,948
9/23/79	—	L	@	34-37	74,879
12/8/79	—	W		28-23	60,038
11/23/80	—	L	@	20-36	73,274
12/21/80	—	L		17-25	51,853
9/13/81	—	W		13-10	58,513
12/13/81	—	L	@	13-23	74,527
11/21/82	—	W	@	17-10	73,916
1/2/83	—	W		13-11	43,145
11/6/83	—	W		27-19	61,189
11/20/83	—	L	@	27-38	74,710
11/25/84	—	W	@	27-24	74,922
12/15/84	—	L		14-31	64,411
10/20/85	—	*L	@	10-13	74,899
12/20/85	—	L		24-27	56,283
10/26/86	—	L	@	13-20	76,089
12/20/86	—	W		41-16	63,697
9/13/87	—	L	@	17-40	75,999
12/13/87	—	W		28-21	61,759
9/4/88	—	W	@	21-14	75,986
12/11/88	—	W		42-14	62,839
10/22/89	—	*L		21-24	62,353
11/26/89	—	L	@	14-41	75,117
9/23/90	—	*L	@	31-34	75,290
12/23/90	—	W		17-12	55,845
9/15/91	—	L	@	10-16	74,152
11/24/91	—	W		13-10	60,430
11/30/92	—	*W		16-13	51,612
12/20/92	—	L	@	6-10	72,570
10/31/93	—	L	@	17-28	73,644
11/28/93	—	L		9-17	57,812
10/9/94	—	L	+	9-16	63,872
11/13/94	—	L	@	10-17	71,290
10/1/95	—	W		27-10	49,914
12/10/95	—	W	@	31-27	71,488
9/8/96	—	L		20-30	43,671
12/1/96	—	L	@	7-34	74,982
9/7/97	—	L		14-35	55,859
11/2/97	—	L	@	27-30	74,212
10/11/98	—	L		16-21	66,258
12/27/98	—	L	@	21-28	74,057
11/14/99	—	W		20-17	66,314
12/19/99	—	*L	@	30-36	65,987
11/26/00	—	L	+	31-38	68,661
12/10/00	—	L	@	24-31	75,218
10/14/01	—	W	+	34-21	61,837
12/09/01	—	L	@	7-20	74,524
11/17/02	—	L		9-31	65,495
12/03/06	—	W	@	23-20	76,146
9/19/10	—	L		14-31	75,130

Points: Denver 1222 (23.5)
Seattle 1011 (19.4)

KANSAS CITY CHIEFS (18-32)

Date		Result		Score	Attendance
12/11/77	—	W	@	34-31	22,562
11/19/78	—	W	@	13-10	32,252
12/17/78	—	W		23-19	58,490
9/30/79	—	L		6-24	61,169
12/2/79	—	L	@	21-37	42,160
9/14/80	—	W	@	17-16	42,403
11/9/80	—	L		30-31	58,976
9/27/81	—	L		14-20	59,255
11/22/81	—	L	@	13-40	49,002
9/4/83	—	L		13-17	42,531
11/27/83	—	*W		51-48	56,795
11/4/84	—	W		45-0	61,396
12/9/84	—	L	@	7-34	34,855
9/29/85	—	L	@	7-28	50,485
12/1/85	—	W		26-6	52,655
9/14/86	—	W		23-17	61,068
11/9/86	—	L	@	7-27	53,268
9/20/87	—	W		43-14	61,667
12/27/87	—	L	@	20-41	20,370
9/11/88	—	W		31-10	61,512
11/20/88	—	W	@	24-27	33,152
10/8/89	—	L		16-20	60,715
11/5/89	—	L	@	10-20	54,489
10/21/90	—	W		19-7	60,358
11/11/90	—	W	@	17-16	71,285
9/22/91	—	L	@	13-20	71,789
12/1/91	—	L		6-19	57,248
9/13/92	—	L		7-26	75,125
11/22/92	—	L		14-24	49,867
12/5/93	—	L		16-31	58,551
1/2/94	—	L	@	24-34	72,136
10/23/94	—	L		23-38	78,847
11/27/94	—	W		10-9	54,120
9/3/95	—	L		10-34	47,564
12/24/95	—	L	@	3-26	75,784
9/15/96	—	L		17-35	39,970
10/17/96	—	L	@	16-34	76,057
9/28/97	—	*L	@	17-20	77,877
11/23/97	—	L		14-19	66,264
10/4/98	—	L	@	6-17	66,418
11/8/98	—	W		24-12	66,251
11/21/99	—	W	@	31-19	78,714
12/26/99	—	W		23-14	66,332
10/02/00	—	L	@	17-24	82,893
10/29/00	—	L	+	19-24	62,141
11/25/01	—	L	@	7-19	77,357
1/06/02	—	W	+	21-18	58,460
11/24/02	—	W		39-22	56,250
10/29/06	—	L	@	28-35	77,645
11/28/10	—	L		24-42	66,370

Points: Kansas City 1175 (23.5)
Seattle 959 (19.2)

* Overtime   + at Husky Stadium

OAKLAND RAIDERS (23-28)

Date		Result		Score	Att.
11/6/77	—	L	@	7-44	50,929
10/22/78	—	W		27-7	62,529
11/26/78	—	W	@	17-16	52,978
9/16/79	—	W		27-10	61,602
12/16/79	—	W	@	29-24	53,177
10/26/80	—	L	@	14-33	50,185
11/17/80	—	L		17-19	60,480
9/20/81	—	L	@	10-20	45,725
11/29/81	—	L		31-32	57,147
12/5/82	—	L	@	23-28	42,170
10/16/83	—	W		38-36	60,697
10/30/83	—	W	@	34-21	49,708
10/7/84	—	L	@	14-28	77,904
11/12/84	—	W		17-14	64,011
11/3/85	—	W		33-3	64,060
12/15/85	—	L	@	3-13	77,425
10/12/86	—	L	@	10-14	70,635
12/8/86	—	W		37-0	62,923
10/25/87	—	W	@	35-13	52,735
11/30/87	—	L		14-37	62,802
11/28/88	—	W		35-27	62,641
12/18/88	—	W	@	43-37	61,127
10/1/89	—	W	@	24-20	44,319
12/17/89	—	W		23-17	61,076
9/16/90	—	L		13-17	61,889
10/14/90	—	L	@	17-24	50,624
10/13/91	—	*L		20-23	61,974
11/17/91	—	L	@	7-31	49,317
10/18/92	—	L		0-19	56,904
11/15/92	—	L	@	3-20	46,862
9/12/93	—	L		13-17	58,836
12/12/93	—	L	@	23-27	38,161
9/11/94	—	W	@	38-9	47,319
12/11/94	—	L		16-17	53,301
10/8/95	—	L	@	14-34	50,213
12/17/95	—	W		44-10	58,428
11/24/96	—	L		21-27	47,506
12/22/96	—	W	@	28-21	33,455
10/26/97	—	W		45-34	66,264
12/14/97	—	W	@	22-21	40,124
11/1/98	—	L		18-31	66,246
11/15/98	—	L	@	17-20	51,527
10/3/99	—	W		22-21	66,400
12/5/99	—	L	@	21-30	44,716
10/22/00	—	L	@	3-31	57,490
12/16/00	—	W	+	27-24	68,681
9/30/01	—	L	@	14-38	54,629
11/11/01	—	W	+	34-27	67,231
9/8/02	—	L	@	17-31	53,260
11/6/06	—	W		16-0	67,816
10/31/10	—	L	@	3-33	35,721

Franchise moved from Oakland to Los Angeles in 1982. Moved back to Oakland in 1995.
Points: Oakland 1150 (22.5)
Seattle 1078 (21.1)

SAN DIEGO CHARGERS (26-23)

Date		Result		Score	Att.
11/27/77	—	L		28-30	55,338
9/3/78	—	L		20-24	55,778
12/10/78	—	L	@	10-37	49,975
9/2/79	—	L		16-33	62,287
10/14/79	—	L	@	10-20	50,077
9/7/80	—	L		13-34	62,042
12/13/80	—	L	@	14-21	49,980
10/4/81	—	L	@	10-24	51,463
11/16/81	—	W		44-23	58,628

Date		Result		Score	Att.
9/18/83	—	W		34-31	61,714
10/9/83	—	L	@	21-28	49,132
9/9/84	—	W		31-17	61,314
10/29/84	—	W	@	24-0	53,974
9/15/85	—	W	@	49-35	54,420
10/6/85	—	W		26-21	61,300
10/6/86	—	W		33-7	63,207
12/14/86	—	W	@	34-24	47,096
11/22/87	—	W		34-3	62,444
9/18/88	—	L	@	6-17	44,449
10/30/88	—	W		17-14	59,641
10/15/89	—	W	@	17-16	50,079
10/29/89	—	W		10-7	59,961
11/4/90	—	L		14-31	59,646
11/25/90	—	*W	@	13-10	50,097
10/27/91	—	W		20-9	58,025
11/10/91	—	L	@	14-17	43,597
10/4/92	—	L	@	6-17	36,783
12/27/92	—	L		14-31	49,324
9/5/93	—	L	@	12-18	58,039
10/3/93	—	W		31-14	54,778
9/18/94	—	L	+	10-24	65,536
10/30/94	—	L	@	15-35	59,001
9/10/95	—	L	@	10-14	54,420
10/22/95	—	L		25-35	45,821
9/1/96	—	L	@	7-29	58,780
10/27/96	—	W		32-13	38,143
9/21/97	—	W		26-22	51,110
11/9/97	—	W	@	37-31	64,616
10/25/98	—	W	@	27-20	58,512
12/13/98	—	W		38-17	62,690
10/17/99	—	L	@	10-13	59,432
12/12/99	—	L		16-19	66,318
9/24/00	—	W	@	20-12	47,233
11/05/00	—	W	+	17-15	59,884
12/2/01	—	*W	+	13-10	55,466
12/30/01	—	W	@	25-22	51,412
12/29/02	—	*W	@	31-28	52,159
12/24/06	—	L		17-20	68,174
9/26/10	—	W		27-20	67,106

Points: San Diego 1012 (20.7)
Seattle 1028 (20.9)

AFC EAST (2-6)

BUFFALO BILLS (6-5)

Date		Result		Score	Att.
10/30/77	—	W		56-17	61,180
10/14/84	—	W		31-28	59,034
11/6/88	—	L		3-13	61,074
12/4/89	—	W		17-16	57,682
10/15/95	—	L	@	21-27	74,362
12/1/96	—	W		26-18	41,373
10/24/99	—	W		26-16	66,301
12/23/00	—	L	+	23-42	61,025
11/18/01	—	W	@	23-20	60,836
11/28/04	—	L		9-38	66,271
9/7/08	—	L	@	10-34	71,194

Points: Buffalo 269 (24.5)
Seattle 245 (22.3)

* Overtime   + at Husky Stadium

MIAMI DOLPHINS (3-7)

Date		Result	@	Score	Attendance
10/23/77	—	L	@	13-31	29,855
9/9/79	—	L	@	10-19	56,233
10/4/87	—	W		24-20	19,448
12/16/90	—	L	@	17-24	57,851
9/27/92	—	L		17-19	59,374
10/6/96	—	W	@	22-15	59,539
9/3/00	—	L	@	0-23	72,949
10/28/01	—	L	+	20-24	59,108
11/21/04	—	W		24-17	66,644
11/9/08	—	L	@	19-21	64,862

Moved from the Orange Bowl into Joe
Robbie Stadium in 1987.
Points: Miami 213 (21.3)
Seattle 166 (16.6)

NEW ENGLAND PATRIOTS (7-8)

Date		Result	@	Score	Attendance
10/9/77	—	L	@	0-31	45,929
9/21/80	—	L		31-37	61,035
12/19/82	—	L		0-16	53,457
12/18/83	—	W		24-6	59,688
9/16/84	—	L	@	23-38	43,140
11/17/85	—	L		13-20	60,345
9/21/86	—	W	@	38-31	58,977
12/4/88	—	L	@	7-13	59,068
9/24/89	—	W	@	24-3	48,025
10/7/90	—	W	@	33-20	39,735
9/20/92	—	W	@	10-6	42,327
9/19/93	—	W	@	17-14	50,392
10/24/93	—	W		10-9	56,526
10/17/04	—	L	@	20-30	68,756
12/7/08	—	L		21-24	68,077

Points: New England 298 (19.9)
Seattle 271 (18.1)

NEW YORK JETS (9-8)

Date		Result	@	Score	Attendance
11/13/77	—	W	@	17-0	43,973
9/17/78	—	W	@	24-17	46,911
11/26/79	—	W		30-7	59,977
10/19/80	—	W	@	27-17	52,496
10/25/81	—	W	@	19-3	49,678
12/6/81	—	W		27-23	53,105
9/11/83	—	W	@	17-10	50,066
10/27/85	—	L	@	14-17	69.320
11/28/86	—	L		7-38	62,497
11/9/87	—	L	@	14-30	60,452
9/8/91	—	W		20-13	56,770
11/26/95	—	L		10-16	41,160
8/31/97	—	L		3-41	53,893
12/6/98	—	L	@	31-32	72,200
1/2/00	—	L	@	9-19	78,154
12/19/04	—	L	@	14-37	77,894
12/21/08	—	W		13-3	68,181

Moved from Shea Stadium into Giants
Stadium in 1984.
Points: N.Y. Jets 323 (19.0)
Seattle 296 (17.4)

AFC NORTH (4-4)

BALTIMORE RAVENS (1-2)

Date		Result	@	Score	Attendance
12/27/97	—	L	@	24-31	54,395
11/23/03	—	*L	@	41-44	69,477
12/23/07	—	W		27-6	68,164

Points: Baltimore 81 (27.0)Seattle 92 (30.7)

* Overtime   + at Husky Stadium

CINCINNATI BENGALS (9-8)

Date		Result	@	Score	Attendance
9/25/77	—	L	@	20-42	45,579
9/6/81	—	L	@	21-27	41,177
12/26/82	—	L		10-24	55,330
11/18/84	—	W		26-6	50,280
9/8/85	—	W	@	28-24	51,625
11/16/86	—	L	@	7-34	54,410
10/11/87	—	L		10-17	31,739
12/10/89	—	W	@	24-17	54,744
10/1/90	—	W		31-16	60,135
10/6/91	—	W	@	13-7	60,010
9/6/92	—	L		3-21	57,350
9/26/93	—	W	@	19-10	46,880
11/06/94	—	*L		17-20	46,630
9/17/95	—	W		24-21	39,492
11/7/99	—	W		37-20	66,303
10/26/03	—	L	@	24-27	52,131
9/23/07	—	W		24-21	68,110

Points: Cincinnati 354 (20.8)
Seattle 338 (19.9)

CLEVELAND BROWNS (11-5)

Date		Result	@	Score	Attendance
12/18/77	—	W		20-19	61,583
12/3/78	—	W		47-24	62,262
11/11/79	—	W	@	29-24	72,440
10/12/80	—	L		3-27	61,366
12/20/81	—	W		42-21	51,435
9/12/82	—	L		7-21	55,907
10/2/83	—	W	@	24-9	75,446
9/3/84	—	W		33-0	59,540
12/8/85	—	W		31-13	58,477
10/9/88	—	W	@	16-10	78,605
11/12/89	—	L		7-17	58,978
11/14/93	—	W		22-5	54,622
12/24/94	—	L	@	9-35	54,180
9/9/01	—	W	@	9-6	72,318
11/30/03	—	W		34-7	64,680
11/4/07	—	*L	@	30-33	72,927

Franchise suspended in 1996 and
reactivated in 1999.
Points: Cleveland 271 (16.9)
Seattle 363 (22.7)

PITTSBURGH STEELERS (8-7)

Date		Result	@	Score	Attendance
12/4/77	—	L	@	20-30	45,429
9/10/78	—	L	@	10-21	48,277
11/8/81	—	W		24-21	59,058
11/28/82	—	W		16-0	55,553
10/23/83	—	L		21-27	61,615
9/7/86	—	W		30-0	61,146
12/6/87	—	L	@	9-13	48,881
10/20/91	—	W	@	27-7	54,678
12/6/92	—	L	@	14-20	47,015
12/26/93	—	W		16-6	51,814
9/25/94	—	W	+	30-13	59,637
9/27/98	—	L	@	10-13	58,413
9/26/99	—	W	@	29-10	57,881
11/02/03	—	W		23-16	66,507
10/7/07	—	L	@	0-21	64,478

Points: Pittsburgh 218 (14.5)
Seattle 279 (18.6)

AFC SOUTH (4-4)

HOUSTON TEXANS (1-1)

10/16/05	—	W		42-10	66,196
12/13/09	—	L	@	7-34	70,380

Points: Houston 44 (22.0)
Seattle 49 (24.5)

INDIANAPOLIS COLTS (4-6)

9/18/77	—	L		14-29	58,991
11/12/78	—	L		14-17	61,905
9/29/91	—	W		31-3	56,656
10/2/94	—	L	@	15-17	49,876
12/4/94	—	L		19-31	39,574
9/14/97	—	W	@	31-3	49,194
12/20/98	—	W		27-23	58,703
10/15/00	—	L	+	24-37	63,593
12/24/05	—	W		28-13	67,855
10/4/09	—	L	@	17-34	66,112

Franchise transferred from Baltimore in 1984.
Points: Indianapolis 207 (20.7)
Seattle 220 (22.0)

JACKSONVILLE JAGUARS (4-2)

11/12/95	—	W	@	47-30	71,290
12/15/96	—	L	@	13-20	66,134
11/12/00	—	W	@	28-21	68,063
10/07/01	—	W	+	24-15	54,524
9/11/05	—	L	@	14-26	65,204
10/11/09	—	W		41-0	67,228

Points: Jacksonville 112 (18.7)
Seattle 167 (27.8)

TENNESSEE TITANS (9-5)

11/20/77	—	L		10-22	61,519
10/21/79	—	W		34-14	60,705
10/5/80	—	W	@	26-7	46,860
10/11/81	—	L	@	17-35	42,671
9/19/82	—	L	@	21-23	43,117
11/13/88	—	W		27-24	60,446
12/2/90	—	*W		13-10	57,592
11/7/93	—	L	@	14-24	50,447
12/11/94	—	W	@	16-14	31,453
11/3/96	—	W		23-16	36,320
10/5/97	—	W		16-13	49,897
11/29/98	—	W		20-18	59,048
12/18/05	—	W	@	28-24	69,149
1/3/10	—	L		13-17	67,002

Franchise transferred from Houston in 1997 and
changed name from Oilers to Titans in 1999.
Points: Tennessee 261 (18.6)
Seattle 278 (19.9)

* Overtime   + at Husky Stadium

RECORD VS. DIVISION (1976-2001)

AFC East (26-27)
Buffalo (6-3)
Indianapolis (3-5)
Miami (2-6)
New England (7-6)
New York Jets (8-7)

AFC Central (29-17)
Baltimore (0-1)
Cleveland (10-4)
Cincinnati (8-7)
Jacksonville (3-1)
Tennessee (8-4)

AFC West (80-110)
Denver (17-32)
Kansas City (17-30)
Oakland (22-26)
San Diego (24-22)

NFC East (13-27)
Arizona (1-5)
Dallas (2-5)
New York Giants (3-6)
Philadelphia (3-5)
Washington (4-6)

NFC Central (21-13)
Chicago (5-2)
Detroit (4-4)
Green Bay (4-4)
Minnesota (4-2)
Tampa Bay (4-1)

NFC West (12-16)
Atlanta (5-2)
Carolina (0-1)
New Orleans (3-4)
St. Louis (2-5)
San Francisco (2-4)

YEARLY RESULTS

Year	W	L	T	Pct.	Pts.	Opp.	Finish	Home	Road	Div.	AFC	NFC	Post.
1976	2	12	0	.143	229	429	*5th	1-6-0	1-6-0	0-4-0	1-0-0	1-12-0	---
1977	5	9	0	.357	282	373	*4th	3-4-0	2-5-0	1-3-0	4-9-0	1-0-0	---
1978	9	7	0	.563	345	358	3rd	5-3-0	4-4-0	4-4-0	6-6-0	3-1-0	---
1979	9	7	0	.563	378	372	3rd	5-3-0	4-4-0	3-5-0	6-6-0	3-1-0	---
1980	4	12	0	.250	291	408	5th	0-8-0	4-4-0	1-7-0	3-9-0	1-3-0	---
1981	6	10	0	.375	322	388	5th	5-3-0	1-7-0	2-6-0	6-8-0	0-2-0	---
1982	4	5	0	.444	127	147	+10th	3-2-0	1-3-0	2-1-0	3-5-0	1-0-0	---
1983	9	7	0	.563	403	397	2nd	5-3-0	4-4-0	5-3-0	8-4-0	1-3-0	2-1-0
1984	12	4	0	.750	418	282	2nd	7-1-0	5-3-0	6-2-0	8-4-0	4-0-0	1-1-0
1985	8	8	0	.500	349	303	3rd	5-3-0	3-5-0	4-4-0	6-6-0	2-2-0	---
1986	10	6	0	.625	366	293	3rd	7-1-0	3-5-0	5-3-0	7-5-0	3-1-0	---
1987	9	6	0	.600	371	314	^2nd	6-2-0	3-4-0	4-3-0	5-6-0	4-0-0	0-1-0
1988	9	7	0	.563	339	329	1st	5-3-0	4-4-0	6-2-0	8-4-0	1-3-0	0-1-0
1989	7	9	0	.438	241	327	4th	3-5-0	4-4-0	4-4-0	7-5-0	0-4-0	---
1990	9	7	0	.563	306	286	3rd	5-3-0	4-4-0	4-4-0	7-5-0	2-2-0	---
1991	7	9	0	.438	276	261	4th	5-3-0	2-6-0	2-6-0	6-6-0	1-3-0	---
1992	2	14	0	.125	140	312	5th	1-7-0	1-7-0	1-7-0	2-10-0	0-4-0	---
1993	6	10	0	.375	280	314	5th	4-4-0	2-6-0	1-7-0	6-8-0	0-2-0	---
1994	6	10	0	.375	287	323	5th	3-5-0	3-5-0	2-6-0	4-10-0	2-0-0	---
1995	8	8	0	.500	363	366	3rd	5-3-0	3-5-0	3-5-0	5-7-0	3-1-0	---
1996	7	9	0	.438	317	376	5th	4-4-0	3-5-0	2-6-0	5-7-0	2-2-0	---
1997	8	8	0	.500	365	362	3rd	4-4-0	4-4-0	4-4-0	6-6-0	2-2-0	---
1998	8	8	0	.500	372	310	3rd	6-2-0	2-6-0	3-5-0	5-7-0	3-1-0	---
1999	9	7	0	.563	338	298	1st	5-3-0	4-4-0	4-4-0	7-5-0	2-2-0	0-1-0
2000	6	10	0	.375	320	405	4th	3-5-0	3-5-0	3-5-0	4-8-0	2-2-0	---
2001	9	7	0	.563	301	324	2nd	6-2-0	3-5-0	5-3-0	8-4-0	1-3-0	---
2002	7	9	0	.438	355	369	3rd	3-5-0	4-4-0	2-4-0	2-2-0	5-7-0	---
2003	10	6	0	.625	404	327	2nd	8-0-0	2-6-0	5-1-0	2-2-0	8-4-0	0-1-0
2004	9	7	0	.563	371	373	1st	5-3-0	4-4-0	3-3-0	1-3-0	8-4-0	0-1-0
2005	13	3	0	.813	452	271	1st	8-0-0	5-3-0	6-0-0	3-1-0	10-2-0	2-1-0
2006	9	7	0	.563	335	341	1st	5-3-0	4-4-0	3-3-0	2-2-0	7-5-0	1-1-0
2007	10	6	0	.625	393	291	1st	7-1-0	3-5-0	5-1-0	2-2-0	8-4-0	1-1-0
2008	4	12	0	.250	294	392	3rd	2-6-0	2-6-0	3-3-0	1-3-0	3-9-0	---
2009	5	11	0	.313	280	390	3rd	4-4-0	1-7-0	3-3-0	1-3-0	4-8-0	---
2010	7	9	0	.438	310	407	1st	5-3-0	2-6-0	4-2-0	1-3-0	6-6-0	1-1-0
	262	286	0	.478	11,320	11,818		158-117-0	104-169-0	115-133-0	158-181-0	104-105-0	8-11-0

*Seahawks were placed in the NFC West for scheduling purposes in 1976 and played every NFC team and the Tampa Bay Buccaneers. In 1977, Seattle was placed in the AFC West and played every AFC team and Tampa Bay. Seattle switched back to the NFC West in 2002.

+Conference finish. Schedule shortened to 9 games because of players' strike.
^Schedule shortened to 15 games because of players' strike. Game 2 (at San Diego) was cancelled and games 3-5 were played with replacement players.

VERSUS THE NFL

| | — — Regular Season — — | | | | Post- | Pre- |
	Total	**Home**	**Road**	**OT**	**season**	**season**
* Arizona	11-13	7-6	4-7	0-2	0-0	9-5
Arizona	11-11	7-5	4-6	0-2	0-0	7-2
St. Louis	0-2	0-1	0-1	0-0	0-0	2-2
Atlanta	8-4	4-2	4-2	1-0	0-0	2-0
^ Baltimore	1-2	1-0	0-2	0-1	0-0	0-0
Buffalo	6-5	5-3	1-2	0-0	0-0	2-0
Carolina	2-2	2-0	0-2	0-0	1-0	0-0
Chicago	8-4	4-2	4-2	0-0	0-2	2-1
Cincinnati	9-8	4-3	5-5	0-1	0-1	1-0
Cleveland	11-5	7-3	4-2	0-1	0-0	0-0
Dallas	4-8	2-3	2-5	0-0	1-0	3-2
Denver	18-34	13-13	5-21	1-5	1-0	1-7
Detroit	7-4	5-2	2-2	0-0	0-0	5-2
+ Green Bay	5-8	2-2	3-6	0-0	0-2	2-2
Houston	1-1	1-0	0-1	0-0	0-0	5-2
# Indianapolis	4-6	3-4	1-2	0-0	0-0	8-9
Indianapolis	4-4	3-2	1-2	0-0	0-0	7-9
Baltimore	0-2	0-2	0-0	0-0	0-0	1-0
Jacksonville	3-3	2-0	2-2	0-0	0-0	0-0
Kansas City	18-32	13-12	5-20	1-1	0-0	4-0
Miami	3-7	2-2	1-5	0-0	1-2	0-1
Minnesota	6-5	4-2	2-3	0-0	0-0	7-6
New England	7-8	2-4	5-4	0-0	0-0	1-1
New Orleans	5-6	3-3	2-3	0-1	1-0	3-0
N.Y. Giants	5-9	4-3	1-6	1-0	0-0	0-0
N.Y. Jets	9-8	4-3	5-5	0-0	0-0	0-0
@Oakland	23-28	14-10	9-18	0-1	1-1	7-3
Oakland	12-15	8-4	4-11	0-0	0-0	6-3
Los Angeles	11-13	6-6	5-7	0-1	1-1	0-0
Philadelphia	5-7	2-5	3-2	0-1	0-0	0-0
Pittsburgh	8-7	6-1	2-6	0-0	0-1	0-0
%St. Louis	15-10	9-4	6-6	0-1	0-1	2-6
St. Louis	14-6	8-2	6-4	0-0	0-1	0-0
Los Angeles	1-4	1-2	0-2	0-0	0-0	2-6
San Diego	26-23	16-10	10-13	3-0	0-0	6-4
San Francisco	13-11	7-6	6-5	0-1	0-0	13-15
Tampa Bay	7-4	3-2	4-2	0-0	0-0	3-0
= Tennessee	9-5	6-1	3-4	1-0	0-1	2-0
Tennessee	3-1	2-0	1-1	0-0	0-0	0-0
Houston	6-4	4-1	2-3	1-0	0-1	1-0
Washington	4-10	1-5	3-5	0-1	1-0	0-0
TOTALS	**323-349**	**197-141**	**127-207**	**9-20**	**8-14**	**114-88**

* Includes 2 games while franchise was located in St. Louis (0-2)
^ Relocated from Cleveland in 1996. All records remain in Cleveland.
+ Includes 5 games at Milwaukee's County Stadium (3-2)
\# Includes 2 games while franchise was located in Baltimore (0-2)
@ Includes 25 games (11-14) while franchise was located in Los Angeles
% Includes 5 games while franchise was located in Los Angeles (1-4)
= Includes 10 games while franchise was located in Houston (6-4)

1976
Preseason (1-5)

Sun.	8/1	L	27-20	San Francisco 49ers	60,825
Sat.	8/7	L	27-16	Chicago Bears	14,484
				(Spokane, Washington)	
Sat.	8/14	L	16-13	Los Angeles Rams	62,532
Sat.	8/21	L	52-7	at Denver Broncos	22,887
Sun.	8/29	W	17-16	San Diego Chargers	59,092
Sat.	9/4	L	45-28	at Oakland Raiders	51,487

1977
Preseason (3-3)

Sun.	8/7	W	34-24	at San Francisco 49ers	38,024
Sat.	8/13	W	23-17 (OT)	Dallas Cowboys	58,789
Thurs.	8/18	W	12-10	Oakland Raiders	62,187
Sat.	8/27	L	16-14	Detroit Lions	56,345
Fri.	9/2	L	27-10	Denver Broncos	54,916
Sun.	9/11	L	38-20	at San Diego Chargers	27,505

1978
Preseason (3-1)

Fri.	8/4	W	17-9	San Diego Chargers	58,853
Sat.	8/12	W	20-6	at San Francisco 49ers	36,069
Thurs.	8/17	L	26-7	Los Angeles Rams	63,235
Thurs.	8/24	W	16-7	Chicago Bears	54,844

1979
Preseason (3-1)

Thurs.	8/2	W	12-9 (OT)	Minnesota Vikings	60,881
Sun.	8/12	W	27-17	Dallas Cowboys	59,960
Sat.	8/18	L	21-17	at Los Angeles Rams	46,083
Fri.	8/24	W	55-20	San Francisco 49ers	59,941

1980
Preseason (3-1)

Thurs.	8/7	W	14-10	Atlanta Falcons	59,555
Mon.	8/18	L	24-7	Miami Dolphins	59,550
Sat.	8/23	W	10-7	at San Francisco 49ers	41,841
Fri.	8/29	W	30-23	New England Patriots	56,947

1981
Preseason (1-3)

Wed.	8/5	L	27-24 (OT)	San Francisco 49ers	56,958
Fri.	8/14	L	30-21	St. Louis Cardinals	55,520
Sat.	8/22	L	24-17	at San Francisco 49ers	37,563
Fri.	8/28	W	31-17	Baltimore Colts	55,794

1982
Preseason (1-3)

Fri.	8/13	W	14-0	St. Louis Cardinals	55,575
Sat.	8/21	L	7-3	at Minnesota Vikings	57,880
Sat.	8/28	L	23-13	at Los Angeles Rams	54,537
Fri.	9/3	L	17-13	San Francisco 49ers	57,839

1983
Preseason (2-2)

Fri.	8/5	L	10-7	at Denver Broncos	53,887
Fri.	8/12	W	38-21	Green Bay Packers	54,443
Fri.	8/19	L	19-17	Minnesota Vikings	54,402
Sat.	8/27	W	20-6	at San Francisco 49ers	47,074

1984
Preseason (4-1)

Sat.	7/28	W	38-0	Tampa Bay Buccaneers	22,250
				(Hall of Fame Game, Canton, Ohio)	
Sat.	8/4	W	7-3	Buffalo Bills	53,360
Sat.	8/11	W	28-24	at Detroit Lions	41,414
Fri.	8/17	W	17-7	St. Louis Cardinals	53,772
Fri.	8/24	L	17-7	at San Francisco 49ers	49,219

1985
Preseason (2-2)

Sat.	8/10	L	19-7	at Indianapolis Colts	60,014
Fri.	8/16	W	28-3	Detroit Lions	57,751
Sat.	8/24	W	27-10	at Minnesota Vikings	56,562
Fri.	8/30	L	23-21	San Francisco 49ers	60,403

1986
Preseason (2-2)

Fri.	8/8	W	21-14	Indianapolis Colts	55,443
Fri.	8/15	L	30-27 (OT)	at Detroit Lions	37,875
Fri.	8/22	W	27-17	Minnesota Vikings	57,730
Fri.	8/29	L	21-10	at San Francisco 49ers	52,419

1987
Preseason (2-2)

Thurs.	8/13	L	23-14	at Los Angeles Rams	57,772
Sat.	8/22	L	28-21	at St. Louis Cardinals	25,309
Fri.	8/28	W	38-10	Detroit Lions	59,695
Fri.	9/4	W	34-10	San Francisco 49ers	59,653

1988
Preseason (3-1)

Thurs.	8/4	W	21-14	Phoenix Cardinals	54,778
Thurs.	8/11	W	16-13 (OT)	at Detroit Lions	37,993
Fri.	8/19	W	30-13	Buffalo Bills	57,000
Fri.	8/26	L	27-21	at San Francisco 49ers	53,357

1989
Preseason (3-1)

Fri.	8/11	W	16-10 (OT)	at Phoenix Cardinals	37,158
Sat.	8/19	L	17-12	New England Patriots	48,746
				(at St. Louis, Missouri)	
Fri.	8/25	W	13-7	Detroit Lions	55,829
Fri.	9/1	W	28-17	San Francisco 49ers	58,641

1990
Preseason (4-1)

Sat.	8/4	L	10-7	Denver Broncos	48,827
				(American Bowl, Tokyo, Japan)	
Sat.	8/11	W	34-9	at Phoenix Cardinals	31,316
Fri.	8/17	W	13-10	Indianapolis Colts	52,475
Fri.	8/24	W	10-3	Tampa Bay Buccaneers	52,301
Fri.	8/31	W	30-10	at San Francisco 49ers	55,269

1991
Preseason (2-2)

Sat.	8/3	L	31-13	Phoenix Cardinals	49,448
Sat.	8/10	W	17-7	at Indianapolis Colts	47,943
Sat.	8/17	W	23-7	at Los Angeles Rams	47,834
Fri.	8/23	L	28-16	San Francisco 49ers	54,111

1992
Preseason (2-2)

Thurs.	8/6	L	21-7	Los Angeles Rams	52,360
Sat.	8/15	W	27-10	at Indianapolis Colts	43,272
Sat.	8/22	W	17-10	Phoenix Cardinals	51,007
Fri.	8/29	L	24-17	at San Francisco 49ers	52,822

1993
Preseason (2-2)

Sat.	8/7	L	16-13 (OT)	Indianapolis Colts	45,055
Sat.	8/14	L	23-10	at Minnesota Vikings	42,240
Sat.	8/21	W	30-0	San Francisco 49ers	51,086
Sat.	8/28	W	20-10	at Houston Oilers	43,678

1994
Preseason (2-2)

Fri.	8/5	L	13-9	at Indianapolis Colts	40,469
Sat.	8/13	W	29-6	Tampa Bay Buccaneers*	43,633
Sat.	8/20	W	30-19	Minnesota Vikings*	45,497
Fri.	8/26	L	13-9	at San Francisco 49ers	54,004

1995
Preseason (2-2)

Sat.	8/5	W	34-20	St. Louis Rams	35,607
Sat.	8/12	L	20-17	Indianapolis Colts	38,006
Sun.	8/20	W	24-19	at New Orleans Saints	38,228
Fri.	8/26	L	17-7	at San Francisco 49ers	53,280

1996
Preseason (3-1)

Sat.	8/3	W	19-17	Atlanta Falcons	30,284
Thurs.	8/8	W	24-19	at Oakland Raiders	38,219
Sat.	8/17	L	15-13	at Indianapolis Colts	38,930
Fri.	8/23	W	20-3	San Francisco 49ers	38,144

1997
Preseason (3-2)

Sat.	7/26	L	28-26	Minnesota Vikings (Hall of Fame Game, Canton, Ohio)	23,846
Sat.	8/2	W	34-6	Arizona Cardinals	49,445
Sat.	8/9	L	21-17	at San Francisco	50,153
Sat.	8/16	W	45-3	Indianapolis Colts	52,844
Fri.	8/22	W	31-28	at Cincinnati Bengals	43,637

1998
Preseason (4-1)

Sat.	7/31	W	20-19	at Dallas Cowboys	59,357
Sat.	8/8	W	24-21	Indianapolis Colts	52,645
Sat.	8/15	L	24-21	San Francisco 49ers (American Bowl, Vancouver, B.C.)	45,202
Sat.	8/22	W	31-24	at Arizona Cardinals	32,683
Fri.	8/28	W	21-20	San Francisco 49ers	57,014

1999
Preseason (1-3)

Sat.	8/14	L	24-10	Buffalo Bills	66,285
Thurs.	8/19	L	24-23	at San Francisco 49ers	66,193
Sat.	8/28	W	41-7	Arizona Cardinals	66,277
Thurs.	9/2	L	31-28	at Indianapolis Colts	41,074

2000
Preseason (2-2)

Sat.	8/5	W	28-16	Indianapolis Colts*	68,578
Sat.	8/12	L	21-3	at Arizona Cardinals	34,774
Sat.	8/19	W	25-21	San Francisco 49ers*	68,579
Thurs.	8/24	L	20-0	at Oakland Raiders	32,012

2001
Preseason (2-2)

Sat.	8/11	L	28-21	at Indianapolis Colts	45,089
Sat.	8/18	L	16-13 (OT)	Arizona Cardinals*	47,553
Sat.	8/25	W	28-18	at San Francisco 49ers	63,887
Sat.	9/1	W	28-14	New Orleans Saints*	68,665

*Played at Husky Stadium

2002
Preseason (1-3)

Sat.	8/10	L	28-10	Indianapolis Colts	52,902
Fri.	8/16	L	24-14	at San Diego Chargers	N/A
Sat.	8/24	W	17-14	Kansas City Chiefs	49,036
Thurs.	8/29	L	31-0	at Denver Broncos	71,755

2003
Preseason (2-2)

Sat.	8/9	W	20-7	San Diego Chargers	37,763
Fri.	8/15	L	21-7	at Indianapolis Colts	37,469
Sat.	8/23	W	42-31	Kansas City Chiefs	39,833
Fri.	8/29	L	20-3	at Denver Broncos	73,038

2004
Preseason (3-1)

Mon.	8/16	W	21-3	at Green Bay Packers	69,718
Sat.	8/21	L	19-3	Denver Broncos	48,090
Fri.	8/27	W	26-20	at San Diego Chargers	35,536
Thurs.	9/2	W	23-21	Minnesota Vikings	50,198

2005
Preseason (2-2)

Sat.	8/12	W	34-15	at New Orleans Saints	38,529
Mon.	8/22	L	18-10	Dallas Cowboys	47,641
Fri.	8/26	W	23-17	at Kansas City Chiefs	74,158
Fri.	9/2	L	23-21	Minnesota Vikings	63,746

2006
Preseason (2-2)

Fri.	8/12	L	13-3	Dallas Cowboys	66,304
Sun.	8/20	W	30-17	at Indianapolis Colts	56,596
Sat.	8/26	L	31-20	at San Diego Chargers	51,878
Thurs.	8/31	W	30-7	Oakland Raiders	67,158

2007
Preseason (3-1)

Sun.	8/12	W	24-16	at San Diego Chargers	57,500
Sat.	8/18	L	48-13	at Green Bay Packers	69,761
Sat.	8/25	W	30-13	Minnesota Vikings	66,723
Thurs.	8/30	W	19-14	Oakland Raiders	66,700

2008
Preseason (3-1)

Fri.	8/8	W	34-17	at Minnesota Vikings	62,545
Sat.	8/18	W	29-26	Chicago Bears	67,360
Mon.	8/25	L	18-17	at San Diego Chargers	52,763
Fri.	8/29	W	23-16	Oakland Raiders	67,163

2009
Preseason (4-0)

Sat.	8/15	W	20-14	at San Diego Chargers	58,373
Sat.	8/22	W	27-13	Denver Broncos	67,052
Sat.	8/29	W	14-10	at Kansas City Chiefs	66,553
Thurs.	9/3	W	31-21	Oakland Raiders	66,697

2010
Preseason (1-3)

Sat.	8/14	W	20-18	Tennessee Titans	65,352
Sat.	8/21	L	27-24	Green Bay Packers	65,586
Sat.	8/28	L	24-13	at Minnesota Vikings	63,550
Thurs.	9/2	L	27-24	at Oakland Raiders	23,957

1972 — 6/15 Seattle Professional Football, a group of business and community leaders, announces their intention to attempt to secure a National Football League franchise for the City of Seattle. Herman Sarkowsky serves as spokesman for the group. **11/2** Construction begins on The Kingdome.

1974 — 6/4 The National Football League announces that Seattle will have a franchise for the 1976 season. **12/5** The National Football League announces that it has voted membership to Seattle Professional Football, Inc., headed by Lloyd W. Nordstrom with partners Herman Sarkowsky, D.E. "Ned" Skinner, Howard S. Wright, M. Lamont Bean, and Lynn P. Himmelman.

1975 — 3/6 John Thompson, Executive Director of the NFL Management Council, named General Manager. **6/17** Nickname "Seahawks" selected from 20,365 entries and 1,741 different names. One hundred fifty-one suggest "Seahawks." **7/25** Season ticket applications mailed. **7/28** Season ticket applications accepted — 24,168 received the first day. **8/23** Season ticket sales closed after target of 59,000 reached. **12/18** Seahawks agree to a 20-year lease agreement to play all games in the Kingdome.

1976 — 1/3 Jack Patera, defensive line coach of the Minnesota Vikings, named head coach. **1/20** Lloyd W. Nordstrom, spokesman for the Nordstrom family, the Seahawks' majority owner, dies of a heart attack while vacationing in Mexico. **3/30** Veteran Allocation held in New York City. Seahawks select 39 NFL veterans. **4/8-9** Seahawks select 25 collegians in their first college draft. Notre Dame's Steve Niehaus is the first choice and he flies to Seattle for evening news conference on April 8. **7/9** Seahawks open training camp at Eastern Washington University in Cheney. **8/1** Seahawks play first game before 60,825 fans in the Kingdome. San Francisco holds on to defeat Seattle, 27-20, as Jim Zorn is tackled on the 49ers' two-yard line when the gun sounds. **8/29** Seahawks capture first victory, a 17-16 preseason win over San Diego, as Ron Howard catches a three-yard Jim Zorn pass for the winning touchdown with only 13 seconds remaining in the contest. **9/12** Seattle opens regular season play with a near miss against St. Louis, 30-24. The game ends with the Cardinals intercepting a pass in the end zone. **10/17** Seahawks win Expansion Bowl with 13-10 victory over host Tampa Bay. Linebacker Mike Curtis blocks a Tampa Bay field

goal attempt with 42 seconds remaining to preserve the victory. **11/7** Seahawks capture their first regular season victory at home with a 30-13 win over Atlanta. Sherman Smith becomes the first Seattle back to rush for over 100 yards with 124 yards on 14 carries.

1977 — 1/17 Seahawks host the Pro Bowl and it is the first sellout in the 27-year history of the game and is the largest crowd under the AFC vs. NFC format. AFC scores a 24-14 win before 63,214 fans. **5/3** Seattle trades its first-round draft choice, the second player in the draft, to Dallas for the Cowboys' first-round selection and three second-round picks. The Seahawks select Steve August, offensive guard from Tulsa, on the first round. **10/30** After missing four games with an injury, Jim Zorn returns to lead Seattle to a 56-17 triumph over Buffalo. The Seahawks set 15 club records and equal six, including Zorn's four TD passes. **11/13** Seattle defense blanks the New York Jets, 17-0, in Shea Stadium, the first time an established team is shutout by a second-year team. **12/18** Seahawks win their fifth game of the year, a 20-19 decision over Cleveland before 61,583 fans in the Kingdome, to establish a record for most wins ever by a second-year expansion team.

1978 — 5/3 Keith Simpson, cornerback from Memphis State, is selected as Seattle's first-round draft choice followed by his college teammate Keith Butler, a linebacker, on the second round. **10/8** Efren Herrera kicks a 19-yard field goal on the final play of the game to give Seattle a 29-28 win over the Minnesota Vikings. **11/26** Seattle becomes the first team since 1965 to beat Oakland twice during the regular season with a 17-16 win on Efren Herrera's 46-yard field goal with just three seconds remaining. **12/17** Seahawks end their third season with a 9-7 record and finish one game behind Denver in the AFC West standings following a 23-19 win over Kansas City. Al Hunter rushes for 133 yards on 27 carries as Seahawks perform before sixth-straight home sellout crowd.

1979 — 1/29 Steve Largent catches a record-equaling five passes as Seattle's first representative to the Pro Bowl. National Football Conference defeats Largent and his AFC teammates, 13-7, in the Los Angeles Memorial Coliseum. **5/3** Manu Tuiasosopo, defensive tackle from UCLA, becomes Seattle's first-round draft choice. **10/29** After trailing 14-0, the Seahawks rebound for a 31-28 win over Atlanta in Seattle's first appearance on ABC's Monday Night Football. Dan Doornink rushes for 122 yards on 21 carries and scores twice. **12/16** The Seahawks close out their second straight 9-7 season with a 29-24 win over Oakland. Sam McCullum sets a club record with 173 yards receiving on eight catches.

1980 — 4/29 Seattle trades its first-round draft choice (#16) and a third-round pick to Buffalo for the Bills' first-round choice, the tenth player in the draft. The Seahawks then select defensive end Jacob Green of Texas A&M in the first round. **9/28** Seahawks score second shutout in the club's history with a 14-0 win over Washington Redskins in Robert F. Kennedy Memorial Stadium. **10/5** Sam McCullum catches two touchdown passes and Efren Herrera kicks four field goals in 26-7 win over Houston at the Astrodome. The win would prove to be Seattle's last of the season.

1981 — 4/28 Seahawks select UCLA safety Kenny Easley in the first round of the NFL draft. **11/8** Seattle holds the Pittsburgh Steelers scoreless in the second half and rallies for a pair of fourth quarter touchdowns to capture a 24-21 victory at the Kingdome. **11/16** The Seahawks score on their last eight possessions to defeat the San Diego Chargers, 44-23, on Monday Night Football. It is the Seahawks' first regular season victory over the Chargers after eight straight losses.

1982 — 3/11 Mike McCormack, former head coach with the Philadelphia Eagles and Baltimore Colts, is named Director of Football Operations. **4/27** Seahawks select Clemson defensive end Jeff Bryant in the first round of the college draft. **9/21** Players go on strike for 57 days. **10/13** Mike McCormack named interim head coach after the firing of head coach Jack Patera and general manager John Thompson. **11/21** Seahawks capture 17-10 victory over the host Denver Broncos in Mike McCormack's first game as head coach following the players' strike. Steve Largent catches a 34-yard touchdown pass from Jim Zorn with 49

seconds left for the victory. **11/28** Seahawks shutout the Pittsburgh Steelers, 16-0, for the club's third shutout in history and first at the Kingdome.
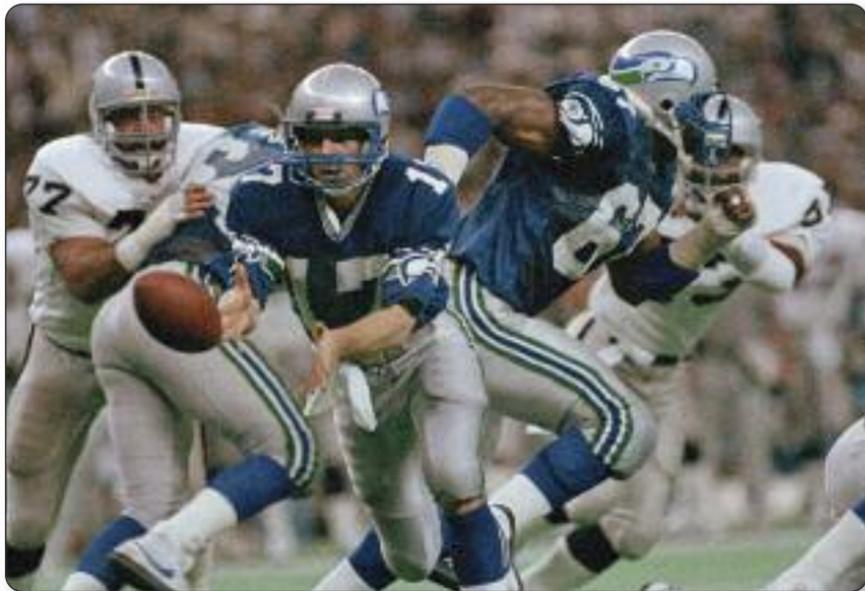
1983 — 1/2 Seahawks conclude nine-game season with a 13-11 win over the Denver Broncos as Dave Krieg throws a 19-yard touchdown pass to Roger Carr with 47 seconds left. The Seahawks drive 87 yards in 10 plays with no timeouts to score the winning touchdown. Seattle finishes the season 4-5 but were 4-3 under Mike McCormack. **1/3** Mike McCormack named President and General Manager after previously serving as Director of Football Operations since March 11, 1982, and interim head coach since October 13, 1982. **1/26** Chuck Knox named head coach. Knox previously had served as head coach of the Los Angeles Rams (1973-77) and the Buffalo Bills (1978-82). He guided seven-of-his-ten teams to the playoffs, while winning six division championships. **3/15** Chuck Allen, who joined the Seahawks staff in June of 1975 as Director of Pro Scouting, named Assistant General Manager. **4/26** Seattle selects Penn State running back Curt Warner in the NFL Draft. Warner is the third player taken in the first round. To be able to get Warner, the Seahawks trade their first, second and third-round selections to the Houston Oilers for the Oilers first-round pick. **9/11** Seahawks win first game under Chuck Knox, 17-10, over the New York Jets, as the club sets a team record with 57 rushing attempts and Curt Warner gains 128 yards on 24 carries. **10/16** Seahawks force eight turnovers and register eight sacks in 38-36 victory over the Los Angeles Raiders. **10/30** Seahawks make it two straight over Raiders with 34-21 win. **12/18** Seahawks clinch first playoff berth with 24-6 win over New England. **12/24** Dave Krieg throws three touchdown passes and Curt Warner rushes for 99 yards in 31-7 win over Denver in the AFC Wild Card Game before 60,752 fans in Kingdome. **12/31** Seahawks drive 66 yards in five plays late in the fourth quarter to capture divisional play-off win over Miami, 27-20, before 71,032 fans at the Orange Bowl.

1984 — 1/8 Los Angeles Raiders defeat the Seahawks, 30-14, in the AFC Championship Game at the Los Angeles Memorial Coliseum before 88,734 fans. **5/1** Seahawks select cornerback Terry Taylor of Southern Illinois as their first-round choice in the annual NFL Draft. **9/3** Seahawks win regular season opener for the first time in franchise history, 33-0, over the Cleveland Browns. The enthusiasm is dampened by a knee injury to Curt Warner which

will keep him out for the rest of the season. **10/29** Seahawks post their second shutout of the season with a 24-0 victory over the San Diego Chargers on Monday Night Football. Kenny Easley intercepts a club record three passes and Steve Largent catches three touchdown passes. **11/4** Seahawks set an NFL record by returning four interceptions for touchdowns, including two by Dave Brown, in a 45-0 win over the Kansas City Chiefs. Kenny Easley and Keith Simpson had the other two interception returns for touchdowns. **11/25** Dave Krieg throws for 406 yards and three touchdowns, including an 80-yarder to Daryl Turner on the first play of the game, to lead the Seahawks past Denver, 27-24. Steve Largent catches 12 passes for 191 yards and one score. **12/2** Seahawks clinch playoff berth with a 38-17 win over Detroit as Dave Krieg throws a team record five touchdown passes. **12/15** Seahawks officially retire jersey #12 in honor of their fans, the 12th Man. Seattle becomes the first professional sports franchise to retire a jersey in honor of their fans. **12/22** Seattle eliminates the defending Super Bowl Champion Los Angeles Raiders, 13-7, from the playoffs in the AFC Wild Card Game at the Kingdome. Seahawks rush for 205 yards and force three turnovers, along with registering six sacks, in the victory. **12/29** Miami defeats the Seahawks, 31-10, in an AFC Divisional Playoff Game at the Orange Bowl.

1985 — 6/18 Seahawks and Northwest College agree to a long-term lease for a new practice and office complex for the club in Kirkland. The facility will be built on 12 acres adjacent to Northwest College. A 36,000-square foot building will house the club's administrative offices, locker room and training facilities. **7/20** Seahawks open their tenth and final training camp at Eastern Washington University in Cheney. **9/8** Curt Warner returns to the Seattle lineup after missing all but the 1984 opener as the Seahawks defeat Cincinnati, 28-24, at Riverfront Stadium. Warner gains 66 yards on 17 carries and scores the game-winning touchdown on an 11-yard run with 7:07 remaining. **9/15** Daryl Turner sets a club record with four touchdown catches and Dave Krieg equals another with five touchdown passes in Seattle's 49-35 victory over the San Diego Chargers at Jack Murphy Stadium. **10/13** Dave Krieg passes for 405 yards and four touchdowns, including a 12-yarder to Paul Skansi for the winning touchdown with 35 seconds remaining, as Seahawks defeat Atlanta, 30-26. Krieg directs the Seahawks 86 yards in 16 plays on the winning drive. **10/21** Ceremonial ground-breaking is held for team's new headquarters. **11/3** Terry Taylor returns an interception 75 yards for a touchdown and blocks a field goal attempt that is recovered by Byron Walker and returned 56 yards for a touchdown in Seattle's 33-3 win over the Los Angeles Raiders at the Kingdome.

1986 — 4/29 Seahawks select Florida fullback John L. Williams as their first-round draft choice. Williams is the 15th player picked overall. **6/18** Seahawks move into new headquarters on a 12-acre site adjacent to Northwest College in Kirkland. **7/16** Seahawks open their 11th training camp and first in Kirkland. **9/7** Seahawks kickoff their 1986 regular season schedule with a 30-0 victory over the Pittsburgh Steelers at the Kingdome. **10/6** Seahawks defeat San Diego Chargers, 33-7, on Monday Night Football as Steve Largent breaks NFL record for most consecutive games with a pass reception. Largent catches a pass in the 128th straight game in which he participated. **10/19** Jacob Green registers four sacks and Dave Brown intercepts two passes in leading Seattle to a 17-12 win over the eventual Super Bowl champion New York Giants. **11/27** Seahawks defeat the Dallas Cowboys, 31-14, on Thanksgiving Day as Curt Warner runs for 122 yards and Dave Krieg completes 16-of-24 passes for 214 yards and two touchdowns. **12/8** Seattle hands the Los Angeles Raiders their biggest defeat since 1962, 37-0, as Curt Warner gains 116 yards and Dave Krieg passes for 243 yards and two touchdowns. Seattle gains 407 yards in total offense, while the defense holds the Raiders to 138 yards. **12/20** Seahawks close out five-game winning streak and a 10-6 season by defeating eventual AFC Champion Denver, 41-16. The Seahawks gain a season high 536 yards, including a club record 298 yards rushing, led by Curt Warner's 192 yards and three touchdowns on 24 carries.

1987 — 4/28 Seahawks select University of Pittsburgh linebacker Tony Woods in the first round of the NFL Draft. Woods is the 18th player picked. **6/12** Seahawks win lottery for first

choice in supplemental draft and select University of Oklahoma linebacker Brian Bosworth. **9/13** After first two regular season games, NFL Players Association calls a strike that will last four weeks. Games for Sunday, September 18, are cancelled. **10/25** Seahawks defeat the Los Angeles Raiders, 35-13, in first game with regulars following the strike. Seattle builds up a 28-0 halftime lead and wins in Los Angeles for the first time since 1983. **12/13** Dave Krieg completes 23-of-33 passes for 238 yards and Ray Butler catches six passes for 107 yards and two touchdowns in leading Seattle past Denver, 28-21, at the Kingdome. **12/20** Seahawks clinch playoff berth with a 34-21 win over the Chicago Bears at Soldier Field. John L. Williams sparks the offense with a 75-yard touchdown on a screen pass from Dave Krieg and the defense contributes five takeaways. **12/27** Steve Largent catches six passes in a 41-20 loss at Kansas City and becomes the NFL's all-time leading receiver with 751. Largent breaks the previous record of 750 by Charlie Joiner.
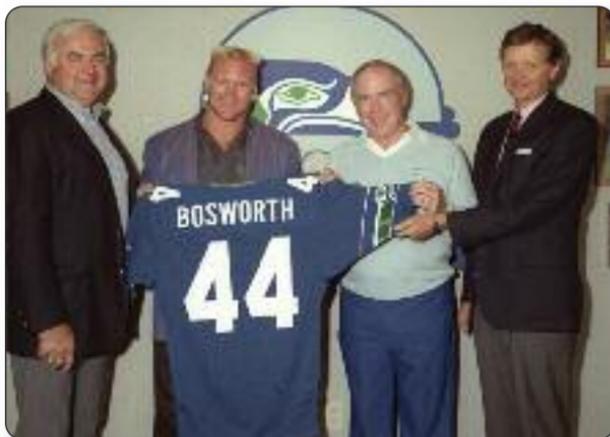
1988 — 1/3 Seahawks close out the 1987 season with a 23-20 overtime loss to the Houston Oilers at the Astrodome in the AFC First-Round Playoff Game. **4/24** Seahawks use their second-round choice in the draft to select University of Miami wide receiver Brian Blades. The Seahawks first-round pick had been exercised in the June 1987 supplemental draft. **8/30** Ken Behring and Ken Hofmann complete their purchase of the Seahawks from the Nordstrom family. **9/4** Seahawks open 13th season with a 21-14 win at Denver over the two-time defending AFC Champion Broncos. Curt Warner scores twice and John L. Williams accounts for 161 yards from scrimmage. It is Seattle's first win in Denver since 1984. **9/18** Steve Largent becomes the NFL's all-time leader in pass receiving yards with 12,167 at San Diego, but the Seahawks lose to the Chargers, 17-6. Largent breaks Charlie Joiner's record of 12,146 yards. **10/2** Rookie quarterback Kelly Stouffer makes his first NFL start for an injured Dave Krieg and leads the Seahawks to a 31-20 win over the Atlanta Falcons in Atlanta. John L. Williams ties a team record with three rushing touchdowns. **11/13** Seahawks defeat the Houston Oilers, 27-24, as Dave Krieg returns after missing seven games with a shoulder separation. Krieg engineers a 10-play drive to set up Norm Johnson's game-winning field goal with less than one second left. **11/28** Dave Krieg equals his own team record with five touchdown passes as Seahawks defeat the Los Angeles Raiders, 35-27, on Monday night in the Kingdome. Curt Warner (130) and John L. Williams (105) become the first pair of Seahawks to each gain over 100 yards rushing in the same game. **12/11** Seahawks score touchdowns on their first six possessions in a 42-17 win over Denver. Curt Warner establishes a team record with four rushing touchdowns. Warner (126) and John L. Williams (109) each top 100 yards rushing. **12/18** John L. Williams accounts for 239 yards of offense, including 180 receiving, and Dave Krieg throws for 410 yards and four scores, as the Seahawks defeat the Los Angeles Raiders, 43-37, in Los Angeles to clinch the first AFC Western Division title in franchise history. **12/31** Seahawks are eliminated from the playoffs by the eventual AFC Champion Cincinnati Bengals, 21-13, in Riverfront Stadium.

1989 — 2/22 Tom Flores named President/General Manager, replacing Mike McCormack. Flores guided the Los Angeles Raiders to an 83-53 regular season record and two Super Bowl titles in nine seasons, 1979-87, as their head coach. **4/23** Seahawks select Notre Dame tackle Andy Heck with the fifteenth pick of the first round of the draft. **9/10** Seahawks lose regular season opener in Philadelphia, 31-7, and also lose wide receiver Steve Largent for six weeks with a broken elbow. Largent, however, scores Seattle's only touchdown. **10/29** Dave Krieg and Brian Blades combine on a 21-yard touchdown pass with 40 seconds left in a 10-7 win over the San Diego Chargers. The win is the 100th in regular season play for the Seahawks. Blades catches a career high 10 passes for 117 yards. **11/26** Steve Largent ties Don Hutson's NFL record of 99 career receiving touchdowns in the Seahawks 41-14 loss at Denver. **12/4** Dave Krieg ignites a three-game winning streak with 298 yards passing and the game-winning touchdown pass in a 17-16 Monday night win over Buffalo. **12/10** Seahawks win 24-17 at Cincinnati as Dave Krieg throws three touchdown passes. One goes to Steve Largent, the NFL record 100th of his career. **12/17** John L. Williams catches a career high 12 passes for 129 yards as the Seahawks defeat the Los Angeles Raiders, 23-17. **12/23** Seahawks close out the season with a 29-0 loss to the Washington Redskins. In pregame ceremonies, retiring wide receiver Steve Largent is honored and his is the first name inducted in the Seahawks Ring of Honor.

1990 — 4/22 Seahawks trade four draft choices to the New England Patriots, including two first-round choices, to move up and select University of Miami defensive tackle Cortez Kennedy with the third overall choice. Seahawks also receive a second-round choice from the Patriots which they use to select Syracuse University linebacker Terry Wooden. **8/4** Seahawks play their first-ever international game as they drop a 10-7 preseason decision to the Denver Broncos in Tokyo, Japan. **10/1** Seahawks defeat the Cincinnati Bengals, 31-16, for their first win after opening the season with three consecutive losses. Derrick Fenner scores three touchdowns for the second straight week. **11/11** Seahawks score their first win in Kansas City's Arrowhead Stadium since 1980 as Dave Krieg throws a 25-yard touchdown pass to Paul Skansi as time expires. The PAT gives Seattle a 17-16 win and starts a four-game streak of games decided on the last play. The win is the 159th of Chuck Knox's career, moving him into seventh place all-time. **11/25** Norm Johnson's 40-yard field goal 3:01 into overtime gives the Seahawks a 13-10 win at San Diego. Seattle forces and recovers a pair of fumbles, the first with 48 seconds left in regulation and the second with 1:34 gone in overtime. **12/2** In almost a replay from the week before, Seattle defeats the Houston Oilers 13-10 in overtime after recovering a fumble. Norm Johnson connects from 42 yards out after David Wyman recovers a Tony Woods-forced fumble. Seahawks become only the third team in NFL history to win back-to-back overtime games. **12/9** The Seahawks defense sets single-game records for fewest rushing first downs (0) and rushing yards allowed (13) in a game in a 20-14 win over the Green Bay Packers in Milwaukee. **12/23** Seattle moves over the .500 mark with a 17-12 win over the Denver Broncos. The Broncos are penalized on the game's last play, negating what would have been a game-winning touchdown pass. **12/30** Derrick Fenner scores two touchdowns for the fourth time as Seattle defeats the Detroit Lions, 30-10, in the Kingdome, to finish at 9-7 after an 0-3 start. Fenner ends the season equalling team records for total touchdowns (15) and rushing touchdowns (14), totals that lead the AFC.

1991 — 4/21 Seahawks select San Diego State quarterback Dan McGwire with the 16th pick on the first round of the 1991 NFL Draft. The 6-8, 243-pound McGwire is the first quarterback ever selected in the first round by Seattle. **4/25** Head Coach Chuck Knox agrees to a two-year contract extension. **8/3** Quarterback Jim Zorn (1976-84) becomes the second person inducted into the Seahawks Ring of Honor. **9/1** Seahawks drop season opener, 27-24, at New Orleans and lose starting quarterback Dave Krieg for six weeks with a broken thumb in the process. Wide receiver Brian Blades sets career highs with 12 receptions, 160 yards, and two touchdowns. **9/8** Jeff Kemp makes his first start since September 25, 1988, and throws two touchdown passes in a 20-13 win over the New York Jets. One goes to

Travis McNeal, the first of his career. **9/29** Chris Warren's 59-yard punt return touchdown, the first by a Seahawks player since 1986, sparks a 31-3 win over the visiting Indianapolis Colts. The defense limits the Colts to 137 yards and records five sacks. Rookie first-round draft choice Dan McGwire starts and plays the first half, engineering a 50-yard touchdown drive on his first possession. **10/6** The Seahawks defense stops the Cincinnati Bengals on a 4th-and-four inches short with 29 seconds left to preserve a 13-7 win at Riverfront Stadium. Dwayne Harper and Nesby Glasgow combine for the tackle, which comes at the Seattle 22. **10/20** Dave Krieg returns from missing six games on injured reserve to lead Seattle to a 27-7 win at Pittsburgh. Krieg throws for 266 yards, completing 25-of-31 passes, and two scores. **10/27** John Kasay equals an NFL record with two field goals of 50-or-more yards in a 20-9 win over the San Diego Chargers. Kasay connects from 54 and 51 yards. The 54-yarder equals the team record. **11/24** The defense forces four turnovers and has five sacks, three by Rufus Porter, in a 13-10 win over the eventual AFC West Champion Denver Broncos in the Kingdome. Additionally, the defense twice holds on downs inside Seahawks territory in the game's last 4:49. **12/22** Seattle finishes their 16th season with a 7-9 record after defeating the Los Angeles Rams, 23-9, in the Kingdome. It was the first win by the Seahawks over the Rams in five regular season games. James Jones rushes for a pair of scores, while the defense keeps their third 1991 opponent out of the end zone. **12/27** The Seahawks and Head Coach Chuck Knox agree to mutually end Knox's nine-year tenure as head coach. Knox leaves having compiled an 80-63-0 (55.9%) regular season record. He guided the Seahawks to four playoff appearances, including an AFC West title in 1988 and a berth in the AFC Championship Game in 1983.

1992 — **1/6** Seahawks President/General Manager Tom Flores is named President/Head Coach. Flores coached nine seasons, 1979-87, with the Oakland/Los Angeles Raiders and compiled an 83-53-0 (61.0%) regular season record. He led the Raiders to two Super Bowl Championships, XV and XVIII, the only Super Bowls won by the AFC in the decade of the 1980's. **1/8** Larry Kennan, Coach of the Year in the World League of American Football in 1991, is named Offensive Coordinator/ Quarterbacks Coach. Kennan guided the London Monarchs to an 11-1 record and WLAF Championship in the league's first season. Kennan served as an NFL assistant with the Los Angeles Raiders (1982-87), Denver Broncos (1988) and Indianapolis Colts (1989-90). **1/9** Seahawks defensive assistants George Dyer (line), Rod Perry (secondary), and Joe Vitt (special assignments), along with John Becker (offensive coordinator/wide receivers) and Chick Harris (running backs) leave the Seahawks to join Chuck Knox with the Los Angeles Rams. **1/11** Seahawks Assistant Head Coach Tom Catlin announces he will stay with the Seahawks as assistant head coach/defense. In addition, Rusty Tillman is promoted from special teams coach to defensive coordinator, Russ Purnell from tight ends and assistant special teams to special teams and tight ends coach, and Paul Moyer from staff assistant to defensive backfield coach. **1/21** Offensive Line Coach Hudson Houck and Running Backs Coach Clarence Shelmon are added to Tom Flores' staff. Both coaches come to the Seahawks from the Los Angeles Rams. **1/22** Bob Bratkowski, offensive coordinator at the University of Miami for the past three seasons, is named wide receivers coach. Bratkowski's father Zeke, is a former NFL quarterback and current NFL assistant coach. **1/23** Tommy Brasher is named defensive line coach. Brasher has coached nine seasons in the NFL and 12 in college. **1/24** Former Seahawks cornerback Dave Brown (1976-86) returns to the club as a defensive assistant. An original member of the Seahawks, Brown still holds career records with 50 interceptions and four interception return touchdowns. **8/22** Dave Brown becomes the third inductee into the Seahawks Ring of Honor. **9/6** Cincinnati Bengals spoil Tom Flores' Seahawks coaching debut with a 21-3 Kingdome win. **9/20** Flores gains first win as Seahawks head coach, 10-6, at New England. Cortez Kennedy has four-and-a-half tackles for loss, including three sacks, to lead the defense while Chris Warren rushes for 122 yards and one score on 24 carries to lead the offense. It's Warren's first career 100-yard game. **11/8** Chris Warren's 103 yards aren't enough as the Washington Redskins post a 16-3 Kingdome win. **11/22** Chris Warren rushes for a career-high 154 yards, including a touchdown, but the Kansas City Chiefs take a

24-14 win. **11/30** In pregame ceremonies, play-by-play broadcaster Pete Gross is inducted into the Seahawks Ring of Honor. The Seahawks then defeat the Denver Broncos 16-13 in overtime, snapping an eight-game losing streak. Brian Blades makes his first appearance since injuring his shoulder on opening day and catches the game-tying touchdown pass on the game's last play. John Kasay's 32-yard field goal 11:10 into overtime is the winner. The game also is the team record third straight that the Seahawks defense held the opposition to under 200 total yards. **12/2** KIRO Newsradio 710's Pete Gross, the only play-by-play broadcaster in the Seahawks 17-year history, dies after a four-year battle with cancer. **12/6** The Pittsburgh Steelers take a 20-14 comeback win in Pittsburgh, despite Eugene Robinson's record-equalling three interceptions. **12/13** Roger Ruzek's 44-yard field goal as time expires in overtime gives the visiting Philadelphia Eagles a 16-13 win. The game is the longest in Seattle's history (75:00). **12/27** Seattle closes out the regular season with a 31-14 Kingdome loss to the AFC West Champion San Diego Chargers. Chris Warren becomes only the second player in franchise history to rush for 1,000 yards, finishing the season with 1,017.

1993 — 1/19 David Behring, son of majority owner Ken Behring, is named team President. Tom Flores is named General Manager/Head Coach, while Player Personnel Director Mike Allman is placed in charge of both professional and college personnel. **1/28** Howard Mudd is named offensive line coach replacing Hudson Houck, who joined the Dallas Cowboys. Mudd is an eight-year NFL veteran guard and a 19-year NFL assistant, including a stint with the Seahawks from 1978-82. **2/5** Phil Neri, a Seahawks scout since 1985, is named College Scouting Director. **3/12** Ferrell Edmunds, two-time Pro Bowl tight end with the Miami Dolphins, signs as an unrestricted free agent. Edmunds, a five-year veteran, is the first free agent to sign with the Seahawks under the NFL new free agency system. **4/1** Wide receiver Kelvin Martin of the Super Bowl champion Dallas Cowboys is signed as an unrestricted free agent. **4/14** Linebacker Kevin Murphy signs with Seattle. **4/20** Four-time Pro Bowl center Ray Donaldson signs with the Seahawks as a free agent. **4/22** Buffalo guard Mitch Frerotte signs with the Seahawks as an unrestricted free agent. **4/25** University of Notre Dame quarterback Rick Mirer is selected by the Seahawks in the first round of the NFL draft. Mirer is the second player chosen overall. **9/19** Chris Warren rushes a club record 36 times for a personal best 174 yards in a 17-14 win over the Patriots in New England, Seattle's first win after two losses. **9/26** Rod Stephens' fumble recovery in the end zone provides the winning touchdown in a 19-10 win at Cincinnati. **10/3** Seattle makes it three straight with a 31-14 win over the San Diego Chargers in the Kingdome. Rookie Rick Mirer passes for 282 yards and a score and also rushes for a touchdown. The three-game winning streak is the Seahawks longest since 1990. **10/24** Rick Mirer throws the game-winning touchdown pass to Brian Blades with 25 seconds left in a 10-9 win over New England in the Kingdome. **11/14** Eugene Robinson records 11 tackles, two interceptions, two forced fumble, and one fumble recovery to spark a 22-5 win over the visiting Cleveland Browns. In all, the Seahawks defense forces seven turnovers and accounts for a touchdown and a safety. **12/26** Chris Warren rushes for 168 yards to become the second Seattle player to have back-to-back 1,000-yard seasons, but the Phoenix Cardinals tie the game on the last play of regulation and go on to a 30-27 overtime win in the Kingdome. **12/26** Jon Vaughn, who learned during warmups that he would start for an injured Chris Warren (abdominal muscle), rushes for a career-high 131 yards in a 16-6 win over the Pittsburgh Steelers. Seattle gains 267 yards rushing, giving them back-to-back 200-yard rushing games for the first time in franchise history.

1994 — 1/2 The Seahawks finish the season 6-10 after dropping a 34-24 decision to the AFC West Champion Kansas City Chiefs in Arrowhead Stadium. John L. Williams rushes for 102 yards, to give the Seahawks three straight games with an individual over 100 yards, a franchise first. Rick Mirer becomes the first rookie quarterback since 1973 to start all his team's games and only the third since the 1970 merger. Mirer ends the season with NFL rookie passing records for attempts (486), completions (274), and yards (2,833), while helping to

improve Seattle's win total by four games. **2/24** Nate Odomes, two-time Pro Bowl cornerback of the Buffalo Bills signs as a free agent. **2/28** Odomes' Buffalo teammate and fellow two-time Pro Bowler, tackle Howard Ballard signs as a free agent. **4/24** Texas A&M University defensive tackle Sam Adams is the Seahawks first-round draft choice. Adams is the eighth player picked on the first round. **7/19** Kingdome ceiling tiles fall from roof forcing closure of the building until November 5. Seahawks play both preseason games and first three regular season games in the University of Washington's 72,500 seat Husky Stadium. **8/13** Seahawks play first-ever outdoor game in Seattle defeating Tampa Bay Buccaneers, 29-6, in Husky Stadium. **9/4** Seahawks capture season opener for first time since 1988 with a 28-7 win at the Washington Redskins, as Chris Warren rushes for 100 yards and two touchdowns. The win is the 100th in the career of Head Coach Tom Flores. **9/11** Chris Warren scores two touchdowns for the second straight week as Seahawks go 2-0 with a 38-9 win over the Raiders in Los Angeles. Rick Mirer tosses three touchdown passes. **9/18** San Diego Chargers stop Seahawks two-game winning streak, 24-10, before Seahawks record crowd of 65,536 in Husky Stadium. **9/25** Chris Warren earns AFC Offensive Player of the Week honors in a 30-13 win over the visiting Pittsburgh Steelers. Warren rushes for 125 yards and a touchdown, while the Seahawks defense intercepts four passes. **11/6** Cincinnati Bengals spoil Seahawks return to Kingdome with a 20-17 overtime win. Doug Pelfrey kicks six field goals, including a 26-yarder 8:14 into overtime for the win. **11/20** Mack Strong's seven-yard touchdown run with 42 seconds left gives Seahawks a 22-21 win over the visiting Tampa Bay Buccaneers, breaking a six-game losing streak. **11/27** Seahawks defeat Kansas City 10-9 behind John Kasay's 32-yard field goal with 1:42 left. The back-to-back one-point wins are a franchise first. Chris Warren surpasses the 1,000-yard mark in the 12th game, the earliest in team history. Curt Warner inducted into Ring of Honor. **12/11** Chris Warren rushes for a personal best 185 yards on 30 carries, including a touchdown in a 16-14 win at Houston. Warren, playing with cracked ribs, had 183 of his yards in the first three quarters. **12/18** Chris Warren tops 100 yards for the seventh time with 122, but the Los Angeles Raiders escape with a 17-16 Kingdome win. **12/24** Cleveland Browns defeat the Seahawks 35-9 in Cleveland Stadium, closing out a 6-10 season. Chris Warren finishes the season with a franchise record 1,545 rushing yards, a total that leads the AFC. **12/29** Tom Flores, Seahawks general manager/head coach from 1992-94, is relieved of his duties. Flores, who joined the organization in 1989 as president/general manager, compiled a 14-34 regular season record. All 12 of Flores' assistants were also fired.

1995 — 1/12 Dennis Erickson, head coach at the University of Miami, is named head coach. In six seasons at Miami, Erickson compiled a 63-9-0 record and won national championships in 1989 and 1991. A native of Everett, Washington, Erickson posted a 113-40-1 record in 13 seasons as a college head coach at the University of Idaho, University of Wyoming, Washington State University, and Miami. Erickson brings six coaches with him from Miami, Gregg Smith (assistant head coach/tight ends), Greg McMackin (defensive coordinator), Dave Arnold (special teams), Dana LeDuc (strength and conditioning), Rich Olson (quarterbacks), and Willy Robinson (defensive backs). In addition he retains Bob Bratkowski (offensive coordinator/wide receivers), Tommy Brasher (defensive line), Tom Catlin (quality control), Dave Brown (defensive coach), Arnie Matsumoto (staff assistant), Howard Mudd (offensive line), and Clarence Shelmon (running backs) from the previous staff. **1/28** Wide Receiver Steve Largent becomes the first Seahawks player to be elected into the Pro Football Hall of Fame. Largent was elected in his first year of eligibility. He played his entire NFL career with Seattle from 1976-89, and retired in possession of six NFL receiving marks, including most receptions (819), yards (13,089), touchdowns (100), and consecutive games with a reception (177). Largent's presenter for induction is Seahawks' Vice President Gary Wright. 2/9 Mike Murphy, a nine-season NFL coaching veteran, is named linebackers coach. Murphy coached with the Detroit Lions and Arizona Cardinals prior to serving one year in the Pro Personnel Department of the Carolina Panthers. **4/22**

Seahawks select Ohio State University wide receiver Joey Galloway with the eighth pick in the first round of the NFL draft. Galloway is the second wide receiver chosen overall and the first ever picked by the Seahawks in the first round of the draft. **7/29** Steve Largent is formally inducted into the Pro Football Hall of Fame. **8/12** Seahawks officially retire Largent's #80 jersey. **9/3** Seahawks lose NFL debut of Head Coach Dennis Erickson, 34-10, to the Kansas City Chiefs in the Kingdome. Jacob Green was inducted into the Ring of Honor. **9/17** Erickson gains first career win, 24-21, over the Cincinnati Bengals in the Kingdome. Chris Warren rushes for 109 yards. **11/5** Rookie Joey Galloway returns a punt a club record 89 yards for a touchdown to spark a 30-28 win over the visiting New York Giants. Brian Blades has two first quarter touchdown receptions. The win snaps a four-game losing streak and ignites a streak of six wins in seven games. **11/12** Galloway strikes again, this time on an 86-yard run from scrimmage in a 47-30 win over the Jaguars in Jacksonville. His run is a club record and is an NFL-long for 1995, as was his punt return. Galloway accounts for 237 all-purpose yards and three touchdowns, including five receptions for 114 yards and two scores receiving. **11/19** Seattle posts a 27-20 win over the Redskins in Washington, D.C., completing a two-game, 10-day road trip. Chris Warren rushes for a season-high 136 yards and one score, quarterback Rick Mirer throws two touchdown passes and Robert Blackmon has two interceptions. The Seahawks stayed in Jacksonville between games. **12/3** Todd Peterson kicks four field goals in a 26-14 win over the Philadelphia Eagles. **12/10** Quarterback John Friesz engineers three fourth quarter touchdown drives in a 31-27 win over the Broncos in Denver. Seattle rallies from a 20-0 second quarter deficit for the win, the greatest comeback in franchise history. Friesz throws for two touchdowns, including the game-winner to Chris Warren with 49 seconds left. Antonio Edwards' club record 83-yard return of a Robert Blackmon-forced fumble in the third quarter, ignites the rally. **12/17** Chris Warren scores three touchdowns in a 44-10 win over the Oakland Raiders. The win is Seattle's eighth of the year, their most since 1990. **12/24** AFC Western Division champion Kansas City Chiefs end the Seahawks postseason bid with a 26-3 win in Arrowhead Stadium.

1996 — 2/2 Team owner Ken Behring announces that he is moving the franchise. **4/20** Ken Behring and Seattle native Paul Allen enter into an exclusive 14-month option for Allen to purchase the Seahawks. Allen can exercise the option at anytime until July 1, 1997. Allen is named Chairman of Football Northwest, Inc., with Bert Kolde serving as Vice Chairman and Bob Whitsitt as President. Seahawks select Boston College tackle Pete Kendall in the first round with the 21st overall pick. Seattle had traded down twice in the first round, acquiring defensive tackle Glenn Montgomery from the Houston Oilers in the first deal and adding an extra third-round pick from the Detroit Lions in the second. **9/1** Seahawks start 21st season with 29-7 loss at San Diego. **9/22** Lamar Smith's 14-yard run with 31 seconds left gives Seahawks a 17-13 win at Tampa Bay, their first win after three losses. **10/6** John Friesz throws touchdown passes of 51, 65 and 80 yards, the latter with 2:03 left to Brian Blades, for a 22-15 win at Miami. **11/3** Michael McCrary blocks Houston's game-winning field goal with 16 seconds left, recovers it, and laterals to Robert Blackmon to complete a 68-yard touchdown return to give Seattle a 23-16 win. John Friesz throws for 323 yards, Seattle's first 300-yard passing game since 1990. **11/10** Seattle completes three wins in three home games by defeating the Minnesota Vikings, 42-23. **11/17** Seattle misses a last play field goal in 17-16 loss at the Detroit Lions. Lamar Smith rushes for a career high 148 yards in his first career start. Seahawks also lose quarterback John Friesz for remainder of the season with a broken leg. **12/8** Seahawks snap three-game losing streak with 26-18 win over visiting Buffalo Bills. Chris Warren rushes for 116 yards, his franchise record 24th career 100-yard game. **12/22** Seahawks close season with 28-21 win at Oakland. Seattle forces seven turnovers and wins with backup quarterbacks Stan Gelbaugh and Gino Torretta playing for John Friesz (broken leg) and Rick Mirer (quadriceps). Torretta passes 32 yards to Joey Galloway for his first career touchdown. Lamar Smith rushes for two touchdowns.

1997 — 2/14 Seahawks make first strike in free agency signing Steelers Pro Bowl linebacker Chad Brown. Brown's signing is followed two days later with that of Pittsburgh teammate cornerback Willie Williams. **2/18** Quarterback Rick Mirer is traded to the Chicago Bears for a first-round draft choice. Seattle now has the 11th and 12th picks overall in the April 19-20 NFL Draft. **3/5** Seahawks announce a return of their training camp to Eastern Washington University in Cheney, Washington. Seattle trained at Eastern from 1976-85, before training year-around at their Kirkland Headquarters. **3/6** Detroit Lions safety Bennie Blades is signed as a free agent reuniting him with his brother, Brian. **3/7** Former University of Washington quarterback Warren Moon signs as a free agent after 13 seasons with the Houston Oilers (1984-93) and Minnesota Vikings (1994-96). Moon ranks fourth in league history in attempts (6,000), completions (3,514), and yards (43,787), and is tied for seventh in touchdowns (254). **3/28** Seattle trades their first-round pick obtained from the Bears, to Atlanta for the Falcons first-round pick, the third overall. Seattle also sends second and fourth rounders to Atlanta and the Falcons flip-flop their third round choices. **4/19** After selecting Ohio State cornerback Shawn Springs with the third overall choice, Seattle sends the 12th overall choice and a third-round pick to the Tampa Bay Buccaneers for the sixth overall choice. That pick is used on Florida State University tackle Walter Jones. It is the first time in their history that the Seahawks have utilized two first-round draft choices. **4/25** Washington State Legislature passes Seahawks Stadium Funding Plan, Referendum 48. The bill sets a statewide vote for June 17. **6/17** Washington state voters approve Referendum 48 by a 51.1 percent to 48.9 percent margin (820,354 yes, 783,584 no), including a 56.4 percent margin (275,358 yes, 213,092 no) in King County. 6/23 Metropolitan King County Council votes 9-3 to approve a new football stadium for the Seahawks. **6/30** Bob Whitsitt, President of Football Northwest, signs paperwork to purchase Seahawks from Ken Behring. **7/15** Seahawks open training camp at Eastern Washington University in Cheney, returning after an 11-year absence. **8/19** Football Northwest is approved as the Seahawks owners by the member clubs of the NFL. 8/31 Seattle loses season opener to New York Jets, 41-3, in the Kingdome and quarterback John Friesz for nine weeks with a broken right thumb. **9/14** Seahawks hold Indianapolis Colts to a franchise low 118 yards for their first win, 31-3, in Indianapolis. The 28-point margin of victory is the largest for Seattle on the road. **10/5** Seattle embarks on three-game winning streak by beating the Tennessee Oilers, 16-13, in Kingdome. Steve Broussard scores on 77 and 43 yard runs within three second half carries overcoming a 10-0 deficit. Broussard rushes for 138 yards on just 6 carries. **10/26** Warren Moon throws a team record-equalling five touchdown passes, including three to Joey Galloway, in a 45-34 win over the Oakland Raiders. His 409 yards is third in team history for a single game and is an NFL high for 1997. **11/9** Moon connects with Galloway on a game-winning 40-yard touchdown pass at San Diego with 2:20 left. The 37-31 win is marred by a season-ending broken ankle suffered by six-time Pro Bowl defensive tackle Cortez Kennedy. **11/28** Seahawks open their first retail store, the Seahawks EndZone Store, in Seattle's Pioneer Square area, two blocks from the Kingdome. **12/14** Quarterback Jon Kitna makes his first career start and guides Seattle to a 22-21 win at Oakland, overcoming a 21-3 halftime deficit. Kitna throws for 283 yards and one score in becoming the sixth first-time quarterback starter in team history to win his debut. Todd Peterson's 49-yard field goal with 2:20 left is the winner. Seattle's win was their fifth of the season after overcoming a 10-point deficit, equalling the most in the NFL since 1970. **12/21** Seattle closes out season with a 38-9 win over the San Francisco 49ers. Warren Moon throws four touchdown passes and sets single season records for completions (313) and yards (3,378). Pro Bowl free safety Darryl Williams co-leads the AFC in interceptions with 8, while Pro Bowl defensive end Michael Sinclair has 12 sacks.

1998 — 1/16 Seahawks announce ticket restructure, increasing the number of $10 tickets, the lowest ticket price in the NFL, to slightly more than 10,000. **2/1** Warren Moon named MVP of Pro Bowl while leading AFC to 29-24 win. **1/16** Offensive Line Coach Howard Mudd leaves the Seahawks for Indianapolis Colts. **1/17** Linebackers Coach Mike Murphy also joins the Colts staff. **1/30** Coaches Clarence Shelmon (running backs) joins Dallas and Ned

James (defensive assistant) joins the New Orleans Saints. **2/2** Offensive assistant Jim Zorn leaves for the Detroit Lions. **2/4** Seattle names Jim Johnson linebackers coach. **2/6** Hired Bill Meyers as assistant offensive line coach and announced the club had agreed to terms with Washington Redskins' special teams coach Pete Rodriguez. **2/10** Named Milt Jackson receivers coach. **2/24** Seattle signs three-time Pro Bowl center, Kevin Glover. **2/26** Seahawks name Tim Lappano running backs coach and Eric Yarber to the position of offensive quality control. **3/4** Seahawks make one of the biggest off-season splashes in free agency when the club signs Philadelphia Eagles running back Ricky Watters to a contract. **3/6** The club agrees to terms with unrestricted free agent guard Brian Habib of the Super Bowl Champion Denver Broncos. **4/18** Linebacker Anthony Simmons from Clemson is the team's first-round pick, 15th overall, in the draft. **9/6** The Seahawks open the 1998 season with a 36-0 shutout over the Philadelphia Eagles at Veterans Stadium. The Seahawks would go on to one of the team's best starts ever, with three straight victories to open the year. **12/28** A day after completing its second consecutive 8-8 season, the club relieves Dennis Erickson of his coaching duties.

1999 — 1/8 Team President Bob Whitsitt appoints Mike Holmgren to the position of Executive Vice President of Football Operations/General Manager & Head Coach. The Seahawks surrender a second-round choice in the 1999 draft to the Green Bay Packers as compensation. **1/14** Holmgren hires Mike Sherman (Offensive Coordinator/Tight Ends), Fritz Shurmur (Defensive Coordinator), Tom Lovat (Offensive Line), Larry Brooks (Defensive Line), Nolan Cromwell (Wide Receivers), Jim Lind (Linebackers), Ken Flajole (Defensive Backs), Kent Johnston (Strength & Conditioning), and the retainment of Pete Rodriguez (Special Teams). **1/19** Mike Sheppard named Quarterbacks coach. **1/26** Mike Reinfeldt named Senior Vice President. **1/28** Stump Mitchell named Running Backs coach. **1/29** Rod Springer named Assistant Strength & Conditioning coach. **2/5** Jerry Colquitt (Offensive Quality Control) and Clayton Lopez (Defensive Quality Control) named to coaching staff. **2/14** Sign unrestricted free agent WR Sean Dawkins. **4/17** Select DE Lamar King (Saginaw Valley State) with the 22nd pick in the first round of the 1999 NFL Draft. **5/26** Defensive Coordinator Fritz Shurmur takes a leave of absence for health reasons. **6/7** Holmgren hires former Buffalo Bills' Assistant Coach Dick Roach to the position of defensive assistant. Linebackers coach Jim Lind is given the added responsibillity of coordinating the defense. **8/30** Seahawks defensive coordinator Fritz Shurmur succumbs to liver cancer. **11/28** The Seahawks defeat the Kansas City Chiefs in Arrowhead Stadium to cap a five-game winning streak and take the season record to 8-2.

2000 — 1/2 The Seahawks finish the 1999 season with a 19-9 loss at the New York Jets, but reach the playoffs for the first time since 1988 with the team's second AFC West Championship. The team's 9-7 record is the best mark since 1990. DT Cortez Kennedy is voted to a team-record eighth Pro Bowl along with teammates LB Chad Brown and T Walter Jones. **1/9** Seahawks lose their first playoff game in 11 years when they fall to the Miami Dolphins, 20-17, in the final game played at Seattle's Kingdome. **1/12** Mike Holmgren names Steve Sidwell defensive coordinator. Defensive Assistant Bob Zeman announces his retirement from coaching. **1/20** Holmgren names Gil Haskell offensive coordinator. **1/21** Holmgren names Johnny Holland assistant special teams/assistant strength and conditioning coach. **1/28** Holmgren names Ted Thompson vice president/football operations. **2/12** WR Joey Galloway is traded to the Dallas Cowboys for first-round draft choices in 2000 and 2001. **3/26** Seattle's Kingdome is imploded, to make space for the new football/soccer stadium and exhibition hall, which will be located on the same site. **4/15** Seahawks select Alabama running back Shaun Alexander and Wisconsin tackle Chris McIntosh in the first round of the NFL Draft. **4/28** Seattle names John Schneider director of player personnel. **5/10** Scot McCloughan appointed as director of college scouting. **5/15** Bucky Brooks and Mike Murphy named area scouts. **6/1** Former Seahawks safety Eric Stokes and Matt Malaspina named area scouts. **7/5** Seahawks hire Brian Davis for radio play-by-play. **9/3** Seattle loses to Miami in season opener, 23-0, marking the first time the Seahawks were shut out in seven years. **9/10** Seattle opens a two-year stint at Husky

Stadium with a loss to the defending Super Bowl Champion St. Louis Rams in a 37-34 shootout. **10/15** Seahawks return man Charlie Rogers sets team single-game record with 198 kickoff return yards and 215 combined return yards versus Indianapolis. **11/12** QB Jon Kitna earns AFC Offensive Player of the Week for 22 of 33, 231-yard, three-touchdown performance at Jacksonville. **12/23** Charlie Rogers returns four kickoffs for 171 yards, which includes an 81-yard touchdown, versus Buffalo to establish an AFC single-season record with 2,094 combined return yards (punt and kickoff).

2001 — 1/2 Mike Holmgren names Mark Michaels assistant special teams coach. **2/16** Former Seahawks QB Jim Zorn is named quarterbacks coach. **2/28** A 6.8 magnitude earthquake hit the Seattle area damaging the Seahawks marketing headquarters at Palmer Court, forcing them to move out of the building. The new stadium was not damaged and workers resumed construction less than one week later. **3/2** Seattle trades a third-round draft choice and switches first-round picks with Green Bay for QB Matt Hasselbeck. **3/3** Seattle signs free agent DT John Randle. **3/8** DT Cortez Kennedy is released. **3/9** Seattle signs free agent DT Chad Eaton. **3/16** Seattle names Lance Lopes to serve as General Counsel. **4/9** Seattle signs free agent LB Levon Kirkland. **4/12** Seahawks sign a three-year extension with Eastern Washington University to continue its training camp in Cheney. **4/21** Seattle takes North Carolina State wide receiver Koren Robinson with its first overall selection (No. 9) and Steve Hutchinson (No. 17). Selects 12 college players, the most since drafting 11 in 1992, during the two-day draft. **5/22** Seahawks switch conferences from the AFC West to the NFC West, joining the Arizona Cardinals, San Francisco 49ers and the St. Louis Rams following realignment. The Seahawks were a member of the NFC West in their inaugural season in 1976 before moving to the AFC West in 1977. **6/28** Named Scott Fitterer area scout and named former Kansas City wide receiver Lake Dawson and former Seahawks safety Eric Stokes pro personnel assistants. **8/3** Signed Trent Dilfer to one-year contract to back up Matt Hasselbeck. **9/16** Home game versus Kansas City is postponed due to the terrorist attacks on Tuesday, September 11. **11/11** Shaun Alexander rushed for 266 yards and three touchdowns versus Oakland, including a team-record 88-yard touchdown.

2002 — 1/2 Seahawks DT John Randle and T Walter Jones selected to represent Seahawks in the Pro Bowl. **1/6** The Seahawks played their final game at Husky Stadium before moving into their new downtown stadium. Trent Dilfer finished the season 4-0, extending his consecutive unbeaten record as a starter to 15-0. **2/22** Released defensive end Michael Sinclair following 11 years of service. **3/1** The Seahawks announced a new logo and colors; Seahawks blue, Seahawks navy and Seahawks bright green. **3/5** Re-signed Trent Dilfer to be the starting quarterback for the 2002 season. **3/27** The Seahawks unveiled new uniforms at the team's new stadium, the first significant uniform change in the team's 26-year history. In a weeklong contest, a total of 64,513 fans voted with an overwhelming 49,447 (76.6%) voting for the new Seahawks blue helmet. The traditional silver helmet received 15,066 (23.4%) votes. (Marked the first time in NFL history that a team allowed fans to choose any part of the teams' uniform ensemble.) **4/2** Bill Laveroni named assistant offensive line coach. **4/19** Traded quarterback Brock Huard to Indianapolis for the Colts fifth-round draft choice in the 2002 draft. **4/20** Seahawks selected Washington Husky tight end Jerramy Stevens in the first round of the NFL Draft, the first tight end selected by the team in the opening round. **5/4** Fieldturf installation completed in Seahawks Stadium. **5/15** Seahawks Stadium and Exhibition Center announced as interim name until a permanent naming rights sponsor is found; FGI announces the project will come in on budget, a month earlier than anticipated. **6/21** Traded CB Ike Charlton to Jacksonville Jaguars for an undisclosed draft choice. **7/20** Seahawks Stadium Grand Opening begins with Public Fanfare Days, followed by three weeks of public open houses. **8/3** Seahawks take the field in Seahawks Stadium for the first time in a preseason scrimmage. **8/10** Seahawks play their first game in Seahawks Stadium, a preseason loss to the Indianapolis Colts, 28-10. **9/15** Seahawks play their Inaugural Game in Seahawks Stadium versus the Arizona Cardinals, a 24-13 loss. **9/29** Shaun Alexander scores an NFL-record five first-half touch-

downs versus the Minnesota Vikings on ESPN Sunday Night Football. **10/29** Place QB Trent Dilfer on injured reserve and signed veteran QB Jeff George for remainder of season. **11/24** Seattle and Kansas City combine for 64 first downs, an NFL record. **12/29** Matt Hasselbeck set a franchise record passing for 449 yards in a 31-28 overtime win at San Diego. Seattle also established 20 club records during the season, including most first downs in a season (347), most yards gained in a game (591 at San Diego), most net yards gained in a season (5,818) and most passing yards in a season (4,257). Seattle finished the season 7-9, third place in the NFC West. **12/31** Mike Holmgren relinquishes his role as general manager, but remains executive vice president of football operations and head coach. Seattle fires defensive coordinator Steve Sidwell, defensive line coach Larry Brooks, defensive backs coach Ken Flajole, linebackers coach Johnny Holland and offensive quality control coach Jerry Colquitt.

2003 — 1/29 Seahawks hire Dwaine Board as defensive line coach. **2/5** Seattle names Ray Rhodes defensive coordinator. **2/7** Seattle names Teryl Austin defensive backs coach. **2/10** Seattle hires Bob Ferguson as general manager. **2/12** Seattle hires John Marshall as linebackers coach. **3/4** Seattle re-signed unrestricted free agents LB Anthony Simmons and DE Antonio Cochran. **4/26** Seattle selected CB Marcus Trufant from Washington State with the 11th overall pick in the NFL Draft. **4/27** Seattle traded a sixth-round selection to the New Orleans Saints for DT Norman Hand. **6/16** Hired Charles Fisher as an area scout. **6/25** Paul G. Allen names Tod Leiweke chief executive officer in charge of all Seahawks business and administration operations. Bob Whitsitt focuses on football operations. **9/7** Seattle opened the season with a compelling 27-10 victory over the Saints, their first season-opening win at home since 1986. **9/14** Seattle recorded first shutout since 1998, and 10th shutout in club history at Arizona. Safety Ken Hamlin earned NFC Defensive Player of the Week honors for his performance. In just his second NFL game, Hamlin had a hand in four of Seattle's six takeaways including the Cardinals first three drives. **10/5** Josh Brown set club record with 58-yard field goal at Green Bay. **10/12** The Seahawks unveiled a flag pole in the south end zone honoring the Seahawks 12th man. Each game, the Seahawks will have an honorary presenter raise the flag embroidered with the number 12. Twelve fans were selected to raise the inaugural flag. Steve Largent and Mike McCormack were among others to raise the flag during the season. The Seahawks held off San Francisco 20-19 on ESPN Sunday Night Football. **10/19** Defeated Chicago 24-17 and secured the best start (5-1) in franchise history. Seattle opened two seasons (1984, 1986) with a 4-1 mark. **11/23** Put up 41 points on one of the best defenses in the NFL, the Baltimore Ravens, but lost in overtime 44-41 after relinquishing a 17-point, fourth-quarter lead. Hasselbeck passed for 333 yards and club-record tying five touchdowns en route to being voted by fans the NFL/FedEx Air Player of the Week. **11/30** For the first time in franchise history, the club had a 300-yard passer (Hasselbeck 328), 100-yard rusher (Alexander 127) and two 100-yard receivers (Robinson 122, Jackson 102) in the same game versus Cleveland. Hasselbeck won the NFL/FedEx Air Player of the Week for the second consecutive week. **12/21** With a win over Arizona, the Seahawks finished 8-0 at home for the first time in franchise history. **12/27** Won at San Francisco, 24-17, for the first time since 1979 and secured first 10-win season since 1986. During the season, Hasselbeck became franchise's all-time leading passer (84.1 rating) and set single-season record with 3,841 passing yards and tied for most completions 313.

2004 — 1/4 Participated in first postseason since 1999, but lost in overtime to the Packers 33-27 in a back-and-forth affair played in 20 degree temperatures. Al Harris returned a Hasselbeck interception 52 yards for the game-ending score. Alexander set club postseason record with three touchdown runs and Hasselbeck became first passer with at least 300 yards in a playoff game. Seahawks offensive line coach Tom Lovat retires. Bill Laveroni takes over offensive line duties. **2/24** Seahawks designate T Walter Jones as franchise player for third consecutive year. **2/26** Senior VP Mike Reinfeldt declined contract offer to remain with Seahawks. **3/4** Seahawks sign unrestricted free agent Grant Wistrom to a

multi-year contract. **3/9** WR Darrell Jackson re-signed a multi-year contract with the Seahawks. **3/24-3/31** In cooperation with the Department of Defense Armed Forces Entertainment Office, Seahawks Alex Bannister and Damien Robinson led a Seahawks contingent including former Seahawks receiver Paul Johns and the Sea Gals Show Group on a tour of Southwest Asia, including the countries of United Arab Emirates and Qatar. **3/24** The Seattle Seahawks name Steve Raible as the new "Voice of the Seahawks" for radio broadcasts, and will be joined by Warren Moon as color analyst on the broadcast team. Raible served the previous 22 years as color analyst on Seahawks radio. **5/19** Jay Nienkark named Director of Player Administration and will oversee the team's salary cap. **6/2** Seahawks Stadium is renamed Qwest Field. Introduced Blue Ribbon Partners. **6/8** Martha Fuller named CFO. **8/7** The Seahawks traveled to Portland's PGE Park for "Seahawks Live," an intrasquad scrimmage. **9/26** The Seahawks opened the season 3-0 after shutting out the 49ers 34-0 at Qwest Field. The victory ended the 49ers NFL record of scoring in 420 consecutive games. **10/19** The Seahawks traded a conditional draft choice to the Oakland Raiders for WR Jerry Rice. **11/21** S Michael Boulware turned in one of the most exciting plays of the season when he, with 56 seconds remaining, returned a Dolphins' pass 63 yards for the game-winning touchdown. **12/6** In front of a record crowd at Qwest Field (68,093), the Seahawks hosted a Monday Night Football shootout versus the Cowboys. Matt Hasselbeck passed for 414 yards and three touchdowns, but the Cowboys scored 14 points in just under three minutes to earn a 43-39 victory.

2005 — 1/2 The Seahawks clinched their first NFC West title after fending off the Atlanta Falcons in the season finale. The Seahawks stopped a two-point conversion attempt at the end of regulation to keep the game from going into overtime. **1/8** The Seahawks hosted the Rams in a Wild Card Playoff game and lost 27-20. A Seahawks bid to tie the game on a fourth-and-4 play from the Rams' 5-yard line with :27 fell incomplete. Matt Hasselbeck joined Dan Fouts and Marc Bulger as the only quarterbacks in NFL history to throw for 300-plus yards in his first two career postseason starts. **1/10** Relieved Mark Michaels from duties as special teams coach. **1/14** Bob Whitsitt was relieved of his duties as president of football operations. **2/3** Mike Reinfeldt is named consultant. **2/10** Bob Casullo is named special teams coach. **2/16** T Walter Jones signed a multi-year contract. **2/22** Matt Hasselbeck signed a multi-year contract. Bob Ferguson was relieved of his duties as general manager. Shaun Alexander was named franchise player. **2/23** Tim Ruskell was introduced as the Seahawks' president of football operations and became the primary decision maker regarding all player and personnel decisions, including oversight of the club's pro and college scouting departments. **3/24** Mike Reinfeldt named Vice President of Football Administration. **4/21** Signed LB Jamie Sharper and former University of Washington WR Jerome Pathon. Released veteran LB Chad Brown. **4/23** Drafted Mississippi center Chris Spencer in the first round (26th overall) of the NFL Draft. **6/8** Mike Phair and Mike Yowarsky hired to the college scouting department. **7/27** Shaun Alexander signed one-year contract. **8/12** In a preseason matchup, the Seahawks defeated the Saints 34-15 in New Orleans just two weeks before Hurricane Katrina devastated the area. **10/2** The Seahawks lost an overtime game at Washington to fall to 2-2 on the season. It was the last game the team would lose before winning a club-record 11 consecutive games. **10/16** Seattle set a club record with 320 yards rushing versus the Houston Texans on ESPN Sunday Night Football. Alexander rushed for four scores for the second time of the season. **10/17** Seahawks S Ken Hamlin was victimized outside of a Seattle club following the game sustaining head injuries that ended his season. **10/23** The Seahawks defeated the Dallas Cowboys 13-10 on a 50-yard Josh Brown field goal as time expired. The winning kick was set up when Jordan Babineaux intercepted Drew Bledsoe and returned it to the Cowboys' 32-yard line with :05 remaining. **11/6** Shaun Alexander rushed for 173 yards and two touchdowns, which included an 88-yard touchdown run tying his own franchise record. **11/27** The Seahawks defeated the N.Y. Giants 24-21 in overtime after Giants' kicker Jay Feely missed three game-winning field goal attempts. The Giants committed 16 penalties, including 11 false start penalties. **11/28** Mike Holmgren presented the Seahawks

12th Man with the game ball following the win over the Giants. **12/5** Seattle trounced Philadelphia 42-0 on a snowy Monday Night Football game. **12/11** The Seahawks outscored the 49ers 41-3 marking a perfect 6-0 division record, first in team history. **12/17** Seattle secured a first-round bye in the playoffs with a 28-24 come-from-behind win at Tennessee. **12/24** Seattle clinched home field advantage throughout the playoffs with a 28-13 win over the 13-1 Indianapolis Colts.

2006 — 1/14 The Seahawks ended their 21-year streak without a playoff win by defeating the Washington Redskins 20-10 in a Divisional Playoff Game at Qwest Field. **1/22** Hosting their first-ever Championship Game, Seattle routed the Carolina Panthers 34-14 earning their first trip to the Super Bowl in the club's 30-year history. **2/5** The Seahawks lost to the Pittsburgh Steelers 21-10 in Super Bowl XL. **2/16** The Seahawks named John Marshall defensive coordinator and Ray Rhodes took on the title of special projects/defense. The Seahawks also named Zerick Rollins linebackers coach and promoted Tom Headlee to quality control/defense. Larry Marmie was also hired as a defensive assistant/secondary. **2/23** Placed transition tag on G Steve Hutchinson. **3/6** Re-signed RB Shaun Alexander to a multi-year contract. **3/27** Signed LB Julian Peterson. **3/31** Seahawks acquired restricted free agent WR Nate Burleson from the Vikings in exchange for a third-round draft choice. **4/30** Drafted Miami cornerback Kelly Jennings with the 31st pick in the NFL Draft. **5/9** Seahawks announce plans to move practice facility to Renton waterfront. **9/10** Opened the season at Detroit's Ford Field, site of Super Bowl XL, and won 9-6 on Josh Brown's 42-yard game-winning field goal as time expired. **9/11** Seattle acquired WR Deion Branch from the

New England Patriots in exchange for the Seahawks first-round selection in the 2007 NFL Draft. **9/17** Former Seahawks DT Cortez Kennedy was inducted into the Seahawks Ring of Honor. **9/24** Seattle led the New York Giants 35-3 at halftime and won the game 42-30 behind Matt Hasselbeck's club-record tying five touchdown passes. **10/1** Seahawks Shaun Alexander missed the first of six games (at Chicago) with a broken foot he suffered in the season opener. **10/15** Josh Brown connected on his second game-winner of the season, a 54-yard field goal at St. Louis as time expired. **10/22** Seattle's Matt Hasselbeck injured his right knee on the first series of the second half versus the Vikings. He would miss the next four ballgames. Seneca Wallace went 2-2 in Hasselbeck's absence. **11/6** Seattle recorded nine sacks at Qwest Field versus Oakland on Monday Night Football on the way to a 16-0 shutout of the Raiders. **11/12** Josh Brown connected on a 38-yard field goal with :09 remaining versus the Rams for his third game-winner of the season. **11/27** Snow covered Qwest Field as Seattle defeated Green Bay 34-24 on Monday Night Football. Shaun Alexander rushed for 201 yards on a franchise-record 40 carries. **12/3** Josh Brown tied an NFL record with his fourth game-winning field goal (inside the final minute of overtime) with a 50-yard field goal at Denver with :05 left in the game. The win was the Seahawks first in Denver since December 10, 1995.

2007 — 1/6 The Seahawks won their third consecutive home playoff game upending the Dallas Cowboys 21-20 in an NFC Wild Card thriller. **1/14** Seattle's hopes of returning to NFC Championship Game were dashed in an overtime loss at Chicago. Seattle battled into overtime, but a Robbie Gould 49-yard field goal allowed the Bears to prevail. **1/21** The

Seahawks added Jim Mora to the coaching staff as assistant head coach/defensive backs coach. **1/22** Seattle hired former Cowboys special teams coach Bruce DeHaven to the same position. **3/20** In partnership with Virginia Mason Medical Center, the Seahawks announced naming rights for their new training facility in Renton: Virginia Mason Athletic Center (VMAC). **4/29** Traded WR Darrell Jackson to San Francisco for a fourth-round draft choice. **7/28** Training camp began and was held in Kirkland for the first time since 1996. The team trained at Eastern Washington University in Cheney from 1997-2007. **10/7** FB Mack Strong suffered a career-ending neck injury at PIttsburgh. **11/4** With a 94-yard punt return at Cleveland, Nate Burleson became the first player in NFL history with three punt returns of 90 or more yards in a career. **12/2** Lofa Tatupu tied a franchise record with three interceptions at Philadelphia, including one in the final minutes that preserved a Seahawks 28-24 victory. **12/9** Seattle sewed up their fourth-consecutive NFC West title with a 42-21 victory over the Arizona Cardinals. Mike Holmgren became the winningest coach in franchise history passing Chuck Knox (83-67). Marcus Trufant also recorded three interceptions in the game to tie a club record.

2008 — **1/5** Seattle hosted a playoff game for the fourth straight season and one in three consecutive years after putting away Washington 35-14 in the Wild Card round of the playoffs. **1/12** Seattle's season ended with a 42-20 Divisional Playoff loss at Green Bay in blizzard-like conditions. The game would be Brett Favre's final victory with the Packers. **1/25** The Seahawks announced the hiring of new offensive line coach Mike Solari. Coach Keith Gilbertson leaves post as assistant offensive line coach to coach wide receivers. **2/1** Hired Chris Beake to serve as Quality Control/Offense. **2/6** Seattle announces Jim Mora will take over as head coach following the 2008 season. **2/14** Bill Lazor named Seattle's QB coach. **2/21** Franchise tag is placed on CB Marcus Trufant. **3/4** Former University of Michigan offensive coordinator Mike DeBord is hired as assistant offensive line coach. **3/10** Signed free agent RB Julius Jones. **3/11** Kasey Dunn named Seattle's RB coach. **3/21** Signed LB Lofa Tatupu to a multi-year extension. **3/26** Signed CB Marcus Trufant to a multi-year extension. **4/22** Seahawks release RB Shaun Alexander. **4/25** Mike Holmgren is announced as the Horrigan Award Winner for the NFL executive who best helped the media do its job. Seahawks communications staff was named the Rozelle Award winner for being the top PR staff in the NFL. **4/26** Selected Southern California DE Lawrence Jackson in the first round of the NFL Draft. **4/28** Former regional scout Mike Phair hired to assist in coaching linebackers. **5/1** Dave Pearson promoted from director to vice president of communications/broadcasting. **6/8** Original Seahawks employee Gary Wright/VP Administration retires after 32 years with the club. **8/4** The first wave of employees staffed the Virginia Mason Athletic Center. **8/18** Seahawks Football Operations and team practices began at VMAC. **10/26** With a victory over San Francisco, Mike Holmgren took sole possession of 10th place on the NFL's career wins list with 172. **11/22** WR Koren Robinson and QB Seneca Wallace connected for the longest play from scrimmage in team history, a 90-yard pass play versus the Philadelphia Eagles. **12/21** Mike Holmgren earned his final victory as head coach of the Seattle Seahawks, a 13-3 win over Brett Favre and the N.Y. Jets on a snow-covered Qwest Field.

2009 — **1/8** Greg Knapp was hired as Seattle's offensive coordinator. **1/12** Casey 'Gus' Bradley was hired as Seattle's defensive coordinator. Dan Quinn was hired to coach the defensive line. **1/13** Jim Mora formally announced as head coach of the Seahawks. Robert Prince hired to coach wide receivers. **1/22** Tim Lewis, brother of Seahawks Director of Pro Personnel Will Lewis, was hired as defensive backs coach. **3/3** Signed free agent WR T.J. Houshmandzadeh. On his visit, flew into VMAC on owner Paul Allen's seaplane. **3/14** Julian Peterson was traded to the Detroit Lions for Cory Redding and a fifth-round draft choice. **4/25** Selected LB Aaron Curry with the fourth overall choice in the NFL Draft. Also traded second-round pick to Denver for the Broncos 2010 first-round selection. **5/1** Karen Beckman promoted from director of finance to vice president of finance & chief financial officer. **7/31** Training Camp begins and for the first time in Seattle, training camp open to fans at VMAC. **9/13** Seahawks open the Jim Mora era with a 28-0 shutout over the Rams.

10/11 The Seahawks posted their second shutout of the season with a 41-0 win over the Jacksonville Jaguars at Qwest Field. **12/3** Seahawks President of Football Operation Tim Ruskell announces resignation.

2010 — 1/8 Seahawks head coach Jim Mora is relieved of coaching duties. **1/11** Seahawks hire Pete Carroll to be executive vice president of football operations and head coach. **1/20** Named John Schneider general manager. **2/4** New coaching staff is announced: Jeremy Bates (offensive coordinator), Gus Bradley (defensive coordinator), Kippy Brown (WRs), Luke Butkus (Quality control/offensive line), Dave Canales (Quality control/offense), Chris Carlisle (head strength & conditioning), Jedd Fisch (QBs), Mondra Gee (assistant strength & conditioning), Alex Gibbs (offensive line), Jerry Gray (DBs), Kris Richard (assistant DBs), Brian Schneider (special teams coordinator), Rocky Seto (Quality control/defense), Sherman Smith (RBs), Jeff Ulbrich (assistant special teams), Art Valero (assistant offensive line), Jamie Yancher (assistant strength & conditioning). **2/24** Franchise tag is placed on K Olindo Mare. **3/8** Traded QB Seneca Wallace to Cleveland for a 2011 undisclosed draft pick. **3/18** Traded 2010 second-round draft pick and 2011 undisclosed draft pick to San Diego for QB Charlie Whitehurst and 2010 second-round draft pick. **4/13** DE Patrick Kerney retires. From 2007-09 no other Seahawks defender had more sacks than Kerney's 24.5. **4/22** Drafted T Russell Okung (6th overall) and S Earl Thomas (14th overall) in the first round of the NFL Draft. **4/24** Traded fourth-round pick (#104) and sixth-round pick (#176) to Tennessee for fourth-round pick (#111), sixth-round pick (#185), DT Kevin Vickerson and RB LenDale White. Traded fifth round pick (#139) to the N.Y. Jets for seventh round pick (#236) and RB Leon Washington. **4/29** T Walter Jones retires. He was selected to a club record nine Pro Bowls and his 180 career starts are second to only Steve Largent. **5/14** Scott Fitterer promoted to Director of College Scouting. Eric Stokes promoted to Assistant Director of College Scouting. Ruston Webster leaves his post as VP of Player Personnel to join the Tennessee Titans. **6/22** Scot McCloughan rejoins the Seahawks front office as Sr. Personnel Executive. **7/26** Tod Leiweke resigned from his post to join the NHL's Tampa Bay Lightning as part owner and CEO. **7/31** Promoted Will Lewis to vice president of football operations and Tag Ribary to director of pro personnel. Hired Trent Kirchner as assistant director of pro personnel. **9/12** Seattle defeated the San Francisco 49ers 31-6 in the season opener at Qwest Field for Pete Carroll's first win as head coach of the Seahawks. **9/28** Seahawks kickoff returner Leon Washington set a franchise record with two returns for touchdown versus the San Diego Chargers fueling the 27-20 victory. The returns were 101 and 99 yards earning him NFC Special Teams Player of the Week. **9/23** Peter McLoughlin assumes role of President of Seahawks, Sounders FC and First & Goal, Inc. after previously serving as CEO of the NHL's St. Louis Blues. **10/5** Seattle acquired Marshawn Lynch from the Buffalo Bills in trade.

2011 — 1/2 Charlie Whitehurst started the season finale for an injured Matt Hasselbeck. Needing a win versus the Rams to win the division and advance to the postseason, Whitehurst led the team to a 16-6 victory. Seattle became the first team in NFL history to advance to the playoffs with a sub .500 record (7-9). **1/8** Seattle captured their fifth consecutive home playoff win with a 41-36 triumph over the defending World Champion New Orleans Saints. Matt Hasselbeck set a postseason club record with four TD passes. Marshawn Lynch electrified the crowd with what many are calling one of the greatest runs in NFL history with a 67-yard TD in which he broke as many as eight tackles. The Pacific Northwest Seismic Network registered activity generated from the stadium during the time of Lynch's run. **1/18** Hired former Oakland Raiders head coach Tom Cable as assistant head coach and offensive line coach. HIred Todd Wash to coach the defensive line. Promoted Kris Richard to defensive backs coach. Promoted Rocky Seto to assistant defensive backs coach. Relieved offensive coordinator Jeremy Bates of his duties. **3/12** The NFL Owners instituted a lockout of the players. **4/28** Selected T James Carpenter 25th overall in the first round of the NFL Draft. **6/23** Qwest Field renamed CenturyLink Field.

CAREER TOP 10

GAMES PLAYED

Player, Seasons	No.
1 Joe Nash, 1982-96	218
2 Mack Strong, 1994-07	201
3 Steve Largent, 1976-89	200
4 Walter Jones, 1997-2009	180
5 Jacob Green, 1980-91	178
6 Jeff Bryant, 1982-93	175
7 Eugene Robinson, 1985-95	170
8 Cortez Kennedy, 1990-00	167
9 Dave Brown, 1976-86	159
10 Chris Gray, 1998-08	158

GAMES STARTED

Player, Seasons	No.
1 Steve Largent, 1976-89	197
2 Walter Jones, 1997-2009	180
3 Jacob Green, 1980-91	176
4 Joe Nash, 1982-96	169
5 Jeff Bryant, 1982-93	167
6 Dave Brown, 1976-86	159
7 Cortez Kennedy, 1990-00	153
8 Eugene Robinson, 1985-95	152
9 Chris Gray, 1998-08	145
10 Keith Butler, 1978-87	132

POINTS SCORED

Player, Seasons	No.
1 Norm Johnson, 1982-90	810
2 Shaun Alexander, 2000-07	672
3 Steve Largent, 1976-89	608
4 Josh Brown, 2003-07	571
5 Todd Peterson, 1995-99	555
6 Curt Warner, 1983-89	372
7 John Kasay, 1991-94	341
8 Efren Herrera, 1978-81	331
9 Olindo Mare, 2008-	308
10 Chris Warren, 1990-97	292

TOTAL TOUCHDOWNS

Player, Seasons	No.
1 Shaun Alexander, 2000-07	112
2 Steve Largent, 1976-89	101
3 Curt Warner, 1983-89	62
4 Chris Warren, 1990-97	48
5 Darrell Jackson, 2000-06	47
6 Joey Galloway, 1995-99	42
7 Sherman Smith, 1976-82	38
8 Daryl Turner, 1984-87	36
9 Brian Blades, 1988-98	34
10 John L. Williams, 1986-93	33

FIELD GOALS

Player, Seasons	No.
1 Norm Johnson, 1982-90	159
2 Todd Peterson, 1995-99	126
3 Josh Brown, 2003-07	116
4 John Kasay, 1991-94	82
5 Olindo Mare, 2008-	73
6 Efren Herrera, 1978-81	64
7 Rian Lindell, 2000-02	58
8 John Leypoldt, 1976-77	17
9 Kris Heppner, 2000	6
10 Wilson Alvarez, 1981	3

FIELD GOAL ATTEMPTS

Player, Seasons	No.
1 Norm Johnson, 1982-90	228
2 Todd Peterson, 1995-99	154
3 Josh Brown, 2003-07	145
4 John Kasay, 1991-94	105
5 Efren Herrera, 1978-81	92
6 Olindo Mare, 2008-	83
7 Rian Lindell, 2000-02	78
8 John Leypoldt, 1976-77	30
9 Kris Heppner, 2000	9
10 Wilson Alvarez, 1981	7

POINT AFTER TOUCHDOWNS

Player, Seasons	No.
1 Norm Johnson, 1982-90	333
2 Josh Brown, 2003-07	223
3 Todd Peterson, 1995-99	177
4 Efren Herrera, 1978-81	139
5 Rian Lindell, 2000-02	96
6 John Kasay, 1991-94	95
7 Olindo Mare, 2008-	89
8 John Leypoldt, 1976-78	59
9 Wilson Alvarez, 1981	14
10 Kris Heppner, 2000	8

PAT ATTEMPTS

Player, Seasons	No.
1 Norm Johnson, 1982-90	338
2 Josh Brown, 2003-07	224
3 Todd Peterson, 1995-99	177
4 Efren Herrera, 1978-81	148
5 John Kasay, 1991-94	97
6 Rian Lindell, 2000-02	96
7 Olindo Mare, 2008-	89
8 John Leypoldt, 1976-78	59
9 Wilson Alvarez, 1981	15
10 Kris Heppner, 2000	8

RUSHING ATTEMPTS

Player, Seasons	No.
1 Shaun Alexander, 2000-07	2,176
2 Curt Warner, 1983-89	1,649
3 Chris Warren, 1990-97	1,559
4 John L. Williams, 1986-93	1,148
5 Ricky Watters, 1998-01	994
6 Sherman Smith, 1976-82	810
7 Maurice Morris, 2002-08	604
8 Dan Doornink, 1979-85	463
9 Julius Jones, 2008-10	347
10 Derrick Fenner, 1989-91	317

RUSHING YARDS

Player, Seasons	No.
1 Shaun Alexander, 2000-07	9,429
2 Chris Warren, 1990-97	6,706
3 Curt Warner, 1983-89	6,705
4 John L. Williams, 1986-93	4,579
5 Ricky Watters, 1998-01	4,009
6 Sherman Smith, 1976-82	3,429
7 Maurice Morris, 2002-08	2,612
8 Dan Doornink, 1979-85	1,530
9 Jim Zorn, 1976-84	1,494
10 Julius Jones, 2008-10	1,391

RUSHING TOUCHDOWNS

Player, Seasons	No.
1 Shaun Alexander, 2000-07	100
2 Curt Warner, 1983-89	55
3 Chris Warren, 1990-97	44
4 Sherman Smith, 1976-82	28
5 Ricky Watters, 1998-01	22
6 Derrick Fenner, 1989-91	19
David Sims, 1977-79	19
8 Jim Zorn, 1976-84	17
John L. Williams, 1986-93	17
10 Dan Doornink, 1979-85	14

PASSING ATTEMPTS

Player, Seasons	No.
1 Matt Hasselbeck, 2001-10	4,250
2 Dave Krieg, 1980-91	3,576
3 Jim Zorn, 1976-84	2,992
4 Rick Mirer, 1993-96	1,523
5 Jon Kitna, 1997-00	1,130
6 Warren Moon, 1997-98	786
7 Seneca Wallace, 2003-09	556
8 Kelly Stouffer, 1988-92	437
9 John Friesz, 1995-98	416
10 Trent Dilfer, 2001-04	356

PASSING COMPLETIONS

Player, Seasons	No.
1 Matt Hasselbeck, 2001-10	2,559
2 Dave Krieg, 1980-91	2,096
3 Jim Zorn, 1976-84	1,593
4 Rick Mirer, 1993-96	814
5 Jon Kitna, 1997-00	658
6 Warren Moon, 1997-98	458
7 Seneca Wallace, 2003-09	333
8 John Friesz, 1995-98	228
9 Kelly Stouffer, 1988-92	225
10 Trent Dilfer, 2001-04	196

PASSING YARDS

Player, Seasons	No.
1 Matt Hasselbeck, 2001-10	29,434
2 Dave Krieg, 1980-91	26,132
3 Jim Zorn, 1976-84	20,122
4 Rick Mirer, 1993-96	9,094
5 Jon Kitna, 1997-00	7,552
6 Warren Moon, 1997-98	5,310
7 Seneca Wallace, 2003-09	3,547
8 John Friesz, 1995-98	2,971
9 Trent Dilfer, 2001-04	2,560
10 Kelly Stouffer, 1988-92	2,333

TOUCHDOWN PASSES

Player, Seasons	No.
1 Dave Krieg, 1980-91	195
2 Matt Hasselbeck, 2001-10	174
3 Jim Zorn, 1976-84	107
4 Jon Kitna, 1997-00	49
5 Rick Mirer, 1993-96	41
6 Warren Moon, 1997-98	36
7 Seneca Wallace, 2003-09	25
8 John Friesz, 1995-98	16
9 Trent Dilfer, 2001-04	13
10 Jeff Kemp, 1987-91	9

PASSES HAD INTERCEPTED

Player, Seasons	No.
1 Dave Krieg, 1980-91	148
2 Jim Zorn, 1976-84	133
3 Matt Hasselbeck, 2001-10	128
4 Rick Mirer, 1993-96	56
5 Jon Kitna, 1997-00	45
6 Warren Moon, 1997-98	24
7 Kelly Stouffer, 1988-92	19
8 Jeff Kemp, 1987-91	18
9 Trent Dilfer, 2001-04	14
Steve Myer, 1976-79	14
Seneca Wallace, 2003-09	14

TIMES SACKED

	Player, Seasons	No.
1	Dave Krieg, 1980-91	341
2	Matt Hasselbeck, 2001-10	307
3	Jim Zorn, 1976-84	200
4	Rick Mirer, 1993-96	138
5	Jon Kitna, 1997-00	79
6	Warren Moon, 1997-98	52
7	Kelly Stouffer, 1988-92	50
8	Seneca Wallace, 2003-09	43
9	Stan Gelbaugh, 1992-96	36
10	Trent Dilfer, 2001-04	22

QUARTERBACK RATING
(MINIMUM 100 ATTEMPTS)

	Player, Seasons	No.
1	Seneca Wallace, 2003-09	83.1
2	Dave Krieg, 1980-91	82.3
3	Matt Hasselbeck, 2001-10	82.2
4	Warren Moon, 1997-98	81.3
5	Brock Huard, 1999-01	80.1
6	John Friesz, 1995-98	78.3
7	Jon Kitna, 1997-00	76.3
8	Trent Dilfer, 2001-04	72.5
9	Jim Zorn, 1976-84	67.8
10	Rick Mirer, 1993-96	65.2

PASS RECEPTIONS

	Player, Seasons	No.
1	Steve Largent, 1976-89	819
2	Brian Blades, 1988-98	581
3	John L. Williams, 1986-93	471
4	Darrell Jackson, 2000-06	441
5	Bobby Engram, 2001-08	399
6	Joey Galloway, 1995-99	283
7	Koren Robinson, 2001-04, 08	244
8	Sam McCullum, 1976-81	232
9	Mack Strong, 1994-07	218
10	Sherman Smith, 1976-82	211

RECEIVING YARDS

	Player, Seasons	No.
1	Steve Largent, 1976-89	13,089
2	Brian Blades, 1988-98	7,620
3	Darrell Jackson, 2000-06	6,445
4	Bobby Engram, 2001-08	4,859
5	Joey Galloway, 1995-99	4,457
6	John L. Williams, 1986-93	4,151
7	Koren Robinson, 2001-04, 08	3,567
8	Sam McCullum, 1976-81	3,409
9	Sherman Smith, 1976-82	2,342
10	Mike Pritchard, 1996-99	2,288

RECEIVING TOUCHDOWNS

	Player, Seasons	No.
1	Steve Largent, 1976-89	100
2	Darrell Jackson, 2000-06	47
3	Joey Galloway, 1995-99	37
4	Daryl Turner, 1984-87	36
5	Brian Blades, 1988-98	34
6	Sam McCullum, 1976-81	21
7	Bobby Engram, 2001-08	18
8	John L. Williams, 1986-93	16
9	Jerramy Stevens, 2002-06	15
	Nate Burleson, 2006-09	15

INTERCEPTIONS

	Player, Seasons	No.
1	Dave Brown, 1976-86	50
2	Eugene Robinson, 1985-95	42
3	John Harris, 1978-85	41
4	Kenny Easley, 1981-87	32
5	Darryl Williams, 1996-99	20
	Shawn Springs, 1997-03	20
	Marcus Trufant, 2003-	**20**
8	Keith Simpson, 1978-85	19
9	Willie Williams, 1997-03	17
10	Terry Taylor, 1984-88, 94	16

INTERCEPTION RETURN YARDS

	Player, Seasons	No.
1	Dave Brown, 1976-86	643
2	Eugene Robinson, 1985-95	586
3	Kenny Easley, 1981-87	528
4	John Harris, 1978-85	425
5	Darryl Williams, 1996-99	402
6	**Marcus Trufant, 2003-**	**355**
7	Keith Simpson, 1978-85	338
8	Robert Blackmon, 1990-96	246
9	Dwayne Harper, 1988-93	242
10	Shawn Springs, 1997-03	235

INTERCEPTION RETURN FOR TD

	Player, Seasons	No.
1	Dave Brown, 1976-86	5
2	Keith Simpson, 1978-85	3
	Kenny Easley, 1981-87	3
	Willie Williams, 1997-03	3
	Josh Wilson, 2007-	3
5	John Harris, 1978-85	2
	Jacob Green, 1980-91	2
	Terry Taylor, 1984-88, 1994	2
	Darryl Williams, 1996-99	2
	Shawn Springs, 1997-03	2
	Darrin Smith, 1998-99	2
	Reggie Tongue, 2000-03	2
	Anthony Simmons, 1998-04	2
	Lofa Tatupu, 2005-	2

PUNTS

	Player, Seasons	No.
1	Rick Tuten, 1991-97	554
2	Jeff Feagles, 1998-02	385
3	Jeff West, 1981-85	299
4	Herman Weaver, 1977-80	257
5	**Jon Ryan, 2008-**	**244**
6	Ruben Rodriguez, 1987-89	192
7	Ryan Plackemeier, 2006-08	181
8	Tom Rouen, 2003-05	154
9	Rick Engles, 1976-77	84
10	Rick Donnelly, 1990-91	80

PUNTING YARDS

	Player, Seasons	No.
1	Rick Tuten, 1991-97	24,266
2	Jeff Feagles, 1998-02	16,227
3	Jeff West, 1981-85	11,511
4	**Jon Ryan, 2008-**	**10,879**
5	Herman Weaver, 1977-80	10,182
6	Ruben Rodriguez, 1987-89	7,733
7	Ryan Plackemeier, 2006-08	7,664
8	Tom Rouen, 2003-05	6,394
9	Rick Donnelly, 1990-91	3,227
10	Rick Engles, 1976-77	3,204

INSIDE THE 20

	Player, Seasons	No.
1	Rick Tuten, 1991-97	147
2	Jeff Feagles, 1998-02	133
3	**Jon Ryan, 2008-**	**77**
4	Jeff West, 1981-85	73
5	Tom Rouen, 2003-05	59
6	Ryan Plackemeier, 2006-08	57
7	Herman Weaver, 1977-80	49
8	Ruben Rodriguez, 1987-89	48
9	Rick Donnelly, 1990-91	19
10	Rick Engles, 1976-77	13

TOUCHBACKS

	Player, Seasons	No.
1	Rick Tuten, 1991-97	45
2	Jeff Feagles, 1998-02	30
3	Jeff West, 1981-85	28
4	**Jon Ryan, 2008-**	**22**
5	Ryan Plackemeier, 2006-08	21
6	Herman Weaver, 1977-80	19
7	Ruben Rodriguez, 1987-89	17
8	Tom Rouen, 2003-05	11
9	Rick Donnelly, 1990-91	9
10	Vince Gamache, 1986	7

HAD BLOCKED

	Player, Seasons	No.
1	Herman Weaver, 1977-80	5
2	Rick Engles, 1976-77	3
3	Kyle Richardson, 1997	2
	Rick Tuten, 1991-97	2
	Jeff Feagles, 1998-02	2
	Tom Rouen, 2003-05	2
7	Ruben Rodriguez, 1987-89	1
	Donnie Jones, 2004	1
	Ken Walter, 2004	1
	Jon Ryan, 2008-	**1**

PUNT RETURNS

	Player, Seasons	No.
1	Nate Burleson, 2006-09	125
2	Chris Warren, 1990-97	94
3	Bobby Joe Edmonds, 1986-88	89
4	Joey Galloway, 1995-99	79
5	Paul Johns, 1981-84	74
6	Charlie Rogers, 1999-01	73
7	Bobby Engram, 2001-08	70
8	Kelvin Martin, 1993-94	65
9	Will Lewis, 1980-81	57
10	Paul Skansi, 1984-91	53

FAIR CATCHES

	Player, Seasons	No.
1	Bobby Engram, 2001-08	67
2	Chris Warren, 1990-97	60
3	Charlie Rogers, 1999-01	40
4	Kelvin Martin, 1993-94	35
5	Jimmy Williams, 2005-06	31
6	Bobby Joe Edmonds, 1986-88	26
7	Paul Johns, 1981-84	23
	Joey Galloway, 1995-99	23
9	Ronnie Harris, 1994-98	22
10	Nate Burleson, 2006-09	21

PUNT RETURN YARDS

	Player, Seasons	No.
1	Nate Burleson, 2006-09	1,288
2	Bobby Joe Edmonds, 1986-88	1,010
3	Charlie Rogers, 1999-01	925
4	Paul Johns, 1981-84	843
5	Joey Galloway, 1995-99	823
6	Chris Warren, 1990-97	819
7	Bobby Engram, 2001-08	773
8	Kelvin Martin, 1993	550
9	Paul Skansi, 1984-91	500
10	Will Lewis, 1980-81	449

PUNT RETURN TD'S

Player, Seasons	No.
1 Joey Galloway, 1995-99	4
2 Paul Johns, 1981-84	2
Bobby Engram, 2001-08	2
Nate Burleson, 2006-09	2
5 Will Lewis, 1980-81	1
Bobby Joe Edmonds, 1986-88	1
Chris Warren, 1990-97	1
Charlie Rogers, 1999-01	1

KICKOFF RETURNS

Player, Seasons	No.
1 Steve Broussard, 1995-98	165
2 Charlie Rogers, 1999-01	134
3 Maurice Morris, 2002-08	129
4 Bobby Joe Edmonds, 1986-88	101
5 Chris Warren, 1990-97	86
6 Randall Morris, 1984-88	82
7 Josh Wilson, 2007-09	80
8 Al Hunter, 1977-80	78
9 Josh Scobey, 2005-07	76
10 Zachary Dixon, 1983-84	74

KICKOFF RETURN YARDS

Player, Seasons	No.
1 Steve Broussard, 1995-98	3,900
2 Charlie Rogers, 1999-01	3,214
3 Maurice Morris, 2002-08	2,843
4 Bobby Joe Edmonds, 1986-88	2,228
5 Josh Wilson, 2007-09	1,965
6 Chris Warren, 1990-97	1,794
7 Al Hunter, 1977-80	1,717
8 Josh Scobey, 2005-07	1,641
9 Randall Morris, 1984-88	1,621
10 Zachary Dixon, 1983-84	1,594

KICKOFF RETURN TD'S

Player, Seasons	No.
1 Leon Washington, 2010-	**3**
2 Zachary Dixon, 1983-84	1
James Jefferson, 1989-93	1
Jon Vaughn, 1993-94	1
Steve Broussard, 1995-98	1
Charlie Rogers, 1999-01	1
Maurice Morris, 2002-08	1
Nate Burleson, 2006-09	1
Josh Wilson, 2007-09	1

FUMBLES

Player, Seasons	No.
1 Dave Krieg, 1980-91	108
2 Matt Hasselbeck, 2001-	55
3 Jim Zorn, 1976-84	49
4 Curt Warner, 1983-89	38
Jon Kitna, 1997-00	38
6 Shaun Alexander, 2000-07	29
7 Chris Warren, 1990-97	26
8 Rick Mirer, 1993-96	24
9 Sherman Smith, 1976-82	22
10 Kelly Stouffer, 1988-92	20

OWN FUMBLE RECOVERIES

Player, Seasons	No.
1 Dave Krieg, 1980-91	27
2 Jon Kitna, 1997-00	20
3 Curt Warner, 1983-89	13
4 Jim Zorn, 1976-84	12
Shaun Alexander, 2000-07	12
6 Chris Warren, 1990-97	10
7 John L. Williams, 1986-93	9
Matt Hasselbeck, 2001-	9
9 Edwin Bailey, 1981-91	7
Sherman Smith, 1976-82	7
Rick Mirer, 1993-96	7

FORCED FUMBLES

Player, Seasons	No.
1 Jacob Green, 1980-91	28
2 Michael Sinclair, 1991-01	24
3 Rufus Porter, 1988-94	14
4 Joe Nash, 1982-96	13
Cortez Kennedy, 1990-00	13
Bruce Scholtz, 1982-88	13
7 Jeff Bryant, 1982-93	12
8 Keith Butler, 1978-87	11
Keith Simpson, 1978-85	11
Chad Brown, 1997-04	11

FUMBLE RECOVERIES

Player, Seasons	No.
1 Jacob Green, 1980-91	17
2 Eugene Robinson, 1985-95	14
3 Chad Brown, 1997-04	13
4 Dave Brown, 1976-86	11
Jeff Bryant, 1982-93	11
John Harris, 1978-85	11
7 Kenny Easley, 1981-87	9
Greg Gaines, 1981, 1983-88	9
Shelton Robinson, 1982-85	9
Terry Wooden, 1990-96	9
Michael Sinclair, 1991-01	9

FUMBLE RETURN YARDS

Player, Seasons	No.
1 Chad Brown, 1997-04	96
2 Michael Sinclair, 1991-01	94
3 Corey Harris, 1995-96	85
Shawn Springs, 1997-03	85
5 Antonio Edwards, 1993-97	83
6 Jacob Green, 1980-91	79
Nick Reed, 2009	79
8 Carlton Gray, 1993-96	62
John Harris, 1978-85	62
10 Kelly Herndon, 2005-06	61

FUMBLE RETURN TD'S

Player, Seasons	No.
1 Chad Brown, 1997-04	3
2 Jacob Green, 1980-91	2
Shelton Robinson, 1982-85	2
Michael Sinclair, 1991-01	2
5 22 tied with	1

TACKLES

Player, Seasons	No.
1 Eugene Robinson, 1985-95	984
2 Keith Butler, 1978-87	813
3 Joe Nash, 1982-96	779
4 Chad Brown, 1997-04	744
5 Jacob Green, 1980-91	718
6 Jeff Bryant, 1982-93	689
7 Dave Brown, 1976-86	684
8 Cortez Kennedy, 1990-00	668
9 John Harris, 1978-85	649
10 Marcus Trufant, 2003-	**581**

QUARTERBACK SACKS

Player, Seasons	No.
1 Jacob Green, 1980-91	116.0
2 Michael Sinclair, 1991-01	73.5
3 Jeff Bryant, 1982-93	63.0
4 Cortez Kennedy, 1990-00	58.0
5 Chad Brown, 1997-04	48.0
6 Joe Nash, 1982-96	47.5
7 Rufus Porter, 1988-94	37.5
8 Rocky Bernard, 2002-08	29.0
9 Julian Peterson, 2006-08	24.5
Patrick Kerney, 2007-09	24.5

YARDS LOST ON SACKS

Player, Seasons	No.
1 Jacob Green, 1980-91	753.0
2 Jeff Bryant, 1982-93	469.0
3 Michael Sinclair, 1991-01	418.5
4 Cortez Kennedy, 1990-00	390.5
5 Joe Nash, 1982-96	312.0
Rufus Porter, 1988-94	312.0
7 Chad Brown, 1997-04	284.5
8 Rocky Bernard, 2002-08	182.0
9 Julian Peterson, 2006-08	178.0
10 Bill Gregory, 1978-80	177.0

BLOCKED PUNTS RETURNED FOR TOUCHDOWNS

Player, Seasons	No.
1 Steve Raible, 1976-81	1
Autry Beamon, 1977-79	1
Jessie Green, 1979-80	1
Eric Lane, 1981-87	1
Sam Merriman, 1983-87	1
Paul Moyer, 1983-89	1
Terry Taylor, 1984-88, 1994	1
Eugene Robinson, 1985-95	1
Alex Bannister, 2001-05	1
Earl Thomas, 2010-	**1**

BLOCKED PUNTS

Player, Seasons	No.
1 Kerry Justin, 1978-83, 1986-87	3
2 Don Dufek, 1976-77, 1979	2
Sam Merriman, 1983-87	2
Fredd Young, 1984-87	2
Patrick Hunter, 1986-94	2
6 12 tied with	1

BLOCKED PAT'S

Player, Seasons	No.
1 Mike White, 1981-82	3
2 Jeff Bryant, 1982-93	2
Jacob Green, 1980-91	2
Joe Nash, 1982-96	2
5 Dennis Boyd, 1977-79, 1981-82	1
Brian Flones, 1981-82	1
Terry Wooden, 1990-96	1

BLOCKED FIELD GOALS

Player, Seasons	No.
1 Joe Nash, 1982-96	8
Craig Terrill, 2004-	**8**
3 Jeff Bryant, 1982-93	3
4 Dennis Boyd, 1977-79, 1981-82	2
Jacob Green, 1980-91	2
Mike White, 1981-82	2
7 17 players tied with	1

BLOCKED FIELD GOALS RETURNED FOR TOUCHDOWN

Player, Seasons	No.
1 Byron Walker, 1982-86	1
Vernon Dean, 1988	1
Robert Blackmon, 1990-96	1
Shawn Springs, 1997-03	1

RETURN TOUCHDOWNS
(TDs scored via Interception, Punt, Kickoff, Fumble, Blocked Punt, or Blocked FG)

Player, Seasons	No.
1 Dave Brown, 1976-86	5
2 Jacob Green, 1980-91	4
Joey Galloway, 1995-99	4
Shawn Springs, 1997-03	4
Willie Williams, 1997-03	4
Josh Wilson, 2007-09	4
6 Kenny Easley, 1981-87	3
Keith Simpson, 1978-86	3
Terry Taylor, 1984-88, 1994	3
Chad Brown, 1997-04	3
Nate Burleson, 2006-09	3
Leon Washington, 2010-	**3**

YEARLY LEADERS

TOUCHDOWNS

		G	Tot.	Rush	Rec.	Ret.	PAT	Pts.
1976	Sherman Smith	12	5	4	1	0	0/0	30
1977	Steve Largent	14	10	0	10	0	0/0	60
1978	David Sims	12	15*	14*	1	0	0/0	90*
1979	Sherman Smith	16	15	11	4	0	0/0	90
1980	Jim Jodat	16	6	5	1	0	0/0	36
1981	Steve Largent	16	10	1	9	0	0/0	60
1982	Steve Largent	8	3	0	3	0	0/0	18
1983	Curt Warner	16	14+	13	1	0	0/0	84
1984	Steve Largent	16	12	0	12	0	0/0	72
1985	Daryl Turner	16	13	0	13*	0	0/0	78
1986	Curt Warner	16	13	13+	0	0	0/0	78
1987	Curt Warner	12	10	8	2	0	0/0	60
1988	Curt Warner	16	12	10	2	0	0/0	72
1989	John L. Williams	15	7	1	6	0	0/0	42
1990	Derrick Fenner	16	15+	14+	1	0	0/0	90
1991	John L. Williams	16	5	4	1	0	0/0	30
1992	Tommy Kane	11	3	0	3	0	0/0	18
	Chris Warren	16	3	3	0	0	0/0	18
	John L. Williams	16	3	1	2	0	0/0	18
1993	Chris Warren	14	7	7	0	0	0/0	42
1994	Chris Warren	16	11	9	2	0	1/1	68
1995	Chris Warren	16	16	15+	1	0	0/1	96
1996	Lamar Smith	16	8	8	0	0	3/3	54
	Joey Galloway	16	8	0	7	1	0/0	48
1997	Joey Galloway	15	12	0	12+	0	0/0	72
1998	Joey Galloway	16	12	0	10#	2	0/0	72
1999	Derrick Mayes	16	10	0	10	0	0/0	60
2000	Ricky Watters	16	9	7	2	0	0/0	54
2001	Shaun Alexander	16	16	14+	2	0	0/0	96+
2002	Shaun Alexander	16	18^	16^	2	0	0/0	108^
2003	Shaun Alexander	16	16	14	2	0	0/0	96
2004	Shaun Alexander	16	20*	16^	4	0	0/0	120*
2005	Shaun Alexander	16	28*	27*	1	0	0/0	168*
2006	Darrell Jackson	13	10	0	10	0	0/0	60
2007	Nate Burleson	16	11	0	9	2	0/0	66
2008	T.J. Duckett	16	8	8	0	0	0/0	48
2009	John Carlson	16	7	0	7	0	0/0	42
2010	Marshawn Lynch	12	6	6	0	0	0/0	36

*Led NFL; + Led AFC; # Tied AFC; ^ Led NFC

KICK SCORING

		G	PATs	FGs	Pts.
1976	John Leypoldt	11	19-22	8-12	43
1977	John Leypoldt	14	33-37	9-18	60
1978	Efren Herrera	16	40-44	13-21	79
1979	Efren Herrera	16	43-46	19-23	100
1980	Efren Herrera	16	33-33	20-31	93
1981	Efren Herrera	12	23-25	12-17	59
1982	Norm Johnson	9	13-14	10-14	43
1983	Norm Johnson	16	49-50	18-25	103
1984	Norm Johnson	16	50-51	20-24	110
1985	Norm Johnson	16	40-41	14-25	82
1986	Norm Johnson	16	42-42	22-35*	108
1987	Norm Johnson	13	40-40	15-20	85
1988	Norm Johnson	16	39-39	22-28	105
1989	Norm Johnson	16	27-27	15-25	72
1990	Norm Johnson	16	33-34	23-32	102
1991	John Kasay	16	27-28	25-31	102
1992	John Kasay	16	14-14	14-22	56
1993	John Kasay	16	29-29	23-28	98
1994	John Kasay	16	25-26	20-24	85
1995	Todd Peterson	16	40-40	23-28	109

1996	Todd Peterson	16	27-27	28-34	111
1997	Todd Peterson	16	37-37	22-28	103
1998	Todd Peterson	16	41-41	19-24	98
1999	Todd Peterson	16	32-32	34-40	134
2000	Rian Lindell	12	25-25	15-17	70
2001	Rian Lindell	16	33-33	20-32	93
2002	Rian Lindell	16	38-38	23-29	107
2003	Josh Brown	16	48-48	22-30	114
2004	Josh Brown	16	40-40	23-25	109
2005	Josh Brown	16	56-57	18-25	110
2006	Josh Brown	16	36-36	25-31	111
2007	Josh Brown	16	43-43	28-34	127
2008	Olindo Mare	16	30-30	24-27	102
2009	Olindo Mare	16	28-28	24-26	100
2010	Olindo Mare	16	31-31	25-30	106

RUSHING

		G	Att.	Yds.	Avg.	LG	TD
1976	Sherman Smith	12	119	537	4.5	53t	4
1977	Sherman Smith	14	163	763	4.7	39	4
1978	Sherman Smith	12	165	805	4.9	67t	6
1979	Sherman Smith	16	194	775	4.0	41t	11
1980	Jim Jodat	16	155	632	4.1	26	5
1981	Theotis Brown	10	141	531	3.8	43t	6
1982	Sherman Smith	9	63	202	3.2	19	0
1983	Curt Warner	16	335+	1449+	4.3	60	13
1984	David Hughes	16	94	327	3.3	15	1
1985	Curt Warner	16	291	1094	3.8	38t	8
1986	Curt Warner	16	319+	1481+	4.6	60t	13+
1987	Curt Warner	12	234	985	4.2	57t	8
1988	Curt Warner	16	266	1025	3.9	29t	10
1989	Curt Warner	16	194	631	3.3	34	3
1990	Derrick Fenner	16	215	859	4.0	36t	14*
1991	John L. Williams	16	188	741	3.9	42	4
1992	Chris Warren	16	223	1017	4.6	52	3
1993	Chris Warren	14	273	1072	3.9	45t	7
1994	Chris Warren	16	333	1545+	4.6+	41	9
1995	Chris Warren	16	310	1346	4.3	52	15+
1996	Chris Warren	14	203	885	4.2	51	5
1997	Chris Warren	15	200	847	4.2	36t	4
1998	Ricky Watters	16	319	1239	3.9	39t	9
1999	Ricky Watters	16	325	1210	3.7	45	5
2000	Ricky Watters	16	278	1242	4.5	55t	7
2001	Shaun Alexander	16	309	1318	4.3	88t	14+
2002	Shaun Alexander	16	295	1175	4.0	58	16^
2003	Shaun Alexander	16	326	1435	4.4	55	14
2004	Shaun Alexander	16	353	1696^	4.8^	44	16^
2005	Shaun Alexander	16	370	1880*	5.1	88t	27!*
2006	Shaun Alexander	10	252	896	3.6	33t	7
2007	Shaun Alexander	13	207	716	3.5	25	4
2008	Julius Jones	15	158	698	4.4	33	2
2009	Julius Jones	14	177	633	3.7	62t	2
2010	Marshawn Lynch	12	165	573	3.5	39	6

! NFL single-season record; * Led NFL; + Led AFC; ^ Led NFC

PASSING

		G/S	Att.	Comp.	Yds.	Pct.	TD	Int.	Rate
1976	Jim Zorn	14/14	439*	208	2571	47.3	12	27	49.5
1977	Jim Zorn	10/10	251	104	1683	41.4	16	19	54.3
1978	Jim Zorn	16/16	443+	248+	3283+	56.0	15	20	72.2
1979	Jim Zorn	16/16	505	285	3661	56.4	20	18	77.7
1980	Jim Zorn	16/16	488	276	3346	56.6	17	20	72.3
1981	Jim Zorn	13/13	397	236	2788	59.4	13	9	82.3
1982	Jim Zorn	9/7	245	126	1540	51.4	7	11	62.0
1983	Dave Krieg	9/8	243	147	2139	60.5	18	11	95.0
1984	Dave Krieg	16/16	480	276	3671	57.5	32	24	83.3
1985	Dave Krieg	16/16	532	285	3602	53.6	27	20	76.2
1986	Dave Krieg	15/15	375	225	2921	60.0	21	11	91.0

PASSING (CONTINUED)

Year	Player	GS	Att	Cmp	Yds	Pct	TD	Int	Rating
1987	Dave Krieg	12/12	294	178	2131	60.5	23	15	87.6
1988	Dave Krieg	9/9	228	134	1741	58.8	18	8*	94.6
1989	Dave Krieg	15/14	499	286	3309	57.3	21	20	74.8
1990	Dave Krieg	16/16	448	265	3194	59.2	15	20	73.6
1991	Dave Krieg	10/9	285	187	2080	65.6*	11	12	82.5
1992	Stan Gelbaugh	10/8	255	121	1307	47.5	6	11	52.9
1993	Rick Mirer	16/16	486	274	2833	56.4	12	17	67.0
1994	Rick Mirer	13/13	381	195	2151	51.2	11	7*	70.2
1995	Rick Mirer	15/13	391	209	2564	53.5	13	20+	63.7
1996	John Friesz	8/6	211	120	1629	56.9	8	4	86.4
1997	Warren Moon	15/14	528	313	3678	59.3	25	16	83.7
1998	Warren Moon	10/10	258	145	1632	56.2	11	8	76.6
1999	Jon Kitna	15/15	495	270	3346	54.5	23	16	77.7
2000	Jon Kitna	15/12	418	259	2658	62.0	18	19	75.6
2001	Matt Hasselbeck	13/12	321	176	2023	54.8	7	8	70.9
2002	Matt Hasselbeck	16/10	419	267	3075	63.7^	15	10	87.8
2003	Matt Hasselbeck	16/16	513	313	3841	61.0	26	15	88.8
2004	Matt Hasselbeck	14/14	474	279	3382	58.9	22	15	83.1
2005	Matt Hasselbeck	16/16	449	294	3459	65.5	24^	9	98.2^
2006	Matt Hasselbeck	12/12	371	210	2442	56.6	18	15	76.0
2007	Matt Hasselbeck	16/16	562	352	3966	62.6	28	12	91.4
2008	Seneca Wallace	10/8	242	141	1532	58.3	11	3	87.0
2009	Matt Hasselbeck	14/14	488	293	3029	60.0	17	17	75.1
2010	Matt Hasselbeck	14/14	444	266	3001	59.9	12	17	73.2

RECEIVING

Year	Player	G	No.	Yds.	Avg.	LG	TD
1976	Steve Largent	14	54	705	13.0	45	4
1977	Steve Largent	14	33	643	19.4	74t	10
1978	Steve Largent	16	71+	1168	16.5	57	t8
1979	Steve Largent	15	66	1237+	18.7	55t	9
1980	Steve Largent	16	66	1064	16.1	67t	6
1981	Steve Largent	16	75	1224	16.3	57t	9
1982	Steve Largent	8	34	493	14.5	45	3
1983	Steve Largent	15	72	1074	14.9	46t	11
1984	Steve Largent	16	74	1164	15.7	65t	12
1985	Steve Largent	16	79	1287+	16.3	43	6
1986	Steve Largent	16	70	1070	15.3	38t	9
1987	Steve Largent	13	58	912	15.7	55t	8
1988	John L. Williams	16	58	651	11.2	75t	3
1989	Brian Blades	16	77	1063	13.8	60t	5
1990	John L. Williams	16	73	699	9.6	60	0
1991	Brian Blades	16	70	1003	14.3	52	2
1992	John L. Williams	16	74	556	7.5	27t	2
1993	Brian Blades	16	80	945	11.8	41	3
1994	Brian Blades	16	81	1086	13.4	41	4
1995	Brian Blades	16	77	1001	13.0	49	4
1996	Joey Galloway	16	57	987	17.3	65t	7
1997	Joey Galloway	15	72	1049	14.6	53t	12+
1998	Joey Galloway	16	65	1047	16.1	81t	10#
1999	Derrick Mayes	16	62	829	13.4	43t	10
2000	Sean Dawkins	16	63	731	11.6	40	5
	Ricky Watters	16	63	613	9.7	59	2
2001	Darrell Jackson	16	70	1081	15.4	64	8
2002	Koren Robinson	16	78	1240	15.9	83	5
2003	Darrell Jackson	16	68	1137	16.7	80t	9
2004	Darrell Jackson	16	87	1199	13.8	56t	7
2005	Bobby Engram	13	67	778	11.6	56	3
2006	Darrell Jackson	13	63	956	15.2	72t	10
2007	Bobby Engram	16	94	1147	12.2	49	6
2008	John Carlson	16	55	627	11.4	33	5
2009	T.J. Houshmandzadeh	16	79	911	11.5	53	3
2010	Mike Williams	14	65	751	11.6	68	2

* Led NFL; + Led AFC; # Tied AFC, ^ Led NFC

RECEIVING YARDS

		G	Yds.	No.	Avg.	LG	TD
1976	Steve Largent	14	705	54	13.0	45	4
1977	Steve Largent	14	643	33	19.4	74t	10
1978	Steve Largent	16	1168	71+	16.5	57t	8
1979	Steve Largent	15	1237+	66	18.7	55t	9
1980	Steve Largent	16	1064	66	16.1	67t	6
1981	Steve Largent	16	1224	75	16.3	57t	9
1982	Steve Largent	8	493	34	14.5	45	3
1983	Steve Largent	15	1074	72	14.9	46t	11
1984	Steve Largent	16	1164	74	15.7	65t	12
1985	Steve Largent	16	1287+	79	16.3	43	6
1986	Steve Largent	16	1070	70	15.3	38t	9
1987	Steve Largent	13	912	58	15.7	55t	8
1988	Brian Blades	16	682	40	17.1	55t	8
1989	Brian Blades	16	1063	77	13.8	60	5
1990	Tommy Kane	16	776	52	14.9	63	4
1991	Brian Blades	16	1003	70	14.3	52	2
1992	John L. Williams	16	556	74	7.5	27t	2
1993	Brian Blades	16	945	80	11.8	41	3
1994	Brian Blades	16	1086	81	13.4	45	4
1995	Joey Galloway	16	1037	67	15.5	59	7
1996	Joey Galloway	16	987	57	17.3	65t	7
1997	Joey Galloway	15	1049	72	14.6	53t	12+
1998	Joey Galloway	16	1047	65	16.1	81t	10#
1999	Sean Dawkins	16	992	58	17.1	45t	7
2000	Sean Dawkins	16	731	63	11.6	40	5
2001	Darrell Jackson	16	1081	70	15.4	64	8
2002	Koren Robinson	16	1240	78	15.9	83	5
2003	Darrell Jackson	16	1137	68	16.7	80t	9
2004	Darrell Jackson	16	1199	87	13.8	56t	7
2005	Bobby Engram	13	778	67	11.6	56	3
2006	Darrell Jackson	13	956	63	15.2	72t	10
2007	Bobby Engram	16	1147	94	12.2	49	6
2008	John Carlson	16	627	55	11.4	33	5
2009	T.J. Houshmandzadeh	16	911	79	11.5	53	3
2010	Mike Williams	14	751	65	11.6	68	2

* Led NFL; + Led AFC; # Tied AFC

INTERCEPTIONS

		G	No.	Yds.	Avg.	LG	TD
1976	Dave Brown	14	4	70	17.5	34	0
	Rolly Woolsey	14	4	19	4.7	13	0
1977	Autry Beamon	14	6	36	6.0	16	0
1978	Cornell Webster	15	5	9	1.8	14	0
1979	Dave Brown	16	5	46	9.2	32t	1
1980	Dave Brown	16	6	32	5.3	24	0
	John Harris	16	6	28	4.7	15	0
1981	John Harris	16	10+	155	15.5	42t	2+
1982	Kenny Easley	8	4	48	12.0	44	0
	John Harris	9	4	33	8.3	18	0
1983	Kenny Easley	16	7	96	13.2	38	0
1984	Kenny Easley	16	10+	126	12.6	58t	2*
1985	John Harris	16	7	20	2.9	17	0
1986	Dave Brown	16	5	58	11.6	24	1
1987	Kenny Easley	12	4	47	11.8	22	0
1988	Paul Moyer	16	6	79	13.2	34	0
1989	Eugene Robinson	16	5	24	4.8	20	0
1990	Eugene Robinson	16	3	89	29.7	39	0
	Dwayne Harper	16	3	69	23.0	47	0
1991	Eugene Robinson	16	5	56	11.2	27	0
1992	Eugene Robinson	16	7	126	18.0	49	0
1993	Eugene Robinson	16	9*	80	8.9	28	0
1994	Patrick Hunter	5	3	85	28.3	51	0
	Terry Wooden	16	3	78	26.0	69t	1
	Orlando Watters	16	3	39	13.0	18	1
	Eugene Robinson	13	3	18	6.0	18	0
1995	Robert Blackmon	13	5	46	9.2	21	0
1996	Darryl Williams	16	5	148	29.6	79	1

INTERCEPTIONS (CONTINUED)

Year	Name	G	No.	Yds.	Avg.	LG	TD
1997	Darryl Williams	16	8+	172	21.5	44	1
1998	Shawn Springs	16	7	142	20.3	56t	2#
1999	Shawn Springs	16	5	77	15.4	42	0
	Willie Williams	16	5	43	8.6	40t	1
2000	Jay Bellamy	16	4	132	33.0	84t	1
	Willie Williams	16	4	74	18.5	69t	1
2001	Willie Williams	16	4	24	6.0	24	0
2002	Reggie Tongue	16	5	118	23.6	46t	1
2003	Reggie Tongue	14	4	11	2.8	10	0
2004	Ken Lucas	16	6!	46	7.7	25	1
2005	Michael Boulware	16	4	107	26.8	40	0
2006	Ken Hamlin	16	3	63	21.0	37	0
2007	Marcus Trufant	16	7	150	21.4	84t	1
2008	Josh Wilson	16	4	135	33.8	75t	1
2009	David Hawthorne	16	3	9	3.0	5	0
	Deon Grant	16	3	7	2.3	7	0
2010	Earl Thomas	16	5	68	13.6	34	0

* Led NFL; + Led AFC; # Tied AFC; ! Tied NFC

PUNTING

Year	Name	G	No.	Yds.	Avg.	Net	LG	TB	I20	Blk.
1976	Rick Engles	14	80	3067	38.3	29.9	55	3	13	2
1977	Herman Weaver	13	58	2293	39.5	31.8	59	4	10	1
1978	Herman Weaver	16	66	2440	37.0	29.5	59	6	13	0
1979	Herman Weaver	16	66	2651	40.2	33.4	60	3	11	3
1980	Herman Weaver	16	67	2798	41.8	31.6	62	7	14	2
1981	Jeff West	15	66	2578	39.1	36.1+	56	2	16	0
1982	Jeff West	9	48	1835	38.2	36.7	52	3	8	0
1983	Jeff West	16	79	3115	39.5	34.6	56	10	25	0
1984	Jeff West	16	95	3567	37.5	33.3	60	10	24	0
1985	Dave Finzer	12	68	2766	40.7	34.6	61	6	12	0
1986	Vince Gamache	16	79	3048	38.6	33.0	55	7	10	0
1987	Ruben Rodriguez	12	47	1880	40.0	34.0	63	5	17	0
1988	Ruben Rodriguez	16	70	2858	40.8	36.8	68	4	14	0
1989	Ruben Rodriguez	16	75	2995	39.9	32.9	59	8	17	1
1990	Rick Donnelly	16	67	2722	40.6	34.4	54	8	18	0
1991	Rick Tuten	10	49	2106	43.0	36.9	60	3	8	0
1992	Rick Tuten	16	108*	4760*	44.1	38.7	65	8	29*	0
1993	Rick Tuten	16	90	4007	44.5	37.3	64	7	21	1
1994	Rick Tuten	16	91	3905	42.9	36.7	64	7	33	0
1995	Rick Tuten	16	83	3735	45.0*	36.5	73*	8	21	0
1996	Rick Tuten	16	85	3746	44.1	34.5	66	7	21	1
1997	Rick Tuten	11	48	2007	41.8	36.4	65	5	15	0
1998	Jeff Feagles	16	81	3570	44.1	36.5	59	12	27	0
1999	Jeff Feagles	16	84	3425	40.8	35.2	59	5	34	0
2000	Jeff Feagles	16	74	2960	40.0	36.9	57	2	24	1
2001	Jeff Feagles	16	85	3730	43.9	36.4	68	7	26	1
2002	Jeff Feagles	16	61	2542	41.7	37.0	58	4	22	0
2003	Tom Rouen	16	67	2762	41.2	37.1	61	3	29	2
2004	Tom Rouen	4	26	1093	42.0	37.8	60	1	10	0
	Donnie Jones	6	26	988	38.0	32.2	51	2	6	1
2005	Tom Rouen	12	61	2539	41.6	35.0	62	7	20	0
2006	Ryan Plackemeier	16	84	3778	45.0	37.3	72	15	25	0
2007	Ryan Plackemeier	16	86	3436	40.0	34.3	62	6	30	0
2008	Jon Ryan	15	78	3557	45.6	37.9	63	12	22	1
2009	Jon Ryan	16	88	4068	46.2	38.7	70	9	28	0
2010	Jon Ryan	16	78	3254	41.7	37.3	63	1	27	0

* Led NFL; + Led AFC; # Tied AFC; ! Tied NFC

PUNT RETURNS

Year	Name	G	No.	FC	Yds.	Avg.	LG	TD
1976	Lyle Blackwood	11	19	2	132	6.9	26	0
1977	Walter Packer	10	20	0	131	6.5	31	0
1978	Rufus Crawford	16	34	4	284	8.4	22	0
1979	Tony Green	11	16	3	121	7.6	30	0
1980	Will Lewis	16	41	9	349	8.5	75t	1
1981	Paul Johns	16	16	4	177	11.1	34	0
1982	Paul Johns	9	19	10	210	11.1	37	0

1983	Paul Johns	11	28	5	316	11.3	75t	1*
1984	Kenny Easley	16	16	5	194	12.1	42	0
1985	Paul Skansi	12	31	7	312	10.1	32	0
1986	Bobby Joe Edmonds	15	34	14	419	12.3*	75t	1+
1987	Bobby Joe Edmonds	11	20	4	251	12.6+	40	0
1988	Bobby Joe Edmonds	16	35	8	340	9.7	41	0
1989	David Hollis	10	18	7	164	9.1	21	0
1990	Chris Warren	16	28	16	269	9.6	39	0
1991	Chris Warren	16	32	19	298	9.3	59t	1*
1992	Chris Warren	16	34	25	252	7.4	16	0
1993	Kelvin Martin	16	32	15	270	8.4	33	0
1994	Kelvin Martin	16	33	20	280	8.5	23	0
1995	Joey Galloway	16	36	12	360	10.0	89t*	1
1996	Joey Galloway	16	15	5	158	10.5	88t+	1+
1997	Ronnie Harris	13	21	12	144	6.9	19	0
1998	Joey Galloway	16	25	5	251	10.0	74t	2@
1999	Charlie Rogers	12	22	18	318	14.5*	94t*	1
2000	Charlie Rogers	15	26	12	363	14.0	43	0
2001	Charlie Rogers	13	25	10	244	9.8	34	0
2002	Bobby Engram	15	21	23	224	10.7	61t	1
2003	Bobby Engram	16	31	22	320	10.3	83t	1
2004	Maurice Morris	15	15	4	75	5.0	22	0
2005	Jimmy Williams	14	24	22	139	5.8	24	0
2006	Nate Burleson	16	34	7	322	9.5	90t	1
2007	Nate Burleson	16	58	8	658	11.3	94t	1
2008	Justin Forsett	11	23	9	227	9.9	29	0
2009	Nate Burleson	13	30	3	254	8.5	29	0
2010	Leon Washington	16	22	8	249	11.3	84	0

* Led NFL; @ Tied NFL; + Led AFC; # Tied AFC

KICKOFF RETURNS

		G	No.	Yds.	Avg.	LG	TD
1976	Oliver Ross	10	30	655	21.8	45	0
1977	Al Hunter	12	36	820	22.7	41	0
1978	Al Hunter	16	16	385	24.1	38	0
1979	Tony Green	11	20	437	21.9	31	0
1980	Will Lewis	16	25	585	23.4	54	0
1981	Will Lewis	10	20	378	18.9	36	0
1982	Horace Ivory	6	10	224	22.4	30	0
1983	Zachary Dixon	13	49*	1448*	23.4	94t	1*
1984	David Hughes	16	17	348	20.5	38	0
1985	Randall Morris	16	31	636	20.5	58	0
1986	Bobby Joe Edmonds	15	34	764	22.5	46	0
1987	Bobby Joe Edmonds	11	27	564	20.9	43	0
1988	Bobby Joe Edmonds	16	40	900	22.5	65	0
1989	James Jefferson	16	22	511	23.2	97t+	1*
1990	Chris Warren	16	23	478	20.8	71	0
1991	Chris Warren	16	35	792	22.6	55	0
1992	Chris Warren	16	28	524	18.7	34	0
1993	Michael Bates	16	30	602	20.1	46	0
1994	Michael Bates	15	26	508	19.5	38	0
1995	Steve Broussard	15	43	1062	24.7	70	0
1996	Steve Broussard	12	43	979	22.8	86	0
1997	Steve Broussard	16	50	1076	21.5	43	0
1998	Steve Broussard	15	29	781	26.9	90t	1
1999	Ahman Green	14	36	818	22.7	54	0
2000	Charlie Rogers	15	66	1629	24.7	81t	1
2001	Charlie Rogers	13	50	1120	22.4	64	0
2002	Maurice Morris	11	34	821	24.1	97t	1
2003	Maurice Morris	16	47	1007	21.4	56	0
2004	Maurice Morris	15	47	994	21.1	34	0
2005	Josh Scobey	16	59	1326	22.5	53	0
2006	Nate Burleson	16	26	643	24.7	50	0
2007	Nate Burleson	16	27	590	21.9	91t	1
2008	Josh Wilson	16	69	1753	25.4	61	0
2009	Justin Forsett	16	18	432	24.0	46	0
2010	Leon Washington	16	57	1461	25.6	101t	3*

* Led NFL; + Led AFC

DEFENSIVE STATISTICS

TACKLES
Includes solo and assists

Year	Name	G	No.	Year	Name	G	No.
1976	Dave Brown	14	111	1994	Rod Stephens	16	128
1977	Terry Beeson	14	134	1995	Terry Wooden	16	135
1978	Terry Beeson	16	153	1996	Dean Wells	16	107
1979	Terry Beeson	16	114	1997	Chad Brown	15	104
1980	Michael Jackson	15	136	1998	Chad Brown	16	150
1981	Michael Jackson	16	140	1999	Chad Brown	15	117
1982	Michael Jackson	8	64	2000	Anthony Simmons	16	147
1983	Bruce Scholtz	16	104	2001	Anthony Simmons	16	123
1984	Shelton Robinson	16	93	2002	Reggie Tongue	16	93
1985	Fredd Young	16	118	2003	Anthony Simmons	13	100
1986	Fredd Young	15	121	2004	Marcus Trufant	16	93
1987	Fredd Young	13	101	2005	Lofa Tatupu	16	105
1988	Eugene Robinson	16	114	2006	Lofa Tatupu	16	123
1989	Eugene Robinson	16	102	2007	Lofa Tatupu	16	109
1990	Nesby Glasgow	16	83	2008	Lofa Tatupu	15	94
1991	Terry Wooden	16	100	2009	David Hawthorne	16	116
1992	Eugene Robinson	16	94	2010	David Hawthorne	16	105
1993	Eugene Robinson	16	111				

SACKS

Year	Name	G	No.	Year	Name	G	No.
1976	Steve Niehaus	14	9.5	1995	Antonio Edwards	13	6.5
1977	Alden Roche	12	3.5		Cortez Kennedy	16	6.5
1978	Bill Gregory	16	9.0	1996	Michael McCrary	16	13.5+
1979	Manu Tuiasosopo	16	8.0	1997	Michael Sinclair	16	12.0
1980	Jacob Green	14	6.5	1998	Michael Sinclair	16	16.5*
1981	Jacob Green	16	12.0	1999	Phillip Daniels	16	9.0
1982	Jeff Bryant	9	3.0	2000	Chad Brown	16	6.0
	Jacob Green	9	3.0		Lamar King	14	6.0
1983	Jacob Green	16	16.0	2001	John Randle	15	11.0
1984	Jeff Bryant	16	14.5	2002	John Randle	12	7.0
1985	Jacob Green	16	13.5	2003	Chike Okeafor	16	8.0
1986	Jacob Green	16	12.0	2004	Chike Okeafor	16	8.5
1987	Jacob Green	12	9.5	2005	Bryce Fisher	16	9.0
1988	Jacob Green	16	9.0	2006	Julian Peterson	16	10.0
1989	Rufus Porter	16	10.5	2007	Patrick Kerney	16	14.5^
1990	Jacob Green	16	12.5	2008	Brandon Mebane	16	5.5
1991	Rufus Porter	15	10.0		Darryl Tapp	16	5.5
1992	Cortez Kennedy	16	14.0	2009	Patrick Kerney	14	5.0
1993	Michael Sinclair	9	8.0	2010	Chris Clemons	16	11.0
1994	Michael Sinclair	12	4.5				

* Led NFL; + Led AFC; ^ Led NFC

SPECIAL TEAMS TACKLES

Year	Name	G	No.	Year	Name	G	No.
1976	Don Dufek	14	15	1987	David Hollis	11	10
1977	Peter Cronan	14	11	1988	Rufus Porter	16	16
	Charles McShane	14	11	1989	Rufus Porter	16	13
1978	Cornell Webster	15	12	1990	James Jones	16	15
1979	Don Dufek	13	18	1991	David Daniels	16	12
1980	Don Dufek	8	13		Rod Stephens	16	12
1981	Mike Tice	16	11		Chris Warren	16	12
1982	Eric Lane	9	6	1992	Tracy Johnson	16	18
	Ken McAlister	9	6	1993	Michael Bates	16	22
1983	Don Dufek	14	18	1994	Dean Wells	15	16
1984	Sam Merriman	16	21	1995	Mack Strong	16	19
1985	John Kaiser	16	14	1996	Jay Bellamy	16	34
1986	Eric Lane	15	16	1997	Tim Hauck	16	22

		G	No.			G	No.
1998	Kerry Joseph	16	14	2006	Kevin Bentley	14	14
1999	James Logan	16	18		Niko Koutouvides	16	14
2000	Isaiah Kacyvenski	16	15	2007	Niko Koutouvides	15	20
2001	Isaiah Kacyvenski	16	21	2008	Jordan Babineaux	14	14
2002	Terreal Bierria	14	16		C.J. Wallace	12	14
2003	Alex Bannister	16	18	2009	Lance Laury	16	21
2004	Niko Koutouvides	16	16	2010	Matt McCoy	14	19
2005	Josh Scobey	16	23				

MISCELLANEOUS TOP 10

HOME ATTENDANCE

	Att.	Opponent	Stadium	Date	W/L	Score
1	68,681	Oakland	Husky Stadium	December 16, 2000	W	27-24
2	68,661	Denver	Husky Stadium	November 26, 2000	L	38-31
3	68,331	San Francisco	CenturyLink Field	November 12, 2007	W	24-0
4	68,302	Green Bay	CenturyLink Field	October 12, 2008	L	27-17
5	68,297*	Washington	CenturyLink Field	January 5, 2008	W	35-14
6	68,296	New Orleans	CenturyLink Field	October 14, 2007	L	28-17
7	68,256	Green Bay	CenturyLink Field	November 27, 2006	W	34-24
8	68,249	Chicago	CenturyLink Field	November 18, 2007	W	30-23
9	68,193	Arizona	CenturyLink Field	December 9, 2007	W	42-21
10	68,181	N.Y. Jets	CenturyLink Field	December 21, 2008	W	13-3

ROAD ATTENDANCE

	Att.	Opponent	Stadium	Date	W/L	Score
1	90,215	Washington	FedEx Field	October 2, 2005	L	20-17(OT)
2	88,734*	L.A. Raiders	Los Angeles Coliseum	January 8, 1983	L	30-14
3	82,893	Kansas City	Arrowhead Stadium	October 2, 2000	L	24-17
4	82,352	Washington	FedEx Field	November 4, 2001	L	27-14
5	80,886	Dallas	Cowboys Stadium	November 1, 2009	L	38-17
6	80,728	Washington	FedEx Field	November 9, 2003	L	27-20
7	79,529	N.Y. Giants	Giants Stadium	October 5, 2008	L	44-6
8	78,847	Kansas City	Arrowhead Stadium	October 23, 1994	L	38-23
9	78,605	Cleveland	Municipal Stadium	October 9, 1988	W	16-10
10	78,551	N.Y. Giants	Giants Stadium	September 22, 2002	L	9-6

COLDEST GAMES

	Temp.	Opponent	Date	W/L	Score	
1	16	at Denver	December 3, 2006	W	23-20	
2	18	at Green Bay	December 27, 2009	L	48-10	
3	20*	at Green Bay	January 4, 2004	L	33-27	(OT)
4	22	at Denver	December 10, 2000	L	31-24	
5	24*	at Chicago	January 16, 2011	L	35-24	
6	26	at Pittsburgh	December 6, 1992	L	20-14	
7	27	at Denver	December 19, 1999	L	36-30	(OT)
8	30	at Cincinnati	December 10, 1989	W	24-17	
9	31	at New England	December 4, 1988	L	13-7	
	31	at Kansas City	December 24, 1995	L	26-3	
	31	at Philadelphia	December 5, 2005	W	42-0	
	31*	at Green Bay	January 12, 2008	L	42-20	
	31	vs. N.Y. Jets	December 21, 2008	W	13-3	

WARMEST GAMES

	Temp.	Opponent	Date	W/L	Score
1	98	at Arizona	September 14, 2003	W	38-0
2	95	at N.Y. Jets	September 11, 1983	W	17-10
3	94	at Kansas City	September 4, 1987	L	17-13
4	93	at Philadelphia	September 10, 1989	L	31-7
5	91	at Denver	September 19, 2010	L	31-14
6	89	at Miami	September 3, 2000	L	23-0
7	88	at Cincinnati	September 8, 1985	W	28-24
	88	at Tampa Bay	September 19, 2004	W	10-6
9	85	at Denver	September 13, 1987	L	40-17
10	84	at San Diego	September 1, 1996	L	29-7

* Playoff Game

RECORD BY MONTH

REGULAR SEASON

Year	Aug.	Sept.	Oct.	Nov.	Dec.	Jan.	Record
1976		0-3	1-4	1-3	0-2		2-12
1977		0-2	2-3	1-3	2-1		5-9
1978		2-2	2-3	3-1	2-1		9-7
1979		1-4	3-1	3-1	2-1		9-7
1980		2-2	2-2	0-5	0-3		4-12
1981		1-3	1-3	2-3	2-1		6-10
1982		0-2		2-0	1-3	1-0	4-5
1983		2-2	3-2	2-2	2-1		9-7
1984		4-1	3-1	4-0	1-2		12-4
1985		2-2	2-2	2-2	2-2		8-8
1986		3-1	2-2	2-3	3-0		10-6
1987		1-1	3-1	3-2	2-2		9-6
1988		2-2	3-2	2-2	2-1		9-7
1989		1-2	3-2	0-4	3-1		7-9
1990		0-3	3-1	2-2	4-1		9-7
1991		2-3	3-1	1-2	1-3		7-9
1992		1-3	0-4	1-3	0-4		2-14
1993		2-2	2-2	1-2	1-3	0-1	6-10
1994		3-1	0-4	2-2	1-3		6-10
1995		1-2	1-4	3-1	3-1		8-8
1996		1-4	2-1	2-2	2-2		7-9
1997	0-1	2-2	3-0	1-4	2-1		8-8
1998		3-1	1-2	2-3	2-2		8-8
1999		2-1	2-1	4-1	1-3	0-1	9-7
2000		2-2	0-5	2-1	2-2		6-10
2001		1-2	2-1	2-2	3-2	1-0	9-7
2002		1-3	1-2	2-2	3-2		7-9
2003		3-0	2-2	3-2	2-2		10-6
2004		3-0	1-3	2-2	2-2	1-0	9-7
2005		2-1	3-1	4-0	4-0	0-1	13-3
2006		3-0	1-3	3-1	2-3		9-7
2007		3-1	1-2	3-1	3-2		10-6
2008		1-2	1-3	0-5	2-2		4-12
2009		1-2	1-2	2-3	1-3	0-1	5-11
2010		2-1	2-2	1-3	1-3	1-0	7-9
Total	**0-1**	**60-65**	**62-74**	**70-75**	**66-67**	**4-4**	**262-286 (.478)**

INCLUDING PLAYOFFS

Year	Aug.	Sept.	Oct.	Nov.	Dec.	Jan.	Record	Playoffs
1976		0-3	1-4	1-3	0-2		2-12	
1977		0-2	2-3	1-3	2-1		5-9	
1978		2-2	2-3	3-1	2-1		9-7	
1979		1-4	3-1	3-1	2-1		9-7	
1980		2-2	2-2	0-5	0-3		4-12	
1981		1-3	1-3	2-3	2-1		6-10	
1982		0-2		2-0	1-3	1-0	4-5	
1983		2-2	3-2	2-2	4-1*	0-1*	11-8*	2-1
1984		4-1	3-1	4-0	2-3*		13-5*	1-1
1985		2-2	2-2	2-2	2-2		8-8	
1986		3-1	2-2	2-3	3-0		10-6	
1987		1-1	3-1	3-2	2-2	0-1*	9-7*	0-1
1988		2-2	3-2	2-2	2-2*		9-8*	0-1
1989		1-2	3-2	0-4	3-1		7-9	
1990		0-3	3-1	2-2	4-1		9-7	
1991		2-3	3-1	1-2	1-3		7-9	
1992		1-3	0-4	1-3	0-4		2-14	
1993		2-2	2-2	1-2	1-3	0-1	6-10	
1994		3-1	0-4	2-2	1-3		6-10	
1995		1-2	1-4	3-1	3-1		8-8	
1996		1-4	2-1	2-2	2-2		7-9	
1997	0-1	2-2	3-0	1-4	2-1		8-8	
1998		3-1	1-2	2-3	2-2		8-8	
1999		2-1	2-1	4-1	1-3	0-2*	9-8*	0-1
2000		2-2	0-5	2-1	2-2		6-10	
2001		1-2	2-1	2-2	3-2	1-0	9-7	
2002		1-3	1-2	2-2	3-2		7-9	
2003		3-0	2-2	3-2	2-2	0-1*	10-7*	0-1
2004		3-0	1-3	2-2	2-2	1-1*	9-8*	0-1
2005		2-1	3-1	4-0	4-0	2-2*	15-4*	2-1
2006		3-0	1-3	3-1	2-3	1-1*	10-8*	1-1
2007		3-1	1-2	3-1	3-2	1-1*	11-7*	1-1
2008		1-2	1-3	0-5	2-2		4-12	
2009		1-2	1-2	2-3	1-3	0-1	5-11	
2010		2-1	2-2	1-3	1-3	2-1*	8-10*	1-1
Total	**0-1**	**60-65**	**62-74**	**70-75**	**69-69***	**9-13***	**270-298***	**8-11**

* includes playoffs

BY YEAR

Year	Quarterback	Record
1976	Jim Zorn	2-12
1977	Jim Zorn	4-6
	Steve Myer	1-3
1978	Jim Zorn	9-7
1979	Jim Zorn	9-7
1980	Jim Zorn	4-12
1981	Jim Zorn	4-9
	Dave Krieg	2-1
1982	Jim Zorn	4-3
	Dave Krieg	0-2
1983	Jim Zorn	4-4
	Dave Krieg	5-3
1984	Dave Krieg	12-4
1985	Dave Krieg	8-8
1986	Dave Krieg	10-4
	Gale Gilbert	0-2
1987	Dave Krieg	7-5
	Jeff Kemp	1-0
	Bruce Mathison	1-1
1988	Dave Krieg	6-3
	Kelly Stouffer	3-3
	Jeff Kemp	0-1
1989	Dave Krieg	7-7
	Kelly Stouffer	0-2
1990	Dave Krieg	9-7
1991	Dave Krieg	4-5
	Jeff Kemp	2-3
	Dan McGwire	1-0
	Kelly Stouffer	0-1
1992	Stan Gelbaugh	0-8
	Kelly Stouffer	2-5
	Dan McGwire	0-1
1993	Rick Mirer	6-10
1994	Rick Mirer	5-8
	Dan McGwire	1-2
1995	Rick Mirer	7-6
	John Friesz	1-2
1996	Rick Mirer	2-7
	John Friesz	4-2
	Stan Gelbaugh	1-0
1997	Warren Moon	7-7
	John Friesz	0-1
	Jon Kitna	1-0
1998	Warren Moon	4-6
	Jon Kitna	3-2
	John Friesz	1-0
1999	Jon Kitna	8-7
	Glenn Foley	1-0
2000	Jon Kitna	6-6
	Brock Huard	0-4
2001	Matt Hasselbeck	5-7
	Trent Dilfer	4-0
2002	Matt Hasselbeck	5-5
	Trent Dilfer	2-4
2003	Matt Hasselbeck	10-6
2004	Matt Hasselbeck	7-7
	Trent Dilfer	2-0
2005	Matt Hasselbeck	13-3
2006	Matt Hasselbeck	7-5
	Seneca Wallace	2-2
2007	Matt Hasselbeck	10-6
2008	Seneca Wallace	3-5
	Matt Hasselbeck	1-6
	Charlie Frye	0-1
2009	Matt Hasselbeck	5-9
	Seneca Wallace	0-2
2010	Matt Hasselbeck	6-8
	Charlie Whitehurst	1-1

BY WINNING %

Quarterback	Record	Win %
Glenn Foley	1-0	1.000
Trent Dilfer	8-4	.667
Dave Krieg	70-49	.588
John Friesz	6-5	.545
Jon Kitna	18-15	.545
Matt Hasselbeck	69-62	.527
Bruce Mathison	1-1	.500
Charlie Whitehurst	1-1	.500
Warren Moon	11-13	.458
Jeff Kemp	3-4	.429
Dan McGwire	2-3	.400
Jim Zorn	40-60	.400
Rick Mirer	20-31	.392
Seneca Wallace	5-9	.357
Kelly Stouffer	5-11	.313
Steve Myer	1-3	.250
Stan Gelbaugh	1-8	.111
Gale Gilbert	0-2	.000
Brock Huard	0-4	.000
Charlie Frye	0-1	.000
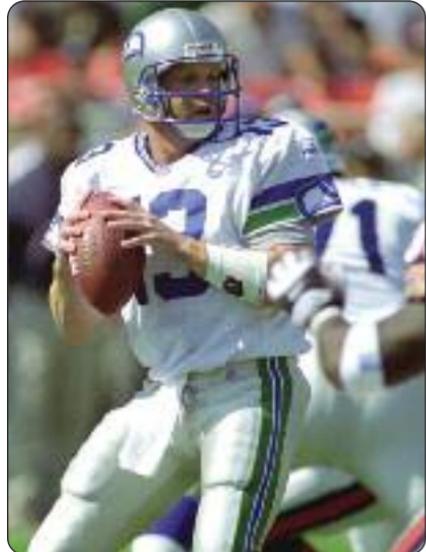
Glen Foley won his only start for the Seahawks.

PRIME TIME RECORD

(33-25)
MONDAY NIGHT FOOTBALL (16-8)

Date	W/L	Score	Opponent
October 29, 1979	W	31-28	at Atlanta
November 26, 1979	W	30-7	vs. N.Y. Jets
November 17, 1980	L	19-17	vs. Oakland
November 16, 1981	W	44-23	vs. San Diego
October 29, 1984	W	24-0	at San Diego
November 12, 1984	W	17-14	at L.A. Raiders
September 23, 1985	L	35-24	vs. L.A. Rams
November 25, 1985	L	19-6	at San Francisco
October 6, 1986	W	33-7	vs. San Diego
December 8, 1986	W	37-0	vs. L.A. Raiders
November 9, 1987	L	30-14	at N.Y. Jets
November 30, 1987	L	37-14	vs. L.A. Raiders
November 28, 1988	W	35-27	vs. L.A. Raiders
December 4, 1989	W	17-16	vs. Buffalo
October 1, 1990	W	31-16	vs. Cincinnati
November 30, 1992	W	16-13 (OT)	vs. Denver
November 1, 1999	W	27-7	at Green Bay
October 2, 2000	L	24-17	at Kansas City
October 14, 2002	L	28-21	vs. San Francisco
December 6, 2004	L	43-39	vs. Dallas
December 5, 2005	W	42-0	at Philadelphia
November 6, 2006	W	16-0	vs. Oakland
November 27, 2006	W	34-24	vs. Green Bay
November 12, 2007	W	24-0	vs. San Francisco

THURSDAY-SUNDAY NIGHT (17-17)

Date	Network	W/L	Score	Opponent
Thursday, November 27, 1980*	NBC	L	51-7	at Dallas
Friday, December 20, 1985	ABC	L	27-24	vs. Denver
Thursday, November 27, 1986*	NBC	W	31-14	at Dallas
Sunday, December 13, 1987	ESPN	W	28-21	vs. Denver
Sunday, December 11, 1988	ESPN	W	42-14	vs. Denver
Sunday, December 17, 1989	ESPN	W	23-17	vs. L.A. Raiders
Sunday, November 25, 1990	ESPN	W	13-10	at San Diego
Sunday, December 23, 1990	ESPN	W	17-12	vs. Denver
Sunday, October, 13, 1991	ESPN	L	23-20	vs. L.A. Raiders
Sunday, December 22, 1991	ESPN	W	23-9	vs. L.A. Rams
Sunday, November 22, 1992	ESPN	L	24-14	vs. Kansas City
Sunday, September 12, 1993	TNT	L	17-13	vs. L.A. Raiders
Sunday, December 18, 1994	ESPN	L	17-16	vs. L.A. Raiders
Sunday, December 17, 1995	ESPN	W	44-10	vs. L.A. Raiders
Thursday, October 17, 1996	TNT	L	34-16	at Kansas City
Sunday, December 15, 1996	ESPN	L	20-13	at Jacksonville
Sunday, December 21, 1997	ESPN	W	38-9	vs. San Francisco
Sunday, October 4, 1998	ESPN	L	17-6	at Kansas City
Sunday, November 1, 1998	ESPN	L	31-18	vs. Oakland
Sunday, October 2, 1999	ESPN	W	22-21	vs. Oakland
Sunday, November 14, 1999	ESPN	W	20-17	vs. Denver
Saturday, December 23, 2000	ESPN	L	42-23	vs. Buffalo
Sunday, November 11, 2001	ESPN	W	34-27	vs. Oakland
Sunday, December 9, 2001	ESPN	L	20-7	at Denver
Sunday, September 29, 2002	ESPN	W	48-23	vs. Minnesota
Sunday, October 12, 2003	ESPN	W	20-19	vs. San Francisco
Sunday, October 16, 2005	ESPN	W	42-10	vs. Houston
Sunday, October 1, 2006	NBC	L	37-6	at Chicago
Sunday, December 3, 2006	NBC	W	23-20	at Denver
Thursday, December 14, 2006	NFL Net.	L	24-14	vs. San Francisco
Sunday, October 14, 2007	NBC	L	28-17	vs. New Orleans
Sunday, October 19, 2008	NBC	L	20-10	vs. Tampa Bay
Thursday, November 27, 2008*	FOX	L	34-9	at Dallas
Sunday, January 2, 2011	NBC	W	16-6	vs. St. Louis

*Thanksgiving Day Game

RECORDS BY TELEVISING NETWORK
NFL Network (0-1) ESPN (17-8) NBC (3-4) ABC (13-9) TNT (0-2) FOX (0-1)

CAPTAINS

	Offense	Defense	Special Teams
1976	Norm Evans, T	Mike Curtis, LB	Ed Bradley, LB
1977	Norm Evans, T	Eddie McMillan, S	Steve Preece, S
1978	Norm Evans, T	Dennis Boyd, DT	Autry Beamon, S
1979	Steve Largent, WR	Dennis Boyd, DE	Autry Beamon, S
1980	Steve Largent, WR	Keith Simpson, S	
1981	Steve Largent, WR	Keith Simpson, CB	Don Dufek, S
1982	Steve Largent, WR	Keith Simpson, CB	Don Dufek, S
1983	Steve Largent, WR	Dave Brown, CB	Eric Lane, RB
1984	Charle Young, TE	Dave Brown, CB	Eric Lane, RB
1985	Steve Largent, WR	Dave Brown, CB	Eric Lane, RB
1986	Steve Largent, WR	Dave Brown, CB	Eric Lane, RB
1987	Steve Largent, WR	Kenny Easley, S	Paul Moyer, S
	Curt Warner, RB		
1988	Steve Largent, WR	Jacob Green, DE	Game-to-Game
		Eugene Robinson, S	
1989	Steve Largent, WR	Jacob Green, DE	Game-to-Game
1990	Dave Krieg, QB	Jacob Green, DE	Game-to-Game
1991	Dave Krieg, QB	Jacob Green, DE	Game-to-Game
1992	John L. Williams, FB	Eugene Robinson, S	James Jones, TE
1993	John L. Williams, FB	Eugene Robinson, S	Tracy Johnson, FB
			Trey Junkin, TE
1994	Ray Donaldson, C	Eugene Robinson, S	Tracy Johnson, FB
			Trey Junkin, TE
1995	Rick Mirer, QB	Eugene Robinson, S	Trey Junkin, TE
1996	Rick Mirer, QB	Winston Moss, LB	Rick Tuten, P
	Chris Warren, RB	Terry Wooden, LB	
1997	John Friesz, QB	Winston Moss, LB	Jay Bellamy, S
1998	Warren Moon, QB	Darryl Williams, S	Jay Bellamy, S
	Kevin Glover, C	Michael Sinclair, DE	
1999*	Jon Kitna, QB	Chad Brown, LB	Fabien Bownes, WR
	Ricky Watters, RB	Cortez Kennedy, DT	James Logan, LB

Season captains discontinued in 1999 and 2000

2001	**Offense** Matt Hasselbeck, QB	Robbie Tobeck, C	Ricky Watters, RB
	Defense Chad Brown, LB	Levon Kirkland, LB	Marcus Robertson, S
2002	**Offense** Trent Dilfer, QB	Robbie Tobeck, C	Mack Strong, FB
	Defense Chad Brown, LB	Chad Eaton, DT	Marcus Robertson, S

	Offense	Defense	Special Teams
2003	Matt Hasselbeck, QB	John Randle, DT	Alex Bannister, WR
2004	Matt Hasselbeck, QB	Anthony Simmons, LB	Alex Bannister, WR
2005	Matt Hasselbeck, QB	Grant Wistrom, DE	Alex Bannister, WR
	Shaun Alexander, RB*	Lofa Tatupu, LB*	Josh Scobey, KR*
2006	Matt Hasselbeck, QB	Lofa Tatupu, LB	J.P. Darche, LS
	Walter Jones, T	Ken Hamlin, FS	Jimmy Williams, CB
2007	Matt Hasselbeck, QB	Lofa Tatupu, LB	Josh Brown, K
	Mack Strong, FB	Deon Grant, SS	Niko Koutouvides, LB
2008	Matt Hasselbeck, QB	Lofa Tatupu, LB	Lance Laury, LB
	Walter Jones, T	Deon Grant, SS	D.D. Lewis, LB
2009	Matt Hasselbeck, QB	Lofa Tatupu, LB	Lance Laury, LB
	Walter Jones, T	Deon Grant, SS	Olindo Mare, K
2010	Matt Hasselbeck, QB	Lofa Tatupu, LB	Roy Lewis, CB

* Playoff Captains

RING OF HONOR

1989	Steve Largent	WR	1995	Jacob Green	DE
1991	Jim Zorn	QB	2002	Kenny Easley	S
1992	Dave Brown	CB	2004	Dave Krieg	QB
1992	Pete Gross	Broadcaster	2005	Chuck Knox	Head Coach
1994	Curt Warner	RB	2006	Cortez Kennedy	DT

STEVE LARGENT AWARD

(Presented to the player (or coach) who best exemplifies the spirit, dedication, and integrity of the Seahawks)

1989	Steve Largent	WR	2000	Ricky Watters	RB
1990	Jacob Green	DE	2001	Mack Strong	FB
1991	Rufus Porter	LB	2002	Mack Strong	FB
1992	Jeff Bryant	DE	2003	Trent Dilfer	QB
	Joe Nash	DT	2004	Mack Strong	FB
1993	Eugene Robinson	S	2005	Mack Strong	FB
1994	Brian Blades	WR	2006	Mack Strong	FB
1995	Terry Wooden	LB	2007	Bobby Engram	WR
1996	Cortez Kennedy	DT	2008	Mike Holmgren	Coach
1997	Winston Moss	LB	2009	Matt Hasselbeck	QB
1998	Michael Sinclair	DE	2010	Roy Lewis	CB
1999	Chad Brown	LB			

MAN OF THE YEAR

1976	Norm Evans	T	1995	Eugene Robinson	S
1980	Jim Zorn	QB	1996	Todd Peterson	K
1981	Manu Tuiasosopo	DT	1997	Rick Tuten	P
1982	Dave Brown	CB	1998	Sam Adams	DT
1983	Paul Johns	WR	1999	Jon Kitna	QB
1984	Jeff West	P	2000	Jon Kitna	QB
1985	Mike Tice	TE	2001	Brock Huard	QB
1986	Mike Tice	TE	2002	Trent Dilfer	QB
1987	Mike Tice	TE	2003	Matt Hasselbeck	QB
1988	Steve Largent	WR	2004	Mack Strong	FB
1989	Norm Johnson	K	2005	Shaun Alexander	RB
1990	Jacob Green	DE	2006	Marcus Trufant	CB
1991	Eugene Robinson	S	2007	Bobby Engram	WR
1992	Eugene Robinson	S	2008	Patrick Kerney	DE
1993	Eugene Robinson	S	2009	Josh Wilson	CB
1994	Brian Blades	WR	2010	Roy Lewis	CB

MARCUS NALLEY TROPHY

(Most Valuable Player as voted by teammates)

1976	Jim Zorn	QB	1988	John L. Williams	FB
1977	Steve Largent	WR	1989	Brian Blades	WR
1978	Jim Zorn	QB	1990	John L. Williams	FB
1979	Steve Largent	WR	1991	Eugene Robinson	S
1980	Sam McCullum	WR	1992	Cortez Kennedy	DT
1981	Steve Largent	WR	1993	Eugene Robinson	S
1982	Kenny Easley	S	1994	Chris Warren	RB
1983	Curt Warner	RB	1995	Chris Warren	RB
1984	Kenny Easley	S	1996	Cortez Kennedy	DT
1985	Steve Largent	WR	1997	Darryl Williams	S
1986	Curt Warner	RB	1998	Chad Brown	LB
1987	Steve Largent	WR		*Discontinued in 1999*	

PRO BOWL

Year	Player	Nominations
1978	Steve Largent, WR	1
1979	Steve Largent, WR	2
1981	Steve Largent, WR	3
1982	Kenny Easley, S	1
1983	Kenny Easley, S, starter	2
	Curt Warner, RB, starter	1
1984	Dave Brown, CB	1
	Kenny Easley, S, unanimous	3
	Norm Johnson, K	1
	Dave Krieg, QB	1
	Steve Largent, WR	4
	Joe Nash, DT, starter	1
	Fredd Young, special teams	1
1985	Kenny Easley, S, starter	4
	Steve Largent, WR, starter	5
	Fredd Young, special teams	2
1986	Bobby Joe Edmonds, KR	1
	Jacob Green, DE	1
	Steve Largent, WR, starter	6
	Curt Warner, RB, starter	2
	Fredd Young, LB, starter	3
1987	Kenny Easley, S, starter	5
	Jacob Green, DE	2
	Steve Largent, WR, starter	7
	Curt Warner, RB, starter	3
	Fredd Young, LB, starter	4
1988	Dave Krieg, QB	2
	Rufus Porter, special teams	1
1989	Brian Blades, WR	1
	Dave Krieg, QB	3
	Rufus Porter, special teams	2
1990	John L. Williams, FB	1
1991	Cortez Kennedy, DT	1
	John L. Williams, FB	2
1992	Cortez Kennedy, DT, starter	2
	Eugene Robinson, S	1
1993	Cortez Kennedy, DT, starter	3
	Eugene Robinson, S	2
	Chris Warren, RB	1
1994	Cortez Kennedy, DT, starter	4
	Rick Tuten, P	1
	Chris Warren, RB	2
1995	Cortez Kennedy, DT	5
	Chris Warren, RB, starter	3
1996	Cortez Kennedy, DT, starter	6
	Michael Sinclair, DE	1
1997	Warren Moon, QB	1, 9 total
	Michael Sinclair, DE	2
	Darryl Williams, S, starter	1
1998	Chad Brown, LB, starter	1, 2 total
	Cortez Kennedy, DT	7
	Michael Sinclair, DE	3
	Shawn Springs, CB	1
1999	Chad Brown, LB	2, 3 total
	Walter Jones, T	1
	Cortez Kennedy, DT	8
2001	Walter Jones, T	2
	John Randle, DT, starter	1, 7 total
2002	Walter Jones, T, starter	3
2003	Shaun Alexander, RB	1
	Alex Bannister, ST	1
	Matt Hasselbeck, QB	1
	Steve Hutchinson, G	1
	Walter Jones, T	4
2004	Shaun Alexander, RB	2
	Steve Hutchinson, G	2

Year	Player	Nominations
	Walter Jones, T	5
2005	Shaun Alexander, RB, starter	3
	Matt Hasselbeck, QB, starter	2
	Steve Hutchinson, G, starter	3
	Walter Jones, T, starter	6
	Mack Strong, FB, starter	1
	Lofa Tatupu, LB	1
	Robbie Tobeck, C	1
2006	Walter Jones, T	7
	Julian Peterson, LB	1, 3 total
	Mack Strong, FB	2
	Lofa Tatupu, LB	2
2007	Matt Hasselbeck, QB	3
	Walter Jones, T	8
	Patrick Kerney, DE	1, 2 total
	Julian Peterson, LB	2, 4 total
	Lofa Tatupu, LB	3
	Marcus Trufant, CB	1
2008	Walter Jones, T	9
	Julian Peterson, LB	3, 5 total

AP ALL-PRO

	1st Team	2nd Team
1978		Steve Largent
		Jim Zorn
1979		Steve Largent
1983	Kenny Easley	Curt Warner
1984	Norm Johnson	Steve Largent
	Joe Nash	Dave Brown
	Kenny Easley	
1985	Steve Largent	
	Kenny Easley	
1986	Bobby Joe Edmunds	Curt Warner
1987	Fredd Young	Steve Largent
		Curt Warner
1992	Cortez Kennedy	
1993	Cortez Kennedy	Eugene Robinson
1994	Cortez Kennedy	Chris Warren
		Rick Tuten
1995		Chris Warren
1996		Cortez Kennedy
1998		Chad Brown
2001	Walter Jones	
2003	Steve Hutchinson	
2004	Walter Jones	Shaun Alexander
2005	Shaun Alexander	
	Steve Hutchinson	
	Walter Jones	
	Mack Strong	
2006		Walter Jones
2007	Walter Jones	
	Patrick Kerney	
	Lofa Tatupu	
2008		Walter Jones
2010		Leon Washington

RETIRED JERSEYS

#12 Seattle's fans, the 12th Man (1984)

#80 WR Steve Largent (1995)
#71 T Walter Jones (2010)

PRO FOOTBALL HALL OF FAME

1984   Mike McCormack, Coach-President/GM, 1982-88
1990   Franco Harris, RB, 1984 (elected in first year of eligibility)
1995   Steve Largent, WR, 1976-89 (elected in first year of eligibility)
2004   Carl Eller, DE, 1979
2006   Warren Moon, QB, 1997-98 (elected in first year of eligibility)
2010   John Randle, DT, 2001-03 (elected in first year of eligibility)
2010   Jerry Rice, WR, 2004 (elected in first year of eligibility)

NFL COACH OF THE YEAR

1978   Jack Patera (*AP, The Sporting News*, Washington DC Touchdown Club, Seattle Gold Helmet Committee)
1983   Chuck Knox (Vince Lombardi Committee, Seattle Gold Helmet Committee, *Football News*)
1984   Chuck Knox (*AP, The Sporting News*, Seattle Gold Helmet Committee)
1992   Tom Catlin, Assistant Head Coach/Defense (*Sports Illustrated*)

NFL/NATIONAL HONORS

1976   Steve Niehaus, DT (NFC Defensive Rookie of the Year)
      Jim Zorn, QB (NFC Offensive Rookie of the Year)
1978   John Thompson, General Manager (*The Sporting News* NFL Executive of the Year)
1981   Kenny Easley, S (AFC Defensive Rookie of the Year)
1983   Kenny Easley, S (*Football News* AFC Defensive Player of the Year)
      Chuck Knox, Head Coach (*UPI* AFC Coach of the Year, *Football News* NFL Coach of the Year)
      Curt Warner, RB (*UPI* AFC Offensive Player of the Year, *UPI* AFC Rookie of the Year)
1984   Kenny Easley, S (*AP, Pro Football Weekly* and Kansas City 101 Club NFL Defensive Player of the Year, NFL Alumni Association Defensive Back of the Year)
      Chuck Knox, Head Coach (*Football Digest* NFL Coach of the Year, *UPI* & PFWA AFC Coach of the Year)
      Fredd Young, LB (AFC Special Teams Player of the Year)
1985   Steve Largent, WR (NFL Alumni Association Wide Receiver of the Year)
      Fredd Young, LB (NFL Alumni Association Special Teams Player of the Year)
      Curt Warner, RB (*Sports Illustrated* Comeback Player of the Year)
1986   Bobby Joe Edmonds, KR (AFC Special Teams Player of the Year)
      Curt Warner, RB (*UPI* AFC Offensive Player of the Year)
1987   Curt Warner, RB (NFL Alumni Association Running Back of the Year)
1988   Steve Largent, WR (NFL Man of the Year)
1992   Cortez Kennedy, DT (A*P, Pro Football Writers, NEA, College & Pro Football Newsweekly* NFL Defensive Player of the Year)
1993   Rick Mirer, QB (NFL Offensive Rookie of the Year, *UPI* AFC Offensive Rookie of the Year)
1995   Eugene Robinson, S (Henry P. Iba Citizenship Award from the Tulsa Oklahoma Rotary Club)
2005   Shaun Alexander, RB (*AP and Pro Football Weekly*/PFWA Most Valuable Player, *AP* Offensive Player of the Year, *The Sporting News*, Maxwell Club and FedEx Ground Player of the Year)

NFL PLAYER OF THE MONTH

1986 Curt Warner, RB (October), Dave Krieg, QB (December)
1989 John L. Williams, FB (December)
1996 Michael McCrary, DE (December)
1998 Chad Brown, LB (November)
1999 Jon Kitna, QB (October), Jeff Feagles, P (December)
2004 Matt Hasselbeck, QB (December)
2005 Shaun Alexander, RB (November)
2006 Ken Hamlin, FB (September), Nate Burleson WR (Special Teams - November)
2007 Patrick Kerney, DE (November)

NFL ROOKIE OF THE MONTH

1997 Walter Jones, T (October)
2002 Rocky Bernard, DT (September)
2005 Lofa Tatupu, LB (December/January)

NFL PLAYER OF THE WEEK

1984 Joe Nash, NT (Week 4), Kenny Easley, S (Week 9), Dave Brown, CB (Week 10),
    Dave Krieg, QB (Week 13)
1985 Dave Krieg, QB & Daryl Turner, WR (Week 2), Terry Taylor, CB (Week 9)
1986 Steve Largent, WR (Week 5), Jacob Green, DE (Week 12)
1987 Fredd Young, LB (Week 2), Steve Largent, WR (Week 6), Brian Bosworth, LB (Week 15)
1988 Jacob Green, DE (Week 2), Dave Krieg, QB (Week 16)
1989 Steve Largent, WR (Week 14)
1990 Dave Krieg, QB (Week 10), Nesby Glasgow, S (Week 12), DE Jacob Green (Week 17)
1991 Rufus Porter, LB (Week 13)
1992 Cortez Kennedy, DT (Week 3)
1993 Chris Warren, RB (Week 3), *Rick Mirer, QB and P Rick Tuten (Week 5),
    Eugene Robinson (Week 11)
1994 Chris Warren, RB (Week 5), Robert Blackmon, S (Week 13)
1995 Joey Galloway,* WR (Week 11), Robert Blackmon, S (Week 12),
    Todd Peterson, K (Week 14), Robert Blackmon, S (Week 15), Rick Tuten, P (Week 16)
1996 Cortez Kennedy, DT (Week 6), Darryl Williams, S (Week 9), Michael McCrary, Special Teams (Week 10), Rick Tuten, P (Week 15), Michael McCrary, DE (Week 17)
1997 Chad Brown, LB (Week 3), Darryl Williams, S (Week 4),
    Warren Moon, QB (Weeks 9 and 11)
1998 Jon Kitna, QB (Week 13)
1999 Charlie Rogers,* PR, Special Teams (Week 3), Shawn Springs, CB (Week 8)
2000 Jon Kitna, QB (Week 11)
2001 Shaun Alexander, RB (Weeks 4 and 9), Charlie Rogers, KR, Special Teams (Week 16)
2002 Shaun Alexander, RB (Week 4), Matt Hasselbeck QB (Week 12),
    Ken Lucas CB (Week 15)
2003 Ken Hamlin,* S (Week 2), Bobby Engram, WR, Special Teams (Week 11),
    Chad Brown, LB (Week 17)
2004 Tom Rouen, P (Week 2), Ken Lucas, CB (Week 3), Michael Boulware,* S (Week 11), Darrell Jackson, WR (Week 14), Shaun Alexander, RB (Week 16)
2005 Shaun Alexander, RB (Weeks 3, 6, 9), Josh Brown, K (Week 7), Andre Dyson, CB (Week 13), Matt Hasselbeck, QB (Week 5)
2006 Josh Brown, K (Weeks 6 and12)
2007 Lance Laury, LB/ST (Week 3), Nate Burleson, WR/ST (Week 7), Lofa Tatupu, LB (Week 13), Marcus Trufant, CB (Week 14)
2008 Josh Wilson; CB (Week 16)
2010 Leon Washington, KR (Week 3), Olindo Mare, K (Week 7), Jon Ryan, P (Week 17)
    * Rookie

STEVE LARGENT, WR
1976-89

Pro Football Hall of Fame: Steve Largent became the first Seahawks player to be elected to the Pro Football Hall of Fame on Saturday, January 28, 1995. Largent was formally inducted in Canton, Ohio, on Saturday, July 29, along with Jim Finks, Henry Jordan, Lee Roy Selmon, and Kellen Winslow. He was presented into the Hall of Fame by Seahawks' Vice President Gary Wright. Largent was the 23rd player to be elected in his first year of eligibility.

NFL Records: Concluded his 14 National Football League seasons with league career records for receptions, 819; yards, 13,089; touchdowns, 100; consecutive games with a reception, 177; 50-catch seasons, 10; and 1,000-yard seasons, 8. Became only the second player in NFL history to be the career leader in receptions, yards and touchdowns at the same time joining Green Bay's Don Hutson (1945). Ranked third all-time at the time of his retirement with 40-career 100-yard games, trailing Don Maynard (50) and Lance Alworth (41). Still ranks 18th in total touchdowns with 101 (has one rushing), 11th with 40 100-yard games, and is 32nd in combined yards with 13,396.

Pro Career: Finished in the AFC's (NFC in 1976) top 10 in receptions 10 times in his first 12 seasons, failing only in 1977 and 1982, and in the top five seven times. Led the AFC in receptions in 1978 with 71 and finished second in 1981 (75) and 1987 (58), and was third in the NFC in 1976 (54). The only NFC wide receiver to catch more passes than Largent in 1976 was Dallas' Drew Pearson (58). Largent's total did lead all rookie wide receivers. Finished in the NFL's top 10 in receiving yards seven times, including a first-place finish in 1985, and a second in 1978, missing the lead by one yard. Missed only 10 games in his career due to injury, including six in 1989 with a broken elbow. Selected to play in the AFC-NFC Pro Bowl game seven times, after the 1978, 1979, 1981, 1984, 1985, 1986, and 1987 seasons. Unable to play in the 1979 game because of a wrist injury. Set the Pro Bowl career yardage record with 236, since surpassed by Jerry Rice with 495, and had 17 Pro Bowl receptions. Originally drafted in the fourth round in 1976 by the Houston Oilers. Was waived by the Oilers on August 24, recalled, and traded to the Seahawks for an eighth-round 1977 draft choice on August 26. The Oilers used that choice to select wide receiver Steve Davis from the University of Georgia.

Seahawks Records: Led the team in both receptions and yards in each of the team's first 12 seasons. Voted by his teammates as the Seahawks' Most Valuable Player after the 1977, 1979, 1981, 1985, and 1987 seasons. Was also elected Offensive Captain from 1979-83 and 1985-89. Second in games played (200) but has more starts (197) than any other player in team history. He was the first player voted into the team's Ring of Honor December 23, 1989.

Personal: Represented the 1st District of the State of Oklahoma for four terms. Was elected to the United States House of Representatives on November 8, 1994, and sworn in on November 29. Re-elected to a second two-year term in 1996, and resigned following the first year of his fourth term and sought election as the governor of Oklahoma in November, 2002. Attended Putnam City High School in Oklahoma City, Oklahoma, where he lettered in football and baseball. Steve and his wife, Terry, have three sons, Kyle, Kelly, and Kramer, and a daughter, Casie.

CARL ELLER DE
1979
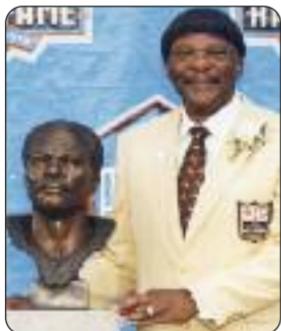
Pro Football Hall of Fame: Carl Eller was inducted into the Pro Football Hall of Fame on Sunday, August 8, 2004, along with Bob Brown, John Elway and Barry Sanders. He was presented into the Hall of Fame by his son, Regis.

Pro Career: Selected in the 1st round of NFL draft by Minnesota and AFL draft by Buffalo in 1964. Eller quickly established himself at left defensive end on the Vikings "Purple People Eaters" defensive line. He amassed 44 sacks from 1975-1977 and named first- or second-team All-NFL each season from 1967-1973, playing in six Pro Bowls. He also was effective in blocking kicks and, during his career he recovered 23 opponents' fumbles, the third best mark in NFL annals at the time of his retirement. It was Eller who caused the now infamous fumble that led to teammate Jim Marshall's wrong-way run for a safety in 1964 in a game against the San Francisco 49ers. The Vikings won the 1969 NFL championship and NFC crowns in 1973, 1974, and 1976 and played in four Super Bowls.

Seahawks Career: The 16-year NFL veteran of 225 games played his final NFL season in Seattle, playing in all 16 games with 26 tackles and 3.0 sacks.

Personal: Born January 25, 1942, in Winston-Salem, N.C.

FRANCO HARRIS RB
1984

Pro Football Hall of Fame: Franco Harris was inducted into the Pro Football Hall of Fame on Saturday, August 4, 1990, along with Buck Buchanan, Bob Griese, Ted Hendricks, Jack Lambert, Tom Landy and Bob St. Clair.

Pro Career: Harris began his pro football career as the Pittsburgh Steelers No. 1 pick and the 13th player selected in the 1972 NFL Draft. For 12 seasons, the 6-2, 230-pounder from Penn State was a big-yardage running back, a key man in the powerful Pittsburgh offensive machine. Harris established himself as a future superstar when he became only the fourth rookie in NFL annals to rush for 1,000 yards. He gained additional attention by being on the receiving end of the famous "Immaculate Reception" pass from Terry Bradshaw that gave the Steelers their first-ever playoff win, a 13-7 victory over the Oakland Raiders. In his 13 seasons, the last of which was spent with the Seattle Seahawks in 1984, Harris rushed 2,949 times for 12,120 yards and 91 touchdowns. He rushed for 1,000 yards or more eight seasons and for more than 100 yards in 47 games. His career rushing total and his combined net yardage figure of 14,622 both ranked as the third highest marks in pro football history at the time of his retirement. Was an All-AFC choice in 1972, 1975, 1976, and 1977 and first- or second-team All-Pro six times. He was selected to nine Pro Bowls. Franco played in five AFC championships – missing a sixth because of injury – and four Super Bowls. In Super Bowl IX, when the Steelers won their first-ever league title with a 16-6 victory over Minnesota, Harris rushed for 158 yards, compared to just 17 yards rushing for the entire Viking team. He was named the game's Most Valuable Player. Harris held numerous Super Bowl and post-season game records by the end of his career. The most notable include 24 points and 354 yards rushing in four Super Bowls and 17 touchdowns and 1,556 yards rushing in 19 post-season playoff games.

Seahawks Career: Harris played his final NFL season in Seattle in 1984. He played in eight games with six starts and rushed 68 times for 170 yards with one catch for 3 yards.

Personal: Born in Fort Dix, N.J., on March 7, 1950

MIKE MCCORMACK
1982-88

Pro Football Hall of Fame: Mike McCormack was inducted into the Pro Football Hall of Fame on July 28, 1984. He was one of four players honored in 1984 along with Arnie Weinmeister, Willie Brown and Charley Taylor. McCormack played with the Cleveland Browns from 1954-1962 and served as head coach of the Philadelphia Eagles (1973-75), Baltimore Colts (1980-81) and Seattle Seahawks (1982). He also served as president and general manager of the Seahawks. In 1993, he was hired by the newly formed Carolina Panthers as their team president and general manager. He retired from the Panthers' organization in 1997.

Pro Career: One of the game's greatest offensive tackles, he began his pro football career with the NFL's 1951 New York Yanks where as a rookie he earned the starting right tackle spot. That year he earned the first of six trips to the Pro Bowl, before being called into military service. The Baltimore Colts, who acquired his rights before the start of the 1953 season, traded him to the Cleveland Browns in a massive 15-player deal. Even though the Browns knew McCormack would not be available for a full year, he was the key man in the trade. Coach Paul Brown always considered it one of his wisest personnel moves. In his first season in Cleveland, McCormack, a former University of Kansas star and Chicago native, was asked to fill the middle guard position that had been vacated by the retiring Bill Willis on the defensive unit. It was a tall order, considering Willis would himself be elected to the Hall of Fame. McCormack, not surprisingly, was up to the challenge. He quickly became an important factor on an excellent Cleveland defensive team. Mike enjoyed perhaps his most memorable individual moment on the defensive team when, in the 1954 NFL Championship Game, he stole the ball from Detroit Lions quarterback Bobby Layne to set up one of the early touchdowns in a 56-10 Cleveland rout. But it was as an offensive tackle that McCormack made his lasting mark in pro football. Mike was the Browns' offensive right tackle for eight years from 1955 through 1962. During that period, the Browns' forward wall played a major role in assuring a balanced offensive approach and McCormack, equally adept as a blocker on rushing plays and as a quarterback protector, was a stabilizing factor throughout the period.

Seahawks Career: In 1982, McCormack joined the Seattle Seahawks as director of football operations, eventually becoming president and general manager the following season. He also served as the Seahawks' interim head coach for the remainder of the 1982 season when Jack Patera was fired after the first two games. McCormack took over during the 57-day players strike and led the team to a 4-3 record. He then returned to his management position when the Seahawks hired Chuck Knox as their new head coach in 1983. Under McCormack's leadership, the Seahawks enjoyed the franchise's finest years until the mid 2000's. During his seven seasons with the team, Seattle reached the postseason four times, including the AFC Championship Game in 1983.

Personal: Married to wife Ann and has four children; Michael, Tim, Molly and Colleen. Was a member of the University of Kansas' all-time team and served as co-captain of the 1950 Jayhawks team.

WARREN MOON QB
1997-98

Pro Football Hall of Fame: Warren Moon was elected to the Pro Football Hall of Fame on Saturday, February 4, 2006, the day before the Seahawks played the Pittsburgh Steelers in Super Bowl XL. Moon was formally inducted in Canton, Ohio, on Sunday, August 6, along with Troy Aikman, Harry Carson, John Madden, Reggie White and Rayfield Wright. He was presented into the Hall of Fame by friend, agent and business associate Leigh Steinberg. Moon was the first African-American quarterback to be inducted.

Pro Career: Prior to the 1978 NFL Draft, some NFL scouts suggested that since University of Washington quarterback Warren Moon had played in a rollout rather than a drop-back passing offense, he would be a mid-round pick. Others speculated that since only one African American quarterback, James Harris, had achieved any measurable success in the NFL, Moon would have to play some other position. Regardless of which misguided reason motivated NFL scouts, Moon remained confident of his abilities and opted to sign with the Edmonton Eskimos of the Canadian Football League. He went on to lead the Eskimos to an unprecedented five consecutive Grey Cup victories. Eventually, Moon returned to the United States to play for the Houston Oilers in 1984. He racked up nearly 50,000 passing yards in 17 NFL seasons. Moon set a new club record with 3,338 yards passing in his first year with Houston, a mark he would break four more times. In 1986, when the Oilers installed the run-and-shoot offense, Moon's quarterback skills finally became apparent to all. The wide-open offense showcased Moon's strong arm, running skills, and big-play ability. In 1990, Moon led the league with 4,689 passing yards. He also led the league in attempts (584), completions (362), and touchdowns (33), and tied Dan Marino's NFL record with nine 300-yard games in a season. The following year, he again led the league in passing yards 4,690. At the same time, he joined Hall of Fame quarterbacks Marino and Dan Fouts as the only quarterbacks to post back-to-back 4,000-yard seasons. Moon also established new NFL records that season with 655 attempts and 404 completions. Moon was traded to the Minnesota Vikings before the 1994 season. In his debut season, he passed for 4,264 yards and led the team to the playoffs. In his second season in Minnesota, he again passed for more than 4,200 yards. Moon moved on to the Seattle Seahawks as a free agent in 1997 where the veteran star set franchise records for completions (313) and yards passing (3,678) and earned his ninth Pro Bowl selection. Injuries limited his play in 1998. In 1999, Moon joined the Kansas City Chiefs and spent two seasons as a backup there before retiring. Despite spending his first six professional seasons in the CFL, Moon ranked third all-time in NFL passing yardage and fourth in touchdown passes thrown at the time of his retirement.

Seahawks Records: The 17-year NFL veteran played for the Seahawks from 1997-98, setting the franchise record for passing yards in one season with 3,678 in 1997, surpassed by Matt Hasselbeck in the 2003 season. His 313 completions in 1997 are second-most in club history, hehind Hasselbeck's 352 completions in 2007. He also holds the club record for most consecutive completions (17).

Personal: Named the NFL's Man of the Year in 1989 for his work in the community, Warren established the Crescent Moon Foundation in 1989 to raise money for college academic scholarships in Seattle, Los Angeles, Houston, and Minneapolis/St. Paul. Warren has worked as an ambassador for the NFL promoting the game of football both nationally and internationally to young people. He returns to the Seahawks radio team for his eighth season and serves as the team's preseason television analyst.

JOHN RANDLE DT
2001-03

Pro Football Hall of Fame: John Randle was elected into the Pro Football Hall of Fame on Saturday, February 6, 2010, along with Russ Grimm, Rickey Jackson, Dick LeBeau, Floyd Little, Jerry Rice and Emmitt Smith. He was inducted on Saturday, August 7, 2010.

Pro Career: John Randle, a Little All-America from Texas A&I, signed as an undrafted free agent with the Minnesota Vikings in 1990. He embarked on an impressive streak from 1992-01 of 183 games played and 140 starts before a knee injury forced him out of a game. In the 1993 season, Randle registered 12.5 sacks, amassed 59 tackles and forced three fumbles to earn All-Pro honors and a Pro Bowl invitation for the first time. It began a string of six straight All-Pro and Pro Bowl seasons for Randle. He improved his sack total again in 1994 with a NFC-high 13.5 sacks. Randle recorded perhaps his finest season in 1997 when he led the NFL with 15.5 sacks and also had a career-high 71 tackles. In all, Randle amassed 137.5 sacks during his 14-season career. He led the Vikings in sacks nine times and the Seahawks twice. Thirty-five times he recorded multi-sack games including eight games with three or more sacks. Randle was elected to seven Pro Bowls (1994-99, 2002) and named to the NFL's All-Decade Team of the 1990s.

Seahawks Career: Randle played his final three seasons in Seattle, leading the club in sacks twice and making one Pro Bowl. In 43 games with 35 starts, he collected 23.5 sacks.

Personal: Born on December 12, 1967, in Hearne, Texas.

JERRY RICE WR
2004
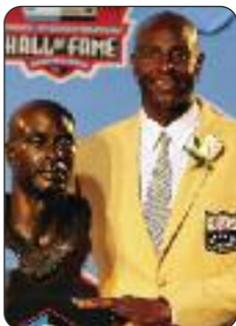
Pro Football Hall of Fame: Jerry Rice was elected into the Pro Football Hall of Fame on Saturday, February 6, 2010, along with Russ Grimm, Rickey Jackson, Dick LeBeau, Floyd Little, John Randle and Emmitt Smith. He was inducted on Saturday, August 7, 2010.

Pro Career: The San Francisco 49ers used their first round draft pick (16th overall) in 1985 on Jerry Rice from little known Mississippi Valley State. In 1986, Rice recorded a season that began perhaps the finest stretch by any receiver in NFL history. That year, he caught 86 passes for a league-leading 1,570 yards. He also led the NFL in touchdown catches with 15. It marked the first of 11 straight 1,000-yard seasons for Rice who also recorded double-digit receiving touchdown totals in nine of the next 10 seasons. The following year, Rice set the NFL record for touchdown receptions in a season with 22. His first of four seasons with 100 catches came in 1990 when he had an even 100 receptions to lead the NFL in that category. He led the NFL in receiving yards six times including a NFL record 1,848 yards in 1995. Rice also led the NFL in touchdown receptions six times. No wide receiver in NFL history played more than Rice's 20 seasons. By the time he retired after finishing his career with Oakland and Seattle, he was the most prolific wide receiver in NFL history with staggering career totals. He owns virtually every significant receiving mark. Some of the more notable career records include receptions (1,549); receiving yards (22,895 yards); most 1,000-yard receiving seasons (14); total touchdowns (208); and combined net yards (23,546). Rice has a hold on multiple NFL playoff and Super Bowl records. He played in eight conference championships and four Super Bowls. He earned three Super Bowl rings with the 49ers and was named the Most Valuable Player of San Francisco's Super Bowl XXIII win over the Cincinnati Bengals. Rice, who was named first-team All-Pro 11 consecutive seasons and voted to 13 Pro Bowls, is also a member of the NFL's All-Decade Teams of the 1980s and 1990s and NFL's 75th Anniversary Team

Seahawks Career: Rice finished his career in Seattle, playing in 11 games with nine starts in 2004. He caught 24 passes for 362 yards with a long of 56 and three touchdowns.

Personal: Born on October 13, 1962, in Starkville, Miss.

STEVE LARGENT

Wide Receiver   **5-11**   **191**
Tulsa
14 Seahawks Seasons
Trade (Houston) 1976
Career Games/Starts: 200/197
Birthdate: September 28, 1954
Tulsa, Oklahoma
Ring of Honor:
December 23, 1989

80

The inaugural inductee into the Ring of Honor in 1989, Steve Largent concluded his 14 National Football League seasons with league career records for receptions, 819; yards, 13,089; touchdowns, 100; consecutive games with a reception, 177; 50-catch seasons, 10; and 1000-yard seasons, 8. Largent became the first Seahawks player to be elected to the Pro Football Hall of Fame on July 29, 1995, and only the 23rd player to be elected in first year of eligibility. He finished in the AFC's (NFC in 1976) top 10 in receptions 10 times in his first 12 seasons. Led the AFC in receptions in 1978 with 71 and finished second in 1981 and 1987. Largent finished in the top 10 in receiving yards seven times, including a first-place finish in 1985, and second in

1978, missing the lead by one yard. Selected to play in the Pro Bowl seven times (1978, 1979, 1981, 1984, 1985, 1986, and 1987) and was first-team All-NFL (AP) in both 1979 and 1985. Largent led the team in both receptions and yards in each of the team's first 12 seasons. Second in games played (200) but has more starts (197) than any other player in Seahawks history. After retiring from the game in 1989, Largent would gain political aspirations and represented the 1st District of the State of Oklahoma for four terms. He would then serve and be re-elected for his home state in the United States House of Representatives before resigning in his first-year of his fourth term to pursue the governorship of Oklahoma.

LARGENT'S NFL RECORD

| | Club | G/S | Receiving | | | | | Rushing | | | |
			No.	Yds.	Avg.	LG	TD	Att.	Yds.	Avg.	TD
1976	Seattle	14/13	54	705	13.0	45	4	4	-14	-3.5	0
1977	Seattle	14/14	33	643	19.4	74	10	0	0	0.0	0
1978	Seattle	16/16	71	1,168	16.5	57	8	0	0	0.0	0
1979	Seattle	15/15	66	1,237	*18.7	55	9	0	0	0.0	0
1980	Seattle	16/16	66	1,064	16.1	67	6	1	2	2.0	0
1981	Seattle	16/16	75	1,224	16.3	57	9	6	47	7.8	1
1982	Seattle	8/8	34	493	14.5	45	3	1	8	8.0	0
1983	Seattle	15/14	72	1,074	14.9	46	11	0	0	0.0	0
1984	Seattle	16/16	74	1,164	15.7	65	12	2	10	5.0	0
1985	Seattle	16/16	79	*1,287	16.3	43	6	0	0	0.0	0
1986	Seattle	16/16	70	1,070	15.3	38	9	0	0	0.0	0
1987	Seattle	13/13	58	912	15.7	58	8	2	33	16.5	0
1988	Seattle	15/15	39	645	16.5	46	2	1	-3	-3.0	0
1989	Seattle	10/9	28	403	14.4	33	3	0	0	0.0	0
Career Totals		**200/197**	***819**	***13,089**	**16.0**	**74**	***100**	**17**	**81**	**4.9**	**1**
Seahawks Totals		**200/197**	**819**	**13,089**	**16.0**	**74**	**100**	**17**	**81**	**4.9**	**1**

Playoff Games Played/Started: 1983: 3/3, 1984: 2/2, 1987: 1/1, 1988:1/1, **Career: 7/7**

LARGENT'S SINGLE-GAME HIGHS

Receptions: *15 vs. Detroit (10/18/87)   **Yards:** *261 vs. Detroit (10/18/87)
Longest: 74 vs. San Diego (11/27/77)   **Most TDs:** 3, 3 times, last vs. Detroit (10/18/87)

ADDITIONAL STATS

Passing: 7 attempts, 2 complete for 29 yards. **Punt Returns:** 8 for 68 yards, 8.5 average, 12 long, 1 fair catch. **Kickoff Returns:** 8 for 156 yards, 19.5 average, 30 long. **Scoring:** 1 TD rushing (1981), 1 PAT (1985).

*Team Record
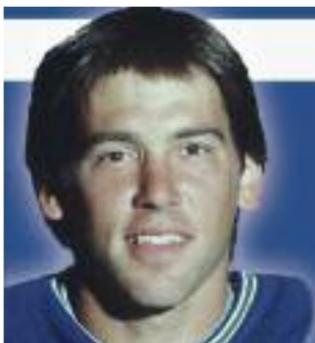
Jim ZORN

Quarterback   **6-2**   **200**
Cal Poly-Pomona
9 Seahawks Seasons
Free Agent 1976
Seattle Games/Starts: 126/100
Career Games/Starts: 140/106
Birthdate: May 10, 1953
Whittier, California
Ring of Honor: August 3, 1991

10

Inducted into the Ring of Honor in 1991, Jim Zorn was the starting quarterback for the Seahawks during their inaugural season in 1976 and would remain at the helm for the next seven years. Named the NFC Offensive Rookie of the Year in 1976 as he led the NFL in attempts with 439 and set a then-record 2,571 passing yards, which was also a record for an expansion team. By the end of the 1979 season, Zorn became only the third player to throw for 10,000 yards in his first four seasons.

In 1978, he earned numerous accolades, which included being named AFC Player of the Year by the Washington D.C. Touchdown Club and first-team All-NFL by the *NEA*. Zorn, along with current protégé Matt Hasselbeck, are the only two Seahawks quarterbacks to throw for 300 yards in back-to-back games which he accomplished twice, once in 1979 and again in 1981. Zorn finished his career leading the Seahawks in every passing category amassing 20,122 passing yards and 107 touchdown passes.

ZORN'S NFL RECORD

PASSING

Year	Club	G	Att.	Comp.	Yds.	Pct.	TD	Int.	LG	Sacked	Rate.
1976	Seattle	14	439	208	2,571	.473	12	27	80	25/196	49.5
1977	Seattle	10	251	104	1,687	.414	16	19	82	12/51	54.3
1978	Seattle	16	443	248	3,283	.560	15	20	64	44/284	72.1
1979	Seattle	16	505	285	3,661	.564	20	18	65	23/201	77.7
1980	Seattle	16	488	276	3,346	.566	17	20	67	44/341	72.3
1981	Seattle	13	397	236	2,788	.594	13	9	80	24/201	82.4
1982	Seattle	9	245	126	1,540	.514	7	11	50	20/152	61.9
1983	Seattle	16	205	103	1,166	.502	7	7	43	9/64	64.8
1984	Seattle	16	17	7	80	.412	0	2	21	1/8	16.4
1985	Green Bay	13	123	56	794	.455	4	6	56	11/89	57.4
1987	Tampa Bay	1	36	20	199	.556	0	2	26	7/43	48.3
Career Totals		**140**	**3,149**	**1,669**	**21,115**	**.530**	**111**	**141**	**82**	**220/1,630**	**67.3**
Seahawks Totals		**126**	**2,990**	**1,593**	**20,122**	**.533**	**107**	**133**	**82**	**202/1,498**	**67.9**

RUSHING

Year	Club	G	Att.	Yds.	Avg.	LG	TD
1976	Seattle	14	52	246	4.7	19	4
1977	Seattle	10	25	141	5.6	15	1
1978	Seattle	16	59	290	4.9	23	6
1979	Seattle	16	46	279	6.1	41	2
1980	Seattle	16	44	214	4.9	25	1
1981	Seattle	13	30	140	4.7	20	1
1982	Seattle	9	15	113	7.5	35	1
1983	Seattle	16	30	71	2.4	18	1
1984	Seattle	16	7	-3	-0.4	7	0
1985	Green Bay	13	10	9	0.9	8	0
1987	Tampa Bay	1	4	4	1.0	5	0
Career Totals		**140**	**322**	**1,504**	**4.7**	**41**	**17**
Seahawks Totals		**126**	**308**	**1,491**	**4.8**	**41**	**17**

ZORN'S SINGLE GAME HIGHS

Attempts: 49 vs. Philadelphia (12/12/76)
Yards: 384 vs. New Orleans (11/18/79)
Most TDs: 4, 4 times, last vs. New England (9/21/80)

Completions: 31 vs. Kansas City (9/27/81)
Longest: 82 vs. Cincinnati (9/25/77) to David Sims
Interceptions: 6 vs. Detroit (10/24/76)

DAVE BROWN
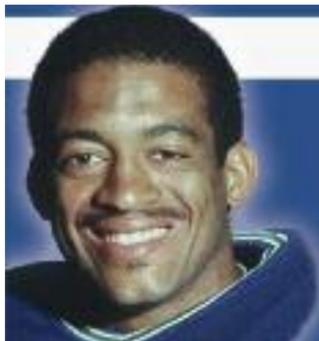
Cornerback   **6-1**   **197**
Michigan
11 Seahawks Seasons
Veteran Allocation (Pitt)
Seattle Games/Starts: 159/159
Career Games/Starts: 172/159
Birthdate: January 16, 1953
Akron, Ohio
Ring of Honor: August 22, 1992

22

Inducted into the Ring of Honor in 1992, Dave Brown was an 11-year starter in the Seahawks' secondary from 1976-1986. Coming over from the Pittsburgh Steelers in the Veteran Allocation Draft in 1976, Brown played at the free safety position leading the team with four interceptions. The following season #22 would shift over to the right-side cornerback position where he would be the "cornerstone" of the Seahawks' defense for the next 10 years, picking off another 46 passes, retiring as the all-time Seahawks leader in the category with 50. In 1984, Brown picked off eight passes and was named to the AFC Pro Bowl squad and first-team All-NFL by NFL Films. Two of those interceptions were part of a NFL-record four interception returns for touchdowns on November 4, 1984, against the Kansas City Chiefs. Brown had returns of 90 and 58 yards. Brown retired as the Seahawks' leader in interception return yards (643), interception returns for touchdowns (5), and the aforementioned interceptions (50).

BROWN'S NFL RECORD

	Club	G/S	Tkl.	QB	Int.	Yds.	Avg.	LG	TD	FF	FR
1975	Pittsburgh	13/0	6	0.0	0	0	0.0	0	0	0	0
1976	Seattle	14/14	111	0.0	4	70	17.5	33	0	2	0
1977	Seattle	14/14	64	0.0	4	68	17.0	29	1	0	0
1978	Seattle	16/16	41	0.0	3	44	14.7	44	0	0	3
1979	Seattle	16/16	65	0.0	5	46	9.2	23	0	0	0
1980	Seattle	16/16	63	1.0	6	32	5.2	24	0	0	0
1981	Seattle	10/10	48	0.0	2	2	1.0	2	0	1	1
1982	Seattle	9/9	50	1.0	1	3	3.0	3	0	0	2
1983	Seattle	16/16	54	0.0	6	83	11.2	37	0	6	2
1984	Seattle	16/16	54	0.0	8	*179	22.4	90	2	0	1
1985	Seattle	16/16	61	0.0	6	58	9.7	28	1	0	1
1986	Seattle	16/16	73	0.0	5	58	11.6	24	1	1	1
Career Totals		**172/159**	**690**	**2.0**	**50**	**643**	**12.9**	**90**	**5**	**10**	**11**
Seahawks Totals		**159/159**	**684**	**2.0**	***50**	***643**	**12.9**	**90**	***5**	**10**	**11**

PUNT RETURNS

Club		No.	Yds.	Avg.	LG	TD
1975	Pittsburgh	22	217	9.9	48	0
1976	Seattle	11	74	6.7	19	0
Career Totals		**33**	**291**	**8.8**	**48**	**0**

Playoff Games Played/Started: 1975: 3/0, 1983: 3/3, 1984: 2/2.
Career: 8/5

BROWN'S SINGLE-GAME HIGHS

Interceptions: 2, 5 times, last vs. Kansas City (11/4/84) **Longest Interception Return:** 90 vs. Kansas City (11/4/84)

Most Yards Returned: *148 vs. Kansas City (11/4/84) **Most Touchdowns:** *2 vs. Kansas City (11/4/84)

*Team Record

PETE GROSS

Radio
Play-by-Play

17 Seahawks Seasons (1976-92)

Birthdate: December 28, 1936
Whittier, California
Ring of Honor: November 30, 1992

Inducted into the Seahawks' Ring of Honor in 1992, Pete Gross served as the radio play-by-play for 17 seasons from the Seahawks' inaugural 1976 season through 1992. One of the most beloved people to have ever been associated with the Seahawks' franchise, fans will never forget his numerous "touch-down Seahawks" calls. Over his 17 seasons, Gross called all but the five games he missed in 1992 while battling cancer. His career included eight playoff games and in the 1983 season Gross came within one game of the Super Bowl when Seattle faced the Los Angeles Raiders in the AFC Championship Game. The Seahawks lost that game 30-14. Gross was diagnosed with cancer in 1989. He succumbed to the disease in 1992, just three days after his induction into the Ring. He was inducted into the Ring during a Monday night game versus the Denver Broncos, a game the 2-14 Seahawks won in overtime. Prior to moving to the Seahawks, he was the play-by-play voice of the University of Washington in both foot-ball and basketball. He came to Seattle after calling play-by-play for the University of the Pacific. Gross' legacy remains; the Seahawks are actively involved with the Pete Gross House. The Pete Gross House, which opened in November of 1999, is a 69-unit apartment complex that provides hous-ing for families undergoing treatment at the Fred Hutchinson Cancer Research Center. The Pete Gross House is also the location of the Hutch School, a fully accredited K through 12 school for cancer patients and their siblings. The Seahawks took an active roll in seeing the project through to comple-tion and participate in an annual fund-raiser for the continued upkeep of the facility.

Gross was inducted into the Seahawks' Ring of Honor during the Seahawks Monday night game versus the Denver Broncos. The Seahawks won the game and presented Gross with the game ball. Gross passed away three days later.
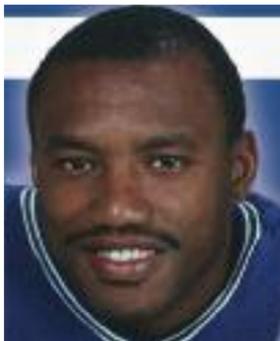
CURT WARNER

Running Back   **5-11**   **205**
Penn State
7 Seahawks Seasons
1st Round 1983
Seattle Games/Starts: 93/92
Career Games/Starts: 100/94
Birthdate: March 18, 1961
Wyoming, West Virginia
Ring of Honor: November 27, 1994

28

Curt Warner was inducted into the Ring of Honor on November 27, 1994, after a career that spanned seven years from 1983-1989 and saw him hold every Seahawks rushing record when he was done. Immediately thrust into the Seahawks' lineup his rookie season, Warner would rush for 1,449 yards and 13 touchdowns highlighted by a then, Seahawks record 207-yard-effort against Kansas City. The season was capped off by being named a starter in the Pro Bowl, 1983 AFC Player of the Year by the Washington D.C. Touchdown Club and NFLPA, AFC Offensive Player of the Year by the NFLPA and *UPI*, second-team All-NFL by the *AP* and *Football Digest* and first-team All-Rookie by *Pro Football Digest* and *Pro Football Weekly*. After suffering a season-ending injury in the first game of 1984, Curt would bounce back in 1985 rushing for 1,094 yards and being named the NFL's Comeback Player of the Year by *Sports Illustrated*. Warner would not look back his final three seasons leading the team in rushing each year, averaging 1,164 a season and 10 touchdowns, including a then-Seahawks record four TDs vs. Denver in 1988. Warner would be named to two more Pro Bowls (1986-87) bringing his career total to three, and was named AFC Offensive Player of the Year by the *UPI* in 1986, and first-team All-NFL by *Sports Illustrated* in 1987. Curt finished his career with 6,705 yards rushing on 1,649 carries with 62 touchdowns. He is currently third all-time in Seahawks history in rushing yards, third in total touchdowns and second in rushing attempts.

WARNER'S NFL RECORD

				Rushing					Receiving			
	Club	G/S	Att.	Yds.	Avg.	LG	TD	No.	Yds.	Avg.	LG	TD
1983	Seattle	16/16	335	1,449	4.3	60	13	42	325	7.7	28	1
1984	Seattle	1/1	10	40	4.0	9	0	1	19	19.0	19	0
1985	Seattle	16/16	291	1,094	3.8	38	8	47	307	6.5	27	1
1986	Seattle	16/16	319	1,481	4.6	60	13	41	342	8.3	26	0
1987	Seattle	12/12	234	985	4.2	57	8	17	167	9.8	30	2
1988	Seattle	16/16	266	1,025	3.9	29	10	22	154	7.0	17	2
1989	Seattle	16/15	194	631	3.3	34	3	23	153	6.7	24	1
1990	LA Rams	7/2	49	139	2.8	9	1	0	0	0.0	0	0
Career Totals		**100/94**	**1,698**	**6,844**	**4.0**	**60**	**56**	**193**	**1,467**	**7.6**	**30**	**7**
Seahawks Totals		**93/92**	**1,649**	**6,705**	**4.1**	**60**	**55**	**193**	**1,467**	**7.6**	**30**	**7**

WARNER'S SINGLE-GAME HIGHS

Rushes: 32 vs. KC (11/27/83) OT
Yards: 207 vs. KC (11/27/83) OT
Longest, no TD: 60 vs. Kansas City (9/4/83)
Longest, TD: 60 vs. Denver (12/20/86)

TDs: 4 vs. Denver (12/11/88)
Receptions: 6, 4 times, last vs. KC (11/9/86)
Yards: 72 vs. Kansas City (9/4/83)
TDs: 1, 6 times , last vs. L.A. Raiders (11/28/88)
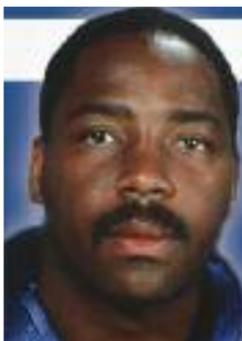
JACOB GREEN

Defensive End	**6-3**	**252**

Texas A&M
12 Seahawks Seasons
1st Round 1980
Seattle Games/Starts: 178/176
Career Games/Starts: 180/176
Birthdate: January 21, 1957
Pasadena, Texas
Ring of Honor: September 3, 1995

79

Jacob Green became the second Seahawks defensive player to be inducted into the Ring of Honor on September 3, 1995. Green was a fixture at the left defensive end position for 11 years (1980-1991). From the time the NFL made it an official statistic in 1982 until his retirement, Jacob was the third-most productive sack artist in the game, trailing only the likes of Lawrence Taylor and Reggie White. In 1983, Green registered a single-game Seahawks record 3.5 sacks against the Los Angeles Raiders, and the NFL's longest interception return for the season, a 73-yard touchdown at Cleveland. The following year,

Jacob equaled a team-record four fumble recoveries and registered a then-playoff record 2.5 sacks in a Wild Card game against the Los Angeles Raiders. Jacob's career was highlighted by two Pro Bowl selections in 1986 and 1987. In '86, he set a Seattle record with 4.0 sacks vs. the Giants. Green can be found scattered all over the Seahawks' record book having played in the third-most games (218), second-most starts (176), most fumble recoveries (17), fourth most tackles (779), and most career sacks (116.0).

GREEN'S NFL RECORD

Club	G/S	Tkl.	QB	Int.	FF	FR
1980 Seattle	14/13	58	6.5	0	0	0
1981 Seattle	16/16	74	12.0	0	6	1
1982 Seattle	9/9	36	3.0	0	1	0
1983 Seattle	16/16	61	16.0	1	1	2
1984 Seattle	16/16	69	13.0	0	4	4
1985 Seattle	16/16	92	13.5	1	*7	2
1986 Seattle	16/16	64	12.0	0	1	1
1987 Seattle	12/12	48	9.5	0	3	1
1988 Seattle	16/16	54	9.0	0	1	2
1989 Seattle	15/14	47	3.0	0	1	1
1990 Seattle	16/16	60	12.5	0	3	1
1991 Seattle	16/16	56	6.0	1	0	0
1992 San Francisco	2/0	1	0.0	0	0	0
Career Totals	**180/176**	**720**	**116.0**	**3**	**28**	**15**
Seahawks Totals	**178/176**	**719**	***116.0**	**3**	***28**	**15**

*Team Record

Playoff Games Played/Started: 1983: 3/3, 1984: 2/2, 1987: 1/1, 1988: 1/1. **Career: 7/7**

GREEN'S ADDITIONAL STATISTICS

Scoring:	2 TDs on interception returns (1983, 1985)
	2 TDs on fumble returns (1985, 1988)
Blocked Kicks:	PAT (1986, 1989)
	FG (1985, 1988)
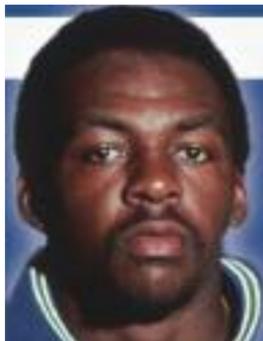
KENNY EASLEY

Safety   **6-3**   **198**
UCLA
7 Seahawks Seasons
1st Round 1981
Seattle Games/Starts: 89/87
Career Games/Starts: 89/87
Birthdate: January 15, 1959
Chesapeake, Virginia
Ring of Honor: October 14, 2002

45

Kenny Easley was inducted into the Ring of Honor on October 14, 2002, with a sellout crowd and millions watching the Monday Night Football halftime ceremony at home. Easley redefined the strong safety position in seven years from 1981-87. Voted by the *Associated Press* as the NFL Defensive Player of the Year in 1984, Kenny had 32 interceptions in his storied career. This fierce hitter registered 107 tackles, three interceptions and returned an interception 82 yards vs. Cleveland in his rookie campaign, earning him AFC Rookie of the Year by the NFL Players' Association. The following season, Kenny would earn the first of five Pro Bowl appearances, including being named a starter from 1983-1985, and again in 1987. The crowning jewel of Easley's career came in 1984 where he spearheaded the NFL's sixth-rated defense that culminated into a Seahawks record 12 wins in the regular season and a Wild Card victory over the rival Los Angeles Raiders. He tied a Seahawks team record by intercepting 10 passes, including three against San Diego on October 29. Easley would be named first-team All-NFL by the *Associated Press* for the second year in a row and was bestowed that honor again in 1985. Easley finished his career with 498 tackles, seven sacks, 10 forced fumbles, nine fumble recoveries, and 32 interceptions.

EASLEY'S NFL RECORD

	Club	G/S	Tkl.	QB	Int.	Yds.	Avg.	LG	TD	FF	FR
1981	Seattle	14/14	107	0.0	3	155	51.7	82	1	0	3
1982	Seattle	8/8	55	1.0	4	48	12.0	44	0	1	1
1983	Seattle	16/15	82	3.0	7	106	13.2	38	0	1	3
1984	Seattle	16/16	75	0.0	*10	126	12.6	58	2	3	1
1985	Seattle	13/13	79	2.0	2	22	11.0	16	0	3	0
1986	Seattle	10/10	59	1.0	2	34	17.0	24	0	2	0
1987	Seattle	12/11	41	0.0	4	47	11.8	22	0	0	1
Career Totals		**89/87**	**498**	**7.0**	**32**	**538**	**15.8**	**82**	**3**	**10**	**9**
Seahawks Totals		**89/87**	**498**	**7.0**	**32**	**538**	**15.8**	**82**	**3**	**10**	**9**

PUNT RETURNS

	Club	No.	Yds.	Avg.	LG	TD
1982	Seattle	1	15	15.0	15	0
1983	Seattle	1	6	6.0	6	0
1984	Seattle	16	194	12.1	42	0
1985	Seattle	8	87	10.9	25	0
Career Totals		**26**	**302**	**11.6**	**42**	**0**

Playoff Games Played/Started: 1983: 3/3, 1984: 2/2. **Career: 5/5**

EASLEY'S SINGLE-GAME HIGHS

Interceptions: *3 vs. San Diego (10/29/84)
Longest Interception Return: 82 vs. Cleveland (12/20/81)
Most Yards Returned: 125 vs. Cleveland (12/20/81)
Most Touchdowns: 1, 3 times, last vs. Kansas City (11/4/84)

*Ties club record

DAVE KRIEG

Quarterback   **6-1**   **196**
Milton
12 Seahawks Seasons
Free Agent 1980
Seattle Games/Starts: 129/119
Career Games/Starts: 213/175
Birthdate: October 20, 1958
Schofield, Wisconsin
Ring of Honor: September 26, 2004

17

Dave Krieg became the eighth member of the Seahawks' Ring of Honor on September 26, 2004. Krieg spent the first 12 years (1980-1991) of his 19-year NFL playing career with the Seahawks while becoming the club's all-time leader in 31 career, season and single-game passing categories at the time of his departure. He is still at the top of 20 of those categories, including career passing yards (26,132), completions (2,096), attempts (3,576), and touchdowns (195). Krieg originally joined the Seahawks as an undrafted free agent from Milton College in 1980, and became the regular starter nine games into the 1983 season. The three-time Pro Bowler (1984, 1988 and 1989) was the only Seattle quarterback with a playoff victory and led the Seahawks to their only conference championship game in 1983, a club-record 12 wins and the playoffs in 1984, and back-to-back playoff appearances again in 1987 and 1988, since matched and surpassed in 2005 by Matt Hasselbeck.

KRIEG'S NFL RECORD

PASSING

Year	Club	G	Att.	Comp.	Yds.	Pct.	TD	Int.	LG	Sacked	Rate
1980	Seattle	1	0	2	0	0.0	0	0	0	1/6	2.1
1981	Seattle	7	64	112	843	57.1	7	5	57	11/85	83.3
1982	Seattle	3	49	78	501	62.8	2	2	44	16/117	79.1
1983	Seattle	9	147	243	2,139	60.5	18	11	50	38/279	*95.0
1984	Seattle	16	276	480	3,671	55.7	*32	24	80	40/314	83.3
1985	Seattle	16	285	*532	3,602	53.6	27	20	54	52/448	76.2
1986	Seattle	15	225	375	2,921	60.0	21	11	72	35/281	91.0
1987	Seattle	12	178	294	2,131	60.5	23	15	75	27/247	87.6
1988	Seattle	9	134	228	1,741	58.8	18	8	75	12/92	94.6
1989	Seattle	15	286	499	3,309	57.3	21	20	60	37/289	74.8
1990	Seattle	16	265	448	3,194	59.2	15	20	63	40/360	73.6
1991	Seattle	10	187	285	2,080	*65.6	11	12	60	32/216	82.5
1992	Kansas City	16	230	413	3,115	55.5	15	12	77	48/323	79.9
1993	Kansas City	12	105	189	1,238	55.6	7	3	66	22/138	81.4
1994	Detroit	14	131	212	1,629	61.8	14	3	51	14/100	101.7
1995	Arizona	16	304	521	3,554	58.3	16	21	48	53/380	72.6
1996	Chicago	13	226	377	2,278	59.9	14	12	55	14/104	76.3
1997	Tennessee	8	1	2	2	50.0	0	0	2	0/0	47.9
1998	Tennessee	5	12	21	199	57.1	0	0	55	2/15	89.2
Career Totals		**213**	**3,105**	**5,311**	**38,147**	**58.5**	**261**	**199**	**80**	**494/3,794**	**81.5**
Seahawks Totals		**129**	**^2,096**	**^3,576**	**^26,132**	**58.6**	**^195**	**^148**	**80**	**341/2,734**	**82.3**

*Seahawks Single-Season Record
^Seahawks Career Record

KRIEG'S SINGLE-GAME HIGHS

Attempts: 51 vs. Atlanta (10/13/85)
Yards: 418 vs. Denver (11/20/83)
Most TDs: 5, 3 times, last vs. L.A. Raiders (11/28/88)

Completions: 33 vs. Atlanta (10/13/85)
Longest: 80 vs. Denver (11/25/84) TD
Interceptions: 5 vs. Kansas City (12/9/84)

CHUCK KNOX
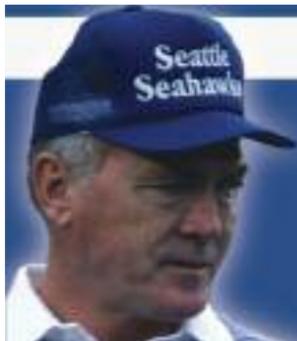
Head Coach

Juniata College
9 Seahawks Seasons (1983-91)

Birthdate: April 27, 1932
Sewickley, Pennsylvania
Ring of Honor: September 25, 2005

Chuck Knox was the ninth member inducted to the Ring. He spent nine of his 22 illustrious seasons at the helm of the Seahawks from 1983-1991, during which time he led Seattle to 80 wins en route to becoming the winningest coach in club history. Compared to 63 losses, his winning percentage of .559 is the second-best among Seattle coaches with at least eight games coached. Knox posted six winning seasons with Seattle and led the Seahawks into postseason play four times. The Seahawks' three playoff wins under Knox were the only postseason wins in club history until 2005. Knox was named

NFL Coach of the Year following both the 1983 and 1984 seasons, where Seattle posted a 21-11 record, advanced to the 1983 AFC Championship Game and in 1984 posted the best record in franchise history at the time with a 12-4 mark. One of the NFL's all-time winningest coaches, Knox ranks eighth in league history with 193 career victories (193-158), including playoffs. He was the first coach in NFL history to lead three different franchises to the playoffs and was named NFL Coach of the Year four times while coaching three different teams (L.A. Rams-1973, Bills-1980, Seahawks-1983-84).

KNOX'S NFL RECORD

| | | Regular Season | | | Postseason | |
	Club	Won	Lost	Tied	Won	Lost
1973	L.A. Rams	12	2	0	0	1
1974	L.A. Rams	10	4	0	1	1
1975	L.A. Rams	12	2	0	1	1
1976	L.A. Rams	10	3	1	1	1
1977	L.A. Rams	10	4	0	0	1
1978	Buffalo	5	11	0	0	0
1979	Buffalo	7	9	0	0	0
1980	Buffalo	11	5	0	0	1
1981	Buffalo	10	6	0	1	1
1982	Buffalo	4	5	0	0	0
1983	Seattle	9	7	0	2	1
1984	Seattle	12	4	0	1	1
1985	Seattle	8	8	0	0	0
1986	Seattle	10	6	0	0	0
1987	Seattle	9	6	0	0	1
1988	Seattle	9	7	0	0	1
1989	Seattle	7	9	0	0	0
1990	Seattle	9	7	0	0	0
1991	Seattle	7	9	0	0	0
1992	L.A. Rams	6	10	0	0	0
1993	L.A. Rams	5	11	0	0	0
1994	L.A. Rams	4	12	0	0	0
Career Totals		**186**	**147**	**1**	**7**	**11**
Seahawks Totals		**80**	**63**	**0**	**3**	**4**

CORTEZ KENNEDY

Defensive Tackle   **6-3**   **306**
Miami
11 Seahawks Seasons
1st Round 1990
Seattle Games/Starts: 167/153
Career Games/Starts: 167/153
Birthdate: August 23, 1968
Wilson, Arkansas
Ring of Honor: September 17, 2006

96

Cortez Kennedy became the 10th member inducted into the Seahawks Ring of Honor on Septemter 17, 2006. Kennedy established himself as one of the premier interior defensive linemen in the game while playing 11 NFL seasons (1990-2000), all with the Seahawks. He appeared in a club-record eight Pro Bowls, and a franchise-record six consecutive Pro Bowls (1991-96), including four as a starter. The three-time All-Pro is found throughout the Seahawks' record books, ranking sixth on the club's all-time lists in games played (167), games started (153) and eighth in tackles (668). Kennedy ranks fourth in sacks (58), yards lost on sacks (390.5), and forced fumbles (13). His finest season came in 1992 when he became the second Seahawks player to win the *Associated Press* NFL Defensive Player of the Year Award (Kenny Easley, 1984) after recording 93 tackles (76 solo), 14.0 sacks, five forced fumbles, and four fumble recoveries. The 1999 Co-Defensive Captain, Kennedy helped lead Seattle back to the postseason for the first time since 1988.

KENNEDY'S NFL RECORD

Club	G/S	Tkl.	QB	Int.	FF	FR
1990 Seattle	16/2	48	1.0	0	1	1
1991 Seattle	16/16	73	6.5	0	1	0
1992 Seattle	16/16	93	14.0	0	4	1
1993 Seattle	16/16	77	6.5	0	1	1
1994 Seattle	16/16	70	4.0	0	1	1
1995 Seattle	16/16	54	6.5	0	1	0
1996 Seattle	16/16	69	8.0	0	2	0
1997 Seattle	8/8	18	2.0	0	0	0
1998 Seattle	15/15	43	2.0	0	0	1
1999 Seattle	16/16	73	6.5	2	2	0
2000 Seattle	16/16	50	1.0	1	0	0
Career Totals	**167/153**	**668**	**58.0**	**3**	**13**	**5**
Seahawks Totals	**167/153**	**668**	**58.0**	**3**	**13**	**5**

Playoff Games Played/Started: 1999: 1/1. **Career: 1/1**
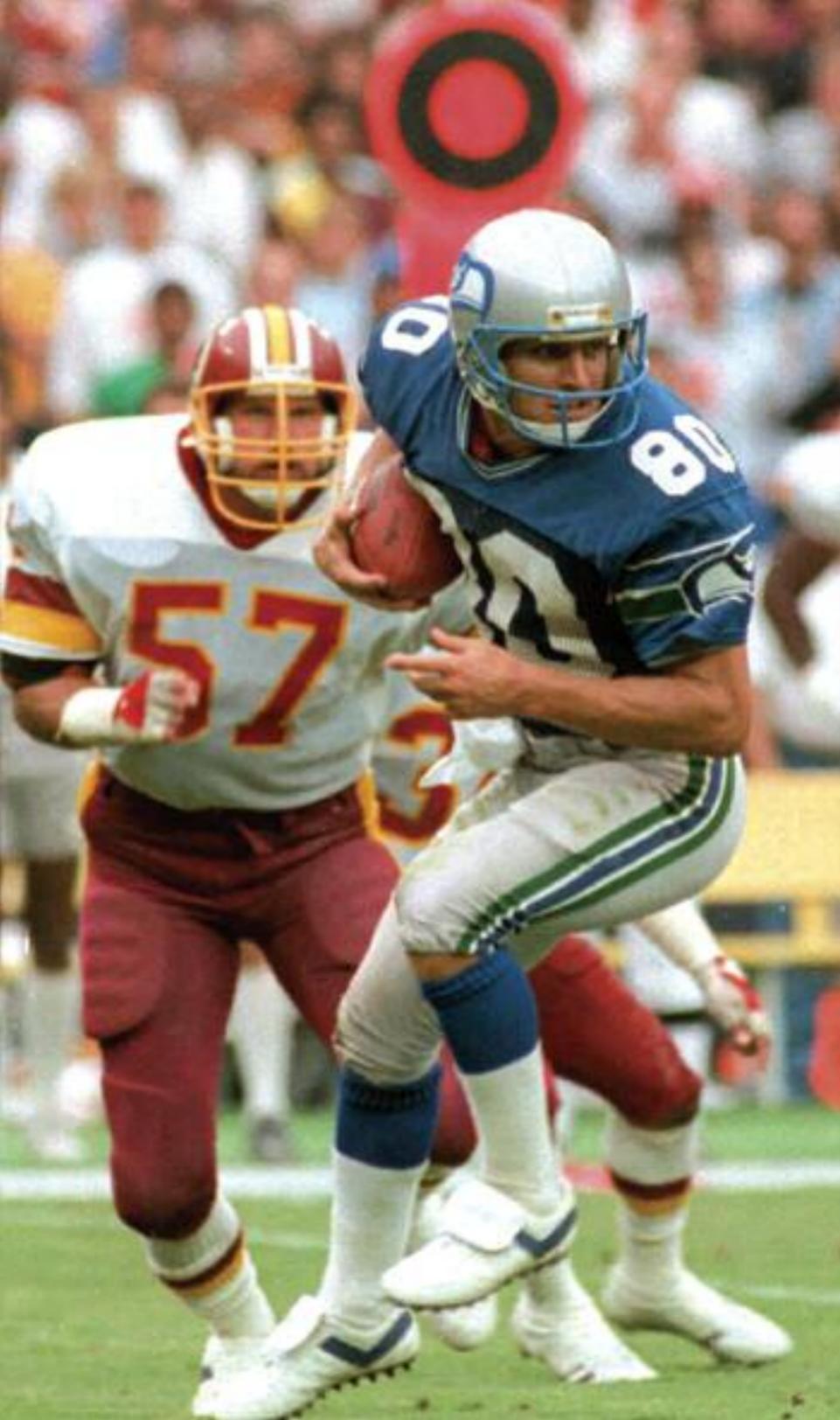
INDIVIDUAL RECORDS

SERVICE

Most Seasons
- 15 Joe Nash, 1982-96
- 14 Steve Largent, 1976-89
- 14 Mack Strong, 1994-07

Most Games Played
- 218 Joe Nash, 1982-96
- 201 Mack Strong, 1994-07
- 200 Steve Largent, 1976-89

Most Consecutive Games Played
- 135 Chris Gray, 1998-2006
- 125 Joe Nash, 1988-95
- 120 Eugene Robinson, 1985-94

Most Games Started
- 197 Steve Largent, 1976-89
- 180 Walter Jones, 1997-08
- 176 Jacob Green, 1980-91

Most Consecutive Games Started
- 121 Chris Gray, 1999-06
- 100 Cortez Kennedy, 1990-97
- 92 Jacob Green, 1980-87
    Eugene Robinson, 1989-94

SCORING

POINTS

Most Points, Career
- 810 Norm Johnson, 1982-90 (159 FG, 333 PAT)
- 672 Shaun Alexander, 2000-07 (112 TDs: 100-R, 12-P)
- 608 Steve Largent, 1976-89 (101 TDs: 1-R, 100-P, 2 PAT)

Most Points, Season
- 168 Shaun Alexander, 2005 (27-R, 1-P)
- 134 Todd Peterson, 1999 (34 FG, 32 PAT)
- 127 Josh Brown, 2007 (28 FG, 43 PAT)

Most Points, Rookie, Season
- 114 Josh Brown, 2003 (22 FG, 48 PAT)
- 102 John Kasay, 1991 (25 FG, 27 PAT)
- 84 Curt Warner, 1983 (14 TDs: 13-R, 1-P)

Most Points, Game
- 30 Shaun Alexander, vs. Minnesota 9/29/02 (4-R, 1-P)
- 24 Daryl Turner, vs. San Diego 9/15/85 (4-P)
    Curt Warner, vs. Denver 12/11/88 (4-R)
    Shaun Alexander, vs. Arizona 9/25/05 (4-R)
    Shaun Alexander, vs. Houston 10/16/05 (4-R)

Most Consecutive Games Scoring
- 84 Josh Brown, 2003-07
- 80 Todd Peterson, 1995-99
- 64 Norm Johnson, 1985-89

TOUCHDOWNS

Most Touchdowns, Career
- 112 Shaun Alexander, 2000-07 (100-R, 12-P)
- 101 Steve Largent, 1976-89 (1-R, 100-P)
- 62 Curt Warner, 1983-89 (55-R, 7-P)

Most Touchdowns, Season
- 28 Shaun Alexander, 2005 (27-R, 1-P)
- 20 Shaun Alexander, 2004 (16-R, 4-P)
- 18 Shaun Alexander, 2002 (16-R, 2-P)

Most Touchdowns, Rookie, Season
- 14 Curt Warner, 1983 (13-R, 1-P)
- 10 Daryl Turner, 1984 (10-P)
- 9 Joey Galloway, 1995 (1-R, 7-P, 1-PR)

Most Touchdowns, Game
- 5 Shaun Alexander, vs. Minnesota 9/29/02 (4-R, 1-P)
- 4 Daryl Turner, vs. San Diego 9/15/84 (4-P)
    Curt Warner, vs. Denver 12/11/88 (4-R)
    Shaun Alexander, vs. Arizona 9/25/05 (4-R)
    Shaun Alexander, vs. Houston 10/16/05 (4-R)

Most Consecutive Games Scoring Touchdowns
- 9 Shaun Alexander, 2005
- 8 David Sims, 1978
- 7 Chris Warren, 1993-94

POINTS AFTER TOUCHDOWNS

Most Points After Touchdown Attempted, Career
- 339 Norm Johnson, 1982-90
- 224 Josh Brown, 2003-07
- 177 Todd Peterson, 1995-99

Most Points After Touchdown Attempted, Season
- 57 Josh Brown, 2005
- 51 Norm Johnson, 1984
- 50 Norm Johnson, 1983

Most Points After Touchdown Attempted, Game
- 8 John Leypoldt, vs. Buffalo 10/30/77
- 7 Norm Johnson, vs. San Diego 9/15/85
- 6 By 11 Players (Last: Josh Brown, vs. N.Y. Giants 9/24/06)

Most Points After Touchdown, Career
- 333 Norm Johnson, 1982-90
- 223 Josh Brown, 2003-07
- 177 Todd Peterson, 1995-99

Most Points After Touchdown, Season
- 56 Josh Brown, 2005
- 50 Norm Johnson, 1984
- 49 Norm Johnson, 1983

Most Points After Touchdown, Game
- 8 John Leypoldt, vs. Buffalo 10/30/77
- 7 Norm Johnson, vs. San Diego 9/15/85
- 6 By 11 Players (Last: Josh Brown, vs. N.Y. Giants 9/24/06)

Most Consecutive Points After Touchdown
177 Todd Peterson, 1995-99
165 Norm Johnson, 1985-90
110 Josh Brown, 2003-07

**Highest Points After Touchdown %
(100 or more PATs)**
100.00 Todd Peterson, 1995-99 (177-177)
99.55 Josh Brown, 2003-07 (223-224)
98.23 Norm Johnson, 1982-89 (333-339)

**Most Points After Touchdown, No Misses,
Season**
48 Josh Brown, 2003
43 Josh Brown, 2007
41 Todd Peterson, 1998

**Most Points After Touchdown, No Misses,
Game**
8 John Leypoldt, vs. Buffalo 10/20/77
7 Norm Johnson, vs. San Diego 9/15/85
6 By 9 Players (Last: Josh Brown,
vs. N.Y. Giants 9/24/06)

FIELD GOALS

Most Field Goals Attempted, Career
228 Norm Johnson, 1982-90
154 Todd Peterson, 1995-99
145 Josh Brown, 2003-07

Most Field Goals Attempted, Season
40 Todd Peterson, 1999
35 Norm Johnson, 1986
34 Todd Peterson, 1996
Josh Brown, 2007

Most Field Goals Attempted, Game
6 Norm Johnson, vs. Kansas City 9/20/87
Todd Peterson, vs. San Diego 12/12/99
Todd Peterson, at Pittsburgh 9/26/99
Olindo Mare, vs. Chicago 9/27/09
Olindo Mare, at Arizona 11/14/10
5 By 8 Players (Last: Olindo Mare, vs.
Arizona 10/24/10)

Most Field Goals, Career
159 Norm Johnson, 1982-90
126 Todd Peterson, 1995-99
116 Josh Brown, 2003-07

Most Field Goals, Season
34 Todd Peterson, 1999
28 Todd Peterson, 1996
Josh Brown, 2007
25 John Kasay, 1991
Josh Brown, 2006
Olindo Mare, 2010

Most Field Goals, Rookie, Season
25 John Kasay, 1991
22 Josh Brown, 2003
15 Rian Lindell, 2000

Most Field Goals, Game
5 Norm Johnson, vs. Kansas City 9/20/87
(6 attempts)
Norm Johnson, vs. L.A. Raiders
12/18/88 (5 attempts)
Todd Peterson, at Pittsburgh 9/26/99
(6 attempts)
Olindo Mare, vs. Arizona 10/24/10
Olindo Mare, at Arizona 11/14/10
4 18 Times (Last: Olindo Mare, at New
Orleans 11/21/10)

Most Field Goals, One Quarter
3 By 8 Players (Last: Olindo Mare at
Arizona 11/14/10 - 3rd)

Most Consecutive Games Scoring Field Goals
12 Todd Peterson, 1997-98
11 Olindo Mare, 2009
10 Efren Herrera, 1978-79
Rian Lindell, 2002

Most Consecutive Field Goals
30 Olindo Mare, 2009-10
16 Todd Peterson, 1999
Josh Brown, 2004
15 Josh Brown, 2006-07

Longest Field Goal
58 Josh Brown, at Green Bay 10/5/03
55 John Kasay, at Kansas City 1/2/94
Josh Brown, Dallas 10/23/05
54 By 9 Players (Last: Josh Brown,
at Atlanta 12/30/07)

Longest Field Goal Attempted
60 Efren Herrera, vs. Kansas City 11/9/80
58 Todd Peterson, at Kansas City 9/28/97
(OT)
Josh Brown, at Green Bay 10/5/03
57 Rian Lindell, vs. San Francisco 10/14/02
Josh Brown, vs. Indianapolis 12/24/05

**Highest Field Goal %, Career
(Minimum 25 atts.)**
87.95 Olindo Mare, 2008-10 (73-83)
81.81 Todd Peterson, 1995-99 (126-154)
80.00 Josh Brown, 2003-07 (116-145)

**Highest FG %, Season (Minimum 1 att. per
game)**
92.31 Olindo Mare, 2009 (24-26)
92.00 Josh Brown, 2004 (23-25)
88.89 Olindo Mare, 2008 (24-27)

Most Field Goals, No Misses, Game
5 Norm Johnson, vs. L.A. Raiders
12/18/88
Olindo Mare, vs. Arizona 10/24/10
4 By 15 Players (Last: Olindo Mare,
at New Orleans 11/21/10)

Most FG Attempts, 50 or More Yards, Career
26 Norm Johnson, 1982-90
22 Josh Brown, 2003-07
15 Todd Peterson, 1995-99

Most Field Goals, 50 or More Yards, Career
13 Josh Brown, 2003-07
10 Norm Johnson, 1982-90
7 Todd Peterson, 1995-99
Rian Lindell, 2000-02

Most Field Goals, 50 or More Yards, Season
5 Norm Johnson, 1986
Josh Brown, 2005
3 John Kasay, 1993
Todd Peterson, 1998
Rian Lindell, 2000, 2001
Josh Brown, 2006, 2007
Olindo Mare, 2008

Most Field Goals, 50 or More Yards, Game
2 Norm Johnson, vs. L.A. Raiders 12/8/86
John Kasay, vs. San Diego 10/27/91
Josh Brown, vs. Dallas 10/23/05
Josh Brown, vs. San Francisco 12/11/05
Josh Brown, at Atlanta 12/30/07

SAFETIES

Most Safeties, Career
2 Rod Stephens, 1989-94
1 By 10 Players

Most Safeties, Season
2 Rod Stephens, 1993 (ties NFL record)
1 By 10 Players
   (Last: Jordan Babineaux, 2010)

Most Safeties, Game
1 By 12 Players (Last: Jordan Babineaux, at Chicago 10/17/10)

RUSHING

ATTEMPTS

Most Attempts, Career
2,176 Shaun Alexander, 2000-07
1,649 Curt Warner, 1983-89
1,559 Chris Warren, 1990-97

Most Attempts, Season
370 Shaun Alexander, 2005
353 Shaun Alexander, 2004
335 Curt Warner, 1983

Most Attempts, Rookie, Season
335 Curt Warner, 1983
129 John L. Williams, 1986
119 Sherman Smith, 1976

Most Attempts, Game
40 Shaun Alexander, vs. Green Bay 11/27/06
36 Chris Warren, at New England 9/19/93
35 Shaun Alexander, vs. Oakland 11/11/01

YARDS GAINED

Most Yards Gained, Career
9,429 Shaun Alexander, 2000-07
6,706 Chris Warren, 1990-97
6,705 Curt Warner, 1983-89

Most Seasons, 1,000 or More Yards Rushing
5 Shaun Alexander, 2001-05
4 Curt Warner, 1983, 1985, 1986, 1988
  Chris Warren, 1992-95

Most Yards Gained, Season
1,880 Shaun Alexander, 2005
1,696 Shaun Alexander, 2004
1,545 Chris Warren, 1994

Most Yards Gained, Rookie, Season
1,449 Curt Warner, 1983
538 John L. Williams, 1986
537 Sherman Smith, 1976

Most Yards Gained, Game
266 Shaun Alexander, vs. Oakland 11/11/01
207 Curt Warner, vs. Kansas City 11/27/83 (OT)
201 Shaun Alexander, vs. Green Bay 11/27/06

Most Games, 100 or More Yards Rushing, Career
37 Shaun Alexander, 2000-07
24 Chris Warren, 1990-97
23 Curt Warner, 1983-89

Most Games, 100 or More Yards Rushing, Season
11 Shaun Alexander, 2005
8 Chris Warren, 1995
7 Curt Warner, 1986
  Chris Warren, 1994
  Shaun Alexander, 2003, 2004

Most Consecutive Games, 100 or More Yards, Rushing
4 Shaun Alexander, 2005
3 Shaun Alexander, 2004, 2005
2 Many Players

Most Games, 2 or More Players with 100 or More Yards Rushing
vs. L.A. Raiders 11/28/88
   (Curt Warner 130 and John L. Williams 105)
vs. Denver 12/11/88
   (Curt Warner 126 and John L. Williams 109)
vs. Houston 10/16/05
   (Shaun Alexander 141 and Maurice Morris 104)

Longest Run From Scrimmage
88 Shaun Alexander, vs. Oakland 11/11/01 (TD)
   Shaun Alexander, at Arizona 11/6/05 (TD)
86 Joey Galloway, at Jacksonville 11/12/95 (TD)

AVERAGE GAIN

Highest Average Gain, Career (100 or More Attempts)
5.51 Steve Broussard, 1995-98 (136-750)
4.94 Rick Mirer, 1993-96 (178-880)
4.92 Justin Forsett, 2008-10 (232-1,142)

Highest Average Gain, Season (100 or More Attempts)
5.38 Justin Forsett, 2009 (115-619)
5.08 Shaun Alexander, 2005 (370-1,880)
4.88 Sherman Smith, 1978 (165-805)

Highest Average Gain, Game (10 or More Attempts)
8.86 Sherman Smith, vs. Atlanta 11/7/76 (14-124)
8.64 Lawrence McCutcheon, vs. Dallas 11/27/80 (11-95)
8.07 Eric Lane, vs. Minnesota 9/30/84 (14-113)

TOUCHDOWNS

Most Touchdowns, Career
100 Shaun Alexander, 2000-07
55 Curt Warner, 1983-89
44 Chris Warren, 1990-97

Most Touchdowns, Season
27 Shaun Alexander, 2005
16 Shaun Alexander, 2002, 2004
15 Chris Warren, 1995

Most Touchdowns, Rookie, Season
13 Curt Warner, 1983
5 David Sims, 1977
4 Sherman Smith, 1976
  Jim Zorn, 1976

Most Touchdowns, Game
- 4 Curt Warner, vs. Denver 12/11/88
  Shaun Alexander, vs. Minnesota 9/29/02
  Shaun Alexander, vs. Arizona 9/25/05
  Shuan Alexadner, vs. Houston 10/16/05
- 3 By 13 Players (Last: Marshawn Lynch, vs. Carolina 12/5/10)

Most Consecutive Games Rushing for Touchdown
- 9 Shaun Alexander, 2005
- 7 Chris Warren, 1993-94
  David Sims, 1978
- 6 Shaun Alexander, 2003-04

PASSING

PASS RATING

Highest Pass Rating, Career (Minimum 500 Attempts)
- 83.1 Seneca Wallace, 2003-09
- 82.3 Dave Krieg, 1980-91
- 82.2 Matt Hasselbeck, 2001-10

Highest Pass Rating, Season (Minimum 160 Attempts)
- 98.2 Matt Hasselbeck, 2005
- 95.0 Dave Krieg, 1983
- 94.6 Dave Krieg, 1988

Highest Pass Rating, Rookie, Season (100 attempts)
- 67.0 Rick Mirer, 1993
- 49.5 Jim Zorn, 1976

ATTEMPTS

Most Passes Attempted, Career
- 4,250 Matt Hasselbeck, 2001-10
- 3,576 Dave Krieg, 1980-91
- 2,990 Jim Zorn, 1976-84

Most Passes Attempted, Season
- 562 Matt Hasselbeck, 2007
- 532 Dave Krieg, 1985
- 528 Warren Moon, 1997

Most Passes Attempted, Rookie, Season
- 486 Rick Mirer, 1993
- 439 Jim Zorn, 1976
- 40 Gale Gilbert, 1985

Most Passes Attempted, Game
- 55 Matt Hasselbeck, at San Francisco 12/1/02
- 53 Matt Hasselbeck, at San Diego 12/29/02 (OT)
- 52 Matt Hasselbeck, at Arizona 11/15/09

COMPLETIONS

Most Passes Completed, Career
- 2,559 Matt Hasselbeck, 2001-10
- 2,096 Dave Krieg, 1980-91
- 1,593 Jim Zorn, 1976-84

Most Passes Completed, Season
- 352 Matt Hasselbeck, 2007
- 313 Warren Moon, 1997
  Matt Hasselbeck, 2003
- 294 Matt Hasselbeck, 2005

Most Passes Completed, Rookie, Season
- 274 Rick Mirer, 1993
- 208 Jim Zorn, 1976
- 98 Kelly Stouffer, 1988

Most Passes Completed, Game
- 39 Matt Hasselbeck, vs. Detroit 11/8/09
- 36 Matt Hasselbeck, at San Diego 12/29/02 (OT)
- 33 Dave Krieg, vs. Atlanta 10/13/85

Most Consecutive Passes Completed
- 17 Warren Moon, vs. Oakland 11/1/98
- 15 Jim Zorn, vs. Cleveland 10/12/80
  Matt Hasselbeck, vs. Detroit 11/8/09
- 14 Jim Zorn, vs. N.Y. Jets 11/26/79
  Dave Krieg, vs. L.A. Raiders 9/16/90

COMPLETION PERCENTAGE

Highest Completion %, Career (100 att.)
- 60.21 Matt Hasselbeck, 2001-10 (4,250-2,559)
- 59.89 Seneca Wallace, 2003-09 (556-333)
- 58.61 Dave Krieg, 1980-91 (3,576-2,096)

Highest Completion %, Season (100 att.)
- 65.61 Dave Krieg, 1991 (285-187)
- 65.48 Matt Hasselbeck, 2005 (449-294)
- 63.72 Matt Hasselbeck, 2002 (419-267)

Highest Completion %, Rookie, Season (Qualifiers)
- 56.38 Rick Mirer, 1993 (486-274)
- 47.38 Jim Zorn, 1976 (439-208)

Highest Completion %, Game (20 att.)
- 86.36 Dave Krieg, vs. Denver 12/11/88 (22-19)
- 84.00 Matt Hasselbeck, vs. San Francisco 12/11/05 (25-21)
- 83.33 Matt Hasselbeck, at Detroit 9/10/06 (25-30)

YARDS GAINED

Most Yards Gained, Career
- 29,434 Matt Hasselbeck, 2001-10
- 26,132 Dave Krieg, 1980-91
- 20,122 Jim Zorn, 1976-84

Most Seasons, 3,000 or More Yards Passing
- 7 Matt Hasselbeck, 2002-05, 2007, 2009-10
- 4 Dave Krieg, 1984-85, 1989-90
- 3 Jim Zorn, 1978-80

Most Consecutive Seasons, 3,000 or More Yards Passing
- 4 Matt Hasselbeck, 2002-05
- 3 Jim Zorn, 1978-80
- 2 Dave Krieg, 1984-85 & 1989-90
  Matt Hasselbeck, 2009-10

Most Yards Gained, Season
- 3,966 Matt Hasselbeck, 2007
- 3,841 Matt Hasselbeck, 2003
- 3,678 Warren Moon, 1997

Most Yards Gained, Rookie, Season
- 2,833 Rick Mirer, 1993
- 2,571 Jim Zorn, 1976
- 218 Gale Gilbert, 1985

Most Yards Gained, Game
- 449 Matt Hasselbeck, at San Diego 12/29/02 (OT)
- 427 Matt Hasselbeck, at San Francisco 12/1/02
- 418 Dave Krieg, vs. Denver 11/20/83

Most Games, 400 or More Yards Passing, Career
- 4 Dave Krieg, 1980-91
- 3 Matt Hasselbeck, 2001-07
- 1 Warren Moon, 1997

Most Games, 300 or More Yards Passing, Career
- 19 Matt Hasselbeck, 2001-10
- 11 Dave Krieg, 1980-91
- 9 Jim Zorn, 1976-84

Most Games, 300 or More Yards Passing, Season
- 4 Matt Hasselbeck, 2002, 2003
- 3 Jim Zorn, 1979
   Dave Krieg, 1984
   Matt Hasselbeck, 2004, 2007
- 2 By 5 Players (Last: Matt Hasselbeck, 2010)

Most Consecutive Games, 300 or More Yards Passing
- 2 Matt Hasselbeck, 6 Times
   Jim Zorn, 2 Times

Longest Pass Completion
- 90 Seneca Wallace (to Koren Robinson), vs. Philadelphia 11/2/08
- 87 Matt Hasselbeck (to Ben Obomanu, vs. Kansas City 11/28/10
- 83 Trent Dilfer (to Koren Robinson), at St. Louis 10/20/02

AVERAGE GAIN

Highest Average Gain, Career (100 Attempts)
- 7.31 Dave Krieg, 1980-91 (3,576-26,132)
- 7.19 Trent Dilfer, 2001-04 (356-2,560)
- 7.14 John Friesz, 1995-98 (416-2,971)

Highest Average Gain, Season (Qualifiers)
- 8.80 Dave Krieg, 1983 (243-2,139)
- 8.31 Trent Dilfer, 2001 (122-1,014)
- 7.79 Dave Krieg, 1986 (375-2,921)

Highest Avg. Gain, Rookie, Season (Qualifiers)
- 5.85 Jim Zorn, 1976 (439-2,571)
- 5.83 Rick Mirer, 1993 (486-2,833)

Highest Average Gain, Game (20 Attempts)
- 14.52 Dave Krieg, vs. San Diego 12/14/86 (21-305)
- 13.30 Dave Krieg, vs. Kansas City 11/11/90 (23-306)
- 12.87 Jim Zorn, vs. Buffalo 10/30/77 (23-296)

TOUCHDOWNS

Most Touchdown Passes, Career
- 195 Dave Krieg, 1980-91
- 174 Matt Hasselbeck, 2001-10
- 107 Jim Zorn, 1976-84

Most Touchdown Passes, Season
- 32 Dave Krieg, 1984
- 28 Matt Hasselbeck, 2007
- 27 Dave Krieg, 1985

Most Touchdown Passes, Game
- 5 By 6 Players (Last: Matt Hasselbeck, vs. N.Y. Giants 9/24/06)

Most Games, 5 or More TD Passes, Career
- 3 Dave Krieg, 1980-91
- 2 Matt Hasselbeck, 2001-10
- 1 Warren Moon, 1997-98

Most Games, 4 or More TD Passes, Career
- 7 Dave Krieg, 1980-91
- 5 Matt Hasselbeck, 2001-10
- 4 Jim Zorn, 1976-84

Most Games, 5 or More TD Passes, Season
- 1 By 6 Players (Last: Matt Hasselbeck, 2006)

Most Games, 4 or More TD Passes, Season
- 3 Dave Krieg, 1985
- 2 Jim Zorn, 1977
   Dave Krieg, 1988
   Warren Moon, 1997

Most Consecutive Games, 4 or More TD Passes
- 1 20 Times (Last: Matt Hasselbeck, vs. Jacksonville 10/11/09)

Most Consecutive Games, Touchdown Passes
- 28 Dave Krieg, 1983-85
- 12 Warren Moon, 1997-98
   Matt Hasselbeck, 2005

HIGHEST %, TOUCHDOWN PASSES

Highest %, TD Passes, Career (100 Attempts)
- 5.45 Dave Krieg, 1980-91 (3,576-195)
- 4.58 Warren Moon, 1997-98 (786-36)
- 4.09 Matt Hasselbeck, 2001-10 (4,250-174)

Highest %, TD Passes Season (Qualifiers)
- 7.89 Dave Krieg, 1988 (228-18)
- 7.82 Dave Krieg, 1987 (294-23)
- 7.41 Dave Krieg, 1983 (243-18)

Highest %, TD Passes, Rookie, Season (Qualifiers)
- 2.73 Jim Zorn, 1976 (439-12)
- 2.47 Rick Mirer, 1993 (486-12)

HAD INTERCEPTED

Most Consecutive Passes Attempted, None Intercepted
- 184 Seneca Wallace, 2008
- 159 Matt Hasselbeck, 2005
- 153 Jim Zorn, 1979

Most Passes Had Intercepted, Career
- 148 Dave Krieg, 1980-91
- 133 Jim Zorn, 1976-84
- 128 Matt Hasselbeck, 2001-10

Most Passes Had Intercepted, Season
- 27 Jim Zorn, 1976
- 24 Dave Krieg, 1984
- 20 By 6 Players (Last: Rick Mirer, 1995)

Most Passes Had Intercepted, Game
    6   Jim Zorn, vs. Detroit 10/24/76
    5   Jim Zorn, vs. Kansas City 11/9/80
        Dave Krieg, at Kansas City 12/9/84
        Jon Kitna, vs. Tampa Bay 11/28/99

Most Attempts, No Interceptions, Game
    47 Jim Zorn, vs. Kansas City 9/27/81
        Trent Dilfer, vs. Arizona 9/15/02
    46 Warren Moon, vs. Denver 11/2/97
    45 Seneca Wallace, at Indianapolis 10/4/09

LOWEST %, PASSES INTERCEPTED

Lowest %, Passes Had Intercepted, Career (100 att.)
    1.92 Brock Huard, 1999-01 (104-2)
    2.52 Seneca Wallace, 2003-09 (556-14)
    2.88 John Friesz, 1995-98 (416-12)

Lowest %, Passes Had Intercepted, Season (Qualifiers)
    1.24 Seneca Wallace, 2008 (242-3)
    1.84 Rick Mirer, 1994 (381-7)
    2.00 Matt Hasselbeck, 2005 (449-9)

Lowest %, Passes Had Intercepted, Rookie Season
    3.50 Rick Mirer, 1993 (486-17)
    6.15 Jim Zorn, 1976 (439-27)

RECEIVING

Most Pass Receptions, Career
    819 Steve Largent, 1976-89 (9th in NFL history)
    581 Brian Blades, 1988-98
    471 John L. Williams, 1986-93

Most Seasons, 80 or More Pass Receptions
    2   Brian Blades, 1993-94
    1   Darrell Jackson, 2004
        Bobby Engram, 2007

Most Seasons, 70 or More Pass Receptions
    6   Steve Largent, 1978, 1981, 1983-86
    5   Brian Blades, 1989, 1991, 1993-95
    3   John L. Williams, 1989-90, 1992

Most Seasons, 50 or More Pass Receptions
    10 Steve Largent, 1976, 1978-81, 1983-87
    6   John L. Williams, 1988-93
        Darrell Jackson, 2000-06
    5   Brian Blades, 1989, 1991, 1993-95

Most Pass Receptions, Season
    94 Bobby Engram, 2007
    87 Darrell Jackson, 2004
    81 Brian Blades, 1994

Most Pass Receptions, Rookie, Season
    67 Joey Galloway, 1995
    54 Steve Largent, 1976
    53 Darrell Jackson, 2000

Most Pass Receptions, Game
    15 Steve Largent, vs. Detroit 10/18/87
    14 Bobby Engram, at Cleveland 11/4/07
    12 By 4 Players (Last: Brian Blades, vs. New Orleans 9/1/91)

Most Consecutive Games, Pass Receptions
    177 Steve Largent, 1977-89
    71   Joey Galloway, 1995-99
    52   Brian Blades, 1992-95

YARDS GAINED

Most Yards Gained, Career
    13,089 Steve Largent, 1976-89 (7th in NFL history)
    7,620   Brian Blades, 1988-98
    6,445   Darrell Jackson, 2000-06

Most Yards Gained, Season
    1,287 Steve Largent, 1985
    1,240 Koren Robinson, 2002
    1,237 Steve Largent, 1979

Most Yards, Rookie, Season
    1,039 Joey Galloway, 1995
    715   Daryl Turner, 1984
    713   Darrell Jackson, 2000

Most Yards Gained, Game
    261 Steve Largent, vs. Detroit 10/18/87
    191 Steve Largent, vs. Denver 11/25/84
    180 John L. Williams, at L.A. Raiders 12/18/88

Most Games, 100+ Yards, Receiving, Career
    40 Steve Largent, 1976-89
    19 Darrell Jackson, 2000-06
    17 Brian Blades, 1988-98

Most Games, 100+ Yards, Receiving, Season
    6   Steve Largent, 1979
    5   Steve Largent, 1984
        Brian Blades, 1989
        Darrell Jackson, 2001, 2004
        Koren Robinson, 2002

Most Consecutive Games, 100+ Yards Receiving
    2   By 14 Players (Last: Mike Williams 2010)

Longest Pass Reception
    90 Koren Robinson (from Seneca Wallace) vs. Philadelphia 11/2/08
    87 Ben Obomanu (from Matt Hasselbeck vs. Kansas City 11/28/10)
    83 Koren Robinson (from Trent Dilfer), at St. Louis 10/20/02

AVERAGE PER RECEPTION

Highest Avg. Per Reception, Career (100 Receptions)
    18.53 Daryl Turner, 1984-87 (101-1,872)
    15.98 Steve Largent, 1976-89 (819-13,089)
    15.75 Joey Galloway, 1995-99 (283-4,457)

Highest Avg. Per Reception, Season (50 Receptions)
    18.74 Steve Largent, 1979 (66-1,237)
    17.31 Joey Galloway, 1996 (57-987)
    17.10 Sean Dawkins, 1999 (58-992)

Highest Avg. Per Reception, Game (5 Receptions)
    27.80 Steve Largent, vs. Oakland 9/16/79 (5-139)
    27.40 Joey Galloway, vs. Miami 10/6/96 (5-137)
    25.71 John L. Williams, vs. L.A. Raiders 12/18/88 (7-180)

TOUCHDOWNS

Most Touchdowns, Career
100 Steve Largent, 1976-89
47 Darrell Jackson, 2000-06
37 Joey Galloway, 1995-99

Most Touchdowns, Season
13 Daryl Turner, 1985
12 Steve Largent, 1984
Joey Galloway, 1997

Most Touchdowns, Rookie, Season
10 Daryl Turner, 1984
8 Brian Blades, 1988
7 Joey Galloway, 1995

Most Touchdowns, Game
4 Daryl Turner, vs. San Diego 9/15/85
3 By 4 Players (Last: Joey Galloway, vs. Oakland 10/26/97)

Most Consecutive Games, Touchdowns
5 Steve Largent, 1984
Joey Galloway, 1998
4 By 5 Players (Last: Derrick Mayes, 1999)

INTERCEPTIONS

Most Interceptions By, Career
50 Dave Brown, 1976-86
42 Eugene Robinson, 1985-95
41 John Harris, 1978-85

Most Interceptions By, Season
10 John Harris, 1981
Kenny Easley, 1984
9 Eugene Robinson, 1993

Most Interceptions By, Rookie, Season
5 Michael Boulware, 2004
Earl Thomas, 2010
4 John Harris, 1978
3 By 5 Players (Last: Lofa Tatupu, 2005)

Most Interceptions By, Game
3 Kenny Easley, vs. San Diego 10/29/84
Eugene Robinson, at Pittsburgh 12/6/92
Darryl Williams, vs. San Diego 9/21/97
Lofa Tatupu, at Philadelphia 12/2/07
Marcus Trufant, vs. Arizona 12/9/07

Most Consecutive Games, Passes Intercepted
4 Cornell Webser, 1978-79
John Harris, 1980
Dave Brown, 1983-84
Kenny Easley, 1984
Eugene Robinson, 1991
3 By 9 Players (Last: Darryl Williams 1997)

YARDS RETURNED

Most Yards Returned, Career
643 Dave Brown, 1976-86
586 Eugene Robinson, 1985-95
538 Kenny Easley, 1981-87

Most Yards Returned, Season
179 Dave Brown, 1984
172 Darryl Williams, 1997
157 Eddie McMillan, 1977

Most Yards Returned, Game
148 Dave Brown, vs. Kansas City 11/4/84
125 Kenny Easley, vs. Cleveland 12/20/81
100 Lofa Tatupu, at Philadelphia 12/2/07

Longest Return
91 Sammy Green, vs. San Francisco 10/7/79 (TD)
90 Dave Brown, vs. Kansas City 11/4/84 (TD)
84 Jay Bellamy, vs. St. Louis 9/10/00 (TD)
Marcus Trufant, vs. Arizona 12/9/07 (TD)

TOUCHDOWNS

Most Touchdowns, Career
5 Dave Brown, 1976-86
3 Keith Simpson, 1978-85
Kenny Easley, 1981-87
Willie Williams, 1997-03
Josh Wilson, 2007-10

Most Touchdowns, Season
2 By 7 Players (Last: Josh Wilson, 2009)

Most Touchdowns, Game
2 Dave Brown, vs. Kansas City 11/4/84 (Ties NFL record)

PUNTING

Most Punts, Career
554 Rick Tuten, 1991-97
385 Jeff Feagles, 1998-02
299 Jeff West, 1981-85

Most Punts, Season
108 Rick Tuten, 1992
95 Jeff West, 1984
91 Rick Tuten, 1994

Most Punts, Rookie, Season
84 Ryan Plackemeier, 2006
80 Rick Engles, 1976
47 Ruben Rodriguez, 1987

Most Punts, Game
12 Rick Tuten, vs. Denver 11/28/93
11 By 5 Players (Last: Jon Ryan, vs. Philadelphia 11/2/08)

Longest Punt
73 Rick Tuten, at Buffalo 10/15/95
72 Ryan Plackemeier, vs. San Diego 12/24/06
70 Jon Ryan, vs. St. Louis 9/13/09

AVERAGE YARDAGE

Highest Avg., Punting, Career (100 Punts)
44.59 Jon Ryan, 2008-10 (244-10,879)
43.80 Rick Tuten, 1991-97 (554-24,266)
42.14 Jeff Feagles, 1998-02 (395-16,225)

Highest Avg., Punting, Season
46.23 Jon Ryan, 2009 (88-4,069)
45.60 Jon Ryan, 2008 (78-3,557)
45.00 Rick Tuten, 1995 (83-3,735)

Highest Avg., Punting, Rookie, Season
44.97 Ryan Plackemeier, 2006 (84-3,778)
40.00 Ruben Rodriguez, 1987 (47-1,880)
38.34 Rick Engles, 1976 (80-3,067)

Highest Avg. Punting, Game (Minimum 4 Punts)
- 55.20 Rick Tuten, vs. Denver 12/1/96 (5-276)
- 53.40 Jon Ryan, at San Francisco 10/26/08 (5-267)
- 53.20 Jon Ryan, vs. St. Louis 9/13/09 (5-266)

Highest Net Punting Avg., Season
- 38.7 Rick Tuten, 1992
- Jon Ryan, 2009
- 37.9 Jon Ryan, 2008
- 37.8 Tom Rouen, 2004

INSIDE THE 20

Most Punts Inside the 20, Career
- 147 Rick Tuten, 1991-97
- 133 Jeff Feagles, 1998-02
- 77 Jon Ryan, 2008-10

Most Punts Inside the 20, Season
- 34 Jeff Feagles, 1999
- 33 Rick Tuten, 1994
- 30 Ryan Plackemeier, 2007

Most Punts Inside the 20, Game
- 6 Rick Tuten, vs. Minnesota 11/10/96
- Jeff Feagles, vs. Kansas City 12/26/99
- Jeff Feagles, at N.Y. Giants 12/23/01
- Jon Ryan, San Francisco 12/6/09
- Jon Ryan, at Chicago 10/17/10
- 5 6 Times (Last: Jon Ryan, at Oakland 10/31/10)

TOUCHBACKS

Most Touchbacks, Career
- 45 Rick Tuten, 1991-97
- 30 Jeff Feagles, 1998-02
- 28 Jeff West, 1981-85

Most Touchbacks, Season
- 15 Ryan Plackemeier, 2006
- 12 Jeff Feagles, 1998
- Jon Ryan, 2008
- 10 Jeff West, 1983
- Jeff West, 1984

Most Touchbacks, Game
- 3 By 6 Players (Last: Jon Ryan, vs. Philadelphia 12/14/06)

HAD BLOCKED

Most Punts Had Blocked, Career
- 6 Herman Weaver, 1977-80
- 3 Rick Engles, 1976-77
- 2 By 4 Players

Most Punts Had Blocked, Season
- 3 Herman Weaver, 1979
- 2 By 4 Players (Last: Tom Rouen, 2003)

Most Punts Had Blocked, Game
- 2 Herman Weaver, vs. Kansas City 9/30/79
- 1 By 18 Players (Last: Ken Walter, vs. Atlanta 1/2/05)

PUNT RETURNS

Most Punt Returns, Career
- 125 Nate Burleson, 2006-09
- 94 Chris Warren, 1990-97
- 89 Bobby Joe Edmonds, 1986-88

Most Punt Returns, Season
- 58 Nate Burleson, 2007
- 41 Will Lewis, 1980
- 36 Joey Galloway, 1995

Most Punt Returns, Rookie, Season
- 41 Will Lewis, 1980
- 36 Joey Galloway, 1995
- 34 Rufus Crawford, 1978
- Bobby Joe Edmonds, 1986

Most Punt Returns, Game
- 7 Walter Packer, vs. N.Y. Jets 11/13/77
- Nate Burleson, San Francisco 12/6/09
- 6 By 5 Players (Last: Leon Washington, vs. St. Louis 1/2/10)

FAIR CATCHES

Most Fair Catches, Career
- 68 Bobby Engram, 2001-07
- 60 Chris Warren, 1990-97
- 40 Charlie Rogers, 1999-01

Most Fair Catches, Season
- 25 Chris Warren, 1992
- 23 Bobby Engram, 2002
- 22 Bobby Engram, 2003
- Jimmy Williams, 2005

Most Fair Catches, Game
- 5 James Jefferson, vs. Denver 10/22/89
- Chris Warren, vs. Pittsburgh 10/20/91
- Chris Warren, vs. Denver 11/30/92 (OT)
- Charlie Rogers, vs. Buffalo 10/24/99
- Jimmy Williams, vs. Dallas 10/23/05

YARDS GAINED

Most Yards Gained, Career
- 1,288 Nate Burleson, 2006-09
- 1,010 Bobby Joe Edmonds, 1986-88
- 925 Charlie Rogers, 1999-2001

Most Yards Gained, Season
- 658 Nate Burleson, 2007
- 419 Bobby Joe Edmonds, 1986
- 363 Charlie Rogers, 2000

Most Yards Gained, Rookie, Season
- 419 Bobby Joe Edmonds, 1986
- 360 Joey Galloway, 1995
- 349 Will Lewis, 1980

Most Yards Gained, Game
- 106 Charlie Rogers, at Pittsburgh 9/26/99
- 105 Joey Galloway, vs. N.Y. Giants 11/5/95
- 103 Bobby Joe Edmonds, vs. Philadelphia 11/23/86

Longest Punt Return
- 94 Charlie Rogers, at Pittsburgh 9/26/99 (TD)
- Nate Burleson, at Cleveland 11/4/07 (TD)
- 90 Nate Burleson, vs. St. Louis 11/12/06 (TD)
- 89 Joey Galloway, vs. N.Y. Giants 11/5/95 (TD)

AVERAGE YARDAGE

Highest Avg., Career (Minimum 50 Returns)
12.67 Charlie Rogers, 1999-01 (73-925)
11.39 Paul Johns, 1981-84 (74-843)
11.35 Bobby Joe Edmonds, 1986-88
         (89-1,010)

Highest Avg., Season (min. 1 per game)
14.45 Charlie Rogers, 1999 (22-318)
13.96 Charlie Rogers, 2000 (26-363)
12.63 Golden Tate, 2010 (16-202)

Highest Avg., Rookie, Season (Qualifiers)
14.45 Charlie Rogers, 1999 (22-318)
12.63 Golden Tate, 2010 (16, 202)
12.32 Bobby Joe Edmonds, 1986 (34-419)

Highest Avg., Game (Minimum 3 Returns)
32.00 Paul Johns, vs. L.A. Raiders
         10/16/83 (3-96)
31.57 Nate Burleson, vs. St. Louis
         11/12/06 (3-95)
26.33 Paul Johns, vs. New England
         9/16/84 (3-79)

TOUCHDOWNS

Most Touchdowns, Career
   4 Joey Galloway, 1995-98
   2 Paul Johns, 1981-84
      Bobby Engram, 2001-07
      Nate Burleson, 2006-07

Most Touchdowns, Season
   2 Joey Galloway, 1998
   1 By 12 Players (Last: Nate Burleson,
      2007)

Most Touchdowns, Rookie, Season
   1 Will Lewis, 1980
      Bobby Joe Edmonds, 1986
      Joey Galloway, 1995
      Charlie Rogers, 1999

Most Touchdowns, Game
   1 By 14 Players
      (Last: Nate Burleson,
      at Cleveland 11/4/07)

KICKOFF RETURNS

Most Kickoff Returns, Career
165 Steve Broussard, 1995-98
134 Charlie Rogers, 1999-01
129 Maurice Morris, 2002-07

Most Kickoff Returns, Season
   69 Josh Wilson, 2008
   66 Charlie Rogers, 2000
   59 Josh Scobey, 2005

Most Kickoff Returns, Game
   8 Bobby Joe Edmonds, vs. L.A. Raiders
      11/30/87
      Josh Wilson, at N.Y. Giants 10/5/08
   7 By 13 Players (Last: Leon Washington,
      at Tampa Bay 12/26/10)

YARDS GAINED

Most Yards Gained, Career
3,900 Steve Broussard, 1995-98
3,214 Charlie Rogers, 1999-01
2,843 Maurice Morris, 2002-07

Most Yards Gained, Season
1,753 Josh Wilson, 2008
1,629 Charlie Rogers, 2000
1,461 Leon Washington, 2010

Most Yards Gained, Rookie, Season
   829 Rufus Crawford, 1978
   821 Maurice Morris, 2002
   820 Al Hunter, 1977

Most Yards Gained, Game
   253 Leon Washington, vs. San Diego
         9/26/10
   231 Maurice Morris, at St. Louis 10/20/02
   222 Leon Washington, at San Francisco
         12/12/10

Longest Kickoff Return
   101 Leon Washington, vs. San Diego
         9/26/10 (TD)
    99 Leon Washington, vs. San Diego
         9/26/10 (TD)
    97 James Jefferson, vs. Kansas City
         10/8/89 (TD)
         Maurice Morris, at St. Louis 10/20/02
         (TD)

HIGHEST AVERAGE

Highest Avg., Career (50 Returns)
25.76 Josh Wilson, 2007-08 (83-2,138)
25.63 Leon Washington, 2010 (57-1,461)
23.99 Charlie Rogers, 1999-01 (134-3,214)

Highest Avg., Season (1 per game)
26.93 Steve Broussard, 1998 (29-781)
25.63 Leon Washington, 2010 (57-1,461)
25.83 Charlie Rogers, 1999 (18-465)

Highest Avg., Game (Minimum 3 Returns)
63.25 Leon Washington, vs. San Diego
         9/26/10 (4-253)
42.75 Charlie Rogers, vs. Buffalo 12/23/00
         (4-171)
36.67 Chris Warren, vs. Denver 9/23/90
         (3-110)

TOUCHDOWNS

Most Touchdowns, Career
   3 Leon Washington, 2010
   1 Zachary Dixon, 1983-84
      James Jefferson, 1989-93
      Jon Vaughn, 1993-94
      Steve Broussard, 1995-98
      Charlie Rogers, 1999-01
      Maurice Morris, 2002-07
      Nate Burleson, 2006-07
      Josh Wilson, 2007

Most Touchdowns, Season
   3 Leon Washington, 2010
   1 Zachary Dixon, 1983
      James Jefferson, 1989
      Jon Vaughn, 1994
      Steve Broussard, 1998
      Charlie Rogers, 2000
      Maurice Morris, 2002
      Nate Burleson, 2007
      Josh Wilson, 2007

Most Touchdowns, Rookie, Season
    1 Maurice Morris, 2002
      Josh Wilson, 2007

Most Touchdowns, Game
    2 Leon Washington, vs. San Diego
      9/28/10
    1 Zachary Dixon, vs. St. Louis 11/13/83
      James Jefferson, vs. Kansas City
      10/8/89
      Jon Vaughn, at San Diego 10/30/94
      Steve Broussard, vs. Washington
      9/20/98
      Charlie Rogers, vs. Buffalo 12/23/00
      Maurice Morris, at St. Louis 10/20/02
      Nate Burleson, vs. St. Louis 10/21/07
      Josh Wilson, at St. Louis 11/25/07
      Leon Washington, at San Francisco
      12/12/10

COMBINED KICK RETURNS

Most Combined Kick Returns, Career
   207 Charlie Rogers, 1999-01 (73-P, 134-K)
   190 Bobby Joe Edmonds, 1986-88
       (89-P,101-K)
   180 Chris Warren, 1990-97 (94-P, 86-K)

Most Combined Kick Returns, Season
    92 Charlie Rogers, 2000 (26-P, 66-K)
    85 Nate Burleson, 2007 (58-P, 27-K)
    79 Leon Washington, 2010 (22-P, 57-K)

Most Combined Kick Returns, Game
    11 Bobby Joe Edmonds, at NE 9/21/86
       (5-P, 6-K)
    10 By 4 Players (Last: Nate Burleson, vs.
       San Diego 12/24/06, 5-P, 5-K)

YARDS GAINED

Most Yards Returned, Career
4,139 Charlie Rogers, 1999-2001 (925-P,
      3,214-K)
3,900 Steve Broussard, 1995-98 (3,900-K)
3,238 Bobby Joe Edmonds, 1986-88
      (1,010-P, 2,228-K)

Most Yards Gained, Season
1,992 Charlie Rogers, 2000 (363-P, 1,629-K)
1,753 Josh Wilson, 2008 (0-P, 1,753-K)
1,710 Leon Washington, 2010 (249-P, 1,461-K)

Most Yards Returned, Game
   253 Leon Washington, vs. San Diego
       9/26/10 (253-K)
   231 Maurice Morris, vs. St. Louis 10/20/02
       (231-K)
   230 Leon Washington, at San Francisco
       12/12/10 (222-K, 8-P)

TOUCHDOWNS

Most Touchdowns, Career
    4 Joey Galloway, 1995-98 (4-P)
    3 Nate Burleson, 2006-09 (2-P, 1-K)
      Leon Washington, 2010 (3-K)
    2 Paul Johns, 1981-84 (2-P)
      Charlie Rogers, 1999-01 (1-P, 1-K)
      Bobby Engram, 2001-07 (2-P)

Most Touchdowns, Season
    3 Leon Washington, 2010 (3-K)
    2 Joey Galloway, 1998 (2-P)
      Nate Burleson, 2007 (1-P, 1-K)
    1 By 18 Players (Last: Josh Wilson, 2007
      [1-K])

Most Touchdowns, Game
    2 Leon Washington, vs. San Diego
      9/26/10
    1 By 23 Players (Last: Leon Washington
      at San Francisco 12/125/10)

FUMBLES

Most Fumbles, Career
   108 Dave Krieg, 1980-91
    55 Matt Hasselbeck, 2001-10
    48 Jim Zorn, 1976-84

Most Fumbles, Season
    18 Dave Krieg, 1989
    17 Jon Kitna, 2000
    16 Dave Krieg, 1990

Most Fumbles, Game
    6 Dave Krieg, vs. Kansas City 11/5/89
    5 Dave Krieg, vs. San Diego 11/25/90
      (OT)
    4 By 3 Players (Last: Jon Kitna, vs.
      Buffalo 12/23/00)

FUMBLES RECOVERED

Most Fumbles Recovered, Career, Own and Opponents
    27 Dave Krieg, 1980-91 (27-own)
    20 Jon Kitna, 1997-2000 (20-own)
    17 Jacob Green, 1980-91 (17-opp.)

Most Fumbles Recovered, Season, Own and Opponents
    9 Dave Krieg, 1989 (9-own)
      Jon Kitna, 2000 (9-own)
    6 Jon Kitna, 1999 (6-own)

Most Fumbles Recovered, Game, Own and Opponents
    3 Dave Krieg, vs. Chi 12/20/87 (3-own)
      Dave Krieg, vs. KC 11/5/89 (3-own)
      Darryl Williams, vs. KC 10/4/98 (3-opp)
      Jon Kitna, vs. Jax 11/12/00 (3-own)
      Matt Hasselbeck, vs. Hou 12/13/09 (3-
      own)

OWN FUMBLES RECOVERED

Most Own Fumbles Recovered, Career
    27 Dave Krieg, 1980-91
    20 John Kitna, 1997-2000
    14 Matt Hasselbeck, 2001-2010

Most Own Fumbles Recovered, Season
    9 Dave Krieg, 1989
      Jon Kitna, 2000
    6 Jon Kitna, 1999

Most Own Fumbles Recovered, Game
    3 Dave Krieg, vs. Chi 12/20/87 (3-own)
      Dave Krieg, vs. KC 11/5/89 (3-own)
      Jon Kitna, vs. Jax 11/12/00 (3-own)
      Matt Hasselbeck, vs. Hou 12/13/09 (3-
      own)

OPPONENTS FUMBLES RECOVERED

Most Opponents' Fumbles Recovered, Career
- 17 Jacob Green, 1980-91
- 14 Eugene Robinson, 1985-95
- 13 Chad Brown, 1997-04

Most Opponents' Fumbles Recovered, Season
- 5 Nesby Glasgow, 1989
- 4 By 12 Players (Last: Michael Sinclair, 2000)

Most Opponents' Fumbles Recovered, Game
- 3 Darryl Williams, at Kansas City, 10/4/98
- 2 By 7 Players (Last: Red Bryant, vs. San Diego 9/26/10)

YARDS RETURNING FUMBLES

Longest Fumble Return
- 82 Antonio Edwards, at Denver 12/10/95 (TD)
- 79 Jacob Green, vs. N.Y. Jets 10/27/85 (TD)
  Nick Reed, vs. Jacksonville 10/11/09 (TD)
- 71 Shawn Springs, at Oakland 9/8/02

TOUCHDOWNS

Most Touchdowns, Career (Total)
- 3 Chad Brown, 1997 (3-opp)
- 2 Jacob Green, 1980-91 (2-opp)
  Shelton Robinson, 1982-85 (2-opp)
  Michael Sinclair, 1991-01 (2-opp)

Most Touchdowns, Season (Total)
- 2 Shelton Robinson, 1983 (2-opp)
  Chad Brown, 1997 (2-opp)
- 1 Many Times

Most Touchdowns, Game (Total)
- 1 Many Times (Last: Nick Reed, vs. Jacksonville 10/11/09)

COMBINED NET YARDS

Yards Gained Via Rushing, Receiving, Interception Return, Punt Return, Kickoff Return, and Fumble Recovery Return

ATTEMPTS

Most Attempts, Career
- 2,390 Shaun Alexander, 2000-07
- 1,943 Chris Warren, 1990-97
- 1,855 Curt Warner, 1983-89

Most Attempts, Season
- 385 Shaun Alexander, 2005
- 379 Curt Warner, 1983
- 378 Shaun Alexander, 2004

Most Attempts, Rookie, Season
- 379 Curt Warner, 1983
- 162 John L. Williams, 1986
- 161 Sherman Smith, 1976

Most Attempts, Game
- 40 Shaun Alexander, vs. Green Bay 11/27/06
- 37 Shaun Alexander, vs. Oakland 11/11/01
- 36 Chris Warren, at New England 9/19/93

YARDS GAINED

Most Yards Gained, Career
- 13,396 Steve Largent, 1976-89
- 10,940 Shaun Alexander, 2000-07
- 10,665 Chris Warren, 1990-97

Most Yards Gained, Season
- 1,992 Charlie Rogers, 2000
- 1,958 Shaun Alexander, 2005
- 1,927 Chris Warren, 1992

Most Yards Gained, Rookie, Season
- 1,774 Curt Warner, 1983
- 1,583 Joey Galloway, 1995
- 1,172 Bobby Joe Edmonds, 1986

Most Yards Gained, Game
- 281 Shaun Alexander, vs. Oakland 11/11/01
- 264 Maurice Morris, vs. St. Louis 10/20/02
- 261 Steve Largent, vs. Detroit 10/18/87

TACKLES

Most Tackles, Career
- 984 Eugene Robinson, 1985-95
- 813 Keith Butler, 1978-87
- 779 Joe Nash, 1982-96

Most Tackles, Season
- 153 Terry Beeson, 1978
- 150 Chad Brown, 1998
- 147 Anthony Simmons, 2000

Most Tackles, Game
- 18 Terry Beeson, vs. Houston 11/2/77
  Sammy Green, vs. Minnesota 10/8/78
- 16 By 11 Players (Last: David Hawthorne, vs. Chicago 9/27/09)

SACKS

Most Sacks, Career
- *97.5 Jacob Green, 1980-91
- 73.5 Michael Sinclair, 1991-01
- 63.0 Jeff Bryant, 1982-93

Unofficially 116.0. Sacks did not became official until 1982.

Most Sacks, Season
- 16.5 Michael Sinclair, 1998
- 16.0 Jacob Green, 1983
- 14.5 Jeff Bryant, 1984
- 14.5 Patrick Kerney, 2007

Most Sacks, Game
- 4.0 Jacob Green, vs. N.Y. Giants 10/19/86
  Michael Sinclair, vs. Denver 9/8/96
  Michael McCrary, at Oakland 12/22/96
  Darryl Tapp, vs. St. Louis 10/21/07

FORCED FUMBLES

Most Forced Fumbles, Career
- 28 Jacob Green, 1980-91
- 24 Michael Sinclair, 1991-01
- 14 Rufus Porter, 1988-94
- 13 Joe Nash, 1982-96
  Bruce Scholtz, 1982-88

Most Forced Fumbles, Season
- 7 Jacob Green, 1985
  Michael Sinclair, 1998
- 6 By 3 Players (Last: Michael Sinclair, 1997)

BLOCKED KICKS

Most Blocked Punts, Career
- 3 Kerry Justin, 1978-83, 1986-87
- 2 By 4 Players

Most Blocked Punts, Season
- 2 By 4 Players (Last: Kerry Justin, 1986)

Most Blocked Punts, Game
- 1 By 23 Players (Last: Kenard Cox, vs. Kansas City 11/28/10)

Most Blocked Field Goals, Career
- 8 Joe Nash, 1982-96
  Craig Terrill, 2004-10
- 2 By 4 Players

Most Blocked Field Goals, Season
- 3 Joe Nash, 1989
  Craig Terrill, 2010
- 2 Mike White, 1982
  Joe Nash, 1984
  Craig Terrill, 2006

Most Blocked Field Goals, Game
- 1 Many Times (Last: Craig Terrill, Tampa Bay 12/26/10)

Most Blocked PATs, Career
- 3 Mike White, 1981-82
- 2 By 3 Players

Most Blocked PATs, Season
- 2 Mike White, 1981
- 1 By 11 Players (Last: Terry Wooden, 1995)

Most Blocked PATs, Game
- 1 By 12 Players
  (Last: Terry Wooden, vs. San Diego 10/22/95)

Most Blocked Kicks (Field Goals and PATs), Career
- 10 Joe Nash, 1982-96 (8 FG, 2 PAT)
- 8 Craig Terrill, 2004-10 (8 FG)
- 5 Mike White, 1981-82 (2 FG, 3 PAT)
  Jeff Bryant, 1982-93 (3 FG, 2 PAT)

Most Blocked Kicks (Field Goals and PATs), Season
- 3 Mike White, 1982 (2 FG, 1 PAT)
  Joe Nash, 1989 (3 FG)
  Craig Terrill, 2010 (3 FG)
- 2 By 5 Players (Last: Craig Terrill, 2006)

Most Blocked Kicks (Field Goals and PATs), Game
- 1 Many Times (Last: Craig Terrill, at Tampa Bay 12/26/10 [FG])

Longest Return of Blocked Punt
- 32 Jessie Green, vs. N.Y. Jets 10/19/80
- 26 Steve Raible, vs. Green Bay 10/10/76
- 17 Autry Beamon, vs. Baltimore 9/18/77

Longest Return of Blocked Field Goal
- 62 Paul Moyer, vs. Cleveland 10/9/88
  Vernon Dean, vs. L.A. Rams 10/23/88 (TD)
- 61 Robert Blackmon, vs. Houston 11/3/96 (TD)
  Shawn Springs, at Green Bay 11/1/99 (TD)

TEAM RECORDS

ATTENDANCE

Largest Single-Season Regular-Season Home Attendance
- 545,551 2007 (68,194)
- 543,965 2008 (67,996)
- 543,820 2006 (67,978)

Largest Single-Game Regular-Season Home Attendance
–CenturyLink Field
- 68,331 vs. San Francisco 11/12/07
- 68,302 vs. Green Bay 10/5/08
- 68,296 vs. New Orleans 10/14/07

– Kingdome (1976-1999)
- 66,400 vs. Oakland 10/3/99
- 66,332 vs. Kansas City 12/26/99
- 66,318 vs. San Diego 12/12/99

– Husky Stadium (2000-01)
- 68,681 vs. Oakland 12/16/00
- 68,661 vs. Denver 11/26/00
- 67,231 vs. Oakland 11/11/01

Largest Single-Game Regular-Season Road Attendance
- 90,215 at Washington 10/2/05
- *82,893 at Kansas City 10/2/00
- 82,352 at Washington 11/4/01

* Combined attendance from Arrowhead (79,451) and Kaufmann Stadium adjacent to Arrowhead (3,442).

GAMES WON

REGULAR SEASON

Most Consecutive Games Won
- 11 2005
- 8 1984
- 6 2002-03

Most Consecutive Games Without Defeat
- 11 2005
- 8 1984
- 6 2002-03

Most Games Won, Season
- 13 2005
- 12 1984
- 10 1986, 2003, 2007

Most Consecutive Games Won, One Season
- 11 2005
- 8 1984
- 5 1986, 1999, 2007

Most Consecutive Games Won, Start of Season
- 3 1986, 1998, 2003, 2004, 2006
- 2 1984, 1985, 1988, 1994

Most Consecutive Games Won, End of Season
- 5 1986
- 3 2002

Most Consecutive Home Games Won
- 12 2004-06
- 10 2002-04
- 8 1983-84

Most Consecutive Road Games Won
- 5 1979-80, 2005
- 4 1984

Most Shutout Games Won or Tied, Season
- 3 1984
- 2 1986, 2009
- 1 9 Times (Last: 2007)

Most Consecutive Shutout Games Won or Tied, Season
- 2 1984
- 1 14 Times (Last: 2009)

Most Consecutive Overtime Games Won, Season
- 2 1990 (Ties NFL record)

GAMES LOST

Most Consecutive Games Lost
- 10 1980-81
- 9 1976-77
- 8 1992

Most Games Lost, Season
- 14 1992
- 12 1976, 1980, 2008
- 11 2009

Most Consecutive Games Lost, One Season
- 9 1980
- 8 1992
- 6 1994, 2008

Most Consecutive Games Lost, Start of Season
- 5 1976
- 4 1977
- 3 1990, 1996, 2002

Most Consecutive Games Lost, End of Season
- 9 1980
- 5 1976
- 4 1992, 2009

Most Consecutive Home Games Lost
- 8 1980
- 5 1992, 2008
- 4 1976, 1976-77

Most Consecutive Road Games Lost
- 8 1976-77, 1980-81
- 7 1992-93
- 6 2003, 2008-09

Most Shutout Games Lost or Tied, Season
- 2 1992
- 1 8 Times (Last: 2007)

Most Consecutive Shutout Games, Lost or Tied, Season
- 2 1992
- 1 8 Times (Last: 2007)

Most Consecutive Overtime Games Lost, Season
- 1 17 Times (Last: 2008)

SCORING

POINTS

Most Points, Season
- 452 2005
- 418 1984
- 404 2003

Fewest Points, Season
- 127 1982 (9 games)
- 140 1992 (NFL record for 16-game season)
- 229 1976 (14 games)

Most Points, Game
- 56 vs. Buffalo 10/30/77
- 51 vs. Kansas City 11/27/83 (OT)
- 49 vs. San Diego 9/15/85

Fewest Points, Game
- 0 10 Times (Last: at Pittsburgh 10/7/07)

Most Points, Both Teams, Game
- 99 Seattle (51) vs. Kansas City (48) 11/27/83 (OT)
- 85 Seattle (41) at Baltimore (44) 11/23/03 (OT)
     Seattle (41) at Atlanta (44) 12/30/07
- 84 Seattle (49) vs. San Diego (35) 9/15/85

Fewest Points, Both Teams, Game
- 14 Seattle (14) vs. Washington (0) 9/28/80
- 15 Seattle (9) at Cleveland (6) 9/9/01
     Seattle (6) at N.Y. Giants (9) 9/22/02
     Seattle (9) at Detroit (6) 9/10/06

Most Points, Shutout Victory, Game
- 45 vs. Kansas City 11/4/84
- 42 at Philadelphia 12/5/05
- 41 vs. Jacksonville 10/11/09

Fewest Points, Shutout Victory, Game
- 14 vs. Washington 9/28/80
- 16 vs. Pittsburgh 11/28/82
     vs. Oakland 11/6/06
- 17 vs. N.Y. Jets 11/13/77

Most Points Overcome to Win Game
- 20 at Denver 12/10/95 (Trailed 0-20, Won 31-27)
- 18 vs. Pittsburgh 11/8/81 (Trailed 3-21, Won 24-21)
     at Oakland 12/14/97 (Trailed 3-21, Won 22-21)

Most Points, Each Half
- 1st: 45 vs. Minnesota 9/29/02
      42 vs. Buffalo 10/30/77
      35 vs. Detroit 11/16/03
         at Philadelphia 12/5/05
         vs. N.Y. Giants 9/24/06
- 2nd: 35 vs. San Diego 9/15/85
      34 vs. Kansas City 11/27/83
      31 vs. L.A. Raiders 10/16/83
         vs. New England 9/21/86

Most Points, One Quarter
- 31 vs. Minnesota 9/29/02 (2nd)
- 28 4 Times (Last: vs. Kansas City 9/11/88 [2nd])

Most Points, Each Quarter
- 1st: 21 vs. Cincinnati 9/6/81
  - vs. Detroit 10/18/87
  - vs. N.Y. Giants 11/5/95
  - vs. N.Y. Giants 9/24/06
- 2nd: 31 vs. Minnesota 9/29/02
  - 28 vs. Buffalo 10/30/77
  - vs. Kansas City 11/4/84
  - vs. Kansas City 9/11/88
- 3rd: 28 vs. San Diego 9/15/85
  - 21 vs. Chicago 9/23/84
  - vs. Carolina 12/5/10
  - 20 vs. Kansas City 9/20/87
  - vs. Chicago 12/20/87
- 4th: 24 vs. New England 9/21/86
  - 22 vs. Dallas 12/6/04
  - 21 vs. Detroit 9/24/78
  - at Denver 12/10/95
  - at San Diego 12/29/02
- OT: 6 at Atlanta 12/15/02
  - 3 7 Times (Last: vs. N.Y. Giants 11/27/05)

GAMES

Most Consecutive Games Scoring
- 121 1992-99
- 115 2000-07
- 112 1982-89

TOUCHDOWNS

Most Touchdowns, Season
- 57 2005
- 51 1984
- 50 1983

Fewest Touchdowns, Season
- 14 1982 (9 games), 1992
- 28 1989

Most Touchdowns, Game
- 8 vs. Buffalo 10/30/77
- 7 vs. San Diego 9/15/85
- 6 11 Times (Last: vs. N.Y. Giants 9/24/06)

Most Touchdowns, Both Teams, Game
- 13 Seattle (6) vs. Kansas City (7) 11/27/83 (OT)
- 12 Seattle (7) vs. San Diego (5) 9/15/85
- 10 7 Times (Last: Seattle [5] at Atlanta [5] 12/30/07)

Most Consecutive Games Scoring Touchdowns
- 48 1982-85
- 34 1985-88
- 30 1977-79, 2002-04

POINTS AFTER TOUCHDOWN

Most Points After Touchdown, Season
- 56 2005
- 50 1984
- 49 1983

Fewest Points After Touchdown, Season
- 13 1982 (9 games)
- 14 1992
- 25 1994

Most Points After Touchdown, Game
- 8 vs. Buffalo 10/30/77
- 7 vs. San Diego 9/15/85
- 6 11 Times (Last: vs. N.Y. Giants 9/24/06)

Most Points After Touchdown, Both Teams, Game
- 12 Seattle (6) vs. Kansas City (6) 11/27/83 (OT)
- 10 5 Times (Last: Seattle [5] at Atlanta [5] 12/30/07)

TWO-POINT CONVERSIONS

(Two-point conversion rule was adopted in 1994)

Most Two-Point Conversion Attempts, Season
- 6 1994, 1996, 1997
- 4 1998, 2000
- 3 2004

Most Two-Point Conversion Attempts, Game
- 2 at Kansas City 10/23/94
  - vs. San Diego 10/22/95
  - vs. Oakland 10/26/97
  - vs. Oakland 12/16/00
- 1 Many Times (Last: vs. Arizona 11/16/08)

Most Two-Point Conversions Made, Season
- 4 1994, 1996
- 2 1998, 2004, 2010

Most Two-Point Conversions Made, Game
- 2 at Kansas City 10/23/94
- 1 16 Times (Last: at Tampa Bay 12/26/10)

FIELD GOALS

Most Field Goals Attempted, Season
- 40 1999
- 35 1986
- 34 1996, 2007

Fewest Field Goals Attempted, Season
- 14 1982 (9 games)
- 16 1976
- 18 1977

Most Field Goals Attempted, Game
- 6 vs. Kansas City 9/20/87
  - vs. Pittsburgh 9/26/99
  - vs. San Diego 12/12/99
  - vs. Chicago 9/27/09
  - at Arizona 11/1410
- 5 8 Times (Last: vs. Arizona 10/24/10)

Most Field Goals Attempted, Both Teams, Game
- 10 Seattle (6) vs. San Diego (4) 12/12/99
- 9 at Seattle (5) vs. Houston (4) 11/3/96

Most Field Goals, Season
- 34 1999
- 28 1996, 2007
- 25 1991, 2006, 2010

Fewest Field Goals, Season
- 9 1976, 1977
- 10 1982 (9 games)

Most Field Goals, Game
- 5 vs. Kansas City 9/20/87
  - vs. L.A. Raiders 12/18/88
  - vs. Pittsburgh 9/26/99
  - vs. Arizona 10/24/10
  - at Arizona 11/14/10
- 4 17 (Last: vs. Detroit 11/8/09)

Most Field Goals, Both Teams, Game
8 Seattle (5) vs. L.A. Raiders (3) 12/18/88
7 8 Times (Last: Seattle [3] vs. Arizona [4] 9/25/05)

Most Consecutive Games Scoring Field Goals
19 2002-03
15 1990-91
12 1997-98

SAFETIES

Most Safeties, Season
4 1993 (Ties NFL record)
1 13 Times (Last: 2010)

Most Safeties, Game
1 17 Times (Last: at Chicago 10/17/10)

Most Safeties, Both Teams, Game
2 Seattle (0) vs. Denver (2) 1/2/83
   Seattle (1) vs. Cleveland (1) 11/14/93
1 Many Times (Last: Seattle [1] at Chicago [0] 10/17/10)

FIRST DOWNS

Most Seasons Leading League
1 1978

Most First Downs, Season
361 2005
347 2002
345 1978

Fewest First Downs, Season
159 1982 (9 games)
208 1992
238 1976

Most First Downs, Game
34 vs. San Diego 11/22/87
    at San Diego 12/29/02 (OT)
33 vs. Kansas City 11/27/83 (OT)
32 vs. Kansas City 11/24/02

Fewest First Downs, Game
1 vs. L.A. Rams 11/4/79
2 vs. New England 12/4/88
6 3 Times (Last: at Dallas 10/11/92)

Most First Downs, Rushing, Season
150 1978
142 2005
131 1983

Fewest First Downs, Rushing, Season
51 1982 (9 games)
65 1999
75 1976

Most First Downs, Rushing, Game
19 vs. San Diego 11/22/87
    vs. Houston 10/16/05
18 vs. Kansas City 11/27/83 (OT)

Fewest First Downs, Rushing, Game
0 vs. L.A. Rams 11/4/79
   vs. New England 12/4/88
   vs. L.A. Raiders 10/18/92
   vs. Arizona 10/18/09

Most First Downs, Passing, Season
211 2007
208 2002
207 1997

Fewest First Downs, Passing, Season
89 1982 (9 games)
114 1992
116 1977

Most First Downs, Passing, Game
22 at Cleveland 11/4/07
21 vs. Denver 11/20/83
    vs. Kansas City 11/24/02
20 vs. Denver 12/15/84
    vs. Cleveland 11/30/03

Fewest First Downs, Passing, Game
1 vs. L.A. Rams 11/4/79
   vs. Oakland 12/22/96
2 6 Times (Last: vs. Philadelphia 11/2/08)

Most First Downs, Penalty, Season
39 1978
35 2002
33 2006, 2009

Fewest First Downs, Penalty, Season
10 1986
14 1991
15 2000

Most First Downs, Penalty, Game
6 vs. N.Y. Jets 9/17/78
   vs. San Diego 11/16/81
   vs. San Diego 9/18/94

Most First Downs, Both Teams, Game
64* vs. Kansas City 11/24/02
     (Sea-32, KC-32)
62 vs. San Diego 9/15/85 (Sea-30, SD-32)

*NFL Record

NET YARDS GAINED RUSHING & PASSING

Most Plays, Season
1090 1985
1072 1978
1056 2007

Fewest Plays, Season
589 1982 (9 games)
869 1977
882 1976

Most Plays, Game
90 at San Diego 12/29/02 (OT)
85 vs. Kansas City 11/27/83 (OT)
    vs. Green Bay 11/27/06
84 vs. Kansas City 9/29/85
    vs. San Diego 11/22/87

Fewest Plays, Game
35 vs. L.A. Rams 11/4/79
37 N.Y. Giants 11/7/10
39 at Tampa Bay 10/19/08

Most Net Yards Gained, Season
5,915 2005
5,818 2002
5,759 1997

Fewest Net Yards Gained, Season
2,594 1982 (9 games)
3,374 1992
4,065 1976

Most Net Yards Gained, Game
591 at San Diego 12/29/02 (OT)
559 vs. Buffalo 10/30/77
554 vs. Oakland 10/26/97

Fewest Net Yards Gained, Game
-7 vs. L.A. Rams 11/4/79 (NFL record)
62 at Dallas 10/11/92
65 vs. New England 12/4/88

Most Consecutive Games, 500 or More Yards Gained
2 2002

Most Consecutive Games, 400 or More Yards Gained
4 1986
2 14 Times (Last: 2010)

Most Consecutive Games, 300 or More Yards Gained
9 1997
8 1996
7 1978-79

Most Games 500 Yards or More, Season
3 2002
2 1986
1 1977, 1979, 1983, 1997, 2004, 2007

Highest Average Gain, Season
5.80 2005 (1,020-5,915)
5.54 2002 (1,050-5,818)
5.53 2003 (1,017-5,627)

Lowest Average Gain, Season
3.57 1992 (945-3,374)
4.40 1982 (589-2,594 [9 games])
4.55 1989 (1,010-4,596)

RUSHING

ATTEMPTS

Most Rushing Attempts, Season
561 1978
546 1983
519 2005

Fewest Rushing Attempts, Season
227 1982 (9 games)
374 1976
385 2010

Most Rushing Attempts, Game
57 vs. N.Y. Jets 9/11/83
56 vs. San Diego 9/18/83
54 vs. San Diego 11/22/87

Fewest Rushing Attempts, Game
7 vs. L.A. Raiders 11/17/91
9 vs. Washington 12/23/89
11 at Carolina 10/8/00
Arizona 10/18/09

YARDS GAINED

Most Yards Gained Rushing, Season
2,457 2005
2,394 1978
2,300 1986

Fewest Yards Gained Rushing, Season
795 1982 (9 games)
1,392 1989
1,408 1999

Most Yards Gained Rushing, Game
320 vs. Houston 10/16/05
319 vs. Oakland 11/11/01
298 vs. Denver 12/20/86

Fewest Yards Gained Rushing, Game
4 at Minnesota 11/22/09
14 Arizona 10/18/09
20 vs. New England 12/4/88
vs. Kansas City 11/28/10

AVERAGE GAIN

Highest Average Gain, Rushing, Season
4.73 2005 (519-2,457)
4.57 1995 (477-2,178)
4.52 1996 (442-1,997)

Lowest Average Gain, Rushing, Season
3.32 1984 (495-1,645)
3.44 1989 (405-1,392)
3.45 1999 (408-1,408)

TOUCHDOWNS

Most Touchdowns, Rushing, Season
29 2005
28 1978
24 1979

Fewest Touchdowns, Rushing, Season
4 1982 (9 games), 1992
5 1989, 1999

Most Touchdowns, Rushing, Game
5 2005 vs. Houston 10/16/05
4 9 Times (Last: vs. Arizona 9/25/05)

PASSING

ATTEMPTS

Most Passes Attempted, Season
609 1997, 2009
590 2007
587 2002

Fewest Passes Attempted, Season
326 1982 (9 games)
387 1977
405 1987

Most Passes Attempted, Game
61 vs. Kansas City 9/29/85
55 at San Francisco 12/1/02
53 at San Diego 12/29/02 (OT)
at Arizona 11/15/09

Fewest Passes Attempted, Game
14 vs. Kansas City 12/11/77
15 vs. N.Y. Jets 9/11/83
vs. Green Bay 11/15/87
vs. Pittsburgh 12/6/87
16 3 Times (Last: vs. Cincinnati 11/18/84)

Most Passes Attempted, Both Teams, Game
103 Seattle (53) at San Diego (50) 12/29/02 (OT)
95 Seattle (47) at Cleveland (48) 11/4/07
94 Seattle (52) Detroit (42) 11/8/09

Fewest Passes Attempted, Both Teams, Game
- 30 Seattle (20) vs. New England (10) 12/4/88
- 33 Seattle (15) vs. Pittsburgh (18) 12/6/87
- 38 Seattle (23) vs. New England (15) 10/9/77

COMPLETIONS

Most Passes Completed, Season
- 372 2009
- 371 2007
- 361 2002

Fewest Passes Completed, Season
- 175 1977
- 176 1982 (9 games)
- 229 1976

Most Passes Completed, Game
- 40 vs. Detroit 11/8/09
- 36 at San Diego 12/29/02 (OT)
- 33 vs. Atlanta 10/13/85
  - at Indianapolis 10/4/09

Fewest Passes Completed, Game
- 2 vs. L.A. Rams 11/4/79
- 4 vs. L.A. Raiders 10/16/83
- 5 vs. New England 10/9/77
  - vs. Houston 11/20/77
  - at Oakland 12/22/96

Most Passes Completed, Both Teams, Game
- 64 Seattle (36) at San Diego (28) 12/29/02 (OT)
  - Seattle (33) at Indianapolis (31) 10/4/09
- 62 Seattle (40) vs. Detroit (22) 11/8/09
- 61 Seattle (32) at New Orleans (29) 11/21/10

Fewest Passes Completed, Both Teams, Game
- 14 Seattle (5) vs. New England (9) 10/9/77
  - Seattle (9) vs. New England (5) 12/4/88
- 17 Seattle (10) vs. Cleveland (7) 12/18/77

YARDS GAINED

Most Net Yards Gained, Passing, Season
- 4,078 2002
- 3,964 2007
- 3,959 1997

Fewest Net Yards Gained, Passing, Season
- 1,778 1992
- 1,799 1982 (9 games)
- 2,328 1977

Most Net Yards Gained, Passing, Game
- 428 at San Diego 12/29/02
- 427 at San Francisco 12/1/02
- 409 vs. Oakland 10/26/97

Fewest Net Yards, Gained Passing, Game
- -30 vs. L.A. Rams 11/4/79
- 2 vs. L.A. Raiders 10/16/83
- 13 at Oakland 12/22/96

TIMES SACKED

Most Times Sacked, Season
- 67 1992
- 53 1985
- 51 1980

Fewest Times Sacked, Season
- 21 1977
- 23 1979
- 27 2005

Most Times Sacked, Game
- 9 vs. Kansas City 11/11/90
- 8 vs. Cleveland 9/12/82
  - vs. Dallas 12/4/83
  - vs. Denver 11/26/89
  - at Denver 12/20/92
  - at Oakland 10/31/10

COMPLETION PERCENTAGE

Highest Completion Percentage, Season
- 64.77 2005 (474-307)
- 62.88 2007 (590-371)
- 61.50 2002 (587-361)

Lowest Completion Percentage, Season
- 45.22 1977 (387-175)
- 47.71 1976 (480-229)
- 48.32 1992 (476-230)

TOUCHDOWNS

Most Touchdowns, Passing, Season
- 32 1984
- 31 1987
- 30 2007

Fewest Touchdowns, Passing, Season
- 9 1982 (9 games)
  - 1992
- 13 1976, 1993, 1994

Most Touchdowns, Passing, Game
- 5 vs. Detroit 12/2/84
  - vs. San Diego 9/15/85
  - vs. L.A. Raiders 11/28/88
  - vs. Oakland 10/26/97
  - at Baltimore 11/23/03 (OT)
  - vs. N.Y. Giants 9/24/06

Most Touchdowns, Passing, Both Teams, Game
- 10 Seattle (5) vs. San Diego (5) 9/15/85
- 9 Seattle (5) at Baltimore (4) 11/23/03 (OT)
- 8 Seattle (5) vs. N.Y. Giants (3) 9/24/06

PASSES HAD INTERCEPTED

Most Passes Had Intercepted, Season
- 32 1977
- 30 1976
- 26 1984, 1991

Fewest Passes Had Intercepted, Season
- 9 1994
- 10 2005
- 12 2001

Most Passes Had Intercepted, Game
- 6 vs. Detroit 10/24/76
  - vs. Kansas City 12/9/84
- 5 3 Times (Last: vs. Tampa Bay 11/28/99)

PUNTING

Most Punts, Season
- 108 1992
- 95 1984
- 91 1985, 1993, 1994

Fewest Punts, Season
  49 1982 (9 games)
  61 1987, 2002
  64 1977

Most Punts, Game
  12 vs. Denver 11/28/93
  11 5 Times (Last: vs. Philadelphia 11/2/08)

Fewest Punts, Game
   1 13 Times (Last: at Arizona 11/14/10)

AVERAGE YARDAGE

Highest Average Distance, Punting, Season
46.06 2009 (89-4,100)
45.00 1995 (83-3,735)
44.52 2008 (90-4,007)

Lowest Average Distance, Punting, Season
36.42 1978 (69-2,513)
37.40 1976 (82-3,067)
37.55 1984 (95-3,567)

HAD BLOCKED

Most Punts Had Blocked, Season
   3 1979
   2 1976, 1977, 1980, 1997, 2003, 2004

Most Punts Had Blocked, Game
   2 vs. Kansas City 9/30/79
   1 Many Times (Last: vs. San Francisco 9/14/08)

Most Consecutive Punts Without A Block
 612 1980-88
 521 1989-93
 254 1993-96, 1997-00

INSIDE THE 20

Most Punts Inside Opponents' 20-Yard Line, Season
  34 1999
  33 1994
  30 2007

Fewest Punts Inside Opponents' 20-Yard Line, Season
   9 1982 (9 games)
  10 1977, 1986
  11 1979, 1991

Most Punts Inside Opponents' 20-Yard Line, Game
   6 vs. Minnesota 11/10/96
      vs. Kansas City 12/26/99
      at N.Y. Giants 12/23/01
      vs. San Francisco 12/6/09
   5 vs. New England 12/18/83
      vs. Denver 11/30/92 (OT)
      at Washington 9/4/94
      vs. New Orleans 9/7/03
      at Oakland 10/31/10

PUNT RETURNS

Most Punt Returns, Season
  58 2007
  53 1985
  49 2006

Fewest Punt Returns, Season
  21 1982 (9 games)
  25 2002
  30 1989, 1999, 2000, 2004

Most Punt Returns, Game
   7 vs. Tampa Bay 10/17/76
      vs. N.Y. Jets 11/13/77
      vs. San Francisco 12/6/09
   6 9 Times (Last: vs. St. Louis 1/2/11)

Fewest Punt Returns, Game
   0 Many Times (Last: at New Orleans 11/31/10)

FAIR CATCHES

Most Fair Catches, Season
  27 1992
  26 2004
  24 1999

Fewest Fair Catches, Season
   4 1977
   5 1978
   6 3 Times (Last: 1983)

Most Fair Catches, Game
   5 6 Times (Last: vs. Dallas 10/23/05)

YARDS GAINED

Most Yards, Punt Returns, Season
 658 2007
 484 1984
 483 1985

Fewest Yards, Punt Returns, Season
 177 2005
 217 1977
 228 1982 (9 games)

Most Yards, Punt Returns, Game
 106 at Pittsburgh 9/26/99
 105 vs. N.Y. Giants 11/5/95
 103 vs. Philadelphia 11/23/86

Fewest Yards, Punt Returns, Game
  -3 at Washington 10/2/05 (OT)
      vs. San Diego 9/21/97
  -2 vs. Washington 9/19/76
      at N.Y. Giants 10/25/92
      at Kansas City 9/15/96

AVERAGE YARDS RETURNING PUNTS

Highest Average, Punt Returns, Season
13.97 1999 (30-419)
12.80 2000 (30-384)
11.72 1986 (39-457)

Lowest Average, Punt Returns, Season
 5.71 2005 (31-177)
 6.65 1976 (37-246)
 6.70 1997 (37-248)

TOUCHDOWNS RETURNING PUNTS

Most Touchdowns, Punt Returns, Season
   2 1998
   1 12 Times (Last: 2007)

Most Touchdowns, Punt Returns, Game
   1 14 Times (Last: at Cleveland 11/4/07)

KICKOFF RETURNS

Most Kickoff Returns, Season
- 80 2000
- 79 1976
- 77 2008

Fewest Kickoff Returns, Season
- 29 1982 (9 games)
- 50 1990, 1992, 1993

Most Kickoff Returns, Game
- 9 vs. New Orleans 11/21/76
- vs. Kansas City 11/27/83 (OT)
- 8 Many Times (Last: vs. N.Y. Giants 11/7/10)

Fewest Kickoff Returns, Game
- 0 5 Times (Last: vs. Oakland 11/6/06)

YARDS GAINED

Most Yards, Kickoff Returns, Season
- 1,932 2000
- 1,620 1995
- 1,605 1976

Fewest Yards, Kickoff Returns, Season
- 544 1982 (9 games)
- 885 1992
- 931 1993

Most Yards, Kickoff Returns, Game
- 268 vs. Indianapolis 10/15/00
- 253 vs. San Diego 9/26/10
- 251 vs. New Orleans 11/21/76

Fewest Yards, Kickoff Returns, Game
- 0 6 Times (Last: vs. San Francisco 11/12/07)

AVERAGE YARDAGE

Highest Average, Kickoff Returns, Season
- 25.29 2008 (77-1,948)
- 24.15 2000 (80-1,932)
- 23.97 2010 (65-1,558)

Lowest Average, Kickoff Returns, Season
- 17.70 1992 (50-885)
- 18.52 1981 (69-1,278)
- 18.62 1993 (50-931)

TOUCHDOWNS

Most Touchdowns, Kickoff Returns, Season
- 3 2010
- 2 2007
- 1 6 Times (Last: 2002)

Most Touchdowns, Kickoff Returns, Game
- 2 vs. San Diego 9/26/10
- 1 at St. Louis 11/13/83
- vs. Kansas City 10/8/89
- at San Diego 10/30/94
- vs. Washington 9/20/98
- vs. Buffalo 12/23/00
- at St. Louis 10/20/02
- vs. St. Louis 10/21/07
- at St. Louis 11/25/07
- at San Francisco 12/12/10

FUMBLES

Most Fumbles, Season
- 43 1989
- 41 1981
- 38 1980

Fewest Fumbles, Season
- 18 2005, 2010
- 19 2004
- 20 2008

Most Fumbles, Game
- 8 vs. Kansas City 11/5/89
- at Arizona 10/29/95 (OT)
- 7 vs. Denver 11/20/83

FUMBLES LOST

Most Fumbles Lost, Season
- 23 1981
- 20 1983
- 19 1978, 1994

Fewest Fumbles Lost, Season
- 7 2005
- 9 1995, 2001, 2004
- 11 1982 (9 games), 1997, 2007, 2010

Most Fumbles Lost, Game
- 5 vs. Green Bay 10/15/78
- vs. Denver 12/13/81
- 4 6 Times (Last: vs. Oakland 11/1/98)

FUMBLES RECOVERED

Most Fumbles Recovered, Season, Own and Opponents
- 44 1983 (16 own, 28 opp)
- 41 1981 (14 own, 27 opp)
- 37 1987, 1989

Fewest Fumbles Recovered, Season, Own & Opponents
- 17 1999
- 18 1982 (9 games)
- 19 1995, 2008

Most Fumbles Recovered, Game, Own & Opponents
- 8 vs. Cleveland 12/20/81 (1 own, 7 opp)
- 7 vs. Chicago 12/20/87 (4 own, 3 opp)
- vs. San Diego 11/25/90 (4 own, 3 opp)

Most Own Fumbles Recovered, Season
- 24 1989
- 22 1980
- 21 2009

Fewest Own Fumbles Recovered, Season
- 7 2010
- 8 1984, 2003, 2004, 2008
- 9 1976, 1979, 1991, 2005, 2006

Most Opponents Fumbles Recovered, Season
- 28 1983
- 27 1981
- 25 1984

Fewest Opponents Fumbles Recovered, Season
- 6 1989
- 8 1982
- 9 1995

Most Opponents Fumbles Recovered, Game
- 7 vs. Cleveland 12/20/81
- 6 at Oakland 12/22/96
- 5 vs. L.A. Raiders 10/16/83
  - vs. Cleveland 11/14/93
  - vs. Kansas City 10/4/98

TOUCHDOWNS

Most TDs, Opponent Fumbles Recovered, Season
- 3 1997
- 2 8 Times (Last: 2008)

Most TDs, Fumbles Recovered, Game, Own and Opponents
- 2 4 Times (Last: at New York Giants 12/23/01 [Seattle-1, NY-1])
- 1 Many Times

TURNOVERS

(Number of times losing the ball on interceptions and fumbles)

Most Turnovers, Season
- 48 1976 (30 ints, 18 fums)
- 46 1977 (32 ints, 14 fums)
- 43 1991 (26 ints, 17 fums)

Fewest Turnovers, Season
- 17 2005 (10 ints, 7 fums)
- 21 2001 (12 ints, 9 fums)
- 24 1982 (13 ints, 11 fums) (9 games)
  - 2007 (13 ints, 11 fums)

Most Turnovers, Game
- 8 vs. Detroit 10/24/76 (6 ints, 2 fums)
  - vs. Denver 11/20/83 (4 ints, 4 fums)
- 7 4 Times (Last: at Arizona 10/29/95 [OT] [4 ints, 3 fums])

Most Turnovers, Both Teams, Game
- 14 Seattle (4) vs. Cleveland (10) 12/20/81
- 11 Seattle (7) vs. Kansas City (4) 9/29/85
  - Seattle (8) at Arizona (3) 10/29/95 (OT)
  - Seattle (3) vs. San Diego (8) 12/13/98

Fewest Turnovers, Both Teams, Game
- 0 Many Times, Last
  - Seattle (0) at Tampa Bay (0) 12/26/10

PENALTIES

Fewest Penalties, Season
- 59 1982 (9 games), 2007
- 66 2001
- 76 1977

Most Penalties, Season
- 128 1984
- 117 1998
- 114 1994

Fewest Penalties, Game
- 0 vs. Pittsburgh 12/6/87
  - vs. Dallas 12/16/01
  - vs. Baltimore 12/23/07
- 1 11 Times (Last: at Tampa Bay 12/26/10)

Most Penalties, Game
- 17 vs. Green Bay 10/21/84
- 15 vs. Tampa Bay 10/17/76
  - vs. San Diego 10/9/83

Fewest Penalties, Both Teams, Game
- 2 Seattle (1) vs. Oakland (1) 12/5/99
  - Seattle (2) at Philadelphia (0) 12/2/07
- 4 Seattle (2) at N.Y. Jets (2) 12/19/04
  - Seattle (1) at Tampa Bay (3) 12/26/10
- 5 6 Times, (Last: Seattle (1) at Tampa Bay (4) 10/19/08)

Most Penalties, Both Teams, Game
- 35 Seattle (15) vs. Tampa Bay (20) 10/17/76
- 30 Seattle (13) vs. Kansas City (17) 11/8/98
- 28 Seattle (17) vs. Green Bay (11) 10/21/84

YARDS PENALIZED

Fewest Yards Penalized, Season
- 428 2007
- 523 1982 (9 games)
- 579 2001

Most Yards Penalized, Season
- 1,179 1984
- 918 1992
- 914 1998

Fewest Yards Penalized, Game
- 0 vs. Pittsburgh 12/6/87
  - vs. Dallas 12/16/01
  - vs. Baltimore 12/23/07
- 5 vs. Pittsburgh 9/27/98
  - at Cleveland 9/9/01
  - vs. Atlanta 1/2/05

Most Yards Penalized, Game
- 145 vs. Denver 12/8/79
- 141 at Oakland 11/15/98
- 134 vs. Denver 9/7/97

Fewest Yards Penalized, Both Teams, Game
- 19 Seattle (14) vs. Oakland (5) 12/5/99
- 25 Seattle (25) at Philadelphia (0) 12/2/07
- 26 Seattle (10) vs. St. Louis (16) 9/10/00

Most Yards Penalized, Both Teams, Game
- 310 Seattle (120) vs. Tampa Bay (190) 10/17/76
- 273 Seattle (145) vs. Denver (128) 12/8/79
- 249 Seattle (113) at Arizona (136) 11/15/09

TIME OF POSSESSION

Highest Average Time of Possession, Season
- 30:47 1990, 1997
- 30:46 1984

Lowest Average Time of Possession, Season
- 26:30 2008
- 26:59 1981
- 27:05 1998

Highest Time of Possession, Game
- 41:35 vs. San Diego 11/22/87
- 40:21 vs. Denver 10/22/89 (OT)
- 39:55 vs. Pittsburgh 10/20/91

Lowest Time of Possession, Game
- 14:28 vs. L.A. Rams 11/4/79
- 17:10 vs. San Francisco 9/25/88
  - vs. Arizona 10/18/09
- 17:26 vs. N.Y. Giants 11/7/10

DEFENSIVE RECORDS

SCORING

Fewest Points Allowed, Season
147 1982 (9 games)
261 1991
271 2005

Most Points Allowed, Season
429 1976
408 1980
407 2010

Fewest Points Allowed, Game
0 16 Times (Last: vs. Jacksonville 10/11/09)

Most Points Allowed, Game
51 vs. New Orleans 11/21/76
vs. Dallas 11/27/80
48 vs. Kansas City 11/27/83 (OT)
at Green Bay 12/27/09

Fewest Touchdowns Allowed, Season
18 1982 (9 games)
24 2005
25 1991

Most Touchdowns Allowed, Season
53 1976
48 1983
47 1980, 2010

Fewest Touchdowns Allowed, Game
0 Many Times (Last: vs. St. Louis 1/2/11)

Most Touchdowns Allowed, Game
7 vs. Dallas 11/27/80
vs. Kansas City 11/27/83 (OT)
6 7 Times (Last: vs. Kansas City 11/28/10)

FIRST DOWNS

Fewest First Downs Allowed, Season
167 1982 (9 games)
247 1992
262 1991

Most First Downs Allowed, Season
371 1981
356 2002
351 1983

Fewest First Downs Allowed, Game
6 vs. San Diego 11/22/87
vs. San Francisco 11/12/07
8 at N.Y. Jets 11/13/77
vs. San Francisco 12/11/05
9 vs. Pittsburgh 9/7/86
vs. Indianapolis 9/29/91
vs. Tampa Bay 11/28/99
vs. San Francisco 9/26/04
at San Francisco 9/30/07

Most First Downs Allowed, Game
32 at San Diego 9/15/85
vs. Kansas City 11/24/02
31 at Chicago 12/20/87
at Denver 12/1/96
at N.Y. Jets 12/6/98
vs. Denver 12/27/98

Fewest First Downs Allowed, Rushing, Season
78 2005, 2007
80 2009
86 1982 (9 games), 1990

Most First Downs Allowed, Rushing, Season
175 1981
166 1976
153 1978

Fewest First Downs Allowed, Rushing, Game
0 at Green Bay 12/9/90
1 12 Times (Last: vs. St. Louis 1/2/11)

Most First Downs Allowed, Rushing, Game
19 vs. New Orleans 11/21/76
18 3 Times (Last: at Kansas City 11/22/81)

Fewest First Downs Allowed, Passing, Season
68 1982 (9 games)
125 1977
129 1992

Most First Downs Allowed, Passing, Season
207 2008
206 2010
204 2009

Fewest First Downs Allowed, Passing, Game
2 3 Times (Last: at Indianapolis 9/14/97)

Most First Downs Allowed, Passing, Game
27 at San Diego 9/15/85
22 San Diego 9/26/10
21 at N.Y. Jets 12/6/98

Fewest First Downs Allowed, Penalty, Season
12 1991
13 1982 (9 games)
15 2006

Most First Downs Allowed, Penalty, Season
33 1979
30 1996
29 1984, 1998

Most First Downs Allowed, Penalty, Game
7 at Kansas City 10/17/96
5 5 Times (Last: vs. Denver 10/14/01)

OFFENSIVE PLAYS

Fewest Opponents Plays Allowed, Season
600 1982 (9 games)
950 1990
954 1987

Most Opponents Plays Allowed, Season
1137 1998
1126 1981
1104 1999

Fewest Opponents Plays Allowed, Game
39 vs. San Diego 11/22/87
41 vs. Pittsburgh 10/20/91
43 vs. L.A. Raiders 9/16/90

Most Opponents Plays Allowed, Game
95 vs. L.A. Rams 11/4/79
vs. Philadelphia 12/13/92 (OT)
89 vs. Minnesota 9/29/02
88 vs. Denver 10/29/78 (OT)

Fewest Opp. Plays Allowed, Rushing, Season
337 1982 (9 games)
413 1990
420 2005

Most Opponents Plays Allowed, Rushing, Season
614 1976
596 1977
588 1981

Fewest Opponents Plays Allowed, Rushing, Game
10 vs. Green Bay 12/9/90
12 vs. San Diego 11/22/87
vs. Minnesota 11/10/96
vs. San Francisco 12/6/09

Most Opponents Plays Allowed, Rushing, Game
63 vs. L.A. Rams 11/4/79
61 vs. Cincinnati 10/11/87
60 2 Times (Last: vs. Pittsburgh 10/23/83)

Fewest Opponents Plays Allowed, Passing, Season
263 1982 (9 games)
367 1977
394 1976

Most Opponents Plays Allowed, Passing, Season
650 1998
633 1993
621 2005

Fewest Opponents Attempts Allowed, Passing, Game
9 at N.Y. Giants 10/25/92
10 vs. New England 12/4/88
11 vs. Cincinnati 10/11/87

Most Opponents Attempts Allowed, Passing, Game
63 at N.Y. Jets 12/6/98
55 at Houston 11/7/93
54 vs. Washington 9/20/98

NET YARDS ALLOWED RUSHING & PASSING

Fewest Yards Allowed, Season
2794 1982 (9 games)
4583 1992
4609 1990

Most Yards Allowed, Season
6,391 2000
6,029 1983
5,940 1981

Fewest Yards Allowed, Game
113 vs. San Francisco 12/11/05
118 at Indianapolis 9/14/97
120 vs. Cleveland 9/3/84

Most Net Yards Allowed, Game
580 vs. San Francisco 9/25/88
579 vs. Buffalo 12/23/00
557 vs. San Diego 9/15/85

RUSHING

Fewest Yards Allowed, Rushing, Season
1,461 1982 (9 games)
1,510 2005
1,605 1990

Most Yards Allowed Rushing, Season
2,876 1976
2,806 1981
2,513 1978

Fewest Yards Allowed, Rushing, Game
13 vs. Green Bay 12/9/90
15 vs. Minnesota 11/10/96
17 vs. San Diego 11/22/87
vs. St. Louis 12/22/02

Most Yards Allowed, Rushing, Game
356 vs. L.A. Raiders 11/30/87
303 vs. L.A. Rams 11/4/79
301 vs. Denver 11/26/00

Fewest Touchdowns Allowed, Rushing, Season
4 1991
5 2005
7 1990

Most Touchdowns Allowed, Rushing, Season
23 1979
21 1977
20 1976, 1978, 1981, 2000

Most Touchdowns Allowed, Rushing, Game
5 at Green Bay 12/27/09
4 5 Times (Last: at Cleveland 11/4/07)

PASSING

Fewest Net Yards Allowed, Passing, Season
1,333 1982 (9 games)
2,333 1977
2,524 1976

Most Net Yards Allowed, Passing, Season
4,240 2010
4,149 2008
4,112 2009

Fewest Net Yards Allowed, Passing, Game
12 at Philadelphia 9/6/98
15 vs. Kansas City 9/30/79
23 at Indianapolis 9/4/97

Most Net Yards Allowed, Passing, Game
494 vs. San Diego 9/15/85
429 vs. San Diego 9/26/10
427 vs. N.Y. Jets 11/2/86

Fewest Touchdowns Allowed, Passing, Season
4 1982 (9 games)
11 1992
15 1994, 2007

Most Touchdowns Allowed, Passing, Season
33 1983
31 2010
28 1980

Most Touchdowns Allowed, Passing, Game
    5 vs. San Diego 9/15/85
       vs. San Francisco 9/25/88
       vs. N.Y. Jets 8/31/97
       at Minnesota 11/22/09
       at Tampa Bay 12/26/10
    4 Many Times (Last: vs. Kansas City
       11/28/10)

SACKS

Most Sacks, Season
    61 1985
    55 1984
    53 1998

Fewest Sacks, Season
    17 1982 (9 games)
    18 1977
    25 1978

Most Sacks, Game
    11 vs. L.A. Raiders 12/8/86
    10 vs. Philadelphia 12/13/92 (OT)
     9 4 Times (Last: vs. Oakland 11/6/06)

Most Opponent's Yards Lost Attempting to Pass, Season
    464 1985
    398 1984
    351 1983

Fewest Opponent's Yards Lost Attempting to Pass, Season
    131 1977
    135 1982 (9 games)
    152 2000

Most Opponent's Yards Lost Attempting to Pass, Game
    89 vs. Philadelphia 12/13/92 (OT)
    68 vs. L.A. Raiders 12/8/86
    65 vs. L.A. Raiders 10/16/83

INTERCEPTIONS

Most Seasons Leading League
    1 1984, 1999

Most Passes Intercepted By, Season
    38 1984
    30 1999
    26 1983

Fewest Passes Intercepted By, Season
     9 1989, 2008
    12 1990, 2006, 2010
    13 1982 (9 games), 1997, 2009

Most Passes Intercepted By, Game
    7 vs. San Diego 12/13/98
    6 vs. Kansas City 11/4/84
    5 vs. Houston 10/5/80
       at Pittsburgh 12/6/92
       at Pittsburgh 9/26/99
       vs. Arizona 12/9/07

Most Consecutive Games, One or More Interceptions By
    17 1983-84
    12 2002-03
    11 1993

Most Yards, Returning Interceptions, Season
    697 1984 (4th in NFL history)
    455 1998
    397 1981

Fewest Yards Returning Interceptions, Season
    57 1989
    95 1980
    124 2006

Most Yards Returning Interceptions, Game
    325 vs. Kansas City 11/4/84 (NFL record)
    148 at Philadelphia 12/5/05
    130 vs. Arizona 12/9/07

Most TDs Returning Interceptions, Season
    8 1998 (2nd in NFL history)
    7 1984 (3rd in NFL history)
    3 1981, 1985, 2000, 2004

Most Touchdowns Returning Interceptions, Game
    4 vs. Kansas City 11/4/84 (NFL record)
    2 vs. Chicago 9/23/84
       vs. Arizona 9/13/98
       at Philadelphia 12/5/05

Most TDs Returning Interceptions, Both Teams, Game
    4 Seattle (4) vs. Kansas City (0) 11/4/84
       (NFL record)
    2 8 Times (Last: Seattle [2] at
       Philadelphia [0] 12/5/05)

PUNTING

Fewest Opponent Punts, Season
    50 1982 (9 games)
    54 1977
    55 1981

Most Opponent Punts, Season
    97 1985
    96 1992
    93 2007

Fewest Opponent Punts, Game
    0 at Oakland 12/16/79
       vs. Oakland 12/5/99
       at N.Y. Jets 12/19/04
    1 Many Times (Last: at New Orleans
       11/21/10)

Most Opponent Punts, Game
    11 at Denver 10/25/85 (OT)
        vs. Denver 11/30/92 (OT)
    10 3 Times (Last: at San Francisco 9/30/07)

AVERAGE YARDAGE

Highest Opponent Average, Punting, Season
    47.22 2009 (82-3,872)
    46.47 2007 (93-4,322)
    44.25 2008 (68-3,009)

Lowest Opponent Average, Punting, Season
    35.00 1976 (65-2,275)
    35.96 1977 (54-1,942)
    37.37 1979 (70-2,616)

Highest Opponent Average, Punting, Game (Min. 3)
    56.6 at Denver 11/25/84 (5-283)
    56.0 at Pittsburgh 9/26/99 (5-280)
    55.3 vs. Oakland 12/14/97 (3-166)

Lowest Opp. Average, Punting, Game (Min. 3)
  17.3 vs. Buffalo 10/14/84 (4-69)
  24.0 vs. San Diego 9/4/78 (4-72)
  22.8 vs. N.Y. Jets 11/26/79 (4-91)

HAD BLOCKED

Most Opponent Punts Blocked, Season
  4 1984, 1986
  2 1976, 1979, 1980, 1985

Most Opponent Punts Blocked, Game
  2 vs. Buffalo 10/14/84
     at New England 9/21/86
  1 20 Times (Last: vs. Kansas City
     11/28/10)

Most Consecutive Opponent Punts Without A Block
  571 2003-10
  531 1994-01
  273 1987-91

INSIDE THE 20

Most Opponent Punts Inside the Opponents' 20, Season
  31 2004
  30 2010
  25 1994, 2001, 2005

Fewest Opponent Punts Inside Opponents' 20, Season
  10 1976, 1977, 1982 (9 games)
  13 1987

Most Opp. Punts Inside Opponents' 20, Game
  5 vs. Dallas 10/23/05
  4 Many Times (Last: at St.Louis 10/3/10)

PUNT RETURNS

Fewest Opponent Punt Returns, Season
  17 2002
  19 1982 (9 games)
  29 1990, 2003

Most Opponent Punt Returns, Season
  56 1976, 1992
  52 1996

Fewest Yards Allowed, Punt Returns, Season
  69 1982 (9 games)
  140 2003
` 151 2000

Most Yards Allowed, Punt Returns, Season
  640 1996
  549 1995
  537 1976

Fewest Yards Allowed, Punt Returns, Game
  -12 vs. L.A. Rams 10/23/88
  -5 at Green Bay 1/1/06
  -4 vs. Denver 11/30/92 (OT)

Most Yards Allowed, Punt Returns, Game
  184 at Baltimore 12/7/97
  133 vs. Oakland 11/15/98
  120 at Buffalo 9/7/08

Seasons Leading League, Lowest Average Allowed, Punt Returns
  1 1981, 1983, 1988, 2003

Lowest Average Allowed, Punt Returns, Season
  3.63 1982 (19-69) (9 games)
  4.64 1981 (33-153) (Led NFL)
  4.72 2000 (32-151) (Led AFC)

Highest Average Allowed, Punt Returns, Season
  12.31 1996 (52-640)
  12.18 1997 (38-463)
  11.88 2002 (17-202)

Longest Return Allowed, Game
  91 vs. N.Y. Jets 11/9/87 (TD)
  89 at Baltimore 12/7/97 (TD)
     at San Francisco 12/1/02 (TD)
     at Chicago 10/17/10 (TD)
  86 vs. Kansas City 11/22/92 (TD)
     vs. Denver 10/14/01 (TD)

Most Touchdowns Allowed, Punt Returns, Season
  2 1990, 1997
  1 13 Times (Last: 2010)

Most Touchdowns Allowed, Punt Returns, Game
  2 at Baltimore 12/7/97
  1 15 Times (Last: at Chicago 10/17/10)

KICKOFF RETURNS

Fewest Opponent Kickoff Returns, Season
  24 1982 (9 games)
  36 1992
  44 1989

Most Opponent Kickoff Returns, Season
  82 2005
  81 1999
  79 2003

Fewest Opponent Kickoff Returns, Game
  0 8 Times (Last: at Pittsburgh 10/7/07)

Most Opponent Kickoff Returns, Game
  10 vs. Kansas City 9/20/87
     vs. Oakland 10/26/97
  9 4 Times (Last: vs. Minnesota 9/29/02)

Fewest Yards Allowed, Kickoff Returns, Season
  361 1982 (9 games)
  685 1992
  814 1989

Most Yards Allowed, Kickoff Returns, Season
  1,802 2005
  1,790 2007
  1,779 1997

Fewest Yards Allowed, Kickoff Returns, Game
  0 8 Times (Last: vs. N.Y. Jets 8/31/97)

Most Yards Allowed, Kickoff Returns, Game
  237 at Atlanta 12/30/07
  230 vs. Kansas City 9/20/87
  223 vs. Oakland 10/26/97

Most Seasons Leading League, Lowest Average Allowed, Kickoff Returns
  1 1982, 1983

Lowest Average Allowed, Kickoff Returns, Season
15.04 1982 (24-361) (Led NFL) (9 games)
16.14 1983 (59-952) (Led NFL)
16.66 1984 (67-1,116)

Highest Average Allowed, Kickoff Returns, Season
25.64 2008 (47-1,205)
24.80 1977 (50-1,240)
24.57 2006 (61-1,499)

Longest Return Allowed, Game
99 vs. Kansas City 9/3/95 (TD)
99 at St. Louis 10/9/05 (TD)
95 vs. Green Bay 11/15/78 (TD)
   vs. L.A. Raiders 11/28/88
   at Detroit 10/17/93 (TD)
   vs. Arizona 9/15/02 (TD)

Most TDs Allowed, Kickoff Returns, Season
2 1995, 2002
1 1978, 1987, 1993, 1997, 2001, 2005

Most TDs Allowed, Kickoff Returns, Game
1 10 Times (Last: at St. Louis 10/9/05)

FUMBLES

Fewest Opponent Fumbles, Season
17 1995, 1999
18 1982 (9 games)
20 1977

Most Opponent Fumbles, Season
47 1984
44 1983
43 1981

Most Opponent Fumbles, Game
9 vs. Cleveland 12/20/81
   at Oakland 12/22/96
7 4 Times (Last: vs. Miami 10/6/96)

TAKEAWAYS

Number of times taking ball from opponent on interceptions and fumbles

Most Seasons Leading League in Most Takeaways
1 1984

Fewest Opponent Turnovers, Season
20 2008 (9 ints, 11 fums)
21 1982 (13 ints, 8 fums) (9 games)
22 1989 (9 ints, 13 fums)
f 2010 (12 ints, 8 fums)

Most Opponent Turnovers, Season
63 1984 (38 ints, 25 fums) (2nd in NFL history)
54 1983 (26 ints, 28 fums)
48 1981 (21 ints, 27 fums)

Most Opponent Turnovers, Game
10 vs. Cleveland 12/20/81 (3 ints, 7 fums)
8 3 Times (Last: vs. San Diego 12/13/98 [7 int, 2 fums])

TIME OF POSSESSION

Lowest Average Time of Possession Allowed, Season
29:13 1990, 1997
29:14 1984

Highest Average Time of Possession Allowed, Season
33:30 2008
33:01 1981
32:55 1998

Least Time of Possession Allowed, Game
18:25 vs. San Diego 11/22/87
20:05 vs. Pittsburgh 10/20/91
20:06 vs. San Francisco 11/12/07

Most Time of Possession Allowed, Game
46:47 vs. Philadelphia 12/13/92 (OT)
45:32 vs. L.A. Rams 11/4/79
43:29 vs. Denver 10/29/78 (OT)

OPPONENT RECORDS

SCORING

POINTS

Most Points, Game
24 Terdell Middleton, at Green Bay (Milwaukee), 10/15/78 (4 TDs)
   Roy Green, at St. Louis 11/13/83 (4 TDs)
   Marshall Faulk, at St. Louis 10/20/02 (4 TDs)
   Marcus Robinson, at Baltimore 11/23/03 (4 TDs)
   Willis McGahee, vs. Buffalo 11/28/04 (4 TDs)
   Jamal Lewis, at Cleveland 11/4/07 (4 TDs)
20 Joe Danelo, vs. N.Y. Giants 10/18/81 (6 FGs, 2 PATs)

TOUCHDOWNS

Most Touchdowns, Game
4 Terdell Middleton, at Green Bay (Milwaukee), 10/15/78 (4-R)
   Roy Green, at St. Louis 11/13/83 (4-P)
   Marshall Faulk, at St. Louis 10/20/02 (3-R, 1-P)
   Marcus Robinson, at Baltimore 11/23/03 (4-P)
   Willis McGahee, vs. Buffalo 11/28/04 (4-R)
   Jamal Lewis, at Cleveland 11/4/07 (4-R)
3 Many Times (Last: Dwayne Bowe, vs. Kansas City 11/28/10 [3-P]

POINTS AFTER TOUCHDOWN

Most Points After Touchdown Attempted, Game
- 7 Rafael Septien, at Dallas 11/27/80
- 6 8 Times (Last: Ryan Succop, vs. Kansas City 11/28/10)

Most Points After Touchdown, Game
- 7 Rafael Septien, at Dallas 11/27/80 (7 attempts)
- 6 8 Times (Last: Ryan Succop, vs. Kansas City 11/28/10 [6 attempts])

Most Points After Touchdown, No Misses, Game
- 7 Rafael Septien, at Dallas 11/27/80
- 6 7 Times (Last: Ryan Succop, vs. Kansas City 11/28/10)

FIELD GOALS

Most Field Goals Attempted, Game
- 6 Joe Danelo, vs. N.Y. Giants 10/18/81
  John Carney, at San Diego 9/5/93
  Doug Pelfrey, vs. Cincinnati 11/6/94 (OT)

Most Field Goals, Game
- 6 Joe Danelo, vs. N.Y. Giants 10/18/81
  John Carney, at San Diego 9/5/93
  Doug Pelfrey, vs. Cincinnati 11/6/94 (OT)

Most Field Goals, One Quarter
- 3 Rich Karlis, at Denver 11/20/83 (4th)
  Al Del Greco, at Houston 11/7/93 (2nd)
  John Carney, vs. SD 9/21/97 (2nd)

Longest Field Goal
- 57 Nick Lowery, at Kansas City 9/14/80
  Steve Cox, at Washington 9/28/86
- 55 6 Times (Last: Josh Brown, at St. Louis 11/29/09)

Longest Field Goal Attempted
- 66 Jason Elam, at Denver 12/10/95
- 64 Jason Elam, at Denver 12/19/99
- 61 Ali Haji-Sheikh, at N.Y. Giants 12/11/83
  Michael Husted, vs. Oakland 10/3/99

Most Field Goals, No Misses, Game
- 6 Joe Danelo, vs. N.Y. Giants 10/18/81
  John Carney, at San Diego 9/5/93
  Doug Pelfrey, vs. Cincinnati 11/6/94 (OT)

Most Field Goals, 50 or More Yards, Game
- 3 Neil Rackers, at Arizona 10/24/04
- 2 By 6 Players (Last: Neil Rackers, vs. Arizona 9/25/05)

SAFETIES

Most Safeties, Game
- 1 28 Times (Last: Brandon Siler vs. San Diego 9/26/10)

RUSHING

ATTEMPTS

Most Attempts, Game
- 39 Earl Campbell, at Houston 10/11/81
  Larry Johnson, at Kansas City 10/29/06
- 38 Edgerrin James, vs. Indianapolis 10/15/00
- 37 Christian Okoye, at Kansas City 11/5/89

YARDS GAINED

Most Yards Gained, Game
- 221 Bo Jackson, vs. L.A. Raiders 11/30/87
- 219 Edgerrin James, vs. Indianapolis 10/15/00
- 212 Frank Gore, at San Francisco 11/19/06

Most Games, 2 or More Players with 100 or More Yards Rushing
- 1 Jim Otis (140) and Terry Metcalf (113), vs. St. Louis 9/12/76
  Tom Sullivan (121) and Mike Hogan (104), at Philadelphia 12/12/76

Longest Run From Scrimmage
- 95 Chester Taylor, vs. Minnesota 10/22/06 (TD)
- 91 Bo Jackson, vs. L.A. Raiders 11/30/87 (TD)
- 84 Ted McKnight, vs. Kansas City 9/30/79 (TD)

AVERAGE GAIN

Highest Average Gain, Game (10 or More Attempts)
- 12.94 Frank Gore, at San Francisco 9/20/09 (16-207)
- 12.28 Bo Jackson, vs. L.A. Raiders 11/30/87 (18-221)
- 12.25 Ted McKnight, vs. Kansas City 9/30/79 (12-147)

TOUCHDOWNS

Most Touchdowns, Game
- 4 Terdell Middleton, at Green Bay (Milwaukee), 10/15/78
  Willis McGahee, vs. Buffalo 11/28/04
  Jamal Lewis, at Cleveland 11/4/07
- 3 8 Times (Last: Larry Johnson, at Kansas City 10/29/06)

PASSING

ATTEMPTS

Most Passes Attempted, Game
- 63 Vinny Testaverde, at N.Y. Jets 12/6/98
- 55 Warren Moon, at Houston 11/7/93
- 54 Trent Green, vs. Washington 9/20/98

COMPLETIONS

Most Passes Completed, Game
- 42 Vinny Testaverde, at N.Y. Jets 12/6/98
- 36 Warren Moon, at Houston 11/7/93
- 35 Kurt Warner, vs. St. Louis 9/10/00

COMPLETION PERCENTAGE

Highest Completion %, Game (Min. 20 Attempts)
- 88.00 Brett Favre, at Minnesota 11/22/09 (25-22)
- 83.87 Fran Tarkenton, at Minnesota 11/14/76 (31-26)
- 81.82 Ben Roethlisberger, at Pittsburgh 10/7/07 (22-18)

YARDS GAINED

Most Yards Gained, Game
- 455 Phillip Rlvers, vs. San Diego 9/26/10
- 440 Dan Fouts, at San Diego 9/15/85
- 432 John Elway, vs. Denver 12/20/85

Longest Pass Completion
- 99 Stan Humphries, (to Tony Martin), San Diego 9/18/94 (TD) (ties NFL record)
- 92 Marc Wilson, (to Marcus Allen), at L.A. Raiders 10/7/84
  Eric Zeier, (to Derrick Alexander), at Baltimore 12/7/97

AVERAGE GAIN

Highest Average Gain, Game (20 Attempts)
- 14.64 Doug Flutie, vs. Buffalo 12/23/00 (25-366)
- 13.47 Ken O'Brien, vs. N.Y. Jets 11/2/86 (32-431)
- 12.42 Gary Hogeboom, vs. Phoenix 9/17/89 (24-298)

TOUCHDOWNS

Most Touchdown Passes, Game
- 5 Neil O'Donnell, vs. N.Y. Jets 8/31/97
  Josh Freeman, at Tampa Bay 12/26/10
- 4 Many Times (Last: Matt Cassell vs. Kansas City 11/28/10)

HAD INTERCEPTED

Most Passes Had Intercepted, Game
- 5 Ken Stabler, at Houston 10/5/80
  Craig Whelihan, vs. San Diego 12/13/98
  Kurt Warner, vs. Arizona 12/9/07
  Matthew Stafford, vs. Detroit 11/8/09
- 4 14 Times (Last: A.J. Feeley, at Philadelphia 12/2/07)

MOST ATTEMPTS, NO INTERCEPTIONS, GAME
- 52 Ryan Leaf, vs. San Diego 10/25/98
- 47 Kerry Collins, at N.Y. Giants 12/23/01
- 46 Kyle Boller, at St. Louis 11/29/09

RECEIVING

Most Pass Receptions, Game
- 13 Wes Chandler, at San Diego 9/15/85
  Tony Martin, at San Diego 9/10/95
  Anquan Boldin, vs. Arizona 11/16/08
  Larry Fitzgerald, vs. Arizona 10/18/09
  Dwayne Bowe, vs. Kansas City 11/28/10
- 12 Gary Clark, vs. Phoenix 12/19/93 (OT)
  T.J. Houshmandzadeh, vs. Cincinnati 9/23/07

YARDS GAINED

Most Yards Gained, Game
- 243 Wes Chandler, at San Diego 9/15/85
- 195 Al Toon, vs. N.Y. Jets 11/2/86
- 193 Andre Johnson, at Houston 12/13/09

Longest Pass Reception
- 99 Tony Martin, (from Stan Humphries), vs. San Diego 9/18/94 (TD) (ties NFL record)
- 92 Marcus Allen, (from Marc Wilson), at L.A. Raiders 10/7/84
  Derrick Alexander, (from Eric Zeier), at Baltimore 12/7/97

Games, 2 or More Players with 100 or More Yards Receiving
- 14 Times (Last: Anquan Boldin (186) and Larry Fitzgerald (151), vs. Arizona 11/16/08)

AVERAGE PER RECEPTION

Highest Average Per Reception, Game (5 Receptions)
- 32.40 James Lofton, at Green Bay (Milwaukee), 10/21/84 (5-162)
- 30.60 Derrick Alexander, vs. Kansas City 10/2/00 (5-153)
- 28.60 Tim Brown, vs. Oakland 10/8/95 (5-143)

TOUCHDOWNS

Most Touchdowns, Game
- 4 Roy Green, at St. Louis 11/13/83
  Marcus Robinson, at Baltimore 11/23/03
- 3 7 Times (Last: Dwayne Bowe, vs. Kansas City 11/28/10)

INTERCEPTIONS

Most Interceptions By, Game
- 4 Deron Cherry, at Kansas City 9/29/85 (ties NFL record)
- 3 Tony Greene, vs. Buffalo 10/30/77
  Steve Wilson, at Denver 11/20/83

YARDS RETURNED

Most Yards Returned, Game
- 115 Fred Marion, vs. New England 11/17/85
- 102 Gary Barbaro, at Kansas City 12/11/77
- 93 Levi Johnson, vs. Detroit 10/24/76

Longest Return
- 102 Gary Barbaro, at Kansas City 12/11/77 (TD)
- 86 Patrick Willis, vs. San Francisco 9/14/08 (TD)
- 83 Fred Marion, vs. New England 11/17/85

TOUCHDOWNS

Most Touchdowns, Game
- 1 Many Times (Last: Dashon Goldson at San Francisco 12/12/10)

PUNTING

Most Punts, Game
- 11 Chris Norman, at Denver 10/20/85 (OT)
  Ruben Rodriguez, vs. Denver 11/30/92 (OT)
- 10 5 Times (Last: Andy Lee, at San Francisco 9/30/07)

Longest Punt
- 80 Donnie Jones, vs. St. Louis 10/21/07
- 71 Andy Lee, at San Francisco 9/30/07
- 69 Shane Lechler, at Oakland 10/22/00

AVERAGE YARDAGE

Highest Avg. Punting, Game (Min. 4 Punts)
56.60 Chris Norman, vs. Denver 11/25/84
(5-283)
56.00 Josh Miller, vs. Pittsburgh 9/26/99
(5-280)
54.60 Donnie Jones, at St. Louis 12/14/08

INSIDE THE 20

Most Punts Inside the 20, Game
5 Mat McBriar, vs. Dallas 10/23/05
4 Many Times (Last: Donnie Jones at St. Louis 10/3/10)

TOUCHBACKS

Most Touchbacks, Game
3 6 Times (Last: Andy Lee, at San Francisco 9/30/07)

HAD BLOCKED

Most Punts Had Blocked, Game
2 John Kidd, vs. Buffalo 10/14/84
Rich Camarillo, at New England 9/21/86
1 20 Times (Last: Dustin Colquitt, Kansas City 11/28/10)

PUNT RETURNS

Most Punt Returns, Game
8 Vai Sikahema, vs. Philadelphia 12/13/92
7 Rolland Lawrence, vs. Atlanta 11/7/76
Pete Shaw, at N.Y. Giants 12/11/83
Brian Mitchell, vs. Philadelphia 9/23/01
Reno Mahe, at Philadelphia 12/5/05

FAIR CATCHES

Most Fair Catches, Game
6 Greg Pruitt, at L.A. Raiders 10/7/84
5 Greg Pruitt, vs. L.A. Raiders 11/12/84
Emile Harry, at Kansas City 11/9/86

YARDS GAINED

Most Yards Gained, Game
184 Jermaine Lewis, at Baltimore 12/7/97
133 Desmond Howard, at Oakland 11/15/98
120 Roscoe Parrish, at Buffalo 9/7/08

Longest Punt Return
91 JoJo Townsell, vs. N.Y. Jets 11/9/87 (TD)
89 Jermaine Lewis, at Baltimore 12/7/97 (TD)
Jimmy Williams, at San Francisco 12/1/02 (TD)
Devin Hester, at Chicago 10/17/10 (TD)
86 Dale Carter, vs. Kansas City 11/22/92 (TD)
Deltha O'Neal, vs. Denver 10/14/01 (TD)

AVERAGE YARDAGE

Highest Average, Game (Minimum 3 Returns)
36.80 Jermaine Lewis, at Baltimore 12/7/97
(5-184)
32.67 David Meggett, at N.Y. Giants 11/19/89
(3-98)
31.67 JoJo Townsell, at N.Y. Jets 11/9/87
(3-95)

TOUCHDOWNS

2 Jermaine Lewis, at Baltimore 12/7/97
1 15 Times (Last: Devin Hester, at Chicago 10/17/10)

KICKOFF RETURNS

Most Kickoff Returns, Game
10 Desmond Howard, vs. Oakland 10/26/97
9 Paul Palmer, at Kansas City 9/20/87
8 By 3 Players (Last: Andre Coleman, vs. San Diego 10/27/96)

YARDS GAINED

Most Yards Gained, Game
223 Desmond Howard, vs. Oakland 10/26/97
221 Paul Palmer, at Kansas City 9/20/87
220 Terry Kirby, vs. Oakland 11/11/01

Longest Kickoff Return
99 Chris Johnson, at StL 10/9/05 (TD)
Tamarick Vanover, vs. KC 9/3/95 (TD)
95 Steve Odom, at Green Bay (Milwaukee), 10/15/78 (TD)
Tim Brown, L.A. Raiders 11/28/88
Mel Gray, at Detroit 10/17/93 (TD)
MarTay Jenkins, vs. Arizona 9/15/02 (TD)

HIGHEST YARDAGE

Highest Average, Game (Minimum 3 Returns)
48.33 Byron Hanspard, vs. Atlanta 11/30/97
(3-145)
44.33 Paul Palmer, at Kansas City 12/27/87
(3-133)
40.25 MarTay Jenkins, vs. Arizona 9/15/02
(4-161)

TOUCHDOWNS

Most Touchdowns, Game
1 By 10 Players (Last: Chris Johnson, at St. Louis 10/9/05 [99 yards])

COMBINED KICK RETURNS

Most Combined Kick Returns, Game
11 By 4 Players (Last: Tamarick Vanover, vs. KC 12/26/99) (5-P, 6-K)
10 Rolland Lawrence, vs. Atlanta 11/7/76 (7-P, 3-K)
Glyn Milburn, at Denver 12/10/95 (5-P, 5-K)

YARDS GAINED

Most Yards Returned, Game
275 Jermaine Lewis, vs. Baltimore 12/7/97
228 Glyn Milburn, at Denver 12/10/95 (95-P, 133-K)
223 Desmond Howard, vs. Oakland 10/26/97 (223-K)

TOUCHDOWNS

Most Touchdowns, Game
2 Jermaine Lewis, at Baltimore 12/7/97
1 24 Times (Last: Patrick Crayton, at Dallas 11/1/09)

COMBINED NET YARDS GAINED

Yards Gained Via Rushing, Receiving, Interception Returns, Punt Returns, Kickoff Returns, and Fumble Returns

ATTEMPTS

Most Attempts, Game
42 Earl Campbell, at Houston 10/11/81
41 Larry Johnson, at Kansas City 10/29/06
39 Barry Foster, at Pittsburgh 12/6/92
Marshall Faulk, at St. Louis 10/20/02

YARDS GAINED

Most Yards Gained, Game
404 Glyn Milburn, at Denver 12/10/95 (NFL record)
308 Jermaine Lewis, vs. Baltimore 12/7/97
307 Priest Holmes, vs. Kansas City 11/24/02

TACKLES

Most Tackles, Game
19 Randy Gradishar, vs. Denver 10/29/78
16 6 Times (Last: Patrick Willis, vs. San Francisco 12/6/09)

SACKS

Most Sacks, Game
*7.0 Derrick Thomas, at Kansas City 11/11/90
4.0 By 3 Players (Last: Leslie O'Neal, vs. San Diego 10/22/95)

FORCED FUMBLES

Most Forced Fumbles, Game
2 Many Times (Last: Dwight Lowery vs. N.Y. Jets 12/21/08)

FUMBLES

Most Fumbles, Game
5 Dave Walter, vs. Cincinnati 10/11/87
4 3 Times (Last: Craig Erickson, vs. Miami 10/6/96)

Most Own Fumbles Recovered, Game
3 Craig Erickson, at Miami 10/6/96
2 Many Times

Most Opponents' Fumbles Recovered, Game
2 9 Times (Last: Blaine Bishop, vs. Tennessee 10/5/97)

Longest Fumble Return
89 Victor Adeyanju, vs. St. Louis 11/12/06 (TD)
86 Derrick Thomas, vs. Kansas City 12/5/93 (TD)
75 Ray Bentley, vs. Cincinnati 9/6/92 (TD)

TOUCHDOWNS

Most Touchdowns, Game (Opponents' Recovered)
1 Many Times (Last: Jonathan Babineaux, vs. Atlanta 12/19/10)

BLOCKED KICKS

Most Blocked Punts, Game
1 16 Times (Last: Andre King, vs. Cleveland 11/30/03)

Most Blocked Field Goals, Game
1 16 Times (Last: Josh Bullocks, vs. New Orleans 10/14/07)

Most Blocked PATs, Game
1 8 Times (Last: Antonio Smith, at Arizona 11/6/05)

Most Blocked Kicks (Field Goals and PATs), Game
1 Many Times

Longest Return of Blocked Punt
23 Frank Duncan, vs. San Diego 9/7/80
0 6 Times (Last: Jessie Small, at Philadelphia 9/10/89)

Longest Return of Blocked Field Goal
58 Dave Waymer, vs. New Orleans 10/16/88 (TD)
0 8 Times (Last: Randy Starks, at Tennessee 12/18/05)

Touchdowns with Blocked Kick Recovery
1 Dave Waymer, New Orleans 10/16/88 (FG, 58 yds)
Albert Lewis, at Kansas City 1/2/94 (punt, 0 yds)

SERVICE

Most Games, Career
11 Matt Hasselbeck, 2003-07, 2010
10 Walter Jones, 99, 2003-07
Jordan Babineaux, 2004-07, 2010
Sean Locklear, 2004-07, 2010
9 Chris Gray, 99, 2004-07
Shaun Alexander, 2003-07
Josh Brown, 2003-07
Bobby Engram, 2003-07
Maurice Morris, 2003-07
Lofa Tatupu, 2005-07, 2010
8 Mack Strong, 99, 2003-06
Rocky Bernard, 2004-07
Niko Koutouvides, 2004-2007

Most Starts, Career
11 Matt Hasselbeck, 2003-07, 2010
10 Walter Jones, 99, 2003-07
9 Shaun Alexander, 2003-07
Chris Gray, 99, 2003-07
Sean Locklear, 2004-07, 2010
8 Rocky Bernard, 2004-07
7 Edwin Bailey, 1983-84, 1987-88
Jeff Bryant, 1983-84, 1987-88
Jacob Green, 1983-84, 1987-88
Dave Krieg, 1983-84, 1987-88
Steve Largent, 1983-84, 1987-88
Joe Nash, 1983-84, 1987-88
Bruce Scholtz, 1983-84, 1987-88
Bobby Engram 2003-07

SCORING

POINTS

Most Points, Career
- 69 Josh Brown, 2003-07
  (16 FG, 21 PAT) 9 games
- 48 Shaun Alexander, 2003-07 (8 TD)
  9 games
- 38 Norm Johnson, 1983-84, 1987-88
  (8 FG, 14 PAT) 7 games

Most Points, Game
- 18 Shaun Alexander, at Green Bay, 1/4/04
- 12 Curt Warner, at Miami 12/31/83 (2 TD)
  Steve Largent, at Houston 1/3/88 (2 TD)
  (OT)
  Shaun Alexander, vs. Carolina, 1/22/06
  Jerramy Stevens, vs. Dallas, 1/6/07
  Shaun Alexander, at Chicago, 1/14/07
  (OT)
  Mike Williams, at Chiicago, 1/16/11
- 10 Josh Brown vs. Carolina, 1/22/06 (2 FG,
  4 PAT)

TOUCHDOWNS

Most Touchdowns, Career
- 8 Shaun Alexander, 2003-07 (8-R)
- 4 Steve Largent, 1983-84, 1987-88 (4-P)
  Jerramy Stevens, 2003-06 (4-P)
- 3 Darrell Jackson, 2003-06 (3-P)
  Mike Williams, 2010 (3-P)

Most Touchdowns, Game
- 3 Shaun Alexander, at Green Bay 1/4/04
  (3-R) (OT)
- 2 Curt Warner, at Miami 12/31/83 (2-R)
  Steve Largent, at Houston 1/3/88 (2-P)
  (OT)
  Shaun Alexander, vs. Carolina 1/22/06
  (2-R)
  Jerramy Stevens, vs. Dallas 1/6/07 (2-P)
  Shaun Alexander, vs. Chi 1/14/07 (OT)
  Mike Williams, at Chi 1/16/11 (2-P)

Most Consecutive Games Scoring Touchdown
- 3 Darrell Jackson, 2003-05
  Jerramy Stevens, 2005-06
- 2 Steve Largent, 1984, 1987
  Mike Williams, 2010

POINTS AFTER TOUCHDOWN

Most Points After Touchdown, Career
- 21 Josh Brown, 2003-07, 9 games (21 att)
- 14 Norm Johnson, 1983-84, 1987-88, 7
  games (15 att)
- 8 Olindo Mare, 2010, 2 games (8 att)

Most Points After Touchdown, Game
- 5 Olindo Mare, vs. New Orleans 1/8/11
  (5 att)
- 4 Norm Johnson, vs. Den 12/24/83 (4 att)
  Josh Brown, vs. Carolina 1/22/06 (4 att)
- 3 Norm Johnson, at Miami 12/31/83 (3 att)
  Josh Brown, at Green Bay 1/4/04 (3 att)
  Josh Brown, at Chicago 1/14/07 (OT)
  Josh Brown, vs. Washington 1/5/08 (3 att)
  Olindo Mare, at Chicago 1/16/11 (3 att)

FIELD GOALS

Most Field Goals Attempted, Career
- 19 Josh Brown, 2003-07 (9 games)
- 10 Norm Johnson, 1983-84, 1987-88
  (7 games)

Most Field Goals Attempted, Game
- 3 3 Times (Last: Josh Brown, vs.
  Pittsburgh 2/5/06)
- 2 9 Times (Last: Olindo Mare, vs. New
  Orleans 1/8/11)

**Longest Field Goal Attempted (all successful
unless otherwise noted)**
- 54 Josh Brown, vs. Pittsburgh 2/5/06 (wr)
- 50 Todd Peterson, vs. Miami 1/9/00
  Josh Brown, vs. Pittsburgh 2/5/06 (wl)
  Josh Brown vs. Washington 1/5/08
- 48 Norm Johnson, at Miami 12/31/83 (blk)

Most Field Goals, Career
- 16 Josh Brown, 2003-07, 9 games (19 att)
- 8 Norm Johnson, 1983-84, 1987-88, 7
  games (10 att)

Most Field Goals, Game
- 2 11 Times (Last: Olindo Mare, vs. New
  Orleans 1/8/11) (2 att)

Most Consecutive Field Goals
- 8 Josh Brown, 2003-05
- 7 Josh Brown, 2006-07
- 5 Norm Johnson, 1983-84

Longest Field Goal
- 50 Josh Brown, vs. Washington 1/5/08
- 50 Todd Peterson, vs. Miami 1/9/00
- 47 Josh Brown, vs. St. Louis 1/8/05

Highest Field Goal %, Career (min. 5 att.)
- 84.2 Josh Brown, 2003-06, 9 games (16-19)
- 80.0 Norm Johnson, 1983-84, 1987-88, 7
  games (8-10)

SAFETIES

Most Safeties, Career
None

Most Safeties, Game
None

RUSHING

ATTEMPTS

Most Attempts, Career
- 169 Shaun Alexander, 2003-07 (9 games)
- 71 Curt Warner, 1983, 1988 (4 games)
- 42 Maurice Morris, 2003-07 (9 games)

Most Attempts, Game
- 34 Shaun Alexander, vs. Carolina 1/22/06
- 29 Curt Warner, at Miami 12/31/83
  Dan Doornink, vs. L.A. Raiders
  12/22/84
- 26 Shaun Alexander, at Chicago 1/14/07
  (OT)

* NFL Record

YARDS GAINED

Most Yards Gained, Career
564 Shaun Alexander, 2003-07 (9 games)
249 Curt Warner, 1983, 1988 (4 games)
161 Dan Doornink, 1983-84 (5 games)

Most Yards Gained, Game
132 Shaun Alexander, vs. Carolina 1/22/06
131 Marshawn Lynch, vs. New Orleans 1/8/11
126 Dan Doornink, vs. L.A. Raiders 12/22/84

Most Games, 100 or More Yards Rushing, Career
2 Shaun Alexander, 2003-07
1 Dan Doornink, 1983-84
  Curt Warner, 1983
  Marshawn Lynch, 2010

Most Consecutive Games, 100 or More Yards Rushing
1 Dan Doornink, 1984
  Curt Warner, 1983
  Shaun Alexander, 2005
  Marshawn Lynch, 2010

Longest Run From Scrimmage
67 Marshawn Lynch, vs. New Orleans 1/8/11
32 Mack Strong, vs. Washington 1/14/06
21 Shaun Alexander, vs. Pittsburgh 2/5/06

AVERAGE GAIN

Highest Average Gain, Career (Min. 30 Attempts)
4.13 Dan Doornink, 1983-84, 5 games (39-161)
3.84 David Hughes, 1983-84, 5 games (31-119)
3.51 Curt Warner, 1983, 1988 4 games (71-249)

Highest Average Gain, Game (Min. 20 attempts)
4.34 Dan Doornink, vs. L.A. Raiders 12/22/84 (29-126)
4.30 Curt Warner, vs. Denver 12/24/83 (23-99)
4.15 Shaun Alexander, at Chicago 1/14/07 (26-108) (OT)

TOUCHDOWNS

Most Touchdowns, Career
8 Shaun Alexander, 2003-07 (9 games)
2 Curt Warner, 1983, 1988 (4 games)
1 By Many

Most Touchdowns, Game
3 Shaun Alexander, at GB 1/4/04 (OT)
2 Curt Warner, at Miami 12/31/83
  Shaun Alexander, vs. Carolina 1/22/06
  Shaun Alexander, at Chicago 1/14/07 (OT)

Most Consecutive Games Rushing for Touchdowns
1 David Hughes, 1983
  Curt Warner, 1983
  Dave Krieg, 1988
  Matt Hasselbeck, 2005
  Shaun Alexander, 2003, 2005-07
  Leonard Weaver, 2007
  Marshawn Lynch, 2010

PASSING

PASS RATING

Highest Pass Rating, Career (Min. 100 attempts)
84.4 Matt Hasselbeck, 2003-07, 2010 (11 games)
75.9 Dave Krieg, 1983-84, 1987-88 (7 games)

ATTEMPTS

Most Passes Attempted, Career
406 Matt Hasselbeck, 2003-07 (9 games)
183 Dave Krieg, 1983-84, 1987-88 (7 games)
30 Jon Kitna, 1999 (1 game)

Most Passes Attempted, Game
50 Dave Krieg, at Cincinnati 12/31/88
49 Matt Hasselbeck, vs. Pittsburgh 2/5/06
46 Matt Hasselbeck, at Chicago 1/16/11

COMPLETIONS

Most Passes Completed, Career
237 Matt Hasselbeck, 2003-07, 2010 (11 games)
94 Dave Krieg, 1983-84, 1987-88 (7 games)
14 Jim Zorn, 1983-84 (5 games)
  Jon Kitna, 1999 (1 game)

Most Passes Completed, Game
27 Matt Hasselbeck, vs. St. Louis 1/8/05
26 Matt Hasselbeck, vs. Pittsburgh 2/5/06
  Matt Hasselbeck, at Chicago 1/16/11
25 Matt Hasselbeck, at Green Bay 1/4/04

COMPLETION PERCENTAGE

Highest Completion %, Career (Min. 100 attempts)
58.37 Matt Hasselbeck, 2003-07, 2010, 11 games, (406-237)
51.37 Dave Krieg, 1983-84, 1987-88, 7 games, (183-94)

Highest Completion %, Game (15 Completions)
71.4 Matt Hasselbeck, vs. Carolina 1/22/06 (28-20)
62.9 Matt Hasselbeck, vs. New Orleans 1/8/11 (35-22)
62.8 Matt Hasselbeck, vs. St. Louis 1/8/05 (43-27)

YARDS GAINED

Most Yards Gained, Career
2,741 Matt Hasselbeck, 2003-07, 2010 (11 games)
1,242 Dave Krieg, 1983-84, 1987-88 (7 games)
162 Jon Kitna, 1999 (1 game)

Most Yards Gained, Game
341 Matt Hasselbeck, vs. St. Louis 1/8/05
305 Matt Hasselbeck, at Green Bay 1/4/04 (OT)
297 Dave Krieg, at Cincinnati 12/31/88

Most games, 300 or More Yards Passing, Career
19 Matt Hasselbeck, 2001-
11 Dave Krieg, 1980-91
9 Jim Zorn, 1976-84

Most Consec. Games, 300 or More Yards Passing, Career
2 Matt Hasselbeck, 6 times

Longest Pass Completion
56 Dave Krieg (to Steve Largent) at Miami 12/29/84 (TD)
46 Matt Hasselbeck (to Ben Obomanu) at Chicago 1/16/11
45 Matt Hasselbeck (to Brandon Stokley) vs. New Orleans 1/8/11 (TD)

AVERAGE GAIN

Highest Average Gain, Career (Min. 100 attempts)
6.75 Matt Hasselbeck, 2003-07, 2010, 11 games (406-2,741)
6.79 Dave Krieg, 1983-84, 1987-88, 7 games (183-1,242)

Highest Average Gain, Game (20 Attempts)
8.27 Matt Hasselbeck, vs. Washington 1/14/06 (26-215)
7.93 Matt Hasselbeck, vs. St. Louis 1/8/05 (43-341)
7.82 Matt Hasselbeck, vs. Carolina 1/22/06 (28-219)

TOUCHDOWNS

Most Touchdown Passes, Career
18 Matt Hasselbeck, 2003-07, 2010 (11 games)
9 Dave Krieg, 1983-84, 1987-88 (7 games)
2 Jim Zorn, 1983-84 (5 games)

Most Touchdown Passes, Game
4 Matt Hasselbeck, vs. New Orleans 1/8/11
3 Dave Krieg, vs. Denver 12/24/83
  Matt Hasselbeck, at Chicago 1/16/11
2 5 Times (Last: Matt Hasselbeck vs. Dallas 1/6/07)

Most Consecutive Games, Touchdown Pass
10 Matt Hasselbeck, 2004-07, 2010
4 Dave Krieg, 1984, 1987-88
2 Dave Krieg, 1983

HAD INTERCEPTED

Lowest %, Passes Had Intercepted, Career (Min. 100 att)
2.22 Matt Hasselbeck, 2003-07, 2010, 11 games (9-406)
3.28 Dave Krieg, 1987-88, 7 games (6-183)

Most Attempts Without Interception, Game
46 Matt Hasselbeck, at Chicago 1/16/11
38 Dave Krieg, at Houston 1/3/88 (OT)
35 Dave Krieg, at Miami 12/29/84

Most Passes Had Intercepted, Career
9 Matt Hasselbeck, 2003-07, 2010, 11 games
6 Dave Krieg, 1983-84, 1987-88, 7 games
2 Jim Zorn, 1983-84, 5 games
  Jon Kitna, 1999, 1 game

Most Passes Had Intercepted, Game
3 Dave Krieg, at L.A. Raiders 1/8/84
2 Jim Zorn, at L.A. Raiders 1/8/84
  Dave Krieg, at Cincinnati 12/31/88
  Jon Kitna, vs. Miami 1/9/00
  Matt Hasselbeck, vs. Dallas 1/6/07
  Matt Hasselbeck, vs. Washington 1/5/08

Most Consecutive Passes Without Interception
109 Matt Hasselbeck, 2004-05
87 Dave Krieg, 1984, 1987-88
78 Matt Hasselbeck, 2010

PASS RECEIVING

RECEPTIONS

Most Receptions, Career
35 Bobby Engram, 2003-07 (9 games)
26 Darrell Jackson, 2003-06 (7 games)
23 Steve Largent, 1983-84, 1987-88 (7 games)

Most Receptions, Game
12 Darrell Jackson, vs. St. Louis 1/8/05
11 John L. Williams, at Cincinnati 12/31/88
8 Brandon Stokley, at Chicago 1/16/11

Most Consecutive Games, Pass Reception
9 Bobby Engram, 2003-07
5 Darrell Jackson, 2003-05
  Jerramy Stevens, 2004-06
4 Dan Doornink, 1983-84
  Curt Warner, 1983, 1988

YARDS GAINED

Most Yards Gained, Career
503 Darrell Jackson, 2003-06 (7 games)
476 Bobby Engram, 2003-08 (9 games)
434 Steve Largent, 1983-84, 1987-88 (7 games)

Most Yards Gained, Game
143 Darrell Jackson, vs. Washington 1/14/05
137 John L. Williams, at Cincinnati 12/31/88
132 Steve Largent, at Houston 1/3/88 (OT)

Most Games, 100 or More Yards Receiving, Career
2 Steve Largent, 1983-84, 1987-88 (7 games)
  Darrell Jackson, 2003-06 (7 games)
1 John L. Williams, 1987-88 (2 games)
1 D.J. Hackett, 2005-07 (5 games)

Most Consecutive Games, 100 or More Yards Receiving, Career
2 Steve Largent, 1984, 1987
2 Darrell Jackson, 2004-05
1 John L. Williams, 1988
1 D.J. Hackett, 2007

Longest Reception
- 56 Steve Largent (from Dave Krieg) at Miami 12/29/84 (TD)
- 46 Ben Obomanu (from Matt Hasselbeck) at Chicago 1/16/11
- 45 Brandon Stokely (from Matt Hasselbeck) vs. New Orleans 1/8/11 (TD)

AVERAGE GAIN

Highest Average Gain, Career (Min. 10 Receptions)
- 19.35 Darrell Jackson, 2003-06, 7 games (26-503)
- 18.87 Steve Largent, 1983-84, 1987-88, 7 games (23-434)
- 15.27 Paul Johns, 1983, 3 games (11-168)

Highest Average Gain, Game (Min. 3 Receptions)
- 24.33 Ray Butler, vs. Houston 1/3/88 (3-73) (OT)
- 22.00 Bobby Engram, vs. Dallas 1/6/07 (4-88)
- 21.33 Steve Largent, at Miami 12/29/84 (6-128)
- 20.75 Bobby Engram, at Green Bay 1/4/04 (4-83) (OT)

TOUCHDOWNS

Most Touchdowns, Career
- 4 Steve Largent, 1983-84, 1987-88 (7 games)
  Jerramy Stevens, 2003-06 (6 games)
- 3 Darrell Jackson, 2003-06 (6 games)
  Mike Williams, 2010, (2 games)

Most Touchdowns, Game
- 2 Steve Largent, at Houston 1/3/88 (OT)
  Jerramy Stevens, vs. Dallas 1/6/07
  Mike Willams, at Chicago 1/16/11

Most Consecutive Games, Touchdown Passes Caught
- 3 Jerramy Stevens, 2005-06
- 2 Steve Largent, 1984, 1987
  Mike WIlliams, 2010

INTERCEPTIONS BY

Most Interceptions, Career
- 4 John Harris, 1983-84, 5 games
- 2 Greggory Johnson, 1983, 3 games
  Kerry Justin, 1983, 3 games
  Michael Boulware, 2004-06, 6 games

Most Interceptions, Game
- 2 John Harris, at Miami 12/29/84
- 1 Many Times

YARDS GAINED

Most Yards Gained, Career
- 78 Marcus Trufant, 2003- (7 games)
- 76 Kelly Herndon, 2005 (3 games)
- 57 Jordan Babineaux, 2004- (8 games)

Most Yards Gained, Game
- 78 Marcus Trufant, vs. Washington 1/5/08
- 76 Kelly Herndon, vs. Pittsburgh 2/5/06
- 57 Jordan Babineaux, vs. Washington 1/5/08

Longest Return
- 78 Marcus Trufant, vs. Washington, 1/5/08
- 76 Kelly Herndon, vs. Pittsburgh 2/5/06
- 57 Jordan Babineaux, vs. Washington 1/5/08

TOUCHDOWNS

Most Touchdowns, Career
- 1 Marcus Trufant, 2003- (7 games)
- 1 Jordan Babineaux 2004- (8 games)

Most Touchdowns, Game
- 1 Marcus Trufant, vs. Washington 1/5/08
- 1 Jordan Babineaux, vs. Washington 1/5/08

PUNTING

Most Punts, Career
- 27 Jeff West, 1983-84 (5 games)
- 22 Ryan Plackemeier 2006-07 (4 games)
- 21 Tom Rouen, 2004-05 (4 games)

Most Punts, Game
- 9 Jon Ryan, at Chicago 1/16/11
- 8 Jeff West, vs. L.A. Raiders 12/22/84
- 7 Jeff West, at Miami 12/29/84
  Ruben Rodriguez, at Houston 1/3/88 (OT)
  Jeff Feagles, vs. Miami 1/9/00
  Ryan Plackemeier, vs. Washington 1/5/08

Longest Punt
- 58 Jeff West, at Miami 12/29/84
- 57 Tom Rouen, vs. Pittsburgh, 2/5/06
- 56 Ruben Rodriguez, at Houston 1/3/88 (OT)
  Ryan Plackemeier, at Chicago 1/14/07 (OT)

AVERAGE YARDAGE

Highest Average, Career (20 Punts)
- 40.24 Ryan Plackemeier, 2006-07, 4 games (21-845)
- 36.96 Jeff West, 1983-84, 5 games (27-998)

Highest Average, Game (4 Punts)
- 47.86 Jeff Feagles, vs. Miami 1/9/00 (7-335)
- 44.25 Ruben Rodriguez, at Houston 1/3/88 (7-310) (OT)
- 44.17 Ruben Rodriguez, at Cincinnati 12/31/88 (6-265)

PUNT RETURNS

Most Punt Returns, Career
- 12 Nate Burleson, 2006-09 (4 games)
- 7 Bobby Joe Edmonds, 1987-88 (2 games)
- 6 Kenny Easley, 1983-84, 1987 (6 games)
  Peter Warrick, 2005 (3 games)

Most Punt Returns, Game
- 6 Nate Burleson, vs. Washington 1/5/08
- 5 Kenny Easley, vs. L.A. Raiders 12/22/84
  Bobby Joe Edmonds, at Cincinnati 12/31/88
- 4 3 Times (Last: Peter Warrick, vs. Pittsburgh 2/5/06)

YARDS GAINED

Most Yards Gained, Career
99 Nate Burleson, 2006- (4 games)
96 Bobby Joe Edmonds, 1987-88 (2 games)
58 Paul Johns, 1983 (3 games)

Most Yards Gained, Game
84 Nate Burleson, vs. Washington 1/5/08
66 Bobby Joe Edmonds, at Houston 1/3/88 (OT)
58 Paul Johns, vs. Denver 12/24/83

Longest Return
54 Bobby Joe Edmonds, at Houston 1/3/88 (OT)
20 Nate Burleson, vs. Washington 1/5/08
19 Paul Johns, vs. Denver 12/24/83

AVERAGE YARDAGE

Highest Average, Career (Minimum 4 Returns)
14.50 Paul Johns, 1983, 3 games (4-58)
13.71 Bobby Joe Edmonds, 1987-88, 2 games 7-96)
9.50 Kenny Easley, 1983-84, 5 games (6-57)

Highest Avg. Gain, Game (Minimum 3 Returns)
14.5 Paul Johns, vs. Denver 12/24/83 (4-58)
10.4 Kenny Easley, vs. L.A. Raiders 12/22/84 (5-52)

TOUCHDOWNS

Most Touchdowns, Career
None

Most Touchdowns, Game
None

KICKOFF RETURNS

Most Kickoff Returns, Career
19 Nate Burleson, 2006-07 (4 games)
11 Maurice Morris, 2003-07 (7 games)
9 Leon Washington, 2010 (2 games)

Most Kickoff Returns, Game
6 Maurice Morris, vs. St. Louis 1/8/05
Nate Burleson, at Chicago 1/14/06 (OT)
Nate Burleson, at Green Bay 1/12/08
5 Bobby Joe Edmonds, at Houston 1/3/88 (OT)
Nate Burleson, vs. Dallas 1/6/07
Leon Washington, at Chicago 1/16/11

YARDS GAINED

Most Yards Gained, Career
402 Nate Burleson, 2006-09 (4 games)
222 Leon Washington, 2010 (2 games)
183 Zachary Dixon, 1983 (3 games)

Most Yards Gained, Game
166 Nate Burleson, at Chicago 1/14/06 (OT)
159 Charlie Rogers, vs. Miami 1/9/00
143 Leon Washington, at Chicago 1/16/11

Longest Return
85 Charlie Rogers, vs. Miami 1/9/00 (TD)
62 Leon Washington, at Chicago 1/16/11
59 Zachary Dixon, at Miami 12/31/83

AVERAGE YARDAGE

Highest Average, Career (Minimum 5 Returns)
26.14 Zachary Dixon, 1983, 3 games (7-183)
23.29 David Hughes, 1983-84, 5 games (7-163)
21.29 Bobby Joe Edmonds, 1987-88, 2 games (7-149)
21.15 Nate Burleson, 2006, 3 games (19-402)

Highest Average, Game (Minimum 3 Returns)
39.75 Charlie Rogers, vs. Miami 1/9/00
28.60 Leon Washington, at Chicago 1/16/11
27.67 Nate Burleson, at Chicago 1/14/07 (6-166)

TOUCHDOWNS

Most Touchdowns, Career
1 Charlie Rogers 1999 (1 game)

Most Touchdowns, Game
1 Charlie Rogers, vs. Miami 1/9/00

FUMBLES

Most Fumbles, Career
3 Matt Hasselbeck, 2003-07, 2010 (11 games)
2 John L. Williams, 1987-88 (2 games)
Koren Robinson, 2003-04 (2 games)

Most Fumbles, Game
2 Koren Robinson, vs. St. Louis 1/8/05
Jimmy Williams, vs. Washington 1/14/06
1 Many Times

RECOVERIES

Most Own Fumbles Recovered, Career
1 Ron Essink, 1983-84 (5 games)
Pete Metzelaars, 1983-84 (5 games)
Robbie Tobeck, 2003-05 (5 games)
Koren Robinson, 2003-04 (2 games)
Chris Spencer, 2005- (5 games)
Matt Hasselbeck, 2003- (11 games)

Most Opponents Fumbles Recovered, Career
2 Jeff Bryant, 1983-84, 1987-88 (7 games)
1 Many Times (Last David Hawthorne at Chicago 1/16/11)

Most Fumbles Recovered, Game, Own and Opponents
2 Jeff Bryant, at L.A. Raiders 1/8/84 (2-Opp)
1 By Many

YARDS GAINED

Longest Return
0 16 Times

TOUCHDOWNS

Most Touchdowns
None

TACKLES

Most Tackles, Career
- 66 Lofa Tatupu, 2005-07, 2010 (9 games)
- 64 Leroy Hill, 2005-07 (7 games)
- 48 Keith Butler, 1983-84, 1987 (6 games)

Most Tackles, Game
- 17 Brian Bosworth, at Houston 1/3/88 (OT)
- 15 Eugene Robinson, at Houston 1/3/88 (OT)
- 13 Leroy Hill, vs. Washington, 1/5/08

SACKS

Most Sacks, Career
- 4.0 Rocky Bernard, 2003-07 (7 games)
- 3.5 Jacob Green, 1983-84, 1987-88 (7 games)
- 3.0 Bryce Fisher, 2005-06 (5 games)

Most Sacks, Game
- 2.5 Jacob Green, vs. L.A. Raiders 12/22/84
- 2.0 Chike Okeafor, vs. St. Louis 1/8/05
  Rocky Bernard, vs. Carolina 1/22/06
  Bryce Fisher, vs. Dallas 1/6/07

FUMBLES

Most Forced Fumbles, Career
- 2 Jacob Green, 1983-84, 1987-88 (7 games)
  Bruce Scholtz, 1983-84, 1987-88 (7 games)
  Bryce Fisher, 2005-06 (5 games)
- 1 Many TImes

Most Forced Fumbles, Game
- 1 Many Times, (Last: Raheem Brock, at Chicago 1/16/11)

BLOCKED KICKS

Most Blocked Punts, Career – None
Most Blocked Punts, Game – None
Most Blocked Field Goals, Career – None
Most Blocked Field Goals, Game – None
Most Blocked PATs, Career – None
Most Blocked PATs, Game – None
Most Blocked Placekicks, Career – None
Most Blocked Placekicks, Game – None

GAMES

Most Consecutive Seasons Participating in Postseason Games
- 5 2003-07
- 2 1983-84, 1987-88,

Most Games
- 3 1983, 2005
- 2 1984, 2006, 2007, 2010
- 1 1987, 1988, 1999, 2003, 2004,

Most Games Won
- 2 1983, 2005
- 1 1984, 2006, 2007, 2010

Most Consecutive Games Won
- 2 1983, 2005
- 1 1984, 2006, 2007, 2010

Most Consecutive Games Lost
- 6 1984-04
- 1 1983, 2005, 2006, 2007, 2010

TEAM POSTSEASON RECORDS

SCORING

Most Points, Game
- 41 vs. New Orleans 1/8/11
- 35 vs. Washington 1/5/08
- 34 vs. Carolina 1/22/06

Fewest Points, Game
- 10 at Miami 12/29/84
  vs. Pittsburgh 2/5/06
- 13 vs. L.A. Raiders 12/22/84
  at Cincinnati 12/31/88

Most Points, Both Teams, Game
- 77 (41) vs. New Orleans (36) 1/8/11
- 62 (20) at Green Bay (42) 1/12/08
- 60 (27) at Green Bay (33) 1/4/04 (OT)

Fewest Points, Both Teams, Game
- 20 (13) at L.A. Raiders (7) 12/22/84
- 30 (20) vs. Washington (10) 1/14/06
- 31 (10) vs. Pittsburgh (21) 2/5/06

Largest Margin of Victory, Game
- 24 (31) vs. Denver (7) 12/24/83
- 21 (35) vs. Washington (14) 1/5/08
- 20 (34) vs. Carolina (14) 1/22/06

Most Points, Shutout Victory, Game
  None

Most Points Overcome to Win Game
- 7 vs. Dallas 1/6/07 (Trailed 20-13, Won 21-20)
- 6 at Miami 12/31/83 (Trailed 7-13, Won 27-20)

Most Points, Each Half
- 1st: 24 vs. New Orleans 1/8/11
  20 vs. Carolina 1/22/06
  17 at Green Bay 1/12/08
- 2nd: 25 vs. Washington 1/5/08
  24 at Chicago 1/16/11
  21 vs. Denver 12/24/83
  at Green Bay 1/4/04

Most Points, Each Quarter
- 1st: 14 at Green Bay 1/12/08
  10 vs. Carolina 1/22/06
  7 5 Times (Last: vs. New Orleans 1/8/11)
- 2nd: 17 vs. New Orleans 1/8/11
  14 at Chicago 1/14/06
  10 at Miami 12/29/84
  vs. Carolina 1/22/06
- 3rd: 14 at Green Bay 1/4/04
  10 at Chicago 1/14/07
  vs. New Orleans 1/8/11
  7 8 Times (Last: vs. Dallas 1/6/07)

4th: 22 vs. Washington 1/5/08
     21 at Chicago 1/16/11
     14 vs. Denver 12/24/83
OT: 0 at Houston 1/3/88
        at Green Bay 1/4/04
        at Chicago 1/14/07

TOUCHDOWNS

Most Touchdowns, Game
5 vs. New Orleans 1/8/11
4 vs. Denver 12/24/83
  vs. Carolina 1/22/06
  vs. Washington 1/5/08
3 at Miami 12/31/83
  at Green Bay 1/4/04 (OT)
  at Chicago 1/14/07 (OT)
  at Chicago 1/16/11

Fewest Touchdowns, Game
1 vs. L.A. Raiders 12/22/84
  at Miami 12/29/84
  vs. Pittsburgh 2/5/06
2 7 Times (Last: at Green Bay 1/12/08)

Most Touchdowns, Both Teams, Game
9 Seattle (5) vs. New Orleans (4) 1/8/11
8 Seattle (2) at Green Bay (6) 1/12/08
  Seattle (3) at Chicago (5) 1/16/11
7 Seattle (3) at Green Bay (4) 1/4/04 (OT)

Fewest Touchdowns Both Teams, Game
2 Seattle (1) at L.A. Raiders (1) 12/22/84
3 Seattle (2) vs. Washington (1) 1/14/06

POINTS AFTER TOUCHDOWN

Most PAT, Game
5 vs. New Orleans 1/8/11
4 vs. Denver 12/24/83
  vs. Carolina 1/22/06
3 at Miami 12/31/83
  at Green Bay 1/4/04 (OT)
  at Chicago 1/14/07 (OT)
  vs. Washington 1/5/08
  at Chicago 1/16/11

Fewest PAT, Game
1 vs. L.A. Raiders 12/22/84
  at Miami 12/29/84
  at Cincinnati 12/31/88
  vs. Pittsburgh 2/5/06
  vs. Dallas 1/6/07

Most PAT, Both Teams, Game
8 (2) at Green Bay (6) 1/12/08
  (5) vs. New Orleans (3) 1/8/11
  (3) at Chicago (5) 1/16/11
6 (3) at Green Bay (3) 1/4/04 (OT)
  (4) vs. Carolina (2) 1/22/06
  (3) at Chicago (3) 1/14/06 (OT)
5 6 Times (Last: Seattle [3] vs.
  Washington [2] 1/5/08)

Fewest PAT, Both Teams, Game
2 Seattle (1) at L.A. Raiders (1) 12/22/84
3 Seattle (2) vs. Washington (1) 1/14/06
  Seattle (1) vs. Dallas (2) 1/6/07
4 Seattle (2) at Houston (2) 1/3/88 (OT)
  Seattle (1) at Cincinnati (3) 12/31/88
  Seattle (2) vs. Miami (2) 1/9/00
  Seattle (1) vs. Pittsburgh (3) 2/5/06

FIELD GOALS

Most Field Goals, Game
2 10 Times (Last: vs. New Orleans 1/8/11)

Most Field Goals, Both Teams, Game
5 Seattle (2) at Houston (3) 1/3/88 (OT)
  Seattle (2) vs. New Orleans (3) 1/8/11
4 Seattle (2) at Green Bay (2) 1/4/04 (OT)
  Seattle (2) vs. St. Louis (2) 1/8/05
3 Seattle (0) at L.A. Raiders (3) 1/8/84
  Seattle (1) vs. Miami (2) 1/9/00
  Seattle (2) vs. Washington (1) 1/14/06
  Seattle (1) at Chicago (2) 1/14/06 (OT)

Most Field Goals Attempted, Game
3 at   Miami 12/31/83
  vs. Carolina 1/22/06
  vs. Pittsburgh 2/5/06
2 10 Times (Last: vs. New Orleans 1/8/11)

Most Field Goals Attempted, Both Teams, Game
7 Seattle (2) at Houston (5) 1/3/88 (OT)
5 Seattle (2) at Miami (3) 12/29/84
  Seattle (2) at Green Bay (3) 1/4/04 (OT)
  Seattle (2) vs. New Orleans (3) 1/8/11

FIRST DOWNS

Most First Downs, Game
27 vs. Carolina 1/22/06
24 vs. St. Louis 1/8/05
22 at Green Bay 1/4/04 (OT)

Fewest First Downs, Game
8 at Miami 12/29/84
11 at Houston 1/3/88 (OT)
12 vs. Miami 1/9/00

Most First Downs, Both Teams, Game
51 Seattle (19) vs. New Orleans (32) 1/8/11
46 Seattle (24) vs. St. Louis (22) 1/8/05
44 Seattle (22) at Green Bay (22) 1/4/04 (OT)

Fewest First Downs, Both Teams, Game
26 Seattle (15) vs. Washington (11) 1/14/06
30 Seattle (8) at Miami (22) 12/29/84
   Seattle (12) vs. Miami (18) 1/9/00
31 Seattle (17) at L.A. Raiders (14) 12/22/84

RUSHING

Most First Downs, Rushing, Game
12 at Miami 12/31/83
   vs. L.A. Raiders 12/22/84
   at Chicago 1/14/07 (OT)
8 vs. Denver 12/24/83

Fewest First Downs, Rushing, Game
0 vs. Miami 1/9/00
1 at Houston 1/3/88 (OT)
  at Cincinnati 12/31/88
  at Chicago 1/16/11
2 at Miami 12/29/84

Most First Downs, Rushing, Both Teams, Game
21 Seattle (12) at Miami (9) 12/31/83
20 Seattle (12) at Chicago (8) 1/14/07 (OT)
18 Seattle (1) at Cincinnati (17) 12/31/88
17 Seattle (12) at L.A. Raiders (5) 12/22/84

Fewest First Downs Rushing, Both Teams, Game
  7 Seattle (0) vs. Miami (7) 1/9/00
     Seattle (3) vs. Washington (4) 1/5/08
 10 Seattle (2) at Miami (8) 12/29/84
     Seattle (1) at Houston (9) 1/3/88 (OT)
     Seattle (7) vs. St. Louis (3) 1/8/05

PASSING

Most First Downs, Passing, Game
 16 at Cincinnati 12/31/88
     at Green Bay 1/4/04 (OT)
 15 vs. St. Louis 1/8/05
     vs. Pittsburgh 2/5/06
 14 at Chicago 1/16/11

Fewest First Downs, Passing, Game
  4 vs. L.A. Raiders 12/22/84
  6 at Miami 12/29/84
  6 at Chicago 1/14/07 (OT)
  8 at Green Bay 1/12/08

Most First Downs, Passing, Both Teams, Game
 35 Seattle (13) vs. New Orleans (22) 1/8/11
 30 Seattle (16) at Green Bay (14) 1/4/04 (OT)
     Seattle (15) vs. St. Louis (15) 1/8/05
 28 Seattle (10) at Houston (18) 1/3/88 (OT)

Fewest First Downs Passing, Both Teams, Game
 12 Seattle (4) at L.A. Raiders (8) 12/22/84
 16 Seattle (6) at Chicago (10) 1/14/07 (OT)
 17 Seattle (9) vs. Dallas (8) 1/6/07
 18 Seattle (6) at Miami (12) 12/29/84

PENALTY

Most First Downs, Penalty, Game
  4 vs. Dallas 1/6/07
  3 at Green Bay 1/12/08
     at Chicago 1/16/11
  2 at L.A. Raiders 1/8/84
     at Cincinnati 12/31/88
     vs. Miami 1/9/00
     at Green Bay 1/4/04 (OT)
     vs. St. Louis 1/8/05
     vs. New Orleans 1/8/11

Most First Downs, Penalty, Both Teams, Game
  6 Seattle (2) vs. St. Louis (4) 1/8/05
  5 Seattle (4) vs. Dallas (1) 1/6/07
     Seattle (2) vs. New Orleans (3) 1/8/11
  4 Seattle (3) at Green Bay (1) 1/12/08

NET YARDS GAINED RUSHING & PASSING

Most Net Yards Gained, Game
 415 vs. New Orleans 1/8/11
 413 vs. St. Louis 1/8/05
 396 vs. Pittsburgh 2/5/06

Fewest Net Yards Gained, Game
 167 at L.A. Raiders 1/8/84
 171 vs. Miami 1/9/00
 200 at Green Bay 1/12/08

Most Yards Gained, Both Teams, Game
 889 Seattle (415) vs. New Orleans (474) 1/8/11
 809 Seattle (413) vs. St. Louis (396) 1/8/05
 737 Seattle (340) at Green Bay (397) 1/4/04 (OT)

Fewest Yards Gained, Both Teams, Game
 470 Seattle (171) vs. Miami (299) 1/9/00
 491 Seattle (251) at L.A. Raiders (240) 12/22/84
 568 Seattle (167) at L.A. Raiders (401) 1/8/84

RUSHING

ATTEMPTS

Most Attempts, Game
 51 vs. L.A. Raiders 12/22/84
 42 at Miami 12/31/83
 38 vs. Denver 12/24/83

Fewest Attempts, Game
 11 at Houston 1/3/88 (OT)
 12 at Chicago 1/16/11
 16 at Cincinnati 12/31/88

Most Attempts, Both Teams, Game
 76 Seattle (51) at L.A. Raiders (25) 12/22/84
 72 Seattle (42) at Miami (30) 12/31/83
 71 Seattle (38) vs. Denver (33) 12/24/83

Fewest Attempts, Both Teams, Game
 47 Seattle (20) vs. St. Louis (27) 1/8/05
     Seattle (25) vs. New Orleans (22) 1/8/11
 50 Seattle (21) vs. Washington (29) 1/5/08
 53 Seattle (21) at Green Bay (32) 1/4/04 (OT)
     Seattle (18) at Green Bay (35) 1/12/08

YARDS GAINED

Most Yards Gained, Game
 205 vs. L.A. Raiders 12/22/84
 151 at Miami 12/31/83
 149 vs. New Orleans 1/8/11

Fewest Yards Gained, Game
 22 at Cincinnati 12/31/88
 28 at Green Bay 1/12/08
 29 at Houston 1/3/88 (OT)

Most Yards Gained, Both Teams, Game
 318 Seattle (137) vs. Pittsburgh (181) 2/5/06
 310 Seattle (205) at L.A. Raiders (105) 12/22/84
 279 Seattle (151) at Miami (128) 12/31/83

Fewest Yards Gained, Both Teams, Game
 127 Seattle (49) at Green Bay (78) 1/4/04 (OT)
 149 Seattle (41) vs. Miami (108) 1/9/00
 152 Seattle (77) vs. Washington (75) 1/5/08

AVERAGE GAIN

Highest Average Gain, Game
 6.25 vs. New Orleans 1/8/11 (24-150)
 5.50 vs. Pittsburgh 2/5/06 (25-137)
 4.05 vs. St. Louis 1/8/05 (20-81)

Lowest Average Gain, Game
  1.38 at Cincinnati 12/31/88 (16-22)
  1.56 at Green Bay 1/12/08 (18-28)
  2.05 vs. Miami 1/9/00 (20-41)

TOUCHDOWNS

Fewest Touchdowns, Game
  0 9 Times (Last: at Chicago 1/16/11)

Most Touchdowns, Game
  3 at Green Bay 1/4/04 (OT)
  2 at Miami 12/31/83
     vs. Carolina 1/22/06
     vs. Chicago 1/14/07

Most Touchdowns, Both Teams, Game
  5 Seattle (3) at Green Bay (2) 1/4/04 (OT)
  4 Seattle (1) at Cincinnati (3) 12/31/88
     Seattle (2) vs. Chicago (2) 1/5/08
     Seattle (1) at Green Bay (3) 1/12/08
  3 Seattle (2) at Miami (1) 12/31/83
     Seattle (1) vs. New Orleans (2) 1/8/11
     Seattle (0) at Chicago (3) 1/16/11

Fewest Touchdowns, Both Teams, Game
  0 Seattle (0) at L.A. Raiders (0) 12/22/84
     Seattle (0) vs. Dallas (0) 1/6/07
  1 6 Times (Last: Seattle [1] vs.
     Washington [0] 1/5/08)

PASSING

ATTEMPTS

Most Attempts, Game
  50 at Cincinnati 12/31/88
  49 vs. Pittsburgh 2/5/06
  46 at Chicago 1/16/11

Fewest Attempts, Game
  10 vs. L.A. Raiders 12/22/84
  13 vs. Denver 12/24/83
  29 at Miami 12/31/83

Most Attempts, Both Teams, Game
  95 Seattle (35) vs. New Orleans (60) 1/8/11
  83 Seattle (45) at Green Bay (38) 1/4/04
      (OT)
  82 Seattle (32) vs. Washington (50) 1/5/08

Fewest Attempts, Both Teams, Game
  37 Seattle (10) at L.A. Raiders (27)
      12/22/84
  47 Seattle (13) vs. Denver (34) 12/24/83
  55 Seattle (29) at Miami (26) 12/31/83

COMPLETIONS

Most Completions, Game
  27 vs. St. Louis 1/8/05
  26 vs. Pittsburgh 2/5/06
      at Chicago 1/16/11
  25 at Green Bay 1/4/04 (OT)

Fewest Completions, Game
  4 vs. L.A. Raiders 12/22/84
  12 vs. Denver 12/24/83
  14 vs. Miami 1/9/00

Most Completions, Both Teams, Game
  61 Seattle (22) vs. New Orleans (29) 1/8/11
  51 Seattle (25) at Green Bay (26) 1/4/04
  49 Seattle (20) vs. Washington (29) 1/5/08

Fewest Completions, Both Teams, Game
  18 Seattle (4) at L.A. Raiders (14) 12/22/84
  30 Seattle (15) at Miami (15) 12/31/83
  31 Seattle (24) at Cincinnati (7) 12/31/88
      Seattle (14) vs. Miami (17) 1/9/00

Highest Completion %, Game (Min. 20 Attempts)
62.86 vs. New Orleans 1/8/11 (22-35)
62.79 vs. St. Louis 1/8/05 (27-43)
62.50 vs. Washingon 1/5/08 (20-32)

Lowest Completion %, Game (Min. 20 Attempts)
41.03 at Houston 1/3/88 (16-39) (OT)
46.67 vs. Miami 1/9/00 (14-30)
47.22 at L.A. Raiders 1/8/84 (17-36)

NET YARDS GAINED

Most Yards Gained, Game
  341 vs. St. Louis 1/8/05
  291 at Green Bay 1/4/04 (OT)
  273 at Cincinnati 12/31/88

Fewest Yards Gained, Game
  46 vs. L.A. Raiders 12/22/84
  102 at L.A. Raiders 1/8/84
  130 vs. Miami 1/9/00

Most Yards Gained, Both Teams, Game
  663 Seattle (266) vs. New Orleans (397)
       1/8/11
  651 Seattle (341) vs. St. Louis (313) 1/8/05
  610 Seattle (291) at Green Bay (319) 1/4/04
       (OT)

Fewest Yards Gained, Both Teams, Game
  181 Seattle (46) at L.A. Raiders (135)
       12/22/84
  298 Seattle (102) at L.A. Raiders (196)
       1/8/84
  321 Seattle (130) vs. Miami (191) 1/9/00

TIMES SACKED

Most Times Sacked, Game
  6 vs. Miami 1/9/00
  4 at L.A. Raiders 1/8/84
  3 vs. St. Louis 1/8/05
     vs. Cincinnati 12/31/88
     at Chicago 1/14/07 (OT)

Fewest Times Sacked, Game
  0 vs. Dallas 1/6/07
  1 at Miami 12/31/83
     vs. Washington 1/5/08
     vs. New Orleans 1/8/11

Most Times Sacked, Both Teams, Game
  8 Seattle (2) at L.A. Raiders (6) 12/22/84
     Seattle (3) vs. St. Louis (5) 1/8/05
  7 Seattle (6) vs. Miami (1) 1/9/00

Fewest Times Sacked, Both Teams, Game
  1 Seattle (1) at Miami (0) 12/31/83
  2 Seattle (0) at Miami (2) 12/29/84
     Seattle (2) at Green Bay (0) 1/4/04 (OT)
     Seattle (0) vs. Dallas (2) 1/6/07
     Seattle (1) vs. New Orleans (1) 1/8/11

TOUCHDOWNS

Most Touchdowns, Game
- 4 vs. New Orleans 1/8/11
- 3 vs. Denver 12/24/83
  - at Chicago 1/16/11
- 2 at L.A. Raiders 1/8/84
  - at Houston 1/3/88 (OT)
  - vs. Dallas 1/6/07

Most Touchdowns, Both Teams, Game
- 6 Seattle (4) vs. New Orleans (2) 1/8/11
- 5 Seattle (3) at Chiacgo (2) 1/16/11
- 4 Seattle (3) vs. Denver (1) 12/24/83
  - Seattle (1) at Miami (3) 12/29/84
  - Seattle (1) at Green Bay (3) 1/12/08

INTERCEPTIONS BY

Most Interceptions By, Game
- 2 7 Times (Last: vs. Washington 1/5/08)

Most Interceptions By, Both Teams, Game
- 7 Seattle (2) at L.A. Raiders (5) 1/8/84
- 4 Seattle (2) vs. Washington (2) 1/5/08
- 3 Seattle (2) at Miami (1) 12/31/83
- 3 Seattle (2) vs. Pittsburgh (1) 2/5/06

YARDS GAINED

Most Yards Gained, Game
- 135 vs. Washington 1/5/08
- 76 vs. Pittsburgh 2/5/06
- 45 vs. Denver 12/24/83
  - at Miami 12/29/84

Most Yards Gained, Both Teams, Game
- 137 Seattle (135) vs. Washington (2)
- 100 Seattle (76) vs. Pittsburgh (24) 2/5/06
- 61 Seattle (8) at L.A. Raiders (53) 1/8/84

TOUCHDOWNS

Most Touchdowns, Game
- 2 vs. Washington 1/5/08

PUNTING

Most Punts, Game
- 9 at Chicago 1/16/11
- 8 vs. L.A. Raiders 12/22/84
- 7 at Miami 12/29/84
  - at Houston 1/3/88 (OT)
  - vs. Miami 1/9/00
  - vs. Washington 1/5/08

Fewest Punts, Game
- 3 vs. Denver 12/24/83
  - vs. St. Louis 1/8/05
- 4 at Miami 12/31/83
  - vs. New Orleans 1/8/11
- 5 at L.A. Raiders 1/8/84
  - vs. Dallas 1/6/07

Most Punts, Both Teams, Game
- 16 Seattle (8) at L.A. Raiders (8) 12/22/84
- 15 Seattle (7) vs. Miami (8) 1/9/00
  - Seattle (7) vs. Washington (8) 1/5/08
- 14 Seattle (9) at Chicago (5) 1/16/11

Fewest Punts, Both Teams, Game
- 6 Seattle (3) vs. St. Louis (3) 1/8/05
- 7 Seattle (3) vs. Denver (4) 12/24/83
  - Seattle (5) at L.A. Raiders (2) 1/8/84
  - Seattle (4) at Green Bay (3) 1/12/08
- 8 Seattle (4) at Miami (4) 12/31/83
  - Seattle (4) vs. New Orleans (4) 1/8/11

AVERAGE YARDAGE

Highest Average, Punting, Game (4 Punts)
- 50.20 vs. Pittsburgh 2/5/06 (6-301)
- 47.86 vs. Miami 1/9/00 (7-335)
- 44.29 at Houston 1/3/88 (7-310) (OT)

Lowest Average, Punting, Game (4 Punts)
- 32.00 at L.A. Raiders 1/8/84 (5-160)
- 35.00 vs. Dallas 1/6/07 (5-175)
  - at Chicago 1/16/11 (9-315)
- 35.73 at Chicago 1/14/07 (OT) (11-393)

PUNT RETURNS

Most Punt Returns, Game
- 6 vs. Washington 1/5/08
- 5 vs. L.A. Raiders 12/22/84
  - at Cincinnati 12/31/88
- 4 vs. Denver 12/24/83
- 4 vs. Pittsburgh 2/5/06

Fewest Punt Returns, Game
- 0 at L.A. Raiders 1/8/84
  - at Miami 12/31/83
  - at Green Bay 1/12/08
- 1 at Miami 12/29/84
  - at Green Bay 1/4/04 (OT)
  - vs. St. Louis 1/8/05
  - vs. New Orleans 1/8/11
  - at Chicago 1/16/11

Most Punt Returns, Both Teams, Game
- 9 Seattle (3) vs. Miami (6) 1/9/00
- 8 Seattle (5) at L.A. Raiders (3) 12/22/84
  - Seattle (5) at Cincinnati (3) 12/31/88
  - Seattle (3) vs. Miami (5) 1/9/00
- 7 Seattle (4) vs. Denver (3) 12/24/83

Fewest Punt Returns, Both Teams, Game
- 1 Seattle (0) at L.A. Raiders (1) 1/8/84
- 2 Seattle (0) at Miami (2) 12/31/83
- 3 Seattle (1) vs. New Orleans (2) 1/8/11
  - Seattle (1) at Chicago (2) 1/16/11

YARDS GAINED

Most Yards Gained, Game
- 84 vs. Washington 1/5/08
- 66 at Houston 1/3/88 (OT)
- 58 vs. Denver 12/24/83

Fewest Yards Gained, Game
- -1 vs. Washington 1/14/06
- 0 at Miami 12/31/83
  - at L.A. Raiders 1/8/84
  - at Green Bay 1/12/08
- 5 at Miami 12/29/84

Most Yards Gained, Both Teams, Game
- 93 Seattle (66) at Houston (27) 1/3/88 (OT)
- 87 Seattle (24) vs. Miami (63) 1/9/00
- 84 Seattle (84) vs. Washington (0) 1/5/08

Fewest Yards, Gained, Both Teams, Game
- 1 Seattle (0) at L.A. Raiders (1) 1/8/84
- 2 Seattle (0) at Green Bay (0) 1/12/08
- 7 Seattle (2) at Chicago (5) 1/14/07 (OT)

TOUCHDOWNS

Most Touchdowns, Game
- None

KICKOFF RETURNS

Most Kickoff Returns, Game
- 7 at L.A. Raiders 1/8/84
  at Green Bay 1/4/04 (OT)
  at Green Bay 1/12/08
- 6 at Houston 1/3/88 (OT)
  vs. St. Louis 1/8/05
  at Chicago 1/14/07 (OT)

Fewest Kickoff Returns, Game
- 2 vs. Denver 12/24/83
  vs. L.A. Raiders 12/22/84
  vs. Washington 1/5/08
- 3 at Cincinnati 12/31/88

Most Kickoff Returns, Both Teams, Game
- 13 Seattle (7) at Green Bay (6) 1/4/04 (OT)
- 12 Seattle (7) at Green Bay (5) 1/12/08
  Seattle (5) vs. New Orleans (7) 1/8/11
- 11 Seattle (6) vs. St. Louis (5) 1/8/05

Fewest Kickoff Returns, Both Teams, Game
- 4 Seattle (2) at L.A. Raiders (2) 12/22/84
- 6 Seattle (3) at Cincinnati (3) 12/31/88

YARDS GAINED

Most Yards Gained, Game
- 166 at Chicago 1/14/07 (OT)
- 159 vs. Miami 1/9/00
- 143 at Chicago 1/16/11

Fewest Yards Gained, Game
- 19 vs. Washington 1/5/08
- 38 vs. L.A. Raiders 12/22/84
- 43 vs. Denver 12/24/83

Most Yards Gained, Both Teams, Game
- 271 Seattle (111) vs. Dallas (160) 1/6/07
- 247 Seattle (159) vs. Miami (88) 1/9/00
- 234 Seattle (130) at Miami (104) 12/31/83

Fewest Yards Gained, Both Teams, Game
- 66 Seattle (38) at L.A. Raiders (28) 12/22/84
- 120 Seattle (66) at Cincinnati (54) 12/31/88
- 128 Seattle (77) at Miami (51) 12/29/84

TOUCHDOWNS

Most Touchdowns, Game
- 1 vs. Miami 1/9/00

PENALTIES

Most Penalties, Game
- 9 vs. St. Louis 1/8/05
- 7 vs. L.A. Raiders 12/22/84
  vs. Pittsburgh 2/5/06
- 6 vs. New Orleans 1/8/1

Fewest Penalties, Game
- 2 4 Times (Last: at Green Bay 1/4/04) (OT)
- 3 5 Times (Last: at Chicago 1/16/11)

Most Penalties, Both Teams, Game
- 15 Seattle (7) at L.A. Raiders (8) 12/22/84
- 13 Seattle (6) vs. New Orleasn (7) 1/8/11
- 11 Seattle (3) vs. Dallas (8) 1/6/07
  Seattle (3) at Chicago (8) 1/16/11

Fewest Penalties, Both Teams, Game
- 5 Seattle (4) at Miami (1) 12/29/84
- 7 4 Times (Last: Seattle [2] at GB [5] 1/4/04 (OT))

YARDS PENALIZED

Most Yards Penalized, Game
- 70 vs. Pittsburgh 2/5/06
- 61 vs. St. Louis 1/8/05
- 55 vs. L.A. Raiders 12/22/84

Fewest Yards Penalized, Game
- 10 vs. Miami 1/9/00
- 13 vs. Dallas 1/6/07
- 15 at Miami 12/31/83
  at Green Bay 1/4/04 (OT)

Most Yards Penalized, Both Teams, Game
- 123 Seattle (55) at L.A. Raiders (68) 12/22/84
- 91 Seattle (61) vs. St. Louis (30) 1/8/05
  Seattle (20) at Chicago (71) 1/16/11
- 90 Seattle (70) vs. Pittsburgh (29) 2/5/06

Fewest Yards Penalized, Both Teams, Game
- 25 Seattle (20) at Miami (5) 12/29/84
- 45 3 Times (Last: Seattle [15] at Green Bay [30] 1/4/04 [OT])

FUMBLES

Most Fumbles, Game
- 2 vs. St. Louis 1/8/05
- 1 8 Times (Last: at Chicago 1/16/11)

Fewest Fumbles, Game
- 0 at Miami 12/31/83
  vs. L.A. Raiders 12/22/84
  vs. Miami 1/9/00
  vs. Dallas 1/6/07
  vs. Pittsburgh 2/5/06
  vs. New Orleans 1/8/11

Most Fumbles, Both Teams, Game
- 4 Seattle (1) at L.A. Raiders (3) 1/8/84
  Seattle (1) at Cincinnati (3) 12/31/88
  Seattle (0) at Chicago (4) 1/14/07 (OT)
  Seattle (2) at Green Bay (2) 1/12/08
- 3 Seattle (0) at Miami (3) 12/31/83
  Seattle (1) at Houston (2) 1/3/88 (OT)

Fewest Fumbles, Both Teams, Game
- 0 Seattle (0) vs. Miami (0) 1/9/00
  Seattle (0) vs. Pittsburgh (0) 2/5/06
- 1 Seattle (1) at Miami (0) 12/29/84
  Seattle (1) at Green Bay (0) 1/4/04 (OT)
  Seattle (0) vs. Dallas (1) 1/6/07

Most Fumbles Lost, Game
- 1 4 Times (Last: at Green Bay 1/12/08)

Fewest Fumbles Lost, Game
- 0 Many Times (Last: vs. Washington 1/5/08)

RECOVERIES

Most Total Fumbles Recovered, Game
- 3 vs Miami 12/31/83 (3-opp)
   at L.A. Raiders 1/8/84 (2-opp, 1-own)
   at Green Bay 1/12/08 (2-opp, 1-own)
- 2 3 Times (Last: vs. St. Louis 1/8/05
   (2-own)

Most Own Fumbles Recovered, Game
- 2 vs. St. Louis 1/8/05
- 1 7 Times (Last: at Chicago 1/16/11)

Most TDs Returning Interceptions, Both Teams, Game
   None

POSTSEASON DEFENSE

TURNOVERS

Most Turnovers, Game
- 5 at L.A. Raiders 1/8/84 (5-Ints)
- 3 at Cincinnati 12/31/88 (2-Ints, 1-Fum)

Fewest Turnovers, Game
- 0 5 Times (Last: at Chicago 1/16/11)
- 1 5 Times (Last: vs. Dallas 1/6/07 [1-Fum])

Most Turnovers, Both Teams, Game
- 9 Seattle (5) at L.A. Raiders (4) 1/8/84 (7-Ints, 2-Fums)
- 6 Seattle (1) at Miami (5) 12/31/83
- 5 Seattle (3 vs. Cincinnati (2) 12/31/88

Fewest Turnovers, Both Teams, Game
- 0 Seattle (0) at Chicago (0) 1/16/11
- 1 Seattle (1) at Green Bay (0) 1/4/04 (OT)
- 2 2 Times (Last: Seattle [1] vs. St. Louis [1] 1/8/05 [2 Ints])

SCORING

Fewest Points Allowed, Game
- 7 vs. Denver 12/24/83
   vs. L.A. Raiders 12/22/84
- 10 vs. Carolina 1/22/06
- 14 vs. Washington 1/14/06
   vs. Washington 1/5/08

Most Points Allowed, Game
- 42 at Green Bay 1/12/08
- 36 vs. New Orleans 1/8/11
- 35 at Chicago 1/16/11

Fewest Touchdowns Allowed, Game
- 1 vs. Denver 12/24/83
   vs. L.A. Raiders 12/22/84
   vs. Washington 1/14/06
   vs. Dallas 1/6/07
- 2 4 Times (Last: vs. Washington 1/5/08)

Most Touchdowns Allowed, Game
- 6 at Green Bay 1/12/08
- 5 at Chicago 1/16/11
- 4 at Miami 12/29/84
   vs. Green Bay 1/4/04
   vs. New Orleans 1/8/11

FIRST DOWNS

Fewest First Downs Allowed, Game
- 14 vs. L.A. Raiders 12/22/84
   vs. Dallas 1/6/07
   vs. Pittsburgh 2/5/06
- 18 vs. Miami 1/9/00
- 21 6 Times (Last: at Chicago 1/16/11)

Most First Downs Allowed, Game
- 32 vs. New Orlenas 1/8/11
- 27 at Houston 1/3/88 (OT)
- 25 at Green Bay 1/12/08

Fewest First Downs Allowed, Rushing, Game
- 3 vs. St. Louis 1/8/05
- 4 vs. Washington 1/5/08
- 5 vs. Denver 12/24/83
   vs. L.A. Raiders 12/22/84
   vs. Dallas 1/6/07

Most First Downs Allowed, Rushing, Game
- 17 at Cincinnati 12/31/88
- 11 at Green Bay 1/12/08
   at Chicago 1/16/11
- 10 at L.A. Raiders 1/8/84

Fewest First Downs Allowed, Passing, Game
- 5 at Cincinnati 12/31/88
- 8 vs. L.A. Raiders 12/22/84
   vs. Pittsburgh 2/5/06
   vs. Dallas 1/6/07

Most First Downs Allowed, Passing, Game
- 22 vs. New Orleasn 1/8/11
- 18 at Houston 1/3/88 (OT)
- 16 vs. Washington 1/5/08

Most First Downs Allowed, Penalty, Game
- 4 vs. St. Louis 1/8/05
- 3 L.A. Raiders 12/22/84
   at Chicago 1/14/07 (OT)
   vs. New Orleans 1/8/11

OFFENSIVE PLAYS

Fewest Opponent Plays Allowed, Game
- 56 at Miami 12/31/83
- 56 vs. Pittsburgh 2/5/06
- 57 vs. Dallas 1/6/07

Most Opponent Plays Allowed, Game
- 84 at Houston 1/3/88 (OT)
- 83 vs. New Orleans 1/8/11
- 82 vs. Washington 1/5/08

Fewest Opponent Plays Allowed, Rushing, Game
- 22 vs. New Orleasn 1/8/11
- 25 vs. L.A. Raiders 12/22/84
- 26 vs. Dallas 1/6/07

Most Opponent Plays Allowed, Rushing, Game
- 50 at Houston 1/3/88 (OT)
- 47 at Cincinnati 12/31/88
- 46 at L.A. Raiders 1/8/84

Fewest Opponent Plays Allowed, Passing, Game

  21 at Cincinnati 12/31/88
  22 vs. Pittsburgh 2/5/06

Most Opponent Plays Allowed, Passing, Game

  60 vs. New Orleans 1/8/11
  50 vs. Washington 1/5/07
  40 vs. Washington 1/14/06

Net Yards Allowed Game
Fewest Yards Allowed, Game
  240 vs. L.A. Raiders 12/22/84
  284 at Dallas 1/6/07
  299 vs. Miami 1/9/00

Most Net Yards Allowed, Game

  474 vs. New Orleans 1/8/11
  437 at Houston 1/3/88 (OT)
      at Chicago 1/16/11
  405 at Miami 12/29/84

RUSHING

Fewest Yards Allowed, Rushing, Game

  36 vs. Carolina 1/22/06
  59 vs. Washington 1/14/06
  75 vs. Washington 1/5/08

Most Yards Allowed, Rushing, Game

  254 at Cincinnati 12/31/88
  235 at Green Bay 1/12/08
  205 at L.A. Raiders 1/8/84

Most Touchdowns Allowed, Rushing, Game

  3 at Cincinnati 12/31/88
     at Green Bay 1/12/08
     at Chicago 1/16/11
  2 at L.A. Raiders 1/8/84
     at Green Bay 1/4/04 (OT)
     vs. Pittsburgh 2/5/06
     at Chicago 1/14/07 (OT)
     vs. New Orleans 1/8/11

Fewest Touchdowns Allowed, Rushing, Game

  0 6 Times (Last: vs. Washington 1/5/08)
  1 5 Times (Last: vs. St. Louis 1/8/05)

PASSING

Fewest Net Yards Allowed, Passing, Game

  91 at Cincinnati 12/31/88
  135 vs. L.A. Raiders 12/22/84
  158 vs. Pittsburgh 2/5/06

Most Yards Allowed, Passing, Game

  397 vs. New Orleans 1/8/11
  319 at Green Bay 1/4/04 (OT)
  294 vs. St. Louis 1/8/05

Fewest Touchdowns Allowed, Passing, Game

  0 at Cincinnati 12/31/88
  1 10 Times (Last: vs. Dallas 1/6/07)

Most Touchdowns Allowed, Passing, Game

  3 at Miami 12/29/84
     at Green Bay 1/12/08
  2 5 Times (Last: at Chicago 1/16/11)

SACKS

Most Sacks, Game

  6 vs. L.A. Raiders 12/22/84
  5 vs. St. Louis 1/8/05

Fewest Sacks, Game

  0 at Miami 12/31/83
     at Miami 12/29/84
     at Green Bay 1/4/04 (OT)
  1 vs. Miami 1/9/00
     vs. Pittsburgh 2/5/06
     at Green Bay 1/12/08
     vs. New Orleans 1/8/11

Most Opponents Yards Lost Attempting to Pass, Game

  49 vs. L.A. Raiders 12/22/84
  31 at Chicago 1/14/07 (OT)
  22 vs. Washington 1/5/08

Fewest Opponent Yards Lost Attempting to Pass, Game

  0 at Miami 12/31/83
     at Miami 12/29/84
     at Green Bay 1/4/04 (OT)
     at Green Bay 1/12/08
  5 vs. Miami 1/9/00
  7 vs. New Orleans 1/8/11

INTERCEPTIONS BY

Most Passes Intercepted By, Game
  2 6 Times (Last: vs. Washington 1/5/08)

Fewest Passes Intercepted By, Game

  0 at Cincinnati 12/31/88
     vs. Miami 1/9/00
     at Green Bay 1/4/04 (OT)
     vs. Dallas 1/6/07
     at Green Bay 1/12/08
  1 at Houston 1/3/88 (OT)
     vs. St. Louis 1/8/05
     at Chicago 1/14/07 (OT)
     at Chicago 1/16/11

Most Consecutive Games, One or More Interceptions By
  6 1983-84, 1987

Most Yards Returning Interceptions, Game

  135 vs. Washington 1/5/08
  45 vs. Denver 12/24/83
     at Miami 12/29/84
  28 at Houston 1/3/88 (OT)

Fewest Yards Returning Interceptions, Game
  0 7 Times (Last: vs. Dallas 1/6/07)

Most Touchdowns Returning Interceptions, Game
  2 vs. Washington 1/5/08

PUNT RETURNS

Fewest Opponent Punt Returns, Game

  0 vs. Washington 1/5/08
  1 at L.A. Raiders 1/8/84
     vs. Washington 1/14/06
     vs. Carolina 1/22/06
     at Green Bay 1/12/08
  2 at Miami 12/31/83
     vs. Pittsburgh 2/25/06
     vs. New Orleans 1/8/11
     at Chicago 1/16/11

Most Opponent Punt Returns, Game
- 6 vs. Miami 1/9/00
- 4 at Houston 1/3/88(OT)

Most Yards Allowed, Punt Returns, Game
- 63 vs. Miami 1/9/00
- 59 vs. Carolina 1/22/06
- 39 at Green Bay 1/4/04
- 32 at Miami 12/31/83
- vs. Pittsburgh 2/5/06

Fewest Yards Allowed, Punt Returns, Game
- 0 vs. Washington 1/5/08
- 1 at L.A. Raiders 1/8/84
- 2 at Green Bay 1/12/08

Longest Return, Allowed, Game
- 59 vs. Carolina 1/22/06 (TD)
- 25 vs. Miami 1/9/00
- 24 at Miami 12/31/83

Most Touchdowns Allowed, Punt Return, Game
- 1 vs. Carolina 1/22/06 (Steve Smith)

KICKOFF RETURNS

Fewest Opponent Kickoff Returns, Game
- 2 3 Times (Last: vs. Pittsburgh 2/5/06)
- 3 4 Times (Last: at Chicago 1/16/11)

Most Opponent Kickoff Returns, Game
- 7 vs. Carolina 1/22/06
- vs. Washington 1/5/08
- 6 3 Times (Last: at Green Bay 1/4/04 [OT])

Fewest Yards Allowed, Kickoff Returns, Game
- 28 vs. L.A. Raiders 12/22/84
- 43 vs. Pittsburgh 2/5/06
- 46 at L.A. Raiders 1/8/84

Most Yards Allowed, Kickoff Returns, Game
- 189 vs. Washington 1/5/08
- 160 vs. Dallas 1/6/07
- 143 vs. Carolina 1/22/06

Longest Return Allowed, Game
- 93t vs. Dallas 1/6/07
- 55 vs. Washington 1/5/08
- 47 vs. Miami 1/9/00

Most Touchdowns Allowed, Kickoff Returns, Game
- 1 vs. Dallas 1/6/07

TURNOVERS

Number of times losing ball on interceptions and fumbles

Most Opponent Turnovers, Game
- 5 at Miami 12/31/83
- 4 at L.A. Raiders 1/8/84
- vs. Carolina 1/22/06
- 3 vs. Denver 12/24/83
- vs. L.A. Raiders 12/22/84

Fewest Opponent Turnovers, Game
- 0 vs. Miami 1/9/00
- at Green Bay 1/4/04
- vs. New Orleans 1/8/11
- at Chicago 1/16/11
- 1 vs. St. Louis 1/8/05 (1-Int)
- vs. Washington 1/14/06 (1-Fum)
- vs. Dallas 1/6/07 (1-Fum)
- 2 7 Times (Last: at Green Bay 1/12/08)

TIME OF POSSESSION

Least Time of Possession Allowed, Game
18:09 vs. Carolina 1/22/06
22:50 at Chicago 1/16/11
25:02 at Miami 12/31/83

Most Time of Possession Allowed, Game
47:44 at Houston 1/3/88 (OT)
37:06 at L.A. Raiders 1/8/84
35:48 at Miami 12/29/84
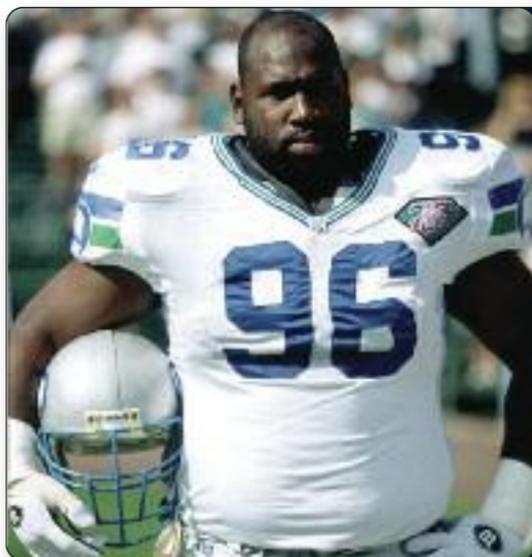
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1990-2000
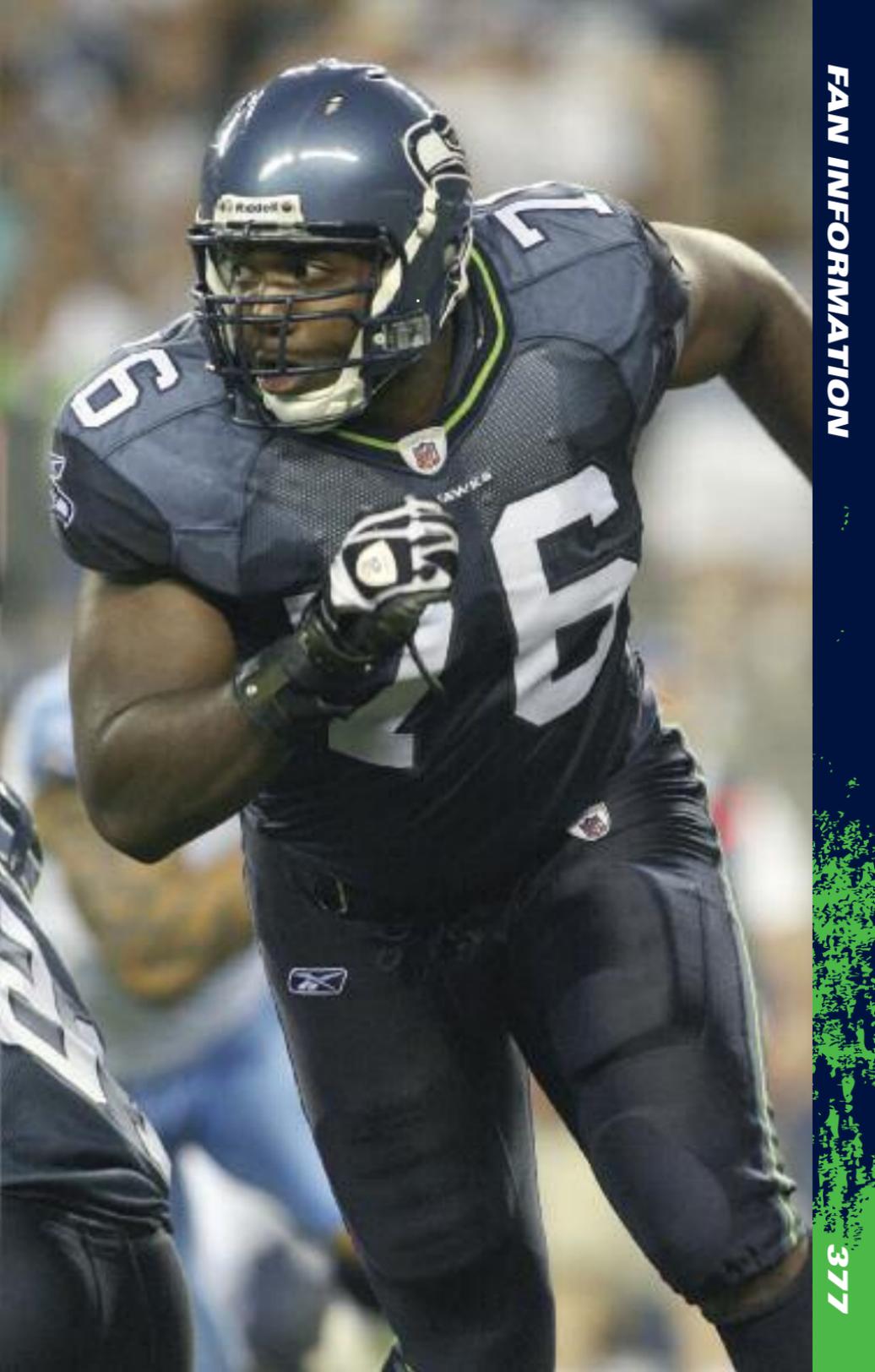
A TRADITION CONTINUES

In 2003, the 12th Man was honored once again, this time with a flag. The tradition of the 12th Man Flag began October 12, 2003, when 12 original season ticket holders hoisted the flag versus the San Francisco 49ers. Now, at every home game just before kickoff, the flag is raised in honor of the 12th Man. From former Seahawks greats, to local celebrities and sports personalities, being called upon to raise the flag has become an honor within itself. The flag has become a symbol of Seahawks supporters all over the Northwest and the spirit of community that the organization and fans share.

2010 SEASON

Date	Opponent	Person
08/14	Tennessee	J.R. Celski (Olympic speedskater)
08/21	Green Bay	Frank Beede (Former Seahawk; National Teacher of the Year)
09/12	San Francisco	Chad Brown (Former Seahawks LB)
09/26	San Diego	Nate McMillan (Former Sonic, current Blazers Head Coach)
10/24	Arizona	Isaiah Kacyvenski (Former Seahawks LB)
11/07	N.Y. Giants	Buck Compton (War Veteran)
11/28	Kansas City	Tom Skerritt (Actor)
12/05	Carolina	Howard Mudd (Former Seahawks OL coach)
12/19	Atlanta	Tim Lincecum (Former UW and current SF Giants pitcher)
01/02	St. Louis	Brian Blades (Former Seahawks WR)
01/08	New Orleans	Walter Jones (Former Seahawks T)

ALL-TIME 12TH MAN FLAG RAISERS

2003 SEASON

10/12	San Francisco	12 Original Season Ticket Holders
10/19	Chicago	Cortez Kennedy (Former Seahawks DT)
11/02	Pittsburgh	Curt Warner (Former Seahawks RB)
11/16	Detroit	Steve Largent (Former Seahawks WR)
11/30	Cleveland	Mike McCormack (Former Seahawks GM)
12/21	Arizona	Frosty Westering (Former PLU Head Coach)

2004 SEASON

08/21	Denver	Steve Raible & Warren Moon (Seahawks Broadcast Team)
09/02	Minnesota	Bret McClure, Tara & Dana Kirk (Local Olympians)
09/26	San Francisco	Dave Krieg (Former Seahawks QB)
10/10	St. Louis	Don James (Former UW Head Football Coach)
10/31	Carolina	Eugene Robinson (Former Seahawks S)
11/21	Miami	Chuck Nelson & Jack Thompson (Former UW Kicker, WSU QB Representing Apple Cup Week)
11/28	Buffalo	John Nordstrom (Representing Original Ownership)
12/06	Dallas	Edgar Martinez (Former Mariners Great)
12/24	Arizona	Rangers from Ft. Lewis (In Honor of Pat Tillman)
01/02	Atlanta	Mothers of Seahawks Players
01/08	St. Louis	Ring of Honor Members

2005 SEASON

08/22	Dallas	David Eger (Inaugural BGSC Champion)
09/02	Minnesota	Sam McCullum (Former Seahawks WR)
09/18	Atlanta	Joe Nash (Former Seahawks NT)
09/25	Arizona	Chuck Knox (Former Seahawks Head Coach)
10/16	Houston	Ed Viesturs (World Renowned Mountain Climber)
10/23	Dallas	Efren Herrera (Former Seahawks K)
11/13	St. Louis	Manu Tuiasosopo (Former Seahawks DT)
11/27	N.Y. Giants	Lorenzo Romar (UW Men's Basketball Coach)
12/11	San Francisco	Kenny Easley (Former Seahawks S)
12/24	Indianapolis	Jack Patera (Original Seahawks Head Coach)
01/14	Washington	Ken Hamlin (Former Seahawks S)
01/22	Carolina	Paul Allen (Seahawks Chairman)

2006 SEASON

08/12	Dallas	Hugh McElhenny (Pro Football Hall of Fame)
08/31	Oakland	Norm Johnson (Former Seahawks K)
09/17	Arizona	Cortez Kennedy (Former Seahawks DT)
09/24	N.Y. Giants	Pike Place Market Fish Mongers
10/22	Minnesota	Dave Niehaus (Mariners Broadcaster)

2006 SEASON CONTINUED

11/06	Oakland	Warren Moon (Pro Football Hall of Fame)
11/12	St. Louis	Lenny Wilkens (Former Seattle Sonics Coach)
11/27	Green Bay	Kasey Kahne (NASCAR Driver)
12/14	San Francisco	Bill (The Beerman) Scott
12/24	San Diego	Josh Lucas (Actor)
01/06	Dallas	Marcus Trufant (Current Seahawks CB)

2007 SEASON

08/25	Minnesota	Dan Doornink (Former Seahawks FB)
08/30	Oakland	Jeff Bryant (Former Seahawks DT)
09/09	Tampa Bay	Mama Blue (Longtime Seahawks Fan)
09/23	Cincinnati	Apolo Ohno (Olympian)
10/14	New Orleans	Mack Strong (Former Seahawks FB)
10/21	St. Louis	Ichiro Suzuki (Mariners CF)
11/12	San Francisco	Drew Carey (Sounders FC Minority Owner, Actor)
11/18	Chicago	Matt Cameron (Pearl Jam) & Jerry Cantrell (Alice in Chains)
12/9	Arizona	Sig Hansen (Deadliest Catch)
12/23	Baltimore	Robbie Tobeck (Former Seahawks C)
01/05	Washington	Jamie Moyer (Former Mariners Pitcher)

2008 SEASON

08/16	Chicago	Dave Wyman (Former Seahawks LB)
08/29	Oakland	J.P. Patches (Children's TV Personality)
09/14	San Francisco	Chris Gray (Seahawks G)
09/21	St. louis	Kenny Mayne (ESPN Reporter)
10/12	Green Bay	Gary Payton (Former NBA and Sonic All-Star)
11/02	Philadelphia	John L. Williams (Former Seahawks FB)
11/16	Arizona	Ricky Watters (Former Seahawks RB)
11/23	Washington	Hope Solo (Olympian Goalkeeper)
12/07	New England	Sam Adkins (Former Seahawks QB)
12/21	N.Y. Jets	Kathy Holmgren (Coach Holmgren's wife)

2009 SEASON

08/22	Denver	Central Washington softball players
09/03	Oakland	Jon Fine (United Way CEO)
09/13	St. Louis	Jacob Green (Former Seahawks DE)
09/27	Chicago	Jim Whittaker (Mountaineer)
10/11	Jacksonville	Edwin Bailey (Former Seahawks G)
10/18	Arizona	Rusty Tillman (Former Seahawks Special Teams Coach)
11/8	Detroit	Huston Riley (War Veteran)
12/6	San Francisco	Fred Brown, John Johnson and Gus Johnson (Former Supersonics)
12/20	Tampa Bay	Kasey Keller (Sounders FC Goalkeeper)
01/02	Tennessee	Ken Griffey Jr. (Former Mariners CF)

SEA GALS

Thirty-two women make up the 2011 Sea Gals, a sideline dance group that balances a busy schedule of practicing, performing and making public appearances in the community throughout the year.

Sherri Thompson, who has been involved with the Sea Gals since 1981 as a squad member (1981-83) and choreographer (1984-86) will begin her 25th year as director. In addition to numerous practices and game day performances, the Sea Gals are heavily involved in the community, donating much of their time to benefit local charities and organizations.

The Sea Gals hold an annual fund-raising event to provide Christmas presents for the women and children living at a local women's shelter. The dance group also established the Sea Gal's Guild at Children's Hospital, which they contribute to annually.

The Sea Gals have also developed a "Show Group," a one-hour variety show that includes character dance routines, singing and crowd participation for all ages. The Show Group has performed

Sea Gals Director Sherri Thompson

across the nation, Middle East and European military bases. Information about the Sea Gals can be obtained by accessing www.seahawks.com or by calling (425) 203-8000.

The 2011 Sea Gals

BLITZ

Blitz, the Seahawks mascot, is the big blue bird with crazy hair. As the Seahawks biggest fan, he makes sure that CenturyLink Field is the loudest, most exciting place to play in the NFL.

Along with football, Blitz loves coming out to birthday parties, weddings, parades, corporate events and pretty much anything you can think of where his fellow Seahawks fans are. He even visits fans in their seats during the games. Details are available on the appearance page at seahawks.com.

BLUE THUNDER

Seahawks Blue Thunder is the heartbeat of the fans. The high-energy, entertainment drumline was established in 2004 at CenturyLink Field, performing throughout the stadium before, during and after games. Blue Thunder uses a variety of rhythms and visuals, incorporating rock and roll drumming alongside drum corps style, endearing them to Seahawks fans of all ages. Blue Thunder is also available for parades, parties and corporate event appearances.

For booking information please visit Seahawks.com.

The Seattle Seahawks Kids Club offers fans (14-and-under) the opportunity to connect with the team. Members enjoy benefits such as a membership kit, exclusive events, member-only e-blasts, contests, and special mailings throughout the year. For more information and sign up, fans may visit Seahawks.com.

The Seattle Seahawks are dedicated to providing the fans with a unique game-day experience. American Family Insurance Touchdown City is a high energy interactive pregame gathering where fans experience the pageantry and spectacle of the NFL before each Seahawks home game.

American Family Insurance Touchdown City has something for fans of all ages and interests. Fans are able to test their quarterbacking accuracy and participate in other interactive exhibits that test your football skills or knowledge.

Budweiser's "Linebacker Lounge," allows fans to watch NFL games around the country on NFL on four-sided 15 ft x 20 ft screens. The video "cube", provides fans with a 360-degree viewing throughout the event space.

American Family Insurance Touchdown City features more than 25 entertaining exhibits including inflatable games, the 710 ESPN's pregame broadcast stage, Seahawks Alumni autographs, face painting booth, and energizing performances by the Sea Gals and the Seahawks "Blue Thunder" drumline.

Admission into Touchdown City is free and open to all Seahawks fans three hours before each home game. Touchdown City is located inside the CenturyLink Field Event Center, which is connected to the south end of CenturyLink Field.

SEA HAWKERS 2011

Just as the Seattle Seahawks are entering 2011 with renewed energy, the Sea Hawkers Booster Club enters the new year with some energy of their own.

MEMBERSHIP

There is strength in numbers, and this year the Sea Hawkers will be looking to attract a new legion of members. The Sea Hawkers will be actively recruiting through membership drives, as well as an increased visibility in the media, in the stands, and in the community.

BENEFITS

In 2011, a Sea Hawkers Membership Card will be the ticket to events not available to the general public. The Sea Hawkers have always enjoyed "members-only"

events: a barbecue, the annual Sea Hawkers Spring Banquet, and much more. However, this year that list includes a Sea Hawkers-only tailgate area at the CenturyLink Field Event Center prior to each game.

CHARITY EVENTS

Since their inception in 1976, the Sea Hawkers have been involved in helping charities throughout the community. This year the Sea Hawkers will again support the Boyer's Children's Clinic "Thunder Ride," and many other Seahawks supported charity events.

The Sea Hawkers expect to do great things in 2011. For more information, please call 1-888-Hawk-Fan or visit the Fan Zone at www.Seahawks.com.
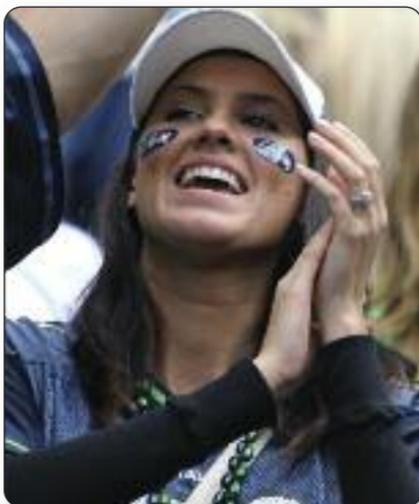
SEAHAWKS PRO SHOP

Located inside CenturyLink Field, the Seahawks Pro Shop features official sideline product and the best selection of Seahawks merchandise available. Shoppers will find everything from Seahawks sweatshirts to water bottles, as well as their favorite player's jersey.

During the season, fans are encouraged to come meet their favorite player at the weekly autograph sessions. For the best selection of Seahawks merchandise, fans can also shop www. seahawks.com and visit the Pro Shop online. For more information fans can call 206-682-2900.

Fans can also visit the Pro Shop's location on 401 Pike Street in downtown Seattle.

The 3,300-square-foot store is in the heart of Downtown Seattle on Pike Street. The Seahawks and Sounders FC retail store opened in July and is located adjacent to the LOFT by Ann Taylor.

KEEPING THE SEAHAWKS LEGACY ALIVE

Seahawks alumni continue to make their mark off the playing field by making various appearances year after year.

After giving their heart and soul during their playing days with the Seahawks and the National Football League, they continue that drive and urgency off the field well after their professional playing days are over.

Seahawks alumni in the state of Washington made over 150 appearances in 2010. Those visits ranged from community celebrations to check presentations and everything in between.

Former players like Charle Young, (TE, 1983-85), Sam Adkins (QB, 1977-82), Blair Bush (C, 1983-88), Randall Morris (RB, 1984-88), and Manu Tuiasosopo (DT, 1979-83) all participated in community events that left lasting impressions on everyone involved.

Seahawks alumni are also successful in business and politics as well.

Steve Largent (WR, 1976-89) is the lone Seahawks player in the NFL Hall of Fame and has made his mark in national politics as a U.S. Congressman in the 1st District of the State of Oklahoma. In 2002, his run for Govenor of Oklahoma was unsuccessful, but he continues to make a difference with community organizations.

His 13,089 yards and 100 touchdowns made him an instant choice for the prestigious honor in his first year of eligibility.
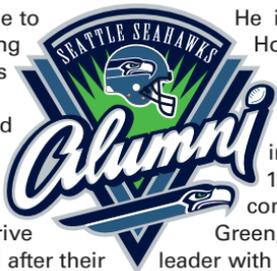
He is in the Seahawks Ring of Honor (1989) and was inducted into the Washington Sports Hall of Fame.

Seahawks Ring of Honor inductee Jacob Green, (DE, 1980-91), gives back to the community year in and year out.

Green, the Seahawks' all-time sack leader with 116.0, is the celebrity host of a golf outing each year. The Jacob Green Charity Golf Classic benefits the Fred Hutchinson Cancer Research Center and has raised over a million dollars since 1988.

Steve Raible (WR, 1976-81) an original member of the Seahawks, now enters his 29th season broadcasting Seahawks games for KIRO Radio.

Kenny Easley (S, 1981-87) is the former owner of the Norfolk Nighthawks, an Arena Football League team in Virginia. His three interceptions versus the San Diego Chargers in October 1984 still ties a Seahawks record. In 2002, Easley became only the sixth player to be inducted into the Seahawks Ring of Honor.

Chad Brown

Curt Warner
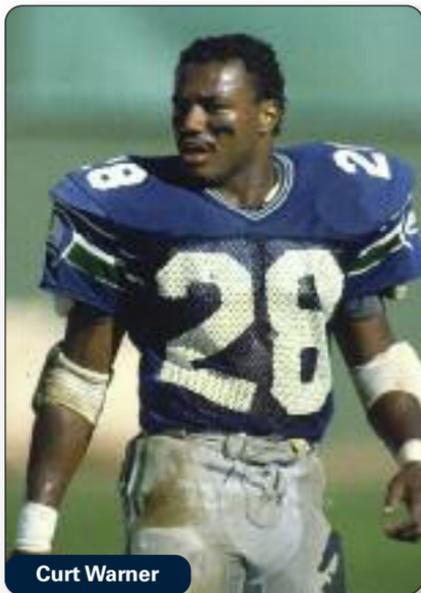
SEAHAWKS BROADCASTING

TELEVISION

Seahawks Broadcasting is the Emmy® Award winning in-house production and syndication unit of the Seattle Seahawks. Now in its 14th season, Seahawks Broadcasting produces some of the most-watched and critically acclaimed sports broadcasts in the Pacific Northwest including the first NFL Team broadcast of a game in HDTV.

SEAHAWKS TELEVISION NETWORK

Kick off the 2011 season with the Seahawks preseason telecasts on the Seahawks Television Network. Check Seahawks.com for the Seahawks Television Network affiliate in your area.

PRESEASON FOOTBALL

Thursday, August 11	at San Diego Chargers	5:00 p.m. PDT	ESPN
Saturday, August 20	Minnesota Vikings	7:30 p.m. PDT	KING
Saturday, August 27	at Denver Broncos	6:00 p.m. PDT	KING
Friday, September 2	Oakland Raiders	7:30 p.m. PDT	KING

CURT MENEFEE - PLAY-BY-PLAY

Curt Menefee begins his third season with the Seahawks broadcasting team as the play-by-play announcer for preseason telecasts. Menefee currently hosts FOX's award-winning NFL pre-game show, *FOX NFL Sunday*. Prior to taking over as full-time host in 2007, he worked as a sideline reporter for FOX before moving to the booth to call play-by-play for NFL and NFL Europe League games on FOX Sports and FSN. Menefee has also been a staple in the New York sports world since 1995 at WNYW FOX5 and MSG, where he continued to work until 2004.

Before coming to New York, Menefee worked at KTVT-TV in Dallas where he also hosted a daily two-hour show on The Ticket sports radio. He also anchored sports for WTLV-TV (NBC) in Jacksonville, and served as a sports anchor and reporter at WISC-TV (CBS) in Madison, WI and WOI-TV (ABC) in Des Moines, IA.

Menefee has received several awards for his sports anchoring and reporting, including the Associated Press Award for Best Sports Reporter in New York and four Katie Awards (the Texas equivalent of an Emmy) for Best Sportscast and Best Sports Special.

WARREN MOON - ANALYST

Hall of Fame quarterback, Warren Moon, returns to the Seahawks broadcast team for his 10th season as the preseason television analyst. Moon served as the preseason analyst for the 2002 and 2003 seasons before returning to the tv booth in 2005. He will move back to the Seahawks radio booth as the in-game analyst once the regular season commences and has spent recent years as a Westwood One radio analyst and sideline reporter while also spending time in the booth during Fox Sports Net's Pac-10 College Game of the Week.

"SEAHAWKS ALL-ACCESS"

Join former Seahawks QB Warren Moon and ROOT Sports' Angie Mentink for "Seahawks All-Access" each week during the regular season. As the title implies, "All-Access" gives the Seahawks fan a perspective on the club not seen anywhere else through in-depth analysis, interviews and features. Catch "Seahawks All-Access" each Thursday night on ROOT Sports.

SEAHAWKS BROADCASTING

SEAHAWKS RADIO NETWORK

Seahawks Radio can be found on News Talk 97.3 KIRO FM and 710 ESPN Seattle, the flagship station for the 2011 season. Wall to wall coverage begins each game day with the "Pregame Huddle" hosted by Dori Monson and joined by former Seahawks Paul Moyer, Sam Adkins and Dave Wyman. Steve Raible and Warren Moon follow with the call of the game, and the broadcast day concludes with a post-game show featuring interviews with Seahawks players and "Hawk Talk" in which fans can call-in and discuss the Seahawks. Check Seahawks.com for the Seahawks Radio Affiliate in your area.

"SEAHAWKS HUDDLE"

"Seahawks Huddle", the club's weekly radio show, can be heard on 710 ESPN Seattle. Beginning during training camp, the "Huddle" offers an inside look at the Seahawks and the NFL and features Seahawks players, coaches and guests from around the League.

STEVE RAIBLE – PLAY-BY-PLAY

Steve Raible returns for his 30th season in the radio booth, his eighth as the play-by-play announcer and "Voice of the Seahawks" after 22 seasons as the Seahawks analyst. An original member of the Seahawks, Raible played wide receiver from 1976-81 and has missed only four games in the franchise's history, either as a player or broadcaster after suffering a collapsed lung vs. Oakland in 1981. Steve has also co-authored the book, "Tales from the Seahawks Sideline" with Tacoma News Tribune beat writer, Mike Sando. Following his football career, Steve joined KIRO-TV where he has won five local Emmy Awards including two for "Best Anchor". He currently anchors KIRO-7 Eyewitness News at 5:00, 6:00 and 11:00.

One of the Northwest's favorite masters of ceremonies, Steve has twice been honored with the United Way Community Service Award and was named Outstanding Role Model of 2000 by Big Brothers/Big Sisters. He was also recently honored by Governor Christine Gregoire proclaiming May 4, 2005, as Steve Raible Day in honor of his community activities. He was also a 2001 recipient of the prestigious NCAA Silver Anniversary Award along with former Seahawks teammate, Steve Largent.

A graduate of Georgia Tech and a member of the school's athletic Hall of Fame, Steve lives in Seattle with his wife, Sharon.

WARREN MOON – ANALYST

Hall of Fame quarterback, Warren Moon, returns to the Seahawks radio team for his eighth season after serving as the preseason television analyst for the previous two seasons. After finishing a playing career in which he was nominated to an NFL record eight straight Pro Bowls (1988-95), adding a ninth overall in 1997, Moon has become one of football's leading broadcast analysts. He has spent recent years as a Westwood One radio analyst and sideline reporter and also spent time in the booth during Fox Sports Net's Pac-10 College Game of the Week.

The 17-year NFL veteran played for the Seahawks from 1997-98, setting the franchise record for passing yards in one season with 3,678 in 1997, surpassed by Matt Hasselbeck in the 2003 season. He also ranks in the top-three of 11 categories all-time in the NFL record books, including most career passing yards (third with 49,325),

Seahawks broadcast team: Moon (left), Raible (right) and Jen Mueller (front), who begins her third season as the sideline reporter.

most career completions (third with 3,988), most yards passing in a single game (second with 527) and most career 400+ passing games (tied for second with seven).

Named the NFL's Man of the Year in 1989 for his work in the community, Warren established the Crescent Moon Foundation in 1989 to raise money for college academic scholarships in Seattle, Los Angeles, Houston, and Minneapolis/St. Paul. He remains active in charity work. Warren has worked as an ambassador for the NFL promoting the game of football both nationally and internationally to young people.

TELEVISION NETWORK

PRESEASON TELECASTS

WASHINGTON

	Station	Network
Seattle	KING - 5	NBC
Spokane	KAYU - 28	FOX
Tri-Cities	KFFX - 66	FOX
Yakima	KCYU - 68	FOX

IDAHO

	Station	Network
Boise	KNIN TV - 9	UPN
Twin Falls	KSAW - 52	ABC
Sun Valley	KSAW - 52	ABC

OREGON

	Station	Network
Bend	KFXO - 39	FOX
Eugene	KEVU - 23	My TV
Medford	KMVU - 26	FOX
Portland	KPTV - 12	FOX

HAWAII

	Station	Network
Honolulu	KHNL - 13	NBC

ALASKA

	Station	Network
Anchorage	KYUR - 13	ABC
Fairbanks	KATN - 2	ABC
Juneau	KJUD - 8	ABC

MONTANA

	Station	Network
Missoula	KECI - 13	NBC
Kalispell	KCFW - 9	NBC
Bozeman	KTVM - 6	NBC

SEAHAWKS ALL-ACCESS

Northwest Region	ROOT Sports	Cable

SEAHAWKS PRESS PASS

Northwest Region	ROOT Sports	Cable

PETE CARROLL SHOW

Seattle	KING 5	NBC

RADIO NETWORK

WASHINGTON

	Station	Frequency
Aberdeen	KWOK	1490 AM
Bellingham	KPUG	1170 AM
Centralia	KMNT	104.3 FM
Colfax	KMAX	840 AM
Colville	KCRK	92.1 FM
Ellensburg	KXLE	1240 AM
Grand Coulee	KEYG	98.5 FM
Longview	KEDO	1400 AM
Moses Lake	KBSN	1470 AM
Mt. Vernon	KBRC	1430 AM
Oak Harbor	KBRC	102.1 FM
Olympia	KGY	1240 AM
Omak	KNCW	92.7 FM
Port Angeles	KONP	1450 AM
Seattle	ESPN	710 AM
Seattle	KIRO	97.3 FM
Shelton	KMAS	1030 AM
Spokane	KXLX	700 AM
Spokane	KHTQ	94.5 FM
Tri-Cities	KONA	610 AM
Walla Walla	KUJ	1420 AM
Wenatchee	KPQ	560 AM
Yakima	KIT	1280 AM

MONTANA

	Station	Frequency
Kalispell	KSAM	1240 AM
Missoula	KGRZ	1450 AM

ALASKA

	Station	Frequency
Anchorage	KBYR	700 AM
Cordova	KLAM	1450 AM
Haines	KRSA	94.9 FM
Juneau	KINY	800 AM
Petersburg	KRSA	580 AM
Sitka	KRSA	94.9 FM
Wasilla	KNBQ	1430 AM
Wrangell	KRSA	94.9 FM

BRITISH COLUMBIA

	Station	Frequency
Vancouver	THE TEAM	1040 AM

IDAHO

	Station	Frequency
Coeur d'Alene	KHTZ	94.5 AM
Lewiston	KCLK	1430 AM
Pocatello	KSEI	930 AM
Rexburg	KRXK	1230 AM
St. Maries	KOFE	1240 AM

OREGON

	Station	Frequency
Astoria	KCRX	102.3 FM
Bend	KWLZ	96.5 FM
Klamath Falls	KLAD	960 AM
Lebanon	KGAL	1580 AM
Newport	KCUP	1230 AM
Pendleton	KTIX	1240 AM
Portland	THE GAME	95.5 FM
The Dalles	KODL	1440 AM

CENTURYLINK
FIELD

In 1996, Paul G. Allen obtained an option to purchase the Seattle Seahawks and launched a campaign to win public support for a new world-class football/soccer stadium and exhibition center. Six years later, the dream became reality as the Seahawks opened the 2002 preseason against the Indianapolis Colts in new Seahawks Stadium, renamed Qwest Field on June 2, 2004. After seven seasons, the field was renamed CenturyLink Field on June 23, 2011. The facility, built atop of the site of the Kingdome, is not only home to the Seahawks, but the stadium accommodates many levels of soccer competition, including Major League Soccer, amateur, international, World Cup and collegiate soccer.

CenturyLink Field is designed with a 67,000 seat capacity, with 5,000 additional seats available for special events, and 1,400 seats for fans with disabilities. With a roof covering 70 percent of the seating area, fans will enjoy wide, comfortable seats with sideline seating a mere 52 feet from the playing field and end-zone seats just 40 feet from the action. The facility also features a dozen elevators and expansive concourses with an ample provision of concessions stands and restrooms.

In addition to having perfect views of the field and surrounding areas, fans experience elements of diversity and culture in part of the Stadium Art Program. In 1998, a request for qualifications yielded a total of 254 responses from around the United States and Canada. After reviewing the full range of submissions, 12 artists and projects were selected. Today, the stadium includes nearly $2 million worth of art. For more information about the Seahawks new home, go to centurylinkfield.com.

CENTURYLINK FIELD FACTS & FIGURES

- 67,000 fixed seats – can be expanded to 72,000
- 63 restrooms (799 toilets/364 urinals) – twice as many as the Kingdome
- 1,400 seats for people with disabilities and their companions – compared to 70 at the Kingdome
- 10,000 cubic yards of concrete – equal to a 3' sidewalk from Seattle to Boise, ID
- 3,756 miles of cable – could reach from Seattle to just beyond the Panama Canal
- Over 800 televisions
- 12 elevators — compared to three at the Kingdome
- The roof is 760 feet long – the same as three Boeing 747's parked end-to-end
- The roof is 210,000 square feet – enough to cover 3.5 football fields
- The FieldTurf production used more than 35,000 recycled ground-up tennis shoes and 30,000 recycled ground up tires
- 50 Concession stands/47 Beer Concessions – twice as many per person as the Kingdome
- The roof contains 5,700 tons of steel – equal to 35 Statues of Liberty or 1,000 Orca whales
- 100% of the concrete from the Kingdome was processed and recycled (50% built into CenturyLink Field)
- Wide concourses offer outstanding views of the Seattle skyline, Safeco Field, the Cascades and Mt. Rainier, Puget Sound and the Olympic Mountains.
- There is a 2,000 car garage – part of 6,500 spaces near CenturyLink Field.

CENTURYLINK FIELD FUNDING

The $430 million facility is owned by the public and was funded by a private-public partnership. Private contributions totaled at least $130 million, while the public contributed up to $300 million through a lottery and a variety of taxes generated by events in the stadium/exhibition center.

A breakdown of the funding package:

- $130 million private investment led by Paul Allen
- $127 million from new, sports related games, similar to the Mariners' baseball-themed scratch games
- $101 million in sales taxes collected in King County attributable to events in the stadium/event center
- $56 million from facility admission and parking taxes
- $15 million from extending King County's share of the existing hotel-motel tax
- $1 million per year of in-kind advertising for the new lottery games will be provided by Paul Allen
- All excess stadium revenues will fund youth athletic facilities throughout Washington State in addition to a $10 million contribution from Paul Allen
- $14 million of the public contribution will come from interest earned on the $50 million private contribution from Paul Allen
- Paul Allen agreed to pay for any construction cost overruns
- As an added measure, the debt on the Kingdome was retired, freeing property taxes for other purposes

FIRST & GOAL INC.

In June of 1997, Washington State voters approved a funding package to build a new football/soccer stadium and exhibition center. With that, Paul G. Allen and Football Northwest created First & Goal Inc., an entity that represented the interests of CenturyLink Field in the construction of the new stadium and now manage the stadium and event center on a daily basis.

VIRGINIA MASON ATHLETIC CENTER

The Seahawks moved into the 200,000 square foot waterfront facility in August 2008. Virginia Mason Athletic Center (VMAC) is the second-largest facility in the NFL.

The property is bounded by Interstate 405 to the east, Lake Washington to the west, residential property to the north and 44th Street to the south.

The privately funded practice facility is situated on 19 acres of industrial property. It houses a permanent indoor practice facility, and the team's entire front office. In addition, there are three outdoor practice fields, 50,000 square feet of training facility space, 15,000 square feet of player meeting space and 48,000 square feet of administrative office space. VMAC allows fans to watch practice during training camp.

Purchased by Vulcan Real Estate in 2000, the land was formerly home to a coal tar refinery & creosote plant, since remediated by Vulcan in concert with the City of Renton and the Washington State Department of Ecology. The project will improve the environmental climate of Renton and its wetlands by improving and redeveloping the site. Since the team's inaugural season in 1976, the Seahawks were housed at Carillon Point for 10.5 years from 1976-1986.

VIRGINIA MASON
ATHLETIC CENTER

Official Name	Virginia Mason Athletic Center
	The facility name is part of a broad Seattle Seahawks and Virginia Mason partnership to support the health and well-being of our com. munity
Location	The site is bounded by Interstate 405 to the east, Lake Washington to the west, residential properties to the north and open land area to the south. Its southern boundary is located approximately 1/4 of mile north of 44th Street.
Site Size	Approximately 19.0 acres of buildable land area.
Project Size	Approximately 200,000 gross square feet of enclosed space including the indoor practice field.
Building Size	Approximately 124,000 gross square feet of administration and training facilities.
Outdoor Fields Area	Three regulation size grass fields
Indoor Practice Area	One regulation size artificial field with clear height of 95' allowing for kicking and punting.
First Floor	Team area and auditorium, including locker room, lounge, training room, weight room, team meeting rooms and media production studios.
Second Floor	Seahawks football administration. Approximately 48,000 gross square feet of coaching and football personnel offices, draft room, cafeteria and weight room mezzanine.
Third Floor	Seahawks administrative offices.
Training Camp	The new facility will host Seahawks training camp.
VMAC Programming	The VMAC will serve as a location for health and community programming.
On Site Parking	Approximately 275 cars
Construction Schedule	18 months
Ground Breaking	January 2007
Completion Date	Summer 2008
Architects	Crawford Architects
Funding	Private
Property Owner	Port Quendall Company

- ■ **BLOGS**
- ■ **KIDS CLUB**
- ■ **PODCASTS**
- ■ **SEA GALS**
- ■ **DAILY VIDEO**
- ■ **PLAYER FEATURES**

Online fans all over the world have the opportunity to stay up-to-date with Seahawks news by logging on to www.seahawks.com, the official web site of the Seattle Seahawks.

Fans are encouraged to become Hawk Mail members. The free e-mail subscriptions notifies on-line users of breaking news, upcoming events, changes to the site and numerous downloadable screensavers of photos from game action each month.

Fans are able to read game previews, post game summaries, player spotlights, community events and Seahawks news from Seahawks beat writer Clare Farnsworth. Fans are encouraged to send questions and comments to his mail bag which is answered weekly. The site also includes exclusive game day coverage with in-depth analysis, inside photos and scoring updates. Tony Ventrella provides web cam coverage at practice and on game day.

Fans may also tune in and listen to Coach Carroll's weekly Monday and Wednesday news conferences.

Fans are encouraged to follow the Seahawks on twitter: @seahawks and @petecarroll.
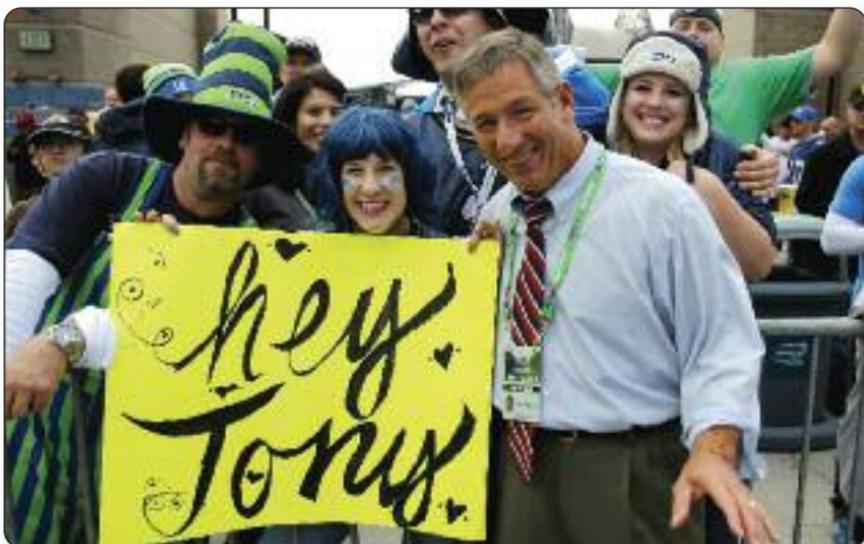
The Kingdome was originally located on 35.9 acres. Due to construction of the new parking garage and event center the acreage is now 23.9 acres.

The Kingdome had the largest concrete roof in the world - 7.85 acres. A new roof and ceiling was completed in 1994. The new ceiling had improved acoustics through the use of a spray on cellulose material.

The building itself, contained 52,800 cubic yards of concrete and 443 tons of structural steel.

It was 250 feet high and 660 feet across to the inside walls making it wider than the Space Needle is tall.

The Kingdome hosted football, soccer, baseball, basketball, tennis, volleyball, rodeos, motor sports, concerts, meetings and trade & consumer shows of all types.

The Kingdome boasted the 43rd largest facility exhibition space in North America.

More than 72 million people entered the Kingdome through a variety of entertainment over 23 years.

Over 3,250 major events were held and many hundreds of smaller special events.

The largest event attendance at the Kingdome was 74,000, set on May 14, 1976 during a Billy Graham Crusade.

Original cost, including property, was $67 million; another $47 million in capital improvements was added over the years. The remaining debt on both the original cost and capital improvements is $57 million.

TOP 10 MOMENTS*

November 7, 1976
First home win versus the Atlanta Falcons

November 16, 1981
First regular season victory over San Diego on Monday Night Football after eight straight previous defeats

December 24, 1983
First home playoff win versus the Denver Broncos

November 4, 1984
NFL record four interceptions returned for touchdowns against the Kansas City Chiefs

December 2, 1984
Clinched a playoff berth with a 38-17 win over Detroit

December 22, 1984
Eliminated defending Super Bowl Champion Los Angeles Raiders in the AFC Wild Card Game at the Kingdome

October 6, 1986
Steve Largent breaks the NFL record for consecutive games with a pass reception against San Diego on Monday Night Football

December 11, 1988
Seahawks score on their first six possessions in a 42-17 victory over the Denver Broncos/Largent hit on Mike Harden.

November 30, 1992
Play-by-play announcer Pete Gross is inducted into the Seahawks Ring of Honor

November 3, 1996
John Friesz threw for 323 yards, the first 300-yard passing game since 1990 in a 23-16 win over the Houston Oilers

*Top 10 Moments as voted on by Seahawks fans via the team's official web site, www.seahawks.com, prior to the final regular season game played on December 26, 1999.

The roof and ceiling renovation was $70 million.

The total debt on the Kingdome is $127 million with the majority of it due to be retired in the year 2016.

Annual payments of $6.3 million are received from a 2% hotel/motel room tax and a 1% rental car tax. This pays for the original construction, the roof and ceiling repair and millions of dollars in improvements.

The stadium employed 70 full-time staff and up to 1,200 part-time event personnel.

At one point, the Kingdome was home to four professional sports- baseball, football, basketball and soccer (*Seattle Sounders*).

The Kingdome was imploded on March 26, 2000.

HUSKY STADIUM

The **Seattle Seahawks** played their entire 2000 and 2001 home schedule at **Husky Stadium**. With the demolition of the Kingdome and creation of the new football stadium, the Seahawks looked to the home of the Washington Huskies for the 2000 and 2001 NFL seasons.

Seating capacity at Husky Stadium for Seahawks games was 68,589, with nearly 70 percent of those seats between the endzones.

The Seahawks played three regular season and two preseason games at the stadium in 1994, when ceiling tiles fell from the Kingdome's roof.

Built in 1902 at a cost of $600,000, the stadium's initial capacity was 30,000. The stadium offically opened on November 27, 1920, when Dartmouth defeated the University of Washington, 28-7.

Capacity was increased to 40,000 in 1936 and again to 55,000 in 1950. The second of these upgrades included roof-covered seats in the south stands and cost $1.7 million.

The current press box was originally constructed as part of the 1950 expansion.

An additional 4,000 seats were added in 1968, to take capacity to 59,000.

Husky Stadium became just the second stadium to don AstroTurf, when it replaced the original natural grass in 1968. The University of Washington supplied more than 200 pairs of shoes for opponents, due to the rarity of the surface. The turf was replaced in 1972, 1977, 1987, 1995, and new FieldTurf was laid down in 2000. Seating capacity increased one more time in 1987, in a $13 million project.

FORMER KIRKLAND HEADQUARTERS

From June 18, 1986, through training camp of 2008, the Seattle Seahawks office and training headquarters was located adjacent to Northwest College in Kirkland, Washington.

The two-story building went through major renovation that was completed in 1999, to create a first-class facility. The lower-level housed meeting rooms, locker rooms for the players and coaches, training and equipment rooms as well as an expanded strength and conditioning area.

Upstairs houses the administrative offices, coaches offices, and conference rooms.

The Seahawks were able to practice on three regulation fields, two natural grass and one artificial turf. The original turf field was replaced by a new one in 1997. That field was then covered by an inflatable bubble as the weather worsened.

2011-2012 KEY DATES

2011

August 4 – First day of 2011 League year

August 11-15 – First preseason weekend

August 30 – Roster cutdown from 90 to 75 players

September 3 – Roster reduction to 53 players

September 4 – Clubs may establish a practice squad of eight players

Sept. 8-12 – 2011 Kickoff Weekend

January 1, 2012 – Regular season ends

2012

Saturday, January 7 – AFC and NFC Wild Card Playoffs (NBC)

Sunday, January 8 – AFC and NFC Wild Card Playoffs (CBS and Fox)

Saturday, January 14 – AFC and NFC Divisional Playoffs (CBS and Fox)

Sunday, January 15 – AFC and NFC Divisional Playoffs (CBS and Fox)

Sunday, January 22 – AFC and NFC Championship Games (CBS and Fox)

Sunday, January 29 – AFC-NFC Pro Bowl In Hawaii (NBC)

Sunday, February 5 – Super Bowl XlVI in Indianapolis (NBC)

2011 PRESEASON SCHEDULE

WEEK 1 – AUGUST 11–15

Seattle at San Diego (ESPN, 8/11)
Tampa Bay at Kansas City (FOX, 8/12)
NY Jets at Houston (ESPN, 8/15)
Arizona at Oakland
Baltimore at Philadelphia
Buffalo at Chicago
Cincinnati at Detroit
Denver at Dallas
Green Bay at Cleveland
Indianapolis at St. Louis
Jacksonville at New England
Miami at Atlanta
Minnesota at Tennessee
NY Giants at Carolina
Pittsburgh at Washington
San Francisco at New Orleans

WEEK 2 – AUGUST 18–22

Philadelphia at Pittsburgh (FOX, 8/18)
Atlanta at Jacksonville (FOX, 8/19)
Chicago at NY Giants (ESPN, 8/22)
Arizona at Green Bay
Buffalo at Denver
Carolina at Miami
Cincinnati at NY Jets
Detroit at Cleveland
Kansas City at Baltimore
Minnesota at Seattle
New England at Tampa Bay
New Orleans at Houston
Oakland at San Francisco
San Diego at Dallas
Tennessee at St. Louis
Washington at Indianapolis

WEEK 3 – AUGUST 25–28

Washington at Baltimore (ESPN, 8/25)
Green Bay at Indianapolis (CBS, 8/26)
New England at Detroit (CBS, 8/27)
New Orleans at Oakland (NBC, 8/28)
Atlanta at Pittsburgh
Carolina at Cincinnati
Chicago at Tennessee
Cleveland at Philadelphia
Dallas at Minnesota
Houston at San Francisco
Jacksonville at Buffalo
Miami at Tampa Bay
NY Jets at NY Giants
St. Louis at Kansas City
San Diego at Arizona
Seattle at Denver

WEEK 4 – SEPTEMBER 1–2

Baltimore at Atlanta
Cleveland at Chicago
Dallas at Miami
Denver at Arizona
Detroit at Buffalo
Houston at Minnesota
Indianapolis at Cincinnati
Kansas City at Green Bay
NY Giants at New England
Oakland at Seattle
Philadelphia at NY Jets
Pittsburgh at Carolina
St. Louis at Jacksonville
San Francisco at San Diego
Tampa Bay at Washington
Tennessee at New Orleans

2011 NFL SCHEDULE

GAMES GROUPED BY START TIMES AND LISTED ALPHABETICALLY BY HOME TEAM.
ALL TIMES TEAM LOCAL TIMES.

THURSDAY, SEPTEMBER 8
(FIRST WEEKEND)

1. New Orleans at Green Bay	7:30p	(CT)

SUNDAY, SEPTEMBER 11

2. Pittsburgh at Baltimore	1:00p	(ET)
3. Atlanta at Chicago	12:00p	(CT)
4. Cincinnati at Cleveland	1:00p	(ET)
5. Indianapolis at Houston	12:00p	(CT)
6. Tennessee at Jacksonville	1:00p	(ET)
7. Buffalo at Kansas City	12:00p	(CT)
8. Philadelphia at St. Louis	12:00p	(CT)
9. Detroit at Tampa Bay	1:00p	(ET)
10. Carolina at Arizona	1:15p	(MST)
11. Minnesota at San Diego	1:15p	(PT)
12. Seattle at San Francisco	1:15p	(PT)
13. N.Y. Giants at Washington	4:15p	(ET)
14. Dallas at N.Y. Jets	8:20p	(ET)

MONDAY, SEPTEMBER 12

15. New England at Miami	7:00p	(ET)
16. Oakland at Denver	8:15p	(MT)

SUNDAY, SEPTEMBER 18
(SECOND WEEKEND)

17. Oakland at Buffalo	1:00p	(ET)
18. Green Bay at Carolina	1:00p	(ET)
19. Kansas City at Detroit	1:00p	(ET)
20. Cleveland at Indianapolis	1:00p	(ET)
21. Tampa Bay at Minnesota	12:00p	(CT)
22. Chicago at New Orleans	12:00p	(CT)
23. Jacksonville at N.Y. Jets	1:00p	(ET)
24. Seattle at Pittsburgh	1:00p	(ET)
25. Baltimore at Tennessee	12:00p	(CT)
26. Arizona at Washington	1:00p	(ET)
27. Dallas at San Francisco	1:05p	(PT)
28. Cincinnati at Denver	2:15p	(MT)
29. Houston at Miami	4:15p	(ET)
30. San Diego at New England	4:15p	(ET)
31. Philadelphia at Atlanta	8:20p	(ET)

MONDAY, SEPTEMBER 19

32. St. Louis at N.Y. Giants	8:30p	(ET)

SUNDAY, SEPTEMBER 25
(THIRD WEEKEND)

33. New England at Buffalo	1:00p	(ET)
34. Jacksonville at Carolina	1:00p	(ET)
35. San Francisco at Cincinnati	1:00p	(ET)
36. Miami at Cleveland	1:00p	(ET)
37. Detroit at Minnesota	12:00p	(CT)
38. Houston at New Orleans	12:00p	(CT)
39. N.Y. Giants at Philadelphia	1:00p	(ET)
40. Denver at Tennessee	12:00p	(CT)
41. N.Y. Jets at Oakland	1:05p	(PT)
42. Baltimore at St. Louis	3:05p	(CT)
43. Kansas City at San Diego	1:05p	(PT)
44. Green Bay at Chicago	3:15p	(CT)
45. Arizona at Seattle	1:15p	(PT)
46. Atlanta at Tampa Bay	4:15p	(ET)
47. Pittsburgh at Indianapolis	8:20p	(ET)

MONDAY, SEPTEMBER 26

48. Washington at Dallas	7:30p	(CT)

SUNDAY, OCTOBER 2
(FOURTH WEEKEND)

49. Carolina at Chicago	12:00p	(CT)
50. Buffalo at Cincinnati	1:00p	(ET)
51. Tennessee at Cleveland	1:00p	(ET)
52. Detroit at Dallas	12:00p	(CT)
53. Pittsburgh at Houston	12:00p	(CT)
54. New Orleans at Jacksonville	1:00p	(ET)
55. Minnesota at Kansas City	12:00p	(CT)
56. San Francisco at Philadelphia	1:00p	(ET)
57. Washington at St. Louis	12:00p	(CT)
58. N.Y. Giants at Arizona	1:05p	(MST)
59. Atlanta at Seattle	1:05p	(PT)
60. Denver at Green Bay	3:15p	(CT)
61. New England at Oakland	1:15p	(PT)
62. Miami at San Diego	1:15p	(PT)
63. N.Y. Jets at Baltimore	8:20p	(ET)

MONDAY, OCTOBER 3

64. Indianapolis at Tampa Bay	8:30p	(ET)

SUNDAY, OCTOBER 9
(FIFTH WEEKEND)

(Byes: Baltimore, Cleveland, Dallas, Miami, St. Louis, Washington)

65. Philadelphia at Buffalo	1:00p	(ET)
66. New Orleans at Carolina	1:00p	(ET)
67. Oakland at Houston	12:00p	(CT)
68. Kansas City at Indianapolis	1:00p	(ET)
69. Cincinnati at Jacksonville	1:00p	(ET)
70. Arizona at Minnesota	12:00p	(CT)
71. Seattle at N.Y. Giants	1:00p	(ET)
72. Tennessee at Pittsburgh	1:00p	(ET)
73. Tampa Bay at San Francisco	1:05p	(PT)
74. San Diego at Denver	2:15p	(MT)
75. N.Y. Jets at New England	4:15p	(ET)
76. Green Bay at Atlanta	8:20p	(ET)

MONDAY, OCTOBER 10

77. Chicago at Detroit	8:30p	(ET)

SUNDAY, OCTOBER 16
(SIXTH WEEKEND)

(Byes: Arizona, Denver, Kansas City, San Diego, Seattle, Tennessee)

78. Carolina at Atlanta	1:00p	(ET)
79. Indianapolis at Cincinnati	1:00p	(ET)
80. San Francisco at Detroit	1:00p	(ET)
81. St. Louis at Green Bay	12:00p	(CT)
82. Buffalo at N.Y. Giants	1:00p	(ET)
83. Jacksonville at Pittsburgh	1:00p	(ET)
84. Philadelphia at Washington	1:00p	(ET)
85. Houston at Baltimore	4:05p	(ET)
86. Cleveland at Oakland	1:05p	(PT)
87. Dallas at New England	4:15p	(ET)
88. New Orleans at Tampa Bay	4:15p	(ET)
89. Minnesota at Chicago	7:20p	(CT)

MONDAY, OCTOBER 17

90. Miami at N.Y. Jets	8:30p	(ET)

SUNDAY, OCTOBER 23
(SEVENTH WEEKEND)

(Byes: Buffalo, Cincinnati, New England, N.Y. Giants, Philadelphia, San Francisco)

91. Washington at Carolina	1:00p	(ET)
92. Seattle at Cleveland	1:00p	(ET)
93. Atlanta at Detroit	1:00p	(ET)
94. Denver at Miami	1:00p	(ET)
95. San Diego at N.Y. Jets	1:00p	(ET)
96. Chicago at Tampa Bay (London)	6:00p	(GMT)
97. Houston at Tennessee	12:00p	(CT)
98. Pittsburgh at Arizona	1:05p	(MST)
99. Kansas City at Oakland	1:05p	(PT)
100. St. Louis at Dallas	3:15p	(CT)
101. Green Bay at Minnesota	3:15p	(CT)
102. Indianapolis at New Orleans	7:20p	(CT)

MONDAY, OCTOBER 24

103. Baltimore at Jacksonville	8:30p	(ET)

SUNDAY, OCTOBER 30
(EIGHTH WEEKEND)

(Byes: Atlanta, Chicago, Green Bay, N.Y. Jets, Oakland, Tampa Bay)

104. Arizona at Baltimore	1:00p	(ET)
105. Minnesota at Carolina	1:00p	(ET)
106. Jacksonville at Houston	12:00p	(CT)
107. Miami at N.Y. Giants	1:00p	(ET)
108. New Orleans at St. Louis	12:00p	(CT)
109. Indianapolis at Tennessee	12:00p	(CT)
110. Washington at Buffalo (Toronto)	4:05p	(ET)
111. Detroit at Denver	2:05p	(MT)
112. New England at Pittsburgh	4:15p	(ET)
113. Cleveland at San Francisco	1:15p	(PT)
114. Cincinnati at Seattle	1:15p	(PT)
115. Dallas at Philadelphia	8:20p	(ET)

MONDAY, OCTOBER 31

116. San Diego at Kansas City	7:30p	(CT)

SUNDAY, NOVEMBER 6
(NINTH WEEKEND)

(Byes: Carolina, Detroit, Jacksonville, Minnesota)

117. N.Y. Jets at Buffalo	1:00p	(ET)
118. Seattle at Dallas	12:00p	(CT)
119. Cleveland at Houston	12:00p	(CT)
120. Atlanta at Indianapolis	1:00p	(ET)
121. Miami at Kansas City	12:00p	(CT)
122. Tampa Bay at New Orleans	12:00p	(CT)
123. San Francisco at Washington	1:00p	(ET)
124. Denver at Oakland	1:05p	(PT)
125. Cincinnati at Tennessee	3:05p	(CT)
126. St. Louis at Arizona	2:15p	(MT)
127. N.Y. Giants at New England	4:15p	(ET)
128. Green Bay at San Diego	1:15p	(PT)
129. Baltimore at Pittsburgh	8:20p	(ET)

MONDAY, NOVEMBER 7

130. Chicago at Philadelphia	8:30p	(ET)

*Sunday Night Games in Weeks 10-16 Subject to Change

THURSDAY, NOVEMBER 10
(TENTH WEEKEND)

131. Oakland at San Diego	5:20p	(PT)

SUNDAY, NOVEMBER 13

132. New Orleans at Atlanta	1:00p	(ET)
133. Tennessee at Carolina	1:00p	(ET)
134. Detroit at Chicago	12:00p	(CT)
135. Pittsburgh at Cincinnati	1:00p	(ET)
136. St. Louis at Cleveland	1:00p	(ET)
137. Buffalo at Dallas	12:00p	(CT)
138. Jacksonville at Indianapolis	1:00p	(ET)
139. Denver at Kansas City	12:00p	(CT)
140. Washington at Miami	1:00p	(ET)
141. Arizona at Philadelphia	1:00p	(ET)
142. Houston at Tampa Bay	1:00p	(ET)
143. Baltimore at Seattle	1:05p	(PT)
144. N.Y. Giants at San Francisco	1:15p	(PT)
145. New England at N.Y. Jets *	8:20p	(ET)

MONDAY, NOVEMBER 14

146. Minnesota at Green Bay	7:30p	(CT)

THURSDAY, NOVEMBER 17
(ELEVENTH WEEKEND)

(Byes: Houston, Indianapolis, New Orleans, Pittsburgh)

147. N.Y. Jets at Denver	6:20p	(MT)

SUNDAY, NOVEMBER 20

148. Tennessee at Atlanta	1:00p	(ET)
149. Cincinnati at Baltimore	1:00p	(ET)
150. Jacksonville at Cleveland	1:00p	(ET)
151. Carolina at Detroit	1:00p	(ET)
152. Tampa Bay at Green Bay	12:00p	(CT)
153. Buffalo at Miami	1:00p	(ET)
154. Oakland at Minnesota	12:00p	(CT)
155. Dallas at Washington	1:00p	(ET)
156. Seattle at St. Louis	3:05p	(CT)
157. Arizona at San Francisco	1:05p	(PT)
158. San Diego at Chicago	3:15p	(CT)
159. Philadelphia at N.Y. Giants *	8:20p	(ET)

MONDAY, NOVEMBER 21

160. Kansas City at New England	8:30p	(ET)

THURSDAY, NOVEMBER 24
(TWELFTH WEEKEND)

161. Green Bay at Detroit	12:30p	(ET)
162. Miami at Dallas	3:15p	(CT)
163. San Francisco at Baltimore	8:20p	(ET)

SUNDAY, NOVEMBER 27

164. Minnesota at Atlanta	1:00p	(ET)
165. Cleveland at Cincinnati	1:00p	(ET)
166. Carolina at Indianapolis	1:00p	(ET)
167. Houston at Jacksonville	1:00p	(ET)
168. Buffalo at N.Y. Jets	1:00p	(ET)
169. Arizona at St. Louis	12:00p	(CT)
170. Tampa Bay at Tennessee	12:00p	(CT)
171. Chicago at Oakland	1:05p	(PT)
172. Washington at Seattle	1:05p	(PT)
173. New England at Philadelphia	4:15p	(ET)
174. Denver at San Diego	1:15p	(PT)
175. Pittsburgh at Kansas City *	7:20p	(CT)

MONDAY, NOVEMBER 28

176. N.Y. Giants at New Orleans	7:30p	(CT)

THURSDAY, DECEMBER 1
(THIRTEENTH WEEKEND)

177. Philadelphia at Seattle	5:20p	(PT)

SUNDAY, DECEMBER 4

178. Tennessee at Buffalo	1:00p	(ET)
179. Kansas City at Chicago	12:00p	(CT)
180. Baltimore at Cleveland	1:00p	(ET)
181. Atlanta at Houston	12:00p	(CT)
182. Oakland at Miami	1:00p	(ET)
183. Detroit at New Orleans	12:00p	(CT)
184. Cincinnati at Pittsburgh	1:00p	(ET)
185. Carolina at Tampa Bay	1:00p	(ET)
186. N.Y. Jets at Washington	1:00p	(ET)
187. Denver at Minnesota	3:05p	(CT)
188. Dallas at Arizona	2:15p	(MT)
189. Green Bay at N.Y. Giants	4:15p	(ET)
190. St. Louis at San Francisco	1:15p	(PT)
191. Indianapolis at New England*	8:20p	(ET)

MONDAY, DECEMBER 5

192. San Diego at Jacksonville	8:30p	(ET)

* - Sunday Night Games In Weeks 11-16 Subject To Change. Sunday Night Game In Week 17 TBD.

THURSDAY, DECEMBER 8
(FOURTEENTH WEEKEND)

193. Cleveland at Pittsburgh   8:20p   (ET)

SUNDAY, DECEMBER 11

194. Indianapolis at Baltimore	1:00p	(ET)
195. Atlanta at Carolina	1:00p	(ET)
196. Houston at Cincinnati	1:00p	(ET)
197. Minnesota at Detroit	1:00p	(ET)
198. Oakland at Green Bay	12:00p	(CT)
199. Tampa Bay at Jacksonville	1:00p	(ET)
200. Philadelphia at Miami	1:00p	(ET)
201. Kansas City at N.Y. Jets	1:00p	(ET)
202. New Orleans at Tennessee	12:00p	(CT)
203. New England at Washington	1:00p	(ET)
204. San Francisco at Arizona	2:05p	(MT)
205. Chicago at Denver	2:05p	(MT)
206. Buffalo at San Diego	1:15p	(PT)
207. N.Y. Giants at Dallas *	7:20p	(CT)

MONDAY, DECEMBER 12

208. St. Louis at Seattle	5:30p	(PT)

THURSDAY, DECEMBER 15
(FIFTEENTH WEEKEND)

209. Jacksonville at Atlanta   8:20p   (ET)

SATURDAY, DECEMBER 17

210. Dallas at Tampa Bay   8:20p   (ET)

SUNDAY, DECEMBER 18

211. Miami at Buffalo	1:00p	(ET)
212. Seattle at Chicago	12:00p	(CT)
213. Carolina at Houston	12:00p	(CT)
214. Tennessee at Indianapolis	1:00p	(ET)
215. Green Bay at Kansas City	12:00p	(CT)
216. New Orleans at Minnesota	12:00p	(CT)
217. Washington at N.Y. Giants	1:00p	(ET)
218. Cincinnati at St. Louis	12:00p	(CT)
219. Detroit at Oakland	1:05p	(PT)
220. Cleveland at Arizona	2:15p	(MT)
221. New England at Denver	2:15p	(MT)
222. N.Y. Jets at Philadelphia	4:15p	(ET)
223. Baltimore at San Diego *	5:20p	(PT)

MONDAY, DECEMBER 19

224. Pittsburgh at San Francisco	5:30p	(PT)

THURSDAY, DECEMBER 22
(SIXTEENTH WEEKEND)

225. Houston at Indianapolis   8:20p   (ET)

SATURDAY, DECEMBER 24

226. Cleveland at Baltimore	1:00p	(ET)
227. Denver at Buffalo	1:00p	(ET)
228. Tampa Bay at Carolina	1:00p	(ET)
229. Arizona at Cincinnati	1:00p	(ET)
230. Oakland at Kansas City	12:00p	(CT)
231. Miami at New England	1:00p	(ET)
232. N.Y. Giants at N.Y. Jets	1:00p	(ET)
233. St. Louis at Pittsburgh	1:00p	(ET)
234. Jacksonville at Tennessee	12:00p	(CT)
235. Minnesota at Washington	1:00p	(ET)
236. San Diego at Detroit	4:05p	(ET)
237. Philadelphia at Dallas	3:15p	(CT)
238. San Francisco at Seattle	1:15p	(PT)

SUNDAY, DECEMBER 25

239. Chicago at Green Bay	7:20p	(CT)

MONDAY, DECEMBER 26

240. Atlanta at New Orleans	7:30p	(CT)

SUNDAY, JANUARY 1
(SEVENTEENTH WEEKEND)

241. Tampa Bay at Atlanta	1:00p	(ET)
242. Baltimore at Cincinnati	1:00p	(ET)
243. Pittsburgh at Cleveland	1:00p	(ET)
244. Detroit at Green Bay	12:00p	(CT)
245. Tennessee at Houston	12:00p	(CT)
246. Indianapolis at Jacksonville	1:00p	(ET)
247. N.Y. Jets at Miami	1:00p	(ET)
248. Chicago at Minnesota	12:00p	(CT)
249. Buffalo at New England	1:00p	(ET)
250. Carolina at New Orleans	12:00p	(CT)
251. Dallas at N.Y. Giants	1:00p	(ET)
252. Washington at Philadelphia	1:00p	(ET)
253. San Francisco at St. Louis	12:00p	(CT)
254. Seattle at Arizona	2:15p	(MT)
255. Kansas City at Denver	2:15p	(MT)
256. San Diego at Oakland	1:15p	(PT)
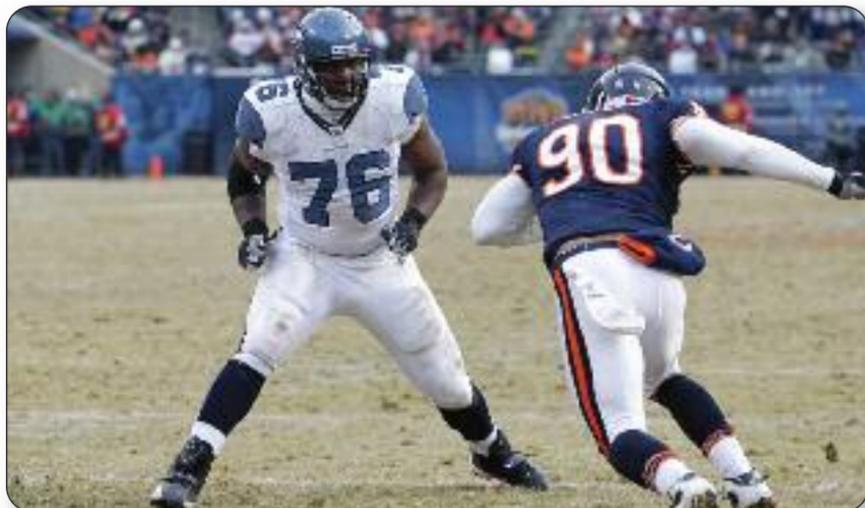
NFL DIVISION ALIGNMENT

AFC EAST

AFC NORTH

AFC SOUTH

AFC WEST

NFC EAST

NFC NORTH

NFC SOUTH

NFC WEST

ADMINISTRATION

Chairman . . . . Paul G. Allen
President . . . . Peter McLoughlin
Executive Vice President of Football Operations & Head Coach . . . . Pete Carroll
General Manager . . . . John Schneider
Senior Vice President/General Counsel . . . . Lance Lopes
Vice President/Sales & Marketing . . . . Chuck Arnold
Vice President/Facility Operations & Services. . . . . Susan Darrington
Vice President/Community Relations & Special Projects . . . . Mike Flood
Vice President/Finance & Chief Financial Officer . . . . Karen Beckman
Vice President/Football Administration . . . . John Idzik
Vice President/Corporate Partnerships . . . . Ron Jenkins
Vice President/Human Resources & Administration . . . . Cindy Kelley
Vice President/Football Operations . . . . Will Lewis
Vice President/Communications, Broadcasting & Web Content . . . . Dave Pearson
Assistant Director of Human Resources. . . . . Sarita Carter
Human Resources Manager. . . . . Eric Heuston
Human Resources Administrative Assistant . . . . Robin Houlbjerg
Executive Assistant/President . . . . Kim Lindbeck
Director of Security . . . . Rick Ninomiya
Security Assistant . . . . Al Lima
Security Assistant . . . . Randy Jackson
VMAC Facilities Manager . . . . Dale Cramer
Fields Director . . . . John Wright
Fields & Grounds Manager . . . . Sean Vanos
Fields/Maintainance Coordinator. . . . . Duc Dinh
Fields Assistant . . . . Sergio Pedroza
Horticulturist/Fields Assistant. . . . . Eric Sterner
Receptionist. . . . . Jill Quinn

H.R. & Administration: (standing l-r) Cindy Kelley, Peter McLoughlin, Sarita Carter, Lance Lopes (seated l-r) Karen Beckman, Robin Houlbjerg, Tiffany Green, Kim Lindbeck, Eric Heuston

Finance: (standing l-r) Dave Auckland, Tina Godfrey, Heather Stamp, Michelle Wright (seated l-r) Ben Draeger, Sayreen Kara, Quinn Finnigan, Deepthi Krishnan, Ping Chen, Jennifer DeArment

FINANCE

Director of Finance . . . . Dave Auckland
Financial Reporting Manager. . . . . Ping Chen
Senior Accountant . . . . Quinn Finnigan, Sayreen Kara, Deepthi Krishnan
Revenue Staff Accountant . . . . Michelle Wright
Payroll Accountant . . . . Ben Draeger
A/P Supervisor. . . . . Tina Godfrey
Purchasing Coordinator . . . . Heather Stamp
A/P Coordinator . . . . Jennifer DeArment

I.T.: (l-r) Nick Johnson, Joseph Nicoletti, Rob Ullman, Steve Steensma, Sterling Monroe, Allen Olson

INFORMATION TECHNOLOGY

Director of IT . . . . Sterling Monroe
Applications Developer/DBA . . . . Joseph Nicoletti
Senior Systems Administrator . . . . Allen Olson, Steve Steensma
DBA/Systems Administrator. . . . . Robert Ullman
Desktop Services Technician . . . . Nick Johnson

Communications & Broadcasting: (l-r) Rich Gonzales, Suzanne Lavender, Matt Johnson, Dave Pearson, Julie Barber, Brian O'Connell, Jeff Garza, Lane Gammel

COMMUNICATIONS & BROADCASTING

Director of Communications . . . . Lane Gammel
Director of Corporate Communications . . . . Suzanne Lavender
Assistant Director of Broadcasting . . . . Brian O'Connell
Communications Manager . . . . Rich Gonzales
Communications Assistant. . . . . Jeff Garza
Media Services Coordinator . . . . Julie Barber
Executive Producer . . . . Matt Johnson

Suite Sales & Service and Corporate Hospitality: (l-r) Melanie Kermin, Eric Engberg, Sarah Tompkins, Amy Sprangers

SUITE SALES & SERVICE AND CORP. HOSPITALITY

Director of Suite Sales & Service and Corporate Hospitality . . . . Amy Sprangers
Corporate Hospitality Manager . . . . Sarah Tompkins
Suite Sales Manager. . . . . Eric Engberg
Suite Services Coordinator. . . . . Melanie Kermin

Community Outreach & Fan Development: (standing l-r) J.P. Shin, Mike Flood, Paul Johns, Carlos Oseguera (seated middle) Connie Cate (front l-r) Megan West, Sandy Gregory, Ryan Madayag, Kevin Griffin

COMMUNITY OUTREACH & FAN DEVELOPMENT

Executive Director/A Better Seattle & Director of Community Relations . Kevin Griffin
Director of Community Outreach . . . . Sandy Gregory
Director of Sea Gals . . . . Sherri Thompson
Assistant Director of Community Outreach . . . . Paul Johns
Community Outreach Development & Event Manager. . . . . Connie Cate
Fan Development & Game Presentation Manager. . . . . Carlos Oseguera
Community Relations Coordinator . . . . Megan West
Fan Development Coordinator . . . . Tiffany Green

Corporate Partnerships: (back row l-r) Allison Smyrl, Lisa Gregory, Tyler Terhar, Bill Chapin, Ron Jenkins, John Pleas, Christy Grady, Luke Grothkopp, Glen Iwasaki, Shaun Angell, Mike Hettick (front row l-r) Brian Jones, Amy Hemingson, Ashley Langdon, Peter Bach

CORPORATE PARTNERSHIPS

Director of Partnership Development. . Brian Jones, John Pleas, Gina Martinez-Todd
Partnership Development Manager . . . . Christy Grady
Partnership Development Manager . . . . Luke Grothkopp
Corporate Partnership Services Manager . . . . Lisa Gregory
Account Executives . . . . Amy Hemingson, Mike Hettick, Ashley Langdon
Service Coordinators. . . . . Shaun Angell, Peter Bach, Allison Smyrl
Graphic Designer. . . . . Glen Iwasaki

Marketing & Gameday Production: (back l-r) John Weaver, Mike Spring, Shellie Roberts, Rick Crawford, David Glass, Jon Roy (front l-r) Stephanie Gray, Stacey Terry, Kurt Shaffer, Michael Scerra

MARKETING & GAMEDAY PRODUCTION

Marketing Manager . . . . Stephanie Gray
Graphic Design Manager . . . . John Weaver
Database Marketing Manager . . . . Stacey Terry
Director of Stadium Technical Operations . . . . Kurt Shaffer
Technical Services Manager . . . . Jon Roy
Audio Technician. . . . . Michael Scerra
Director of Production Services & Gameday Presentation . . . . Rick Crawford
Production Services Manager. . . . . David Glass
Game Presentation Manager. . . . . Shellie Roberts

Digital & Emerging Media: (l-r) Clare Farnsworth, Kenton Olson, Brian Pan, Tony Ventrella, Ben Malcolmson, Matt Gaschk, Huy Nguyen

DIGITAL & EMERGING MEDIA

Director of Digital & Emerging Media. . . . . Kenton Olson
Digital Media Manager . . . . Huy Nguyen
Digital Media Video Producer . . . . Brian Pan
Digital Media Coordinator. . . . . Ben Malcolmson
Digital Media Host . . . . Tony Ventrella
Digital Media Writer . . . . Clare Farnsworth, Matt Gaschk

Box Office, Ticket Sales & Service: (standing l-r) Becca Rollins, Christina Hengtgen, Casey Shaw, Gary Boyle, Steve Lund, Chelsy West, Don Repp, Janice Presting, Sean Twohy, Natalie Heckman, Chris Lawrence, Chuck Arnold, Erin Johnson (kneeling l-r) Will Brantley, Chris Baretta, Mike Naehr

BOX OFFICE, TICKET SALES & SERVICE

Director of Ticket Operations . . . . Chris Lawrence
Ticket Sales Manager . . . . Casey Shaw
Box Office Manager . . . . Erin Johnson
Box Office Manager - FGI . . . . Don Repp
Assistant Box Office Manager . . . . Christina Hengtgen
Box Office Coordinator . . . . Natalie Heckman, Janice Presting
Customer Sales Representatives . . . . Chris Baretta, Tyler Conn, Gary Boyle,
 . . . . Will Brantley, Steve Lund, Mike Naehr, Sean Twohy
Customer Relationship Representatives . . . . Becca Rollins, Chelsy West

Retail Operations: (l-r) Brandi McClellan, Nate Oziel, Tara Cote, Vikki Knopf, Leanne Stankowiak, Melanie Pulley, Nick Haswell, Erin Reith, Zach Waud, Sue Harris

RETAIL OPERATIONS

Director of Retail Operations . . . . Sue Harris
Retail Operations Manager . . . . Vikki Knopf
Brand Manager . . . . Erin Reith
Pro Shop Manager . . . . Melanie Pulley
Pro Shop Manager - Downtown . . . . Brandi McClellan
Pro Shop Assistant Manager - Downtown . . . . Tara Cote
Warehouse Coordinator . . . . Nick Haswell, Nate Oziel
Retail Coordinator . . . . Leanne Stankowiak

Food Services: (l-r) Ernesto De La Torre, Stu McNabb, Pedro Flores, Mac McNabb

FOOD SERVICES

Executive Chef . . . . Mac McNabb
Cooks . . . . Ernesto De La Torre, Pedro Flores, Stu McNabb

Security: (l-r) Al Lima, Randy Jackson, Rick Ninomiya

Regional Marketing Office - Canada: (standing l-r) Ric Thomsen, Dave Cannon. (seated l-r) Kevin Murray, Omar Mawjee. (not pictured) Jordan Thorsteinson

FOOTBALL SUPPORT STAFF

College Scouting Coordinator. . . . . Kirk Parrish
Football Administration Analyst. . . . . William Saguilla
Executive Assistant/Head Coach . . . . Dawn Beres
Executive Assistant/General Manager . . . . Teresa Widner
Executive Assistant . . . . Char Kores
Head Athletic Trainer . . . . Sam Ramsden
Assistant Athletic Trainer . . . . Donald Rich, David Stricklin
Senior Director of Player Development . . . . Maurice Kelly
Director of Video . . . . Thom Fermstad
Assistant Director of Video . . . . Brad Campbell
Video Assistant . . . . John Mallory
Video Production Editor . . . . Jon Suyat
Equipment Manager. . . . . Erik Kennedy
Assistant Equipment Manager . . . . Derin Lazuta, Kyle Stillwell
Football Administration Coordinator . . . . Matt Capurro
Team Travel/Training Camp Coordinator . . . . Jeremy Young

Team Physician/Family Practice . . . . Dr. Jonathan Drezner, Dr. Ashwin Rao
Head Team Orthopedist . . . . Dr. Ed Khalfayan
Team Orthopedist . . . . Dr. Mike McAdam
Team Physiatrist . . . . Dr. Stan Herring
Practices: Drezner & Rao, Dept. of Family Medicine at Hall Health Sports Medicine
Clinic (Seattle); Khalfayan & McAdam, Orthopedic Physicians Assoc. (Seattle); Herring,
Puget Sound Sports & Spine Physicians at Harborview Spine Center (Seattle)

Athletic Trainers: (l-r) David Stricklin, Sam Ramsden, Donald Rich

Physicians: (l-r) Ashwin Rao, Stan Herring, Mike McAdam, Jonathan Drezner, Ed Khalfayan

Football Administration: (standing l-r) Jeremy Young, Mo Kelly, Matt Capurro, William Saguilla (seated l-r) Char Kores, Teresa Widner, Dawn Beres

Football Video: (standing l-r) Jon Suyat, John Mallory (seated l-r) Thom Fermstad, Brad Campbell, James Churchill

Equipment: (l-r) Derin Lazuta, Kyle Stillwell, Erik Kennedy

FIRST & GOAL, INC.

EVENT SERVICES/ADMINISTRATION

Assistant General Manager . . . . Darryl Benge
Director of Event Services . . . . Morgan Littlefield
Public Affairs & Transportation . . . . Paul Schieck
Sales & Marketing Manager . . . . Sarah Elswick
Event Sales & Service Coordinator. . . . . Monica Alfieri
Bookings & Contracts Coordinator . . . . Kristine Sowers
Event Services Manager . . . . Don Meucci
Front Desk Administrator . . . . Ronson Bailey

SECURITY

Director of Security . . . . Daryl Niles
FTSO . . . . Chuck Cusick, James McDevitt, Ron Pawlink, Jamie Reed,
. . . . Lisa Salinas, Dan Stone, Michael Turner

EVENT OPERATIONS

Assistant Director of Conversion & Logistics . . . . J. Lee Cook
Event Managers . . . . Sam Clake, James Kraman, Natascha Robinson
Technical Manager . . . . Tom Emanuel
Conversion . . . . Adrian Allen, Charles Brixey, Vincent Cooper, Tami Grimm,
. . . . Kevin Jude, Mike Knuth, Isaac Lima, Andrew Okamoto,
. . . . Jamie Patch, Kevin Wilkerson

Event Services: (standing l-r) Don Meucci, Natascha Robinson, Monica Alfieri, Sarah Elswick, Tom Emanuel (seated l-r) Kristine Sowers, James Kraman, Morgan Littlefield

Security: (l-r) Ron Pawliuk, Lisa Salinas, Jamie Reed, Chuck Cusick, Michael Turner, James McDevitt, Dan Stone, Daryl Niles

Conversion: (l-r) Frank Wilkerson, Tami Grimm, J. Lee Cook, Charles Brixey, Mike Knuth, Andrew Okamoto, Kevin Jude, Isaac Lima

Facility Operations: (standing l-r) Steve Scheeler, Dale Cramer, Cliff Barnes, Dennis Holmstrom, Jacob Davis, Lance Juett, Fred Mori, Rein Van Spanckeren, Roberta Kranz, Mike Apple (seated) Karleen Brigham

EVENT SERVICES/ADMINISTRATION

Assistant General Manager . . . . Darryl Benge
Director of Event Services . . . . Morgan Littlefield
Public Affairs & Transportation . . . . Paul Schieck
Sales & Marketing Manager . . . . Sarah Elswick
Event Sales & Service Coordinator. . . . . Monica Alfieri
Event Services Manager . . . . Don Meucci
Front Desk Administrator . . . . Ronson Bailey

FACILITY OPERATIONS

Director of Facility Operations. . . . . Mike McFaul
Engineering Lead . . . . Jacob Davis
BOEs . . . Mike Apple, Cliff Barnes, Dan Rynne, Steve Scheeler, Rein Van Spanckeren
Maintenance Lead . . . . Dennis Holmstrom
Utility Workers . . . . Karleen Brigham, Robert Chambers,
 . . . . Jessie Curtis, Lance Juett, Ron Lewis, Bill McNabb, Fred Mori
Loading Dock. . . . . Mike Foster
Senior Maintenance Administrator . . . . Roberta Kranz
Fields Director . . . . John Wright
Fields Supervisor . . . . Jamie Patch
Fields Lead . . . . Sam Town
Fields Crew. . . . . Devon Moore, Raul Rios

Fields: (back row l-r) Darryl Benge, Jamie Patch, John Wright, Sam Town, Sean Vanos (front row l-r) Devon Moore, Duc Dinh, Raul Rios

CREDITS