



2013 MEDIA GUIDE



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2013

PRESEASON

 Thursday, Aug. 8	at San Diego Chargers	7:00 p.m.	Q13 FOX
 Saturday, Aug. 17	Denver Broncos	7:00 p.m.	Q13 FOX
 Friday, Aug. 23	at Green Bay Packers	5:00 p.m.	CBS
 Thursday, Aug. 29	Oakland Raiders	7:00 p.m.	Q13 FOX

REGULAR SEASON

 Sunday, Sept. 8	at Carolina Panthers	10:00 a.m.	FOX
 Sunday, Sept. 15	San Francisco 49ers	5:30 p.m.	NBC
 Sunday, Sept. 22	Jacksonville Jaguars	1:25 p.m.	CBS
 Sunday, Sept. 29	at Houston Texans	10:00 a.m.	FOX
 Sunday, Oct. 6	at Indianapolis Colts	10:00 a.m.	FOX
 Sunday, Oct. 13	Tennessee Titans	1:05 p.m.	CBS
 Thursday, Oct. 17	at Arizona Cardinals	5:25 p.m.	NFLN
 Monday, Oct. 28	at St. Louis Rams	5:40 p.m.	ESPN
 Sunday, Nov. 3	Tampa Bay Buccaneers	1:05 p.m.	FOX
 Sunday, Nov. 10	at Atlanta Falcons	10:00 a.m.	FOX
 Sunday, Nov. 17	Minnesota Vikings	1:25 p.m.	FOX
Sunday, Nov. 24	Bye Week		
 Monday, Dec. 2	New Orleans Saints	5:40 p.m.	ESPN
 Sunday, Dec. 8	at San Francisco 49ers	1:25 p.m.	FOX
 Sunday, Dec. 15	at N.Y. Giants	10:00 a.m.	FOX
 Sunday, Dec. 22	Arizona Cardinals	1:05 p.m.	FOX
 Sunday, Dec. 29	St. Louis Rams	1:25 p.m.	FOX



Each logo above represents one of the Seattle Seahawks Spirit of 12 Partnerships. One hundred percent of the sales from each program, matched by the Paul G. Allen Foundation supports the Spirit of 12 Partner selling the program during their assigned game.







The Seattle Seahawks pursuit of excellence on the football field is mirrored by the organization's commitment in the community. Seahawks personnel made nearly 2,500 appearances at more than 500 events last year. The Seahawks' passion for helping those who are less fortunate is displayed in the focus 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 program 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 2012, more than \$250,000 was raised in the Spirit of 12 Partners Program and more than \$2.25 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.



SEAHAWKS STATE OF WA LICENSE PLATES

On May 17, Washington State Governor Jay Inslee (pictured below, center) completed the official bill signing ceremony for Seahawks and Sounders FC Washington state license plates at the Virginia Mason Athletic Center. The plates will be available in January of 2014 and all proceeds from sales of the plates will benefit charities in the state of Washington.

Net proceeds from Seahawks plate sales will go to InvestED, a Seattle-based non-profit that partners with schools statewide to help students from low-income families pay for clothes, shoes, school activity cards, testing fees and other student needs.

The bulk of the proceeds from Sounders FC plate sales will benefit Washington State Mentors, a public/private partnership based in Issaquah that provides grants and assistance to youth organizations across the state. A third non-profit, the Association of Washington Generals, will receive a smaller portion of the Sounders FC plate sales. The AWG recognizes outstanding individuals and promotes a variety of civic and veterans' causes.





The Seahawks are deeply committed to honoring America's service members by hosting military men and women at home games, team practices and by 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 Hawks 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 Hawks 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 2012 Military Appreciation Day, five Veterans from generational wars; WWII, Korean War, Vietnam, Gulf War & Operation Enduring/Iraqi Freedom were honored on the field at halftime during the Seahawks game versus the New York Jets on November 11. In addition, fans had the opportunity to partake in a 52,000-person card stunt, turning CenturyLink Field into an oversized U.S. flag and "thank you" card for veterans and active-duty military.

World War II veteran, and Ferndale, Wash., native, Joe Moser raised the 12th Man flag. Moser was a P-38 fighter pilot who was shot down during his 44th mission over France. He

was imprisoned in the Nazi concentration camp Buchenwald and scheduled to be executed. Joe's story is featured in an award winning documentary the 'Lost Airmen of Buchenwald' and in the book 'A Fighter Pilot in Buchenwald.' Erin M. Schaefer, SGT. Retired U.S. Army, Wounded Warrior led the team out of the tunnel (below). SGT Schaefer has 11 years active duty with the United States Army and is a graduate of Kamiak High School in Mukilteo.



A BETTER SEATTLE

In August 2011, Head Coach Pete Carroll and the Seattle Seahawks launched "A Better Seattle," which strives to create safe environments and reduce violence in neighborhoods in Seattle and South King County. The campaign is designed to help further develop partnerships between private corporations, public law enforcement and community groups in order to reduce youth violence and build healthy communities. "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.



On March 13, 2013, Carroll and "A Better Seattle" were instrumental in bringing *We Day* to Seattle on March 13. It was the first time the event, created and put on by international charity Free the Children, was held in the United States, after previously being held only in Canada, where founding brothers Marc and Craig Kielberger (pictured above with Carroll speaking at *We Day*) started the charity. Over 15,000 school kids attended the event as numerous speakers, musicians, Seahawks players and others took part in the program based on inspiring youth to create change around the world.

BEN'S FUND

Seahawks GM John Schneider and his wife Traci hosted the second annual Prime Time: A Spirited Celebrity Waiter Event on April 18, 2013. The event raised \$275,000 to support Ben's Fund in partnership with Families for Effective Autism Treatment (FEAT) of Washington. The Schneiders set up Ben's Fund as a grant to help families with autistic children afford treatment, named in honor of their son, Ben, who was diagnosed with autism when he was three years old.

Over 30 Seahawks players, coaches and alumni participated in the event, waiting on tables, signing autographs and engaging with the event attendees all in the spirit of raising money for a great cause.



HOMETOWN HUDDLE

In this league-wide day of community service, all 32 NFL teams participate in a project benefiting United Way agencies. Last year was the 13th season the Seahawks participated in the program. The Seahawks partnered with the Seahawks Women's Association and Levy Cares to host a "Thanksgiving with the Hawks" event benefitting women and children from Mary's Place, Solid Ground and YWCA. Guests were invited to an evening of Play60 activities, arts and crafts, family photos and a warm Thanksgiving meal at CenturyLink Field. Players, Sea Gals, coaches and staff were on hand to serve food and entertain guests who were also given framed family photos, blankets and gift bags.



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, the Ultimate Sports Auction Radiothon was held at Bonneville studios in Seattle and more than \$33,000 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.

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 close to 40 wishes.

Last year, the Seahawks granted a Tri-Cities teen's wish to be a sports broadcaster. Seventeen-year-old Spencer was diagnosed with Anaplastic Large Cell Lymphoma. Spencer attended a Seahawks practice and asked the first question at Coach Carroll's press conference in addition to interviewing several players. On game day, Spencer participated in the Seahawks pre and post-game radio show, met Al Michaels (NBC broadcast talent), sat in the press box during the game where he met Warren Moon and Steve Raible, and attended the post-game press conferences for Coach Carroll and Russell Wilson.

This offseason, the club hosted 12-year old Kevin Lee (right), from Farmington Hills, Mich.,

who has had four open-heart surgeries. As part of the ESPN Sportcenter 'My Wish' feature series set to air in August, Kevin signed a Seahawks contract and spent a day with the team during minicamp. He received a locker and custom-fit practice gear in addition to running through drills with Seahawks players.



HIGH SCHOOL COACH OF THE WEEK AND YEAR



Coch Butch Goncharoff was presented with the **High School Coach of the Year Award** at halftime of a Seahawks game last December.

Each week during the high school football season, the Seattle Seahawks and the Washington State Football Coaches Association select two high school football coaches as the Coach of the Week winners. Each recipient receives a \$225 Sports Authority gift card from Sterling Savings Bank and a \$500 donation to the school's football program from the Seattle Seahawks and the NFL Youth Football Fund, plus a framed certificate signed by Pete Carroll.

Bellevue High School's Butch Goncharoff was named the 2012 Seattle Seahawks High School Coach of the Year after leading his team to an unbeaten 2012 season and winning the 3A State Championship. Goncharoff received a \$2,000 grant from the Seattle Seahawks.

BEEDE NAMED 2010 TEACHER OF THE YEAR

Former 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 in addition to the NFL presenting Freedom High School with a \$5,000 grant. The Seahawks honored Beede by having him raise the 12th Man flag prior to the Seahawks preseason game against the Tennessee Titans (8/14/10). He was signed by Seattle in 1996 and played five seasons for the Seahawks.

HIGH SCHOOL ATHLETE OF THE WEEK

During the 2012 High School Fall Sports Seasons, CenturyLink, Q13 FOX/Joe TV and the Seattle Seahawks honored Washington State high school student-athletes that displayed exemplary performance both on and off the field. The CenturyLink High School Athlete of the Week program celebrates one deserving student-athlete each week during the fall sports season starting in September, and culminating in early November. Winners are selected from a candidate pool, identified by the Seattle Seahawks, CenturyLink, com-

munity leaders, high school coaches, teachers, peers, and parents. Winners received a \$1,000 to their school ASB fund, courtesy of CenturyLink & the Seahawks, an in-school presentation hosted by CenturyLink, the Seahawks & Q13/Joe TV, a personalized 2012 Nike Seahawks jersey, custom Seahawks football, game tickets to a Seahawks game, recognition on the HawkVision videoboard and game day broadcast, and a CenturyLink High School Athlete of the Week Letterman Jacket patch.

THE 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.



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 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.

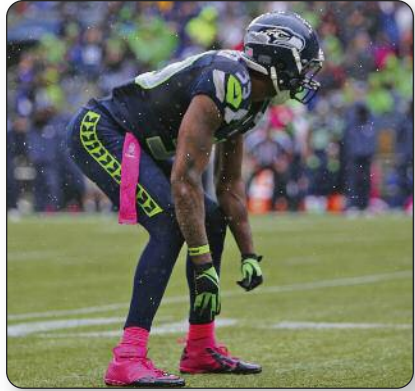
Seahawks team physician Dr. Stanley Herring was a major contributor to the successful passage of the Lystedt Law in Washington State. He is working to help pass similar legislation in all fifty states and the District of Columbia. Dr. Herring is a member of the NFL Head, Neck and Spine Medical Committee and is medical director of spine care for UW Medicine.

SEAHAWKS WOMEN'S ASSOCIATION



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 \$12,000 for Wings of Karen, a local non-profit breast cancer foundation supporting research in the Pacific NW, benefiting women everywhere. Members of the Seahawks Women's Association volunteered for the event.



BREAST CANCER AWARENESS

To date, the NFL has raised more than \$3 million for the American Cancer Society through A Crucial Catch campaign. Beginning in 2012, money raised through A Crucial Catch will support the American Cancer Society's Community Health Advocates National Grants for Empowerment (CHANGE) program, which hit the parts of the country deemed most at risk (low screening rates/high mortality rates) within 100 miles of an NFL city. In the Seahawks market, they will focus on breast cancer screening for Latino Women in Pierce County by partnering with three Sea Mar Community Health Centers and the Tacoma Medical Clinic.



SEAHAWKS COURAGE HOUSE

Childhaven, the Seahawks Courage House, assists abused or neglected children five years old or younger. Last year, the 11th annual Childhaven Dinner and Auction was held at the Hyatt Regency Bellevue. The event raised more than \$733,000. Former Seahawks fullback Mack Strong, along with his wife, Zoe, were honorary chairs. Guard James Carpenter was honored as the team's Ed Block Courage Award winner for 2012. Voted on by his teammates, the award is presented to the player who exemplifies commitment to the principles of sportsmanship and courage.



GAMEDAY COLLECTIONS

Communities in Schools “Stuff the Bus”

For the past six 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 Tennessee Titans on August 11. Two school buses were parked in front of the CenturyLink Field Event Center for fans to drop off school supplies. Fans filled the buses with supplies and cash donations which assisted more than 600 students with much-needed supplies. The promotion benefited students in the Seattle and Tacoma area with the highest percentage of low income students.

Cell Phones for Soldiers

The Seahawks partnered with Cell Phones for Soldiers at their Military Appreciation game on November 11 game against the New York Jets to collect used cell phones and cash donations to support cost-free communication services to active duty military members and veterans. The drive collected 637 phones and over \$700 equaling over 61,000 minutes of donated talk time.

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 2012 season:

POWER OF “12”

For every opponent false start at home, a donation was made to Communities in Schools of Washington. The program raised more than \$1,000 last season and was sponsored by Western Washington Toyota Dealers.

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 Minnesota Vikings on November 4. The donations assisted Northwest Harvest, the only statewide hunger relief organization in Washington. The drive collected more than 935 pounds of food and raised over \$12,600.



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 9 versus the Arizona Cardinals. More than 3,400 toys and \$16,475 were donated during the drive. Donated toys are distributed as holiday gifts to needy children in the Seattle community.

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 Snohomish County. Last season, the program raised \$279,694.



Communities
In Schools
Washington



Camp Fire
Light the fire within



PLAY 60



Washington State
DAIRY COUNCIL
 The Nutrition Education People

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 1,900 schools participated in Washington and Alaska.



Last year, Doug Baldwin and Golden Tate visited Super School contest winner Pioneer Elementary School in Auburn. The Seahawks also visited nearly 20 different schools as part of the "Play 60 Tuesdays." Players distributed t-shirts and posters and encouraged students to be active 60 minutes per day.

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 7-14 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 and Canada.



Seahawks 12K Run

The Seattle Seahawks, The Landing and the City of Renton held the 4th Annual Seahawks 12K Run on April 21, 2013. The event 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 5,000 runners turned out to participate in the event, which benefitted A Better Seattle.

Family Football Fest

Family Football Fest allows friends and family to share their football passion together at the same place the Seahawks play – CenturyLink Field. Families and friends join in the best NFL Football experience of the summer. Participants spend time with players, take tours of the locker room, run the 40-yard dash, and are a part of the Seahawks for the day!



FIRST & GOAL, INC. RESOURCE CONSERVATION

The project included the installation of a vast rooftop solar array; performance monitoring and other smart technologies, including high-efficiency lighting and mechanical system upgrades and ultra-low flow water fixtures; an LED stadium arch lighting system; and six electrical vehicle charging stations. The project was led by Seattle-based McKinstry. The project will reduce annual utility costs by 21 percent and carbon emissions by 1,346 metric tons per year; the equivalent of removing 260 cars from roadways.

**SEAHAWKS ALUMNI**

Former Seahawks tackle Walter Jones (left), and former defensive ends Cortez Kennedy (center) and Jacob Green (right) were on hand at CenturyLink Field before the New England Patriots game (10/14/12) for the retiring of Kennedy's #96 Seahawks jersey in celebration of his induction to the Pro Football Hall of Fame in 2012.

SEAHAWKS ALUMNI FOUNDATIONS

THE AUGUST FOUNDATION

(Steve August)

THINK BIG/KERRY CARTER FOUNDATION

(Kerry Carter)

DARBY FOUNDATION

(Chuck Darby)

TD4HIM

(Trent Dilfer)

THE WINNING WAYS

(Norm Evans)

THE HARLEM HOSPITALITY PROJECT

(Duke Ferguson)

TOM FLORES YOUTH FOUNDATION

(Tom Flores)

GALLOWAY FAMILY FOUNDATION

(Joey Galloway)

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)

FAMILY LIFE

(Jeff Kemp)

JON AND JENNIFER KITNA ETERNAL BLESSINGS FOUNDATION

(Jon Kitna)

GEORGE KOONCE SR. FOUNDATION

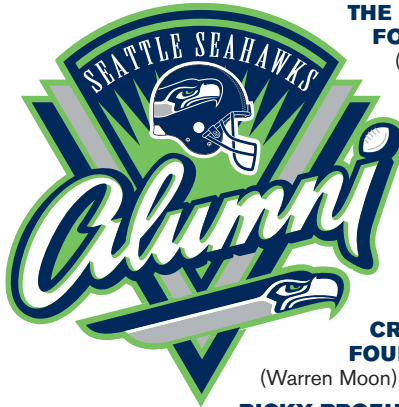
(George Koonce)

MARQUAND MANUEL M&M FOUNDATION

(Marquand Manuel)

REGGIE MCKENZIE FOUNDATION

(Reggie McKenzie)



THE LAWYER MILLOY FOUNDATION

(Lawyer Milloy)

CENTRAL AREA COMMUNITY FESTIVAL

(Vic Minor)

RICK MIRER CHILDREN'S CHARITY FOUNDATION

(Rick Mirer)

CRESCENT MOON FOUNDATION

(Warren Moon)

RICKY PROEHL FOUNDATION

(Ricky Proehl)

R.A.C.K. FOUNDATION

(Derek Rackley)

THE CORY REDDING FOUNDATION

(Cory Redding)

JERRY RICE "127" FOUNDATION

(Jerry Rice)

ROBINSON FAMILY FOUNDATION

(Eugene Robinson)

THE AHARPER KIDS FOUNDATION

(Jamie Harper)

PROJECT 59 FOR YOUTH FOUNDATION

(Darrin Smith)

MACK STRONG TEAM-WORKS ACADEMY

(Mack Strong)

THE GINO TORRETTA FOUNDATION

(Gino Torretta)

RICKY WATTERS FOUNDATION

(Ricky Watters)

SHOW THEM WE CARE FOUNDATION

(Willie Williams)

GRANT WISTROM FOUNDATION

(Grant Wistrom)

WUNSCH FAMILY FOUNDATION

(Jerry Wunsch)





BOEING CLASSIC

HOMETOWN CHARITY. WORLD-CLASS GOLF.



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 eight-year history, more than \$4 million 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 tournament 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, A Better Seattle and additional programs supported by Virginia Mason.

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.



Fred Funk



Fred Couples



Mark O'Meara



Nick Price



PAUL G. ALLEN

CHAIRMAN, VULCAN SPORTS & ENTERTAINMENT



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 when he purchased 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."

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 stadium opened. "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."

Allen is one of the nation's best-known and generous philanthropists. He co-founded Microsoft with Bill Gates in 1975 and continues to be an innovator in the world of business and technology. He is founder and chairman of Vulcan Inc., the Seattle-based company that oversees his philanthropic and business efforts. He is also the owner of the NBA's Portland Trail Blazers.

With lifetime giving around \$1.5 billion, Allen has been named one of the top philanthropists in the country and is committed to leaving a majority of his estate to support communities throughout the Northwest and internationally. Allen gives back to the community 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. He also gives directly, including \$26 million in 2010 to Washington State University's School for Global Animal Health.

In 2003, he created the Allen Institute for Brain Science to accelerate understanding of the human brain in health and disease. With a commitment of \$500 million to date, Allen supports the Seattle-based nonprofit's large-scale research initiatives that fuel discovery throughout the scientific community. The Institute has generated groundbreaking online public resources that integrate extensive genomic and neuroanatomical data, including interactive atlases of the mouse and human brain. In 2012, it launched three new initiatives that are tackling some of the most fundamental and complex questions in brain science.

Inspired by growing up in the era of the Space Race, Allen underscored his passion for rocketry by sponsoring the development of SpaceShipOne, the first privately funded spacecraft to successfully attain suborbital space. In 2011, Allen got back into the space business with the formation of Stratolaunch Systems, which is developing an innovative airborne launch system.

He is the founder of the EMP Museum, Seattle's critically acclaimed interactive music, pop culture and science fiction museum; the Flying Heritage Collection, a collection of rare WW II aircraft and artifacts restored to working condition; the Living Computer Museum, a collection of restored vintage computers; and Vulcan Productions, his award-winning media company.

JODY ALLEN

PRESIDENT & CEO, VULCAN INC.



Jody Allen is president and CEO of Vulcan Inc., the project and investment management firm she co-founded with investor and philan-

thropist 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 serves as president of Vulcan Productions, which produces compelling films, innovative digital programs, and outreach initiatives. Ms. Allen was an executive producer of the critically acclaimed film *Girl Rising*, and co-produced the PBS series *Martin Scorsese Presents The Blues*, as well as the independent feature films, *Far from Heaven* and *Hard Candy*.

In addition, Ms. Allen is co-founder and president of The Paul G. Allen Family Foundation, which builds strong communities and supports vulnerable populations around the Pacific Northwest. She is president of the board of Seattle's EMP Museum, the critically-acclaimed museum of music, popular culture and science fiction, and vice-chair of First & Goal Inc., which oversees operations of CenturyLink Field. She also serves on the boards of the Allen Institute for Brain Science and the Seahawks Charitable Foundation.

An active member of the arts and education communities, Ms. Allen has served on the boards of ArtsFund, the Theatre Communications Group, the University of Washington Foundation, the Museum of Glass, the Los Angeles International Film Festival and the Oregon Shakespeare Festival.

SEATTLE SEAHAWKS BOARD OF DIRECTORS



PAUL G. ALLEN
Chairman, Vulcan Sports &
Entertainment



JODY ALLEN
President & CEO
Vulcan Inc.



BERT KOLDE
Vulcan Inc.



PETER MCLOUGHLIN

**PRESIDENT – SEAHAWKS, SOUNDERS FC AND FIRST & GOAL, INC.
CEO – VULCAN SPORTS AND ENTERTAINMENT**



Originally named president of the Seattle Seahawks, Seattle Sounders FC and First & Goal, Inc. on September 23, 2010, Peter McLoughlin is responsible for all financial and business operations, sales and marketing, sponsorship, and administration of the Seahawks and Sounders FC. Additionally, as president of First & Goal, Inc., McLoughlin directs the management of CenturyLink Field, CenturyLink Field Event Center and WaMu Theater. He is the club's chief representative at NFL owners meetings and also serves on NFL committees for Business Ventures, Digital Media, Stadium Security and Fan Behavior.

In the fall of 2012, McLoughlin added the responsibility of the Portland Trail Blazers and Rose Garden when Paul G. Allen named him CEO of Vulcan Sports and Entertainment. In this expanded role, McLoughlin has oversight of business operations for the Trail Blazers and Rose Garden, while also serving as an Alternate Governor for the Trail Blazers and representing the franchise at NBA owners meetings.

Under his direction, McLoughlin and his team negotiated a multi-year stadium naming-rights partnership with CenturyLink, as well as long-term partnerships with Anheuser-Busch, Boeing, HomeStreet Bank, and Starbucks, while overseeing new media deals with Q13 FOX (KCPQ-TV), for preseason and team shows, and the club's radio partner, Bonneville (710 ESPN and KIRO 97.3fm). Last season saw local television ratings rise by 30-percent, the largest increase in the NFL, to a 28 household rating, with approximately 500,000 households tuned to Seahawks games.

He was also instrumental in the successful re-design of the team's uniform for the first time

in a decade with Nike, the exclusive supplier of NFL gear. While other teams underwent limited change, Seattle and Nike teamed up to alter the team's color scheme and jersey make-up, focusing on the team's fan base, the 12th Man, and its Pacific Northwest heritage.

The Seahawks, which enter the season with 85 consecutive sellouts, posted a 98-percent season ticket renewal rate for the 2013 season and sold all 62,000 available season ticket packages, the most in franchise history. The team launched Blue Pride, a 12,000 member waiting list program that guarantees a spot in line to purchase season tickets when they become available. The program reached its limit of 12,000 members in July.

It is with fan engagement as a top priority, that McLoughlin established a Fan Advisory Council this past offseason. A group of 12 season ticket holders will meet quarterly with McLoughlin and other administrators to provide an open dialogue of feedback, sharing their thoughts and ideas in the evaluation and enhancement of the overall Seahawks fan experience.

McLoughlin's vision of a fan-friendly environment at CenturyLink Field has increased the number of fixed and portable points-of-sale and installed digital menu boards at all concession stands which will provide flexibility in pricing and menu, while adding flat screen HD televisions throughout the concourses so fans will not miss any action. These improvements, in partnership with new concessionaire Sportservice, a subsidiary of Delaware North Companies, will improve the concession experience, including the addition of 40 new portable food and beverage locations and a new beer hall.

Additionally, this past offseason, the team expanded the stadium Pro Shop to 7,400 square feet of floor space and 30 points of sale. The expansion more than doubled the size of the store and offers fans more choices in Seahawks and Sounders FC apparel and novelty items with faster service through mobile checkouts.

He has also continued the initiative for stadium sustainability since his arrival. A solar array of 3,750 panels was installed on the roof of the CenturyLink Field Event Center that reduces annual utility costs by 21 percent, in addition to water and waste conservation efforts that reduce the effect on the environment.

Before moving to Seattle, McLoughlin served as chief executive officer of the St. Louis Blues Enterprises from 2006-10. As CEO, he oversaw all business operations of the NHL Blues and Scottrade Center including sales, marketing and finance. During his tenure in St. Louis, the Blues achieved significant increases in revenue, season-ticket holders, sponsorship sales and a dramatic re-connection with Blues fans.

McLoughlin negotiated the arena naming rights agreement with Scottrade, a St. Louis-based investment firm, in time for the start of the 2006-07 NHL season. In addition, he negotiated a long-term extension with Fox Sports Network for Blues TV rights.

For 21 years prior to joining the Blues, McLoughlin served in a variety of executive roles at Anheuser-Busch. From 1998 to 2006, McLoughlin was vice president of Corporate Media and served as an officer of the company. He negotiated media agreements with television networks that included category exclusivity in 15 Super Bowls, 10 Olympics and dominant presence in MLB, NBA, NFL, NHL, NCAA and World Cup soccer telecasts. In addition, McLoughlin led negotiations for beer sponsor-

ship of more than 80% of U.S. professional sports teams and stadiums, as well as league partnerships.

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. From March 1984 to October 1985, McLoughlin worked in NBC Sports Sales.

McLoughlin is a board member of the Washington Round Table and an executive board member on the Chief Seattle Council, Boy Scouts of America.

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



JOHN SCHNEIDER

EXECUTIVE VP/GENERAL MANAGER



John Schneider enters his fourth season as General Manager of the Seattle Seahawks having been named to the position January 19, 2010. Schneider added the distinction of Executive Vice President in 2013. 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. Schneider begins his 21st season working in the professional ranks.

Schneider's philosophy is one primarily focused on building through the draft while making strategic acquisitions via trade and free agency that foster 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 three years in a leading role and winning *Sports Illustrated's* Executive of the Year for 2012 after the Seahawks made the playoffs and just missed playing for the NFC Championship.

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 - both Pro Bowlers.

Of the 28 draft choices in his first three drafts, 12 have become starters, including six players taken on Day 1, and three each on Days 2 and 3.

After having no players selected to the Pro Bowl from 2009-10, Schneider's roster has seen eight different players selected from 2011-12: Thomas (2), Marshawn Lynch (2), Brandon Browner, Kam Chancellor, Russell Okung, Max Unger, Michael Robinson and Russell Wilson. All of whom, except Unger, were added via draft, trade and free agency after Schneider took over.

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, joining 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 per-

sonnel, 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.

In 2012, John and his wife Traci launched "Ben's Fund" in partnership with Families for Effective Autism Treatment (FEAT) of Washington. Named after their oldest son, "Ben's Fund" provides grants to families in

order to help cover costs associated with medical bills, therapies and numerous other aspects of supporting a child, or children, on the autism spectrum. They have partnered to raise more than \$500,000 for "Ben's Fund."

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 Penning's High School and finished as one of the school's all-time leading rushers. He and Traci have two sons, Ben, 11, and Jack, 9.



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 serves as the Treasurer on the Seattle Seahawks Charitable Foundation and the Seattle Seahawks Women's Association. 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., along the Cedar River.

LANCE LOPES

SENIOR VP/GENERAL COUNSEL



Lance Lopes enters his 13th season with the Seahawks after joining the team March 16, 2001. Lopes administers the legal affairs for the Seahawks, Sounders FC and First & Goal. He also has oversight of CenturyLink Field and Event Center. In the past, he has handled special projects

for the organization, including the construction of the club's headquarters and development of the event center theater. From 2003-

05 Lopes led Corporate Partnerships for the Seahawks. Prior to 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. He and his wife, Susie, have six children.

CHUCK ARNOLD

VP SALES & MARKETING



Chuck Arnold begins his 20th season with the Seahawks and fourth as Vice President. Arnold and his staff are responsible for the sales and service of all Seahawks, Sounders FC, CenturyLink Field and Theater ticketing including club seats, season tickets and group sales. In addition,

Arnold also oversees the marketing team, advertising campaigns, brand development, game presentation and database strategies. He also manages the Seahawks and Sounders FC retail sales and service efforts. 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 85 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 was among the Puget Sound Business Journal's 40 Under 40 recipients in 2010 and was named Ticket Executive of the Year by MLS in 2009 and 2010. 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.

MIKE FLOOD

VP COMMUNITY RELATIONS



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. 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 Washington 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 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 Commander in 1996 after 20 years in the service. He and his wife Marty, have a son, Dan, and a daughter, Shannon. Mike serves on the boards of the USO Puget Sound, Camp Patriot, Association of Washington Generals, WSU Marketing Committee and the Renton Chamber of Commerce. In 2012, Flood was awarded the Outstanding Service to Veterans award from the Washington Department of Veterans Affairs.

CINDY KELLEY

VP HUMAN RESOURCES & ADMINISTRATION



Entering her 31st 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, and strategic planning. She also oversees corporate hospitality, security and facilities. Born in Wichita, Kan., she is a graduate of Interlake High in Bellevue and earned her degree in communications from Washington State University.

ADAM LINK

VP/GM FACILITY OPERATIONS & SERVICES



Entering his third season with the organization, Adam Link was promoted to Vice President and General Manager of Facility Operations and Services in July 2012 after spending two seasons as assistant general manager. In this role, Link is responsible for the management and operations of CenturyLink Field and CenturyLink Field Event Center. He is charged with leading a staff of more than 60 full time and 600 part employees in ensuring that CenturyLink Field remains one of the industry leaders. Prior to joining the Seahawks and Sounders FC, Link spent 10 years with Anschutz Entertainment Group (AEG) where he began his career in facility operations as an event manager at STAPLES Center in Los Angeles. While at STAPLES Center, he managed events ranging from the X Games to the Grammy Awards. After five years at STAPLES Center, Link was promoted to Vice President of Events and Booking for The Home Depot Center, a 27,000 seat multi-use stadium and home to the Los Angeles Galaxy and Chivas USA. Link and his team were responsible for booking and managing events at the stadium. After graduating from Florida State University in 1996 with a Bachelor's degree in Marketing, Link started his career in ticket sales for the NHL's Phoenix Coyotes. He resides in Madison Park with his wife Aimee.

ERIC MASTALIR

CHIEF COMMERCIAL OFFICER SEAHAWKS, SOUNDERS FC AND FIRST & GOAL



Eric Mastalir was named chief commercial officer for the Seattle Seahawks, Seattle Sounders FC and First & Goal, Inc., on April 22, 2013. He will be responsible for leading and developing the organization's strategic planning, development and execution on all regional and national sales activities within the corporate partnerships and suite sales departments. Mastalir



joined Seattle after spending the previous five seasons as Vice President/Corporate Partnerships for the NHL's San Jose Sharks. With Sharks Sports & Entertainment, he oversaw all sponsorship sales and service efforts for the Sharks, HP Pavilion Management, Sharks Ice at San Jose (Sharks training facility), select HP Pavilion events and the HP Pavilion Citrix Suites sales and hospitality staff and the event presentation department. Prior to his time in San Jose, Mastalir spent three years with Maloof Sports & Entertainment where he successfully led efforts to advance the corporate sponsor base of the NBA's Sacramento Kings, WNBA's Sacramento Monarchs and ARCO Arena. He has also worked in corporate sales and business development for adidas, Bausch+Lomb and LVMH (Louis Vuitton Moët Hennessy), while also spending time at Omnicom Group, aiding in corporate sponsorships and marketing for companies in global sports and entertainment events including the Olympics, Super Bowl, Grammy Awards and the Sundance Film Festival. Mastalir holds a bachelor's degree in philosophy from Stanford University, where he earned All-American honors in track. He and his wife, Shannon, have two children, Cameron and Myles.

DAVE PEARSON

VP COMMUNICATIONS, BROADCASTING & WEB CONTENT



Dave Pearson is entering his 25th season in the NFL and begins his 16th 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 five times (1999, 2005-07, 2012). Seattle won the award in 2007. The teams' broadcasting department has won six Northwest Region Emmy Awards. 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.

CHIP SUTTLES

VP TECHNOLOGY



Chip Suttles begins his second season with the Seahawks as vice president of technology. He is the voice in guiding the values and mission for the technology needs of the Seahawks, Sounders FC, and First & Goal, Inc. He is responsible for aligning technology vision with the overall

business strategy of the organization and increase the performance of the organization through modernizing technology to improve the customer experience and drive increased revenue. Areas of focus include: improved stadium technology, player performance analytics, CRM systems development, websites and social media enhancement. Suttles joins the Seahawks after working most recently for the Vancouver Canucks in 2011 as director of technology. Prior to his two seasons with the Canucks, Suttles worked for the Vancouver Organizing Committee for the 2010 Olympic and Paralympic Winter Games (VANOC); his fourth time participating in the Olympic Games. At VANOC, Suttles was the director of broadcast and prior to that had served in various technology roles from venue technology manager to director of the PMO in the planning through operations phases of the Olympic Games in Torino, Salt Lake City and Atlanta. Suttles and his wife, Lauren, have two sons, Ty and Aidan. Suttles enjoys participating in a variety of recreational sports and coaching little league baseball and football.

SCOT McCLOUGHAN SR. PERSONNEL EXECUTIVE



Scot McCloughan joined the Seahawks as senior personnel executive in 2010, a role that will assist the general manager 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 DaShon Goldson, Frank Gore, Vernon Davis, Joe Staley and Patrick Willis forming the nucleus of the 49ers 2011, 13-3 team that reached the NFC Championship. He also drafted current Seahawks FB Michael Robinson while in San Francisco, who made his second Pro Bowl in 2011. 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 TEAM OPERATIONS



In 2013, Tag Ribary was appointed to the position of Director of Team Operations. In this role he will oversee the team's equipment, facility, security and video departments. He will continue to advise the pro personnel department in matters related to advance scouting of

Seahawks' upcoming opponents, player evaluation, free agent tryouts, and the recruiting and signing of all free agent players. Ribary joined the Seahawks for the 2009 season as a pro scout before being promoted to director of pro personnel in February 2010. Ribary also spent 11 seasons with the Seahawks from 1990-2000 as the team's assistant director of pro personnel. Following his first stint in Seattle, Ribary became the director of pro personnel for the Washington Redskins and then 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 fourth 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

DIRECTOR OF PRO PERSONNEL



Trent Kirchner begins his first season as Pro Personnel Director in 2013 having joined the Seahawks as assistant director of pro personnel on February 5, 2010. In this role, he will oversee the scouting of Seahawks' upcoming opponents and the evaluation of all professional leagues

including the NFL, the Canadian Football League and the Arena Football Leagues. During the season he will coordinate free agent try-outs, monitor NFL transactions and assist in the recruiting and signing of all free agent players. Before joining Seattle, he spent the previous 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 and they have two sons, Carter and Landon.

DAN MORGAN

ASSISTANT DIRECTOR OF PRO PERSONNEL



Dan Morgan enters his third season with the Seahawks and first as Assistant Director of Pro Personnel. Morgan helps scout future Seahawks opponents and assess talent in all professional leagues including the NFL, the Canadian Football League and the Arena Football League.

He also helps coordinate free agent visits, try-outs, 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 Bednarik 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 eighth season with the Seahawks, his fifth 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. Has a son, Chase Alan Barnes.

MATT BERRY

AREA SCOUT (SOUTHWEST)



Matt Berry begins his sixth 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. Married to professional runner and triathlete Desiree Ficker. Currently resides in Austin, Texas.

TODD BRUNNER

AREA SCOUT (NORTHEAST)



Todd Brunner joined the Seahawks as an area scout in 2012 and covers the northeast region. He served the same role with the San Francisco 49ers from 2001-11. Prior to joining the 49ers, he spent two seasons as an area scout with the Cleveland Browns, where he combed the Northeast

region in 1999-2000 for college talent. Brunner joined the Browns from the Philadelphia Eagles where he spent four seasons (1994-97) as an area scout covering the Northeast. He joined the Eagles as a scouting intern in 1992 and worked as a scouting assistant in 1993. Brunner attended Lehigh (Pa.) University and lettered two years in football. As a junior, he led the team in special teams tackles, and as a senior

quarterback, tied or broke 14 school passing records. Following his football career at Lehigh, Brunner spent one season as a graduate assistant at Temple, in 1991, and earned his master's degree. Comes from a football family as his father John coached at Temple, Villanova, Princeton and in the NFL ranks with Detroit, Green Bay, Tampa Bay and Minnesota, before scouting for the 49ers for three seasons. Brother, Scott, spent time in the NFL with the N.Y. Giants. Born in Middletown, N.Y., he and his wife, Nancy, reside in Robbinsville, N.J., with their daughter, Annie Elizabeth, and son, Chad Joseph.

ED DODDS

AREA SCOUT (SOUTH CENTRAL)



Ed Dodds begins his seventh season with the Seahawks and fifth as a college scout after serving in the pro personnel department in 2007. Entering his 10th 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. Dodds is a U.S. Coast Guard licensed captain. Married to Nicole and the couple resides in Kingsville, Texas.

AARON HINELINE

AREA SCOUT (MIDLANDS)



Aaron Hineline begins his seventh season with the Seahawks and his third as a college scout after serving in the pro personnel department 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 adminis-



trative 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 and son, Grady.

JIM NAGY

AREA SCOUT (SOUTHEAST)



Jim Nagy begins his first season with Seattle after spending the four previous seasons with the Kansas City Chiefs. Nagy was promoted to national scout for the 2012 season. Before joining the Chiefs, he spent seven years as a scout with New England (2002-08). He has been involved with teams that have

made a total of four Super Bowls and won three championships, including two Super Bowl championships with the Patriots. He also spent one year with Washington and three seasons as the Director of NFL Scouting for War Room Scouting, Inc. (1998-01). Nagy also worked with SFX Sports Group as a recruiting coordinator and draft consultant (1997-00). The Frankfort, Mich., native began his NFL scouting career as an intern with Green Bay during its Super Bowl XXXI season in 1996. He has also written an NFL column for The Sporting News (2000-01) and served as an on-set consultant for The NFL Today (1998-00). He lettered in football, basketball, baseball and track at Traverse City High School in Traverse City, Mich. Earned a B.A. in 1996 from the University of Michigan. He and his wife, Lindsay, have two children - Hayden and Lillian.

TYLER RAMSEY

AREA SCOUT (WEST COAST)



Tyler Ramsey begins his second season as an area scout in 2012 having been promoted after originally joining the team in 2009 as a personnel intern. He continued in that same role in 2010 and moved into a full time position in 2011 as a scouting assistant where he would advance week-

ly opponents, perform free agent and practice squad evaluations, monitor the daily waiver wire and scout the UFL and CFL. Ramsey earned a bachelor's degree in business administration from the University of Washington in 2008. A local product, Ramsey attended Bellevue High School. The team won three consecutive 3A state titles (2001-03) and was the starting quarterback and safety from 2003-04.

JOSH GRAFF

NATIONAL FOOTBALL SCOUTING



Josh Graff begins his first full-time season with the Seahawks where he will serve as a scout for National Football Scouting and cover the regions of South Carolina, North Carolina and Virginia. He will assist college scouts with current prospects for the annual NFL Draft.

Graff spent the 2011-12 seasons as a scouting and personnel intern with Seattle where he helped with advance opponent scouting, free agent and practice squad evaluations in the NFL and CFL. Graff originally began his career with Seattle as an intern in the team's equipment room in 2010. A local multi-sport talent from Mill Creek, Wash., he was part of an Archbishop Murphy High School football program that won 39-consecutive games and captured state titles in baseball and soccer. Graff graduated with a degree in Human Resource Management from the University of Idaho. Resides in Charlotte, N.C.

KIRK PARRISH

COLLEGE SCOUTING COORDINATOR



Kirk Parrish begins his 15th 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 database/reports/draft boards), managing uni-

versity 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/ Mentorship Academy 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

DIRECTOR OF HEALTH & PLAYER PERFORMANCE



In 2013, Sam Ramsden will begin his 15th year with the Seattle Seahawks and his second in a new role as the team's Director of Health and Player Performance. His new responsibilities include researching and developing emerging and advanced technologies that will lead to better on-field performance,

as well as overseeing both the athletic training room and the weight room. Ramsden's primary area of expertise, for much of his 20 seasons in the NFL, has been centered on the physical

rehabilitation and conditioning of professional football players. Ramsden originally joined the Seahawks as an associate athletic trainer in February of 1999. He was promoted to head athletic trainer in 2004 and was responsible for coordinating the overall healthcare provided for the 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 - 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 from the La Crosse school in 1992. A La Crescent, Minnesota native, he and his wife, Lisa, together with their two sons, Henry and Lachlan, live near Snoqualmie, Washington, in the foothills of the Cascade Mountains.

DONALD RICH

ASSOCIATE HEAD ATHLETIC TRAINER



Donald Rich, beginning his 10th season with the Seahawks, was promoted to associate head athletic trainer in 2012. Rich is responsible for the coordination of all aspects of health care for the Seahawks athletes and coaches. He manages the athletic training room, including all full-time athletic train-

ers and season-long certified intern athletic trainers. Rich and his staff are experienced in risk management and injury prevention, pathology of injuries and illnesses, conditioning and rehabilitation; and the nutritional aspects of injuries and illnesses. He is a certified Corrective Exercise Specialist (CES) through the National Academy of Sports Medicine and has completed a Fellowship in Applied Functional Science through the Gray Institute for Functional Transformation. Rich began his professional career as an intern with Seattle during training camp in 2003 and returned as a season-long intern in 2004. He served as an assistant athletic trainer from 2005-2011 before taking over the department in 2012. Rich served two years with Northwestern University athletic training staff following completion of his undergraduate studies at the University of Florida and before earning a Masters in exercise science from Boise State University. Rich spent one season working in NFL Europe for the Cologne Centurions in the spring of 2004. Rich is originally from Philadelphia, Pa., but grew up in Melbourne, Fla.



MATT CAPURRO

FOOTBALL OPERATIONS COORDINATOR



Matt Capurro enters his ninth NFL season and his third 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 sched-

ules. 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.

SEAHAWKS BOARD OF ADVISORS

In 2009, the Seahawks formed a board of advisors. This group has a close and personal affiliation with the 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, Cortez Kennedy and Steve Largent. John Nordstrom also serves on the board and is a family member of the Seahawks original ownership group. Gary Wright, a well-respected member of Seahawks management for 32 years (1976-2009), was added in 2012.







PETE CARROLL

EXECUTIVE VP OF FOOTBALL OPERATIONS
AND HEAD COACH

SEAHAWKS EXPERIENCE: 4TH YEAR
NFL EXPERIENCE: 20TH 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 19 years of NFL experience and 19 years of collegiate experience to Seattle.

Carroll's overall head coaching record is 58-54 in the regular season and 3-4 in the post-season.

Teaming with General Manager John Schneider, Carroll's first three years in Seattle saw him lay a strong foundation of core players and preach his philosophy of competition and taking care of the football.

Helping the cause, their 28 draft picks over the past three seasons have yielded 12 starters (six from Day 3; and three each from Day 1 and Day 2); two All-Pros – Earl Thomas, Richard Sherman; and four Pro Bowl players – Kam Chancellor, Russell Okung, Russell Wilson and Thomas.

Working with Schneider, the two have kept

a talented veteran nucleus intact the last two offseasons with the re-signings of team leaders Red Bryant, Kam Chancellor, Marshawn Lynch, Brandon Mebane, Michael Robinson and Max Unger, while adding young playmakers Cliff Avril, Percy Harvin and Sidney Rice via trade and free agency.

Last season, Carroll led Seattle to the NFC Divisional Playoff round for the fifth time in the last eight seasons and second time in his three seasons as head coach, posting the third-best record in franchise history (11-5). Seattle won its first postseason road game since 1983 with a Wild Card Game victory at Washington.

One of the youngest teams in the NFL to end the season for the second-consecutive year (second overall, third-youngest defensive starters, fourth-youngest offensive starters), Seattle started 4-4 but went on to finish the season 7-1 led by rookie Russell Wilson and the league's fourth-ranked defense, that also led the league allowing a franchise-record low 245



points (15.3 ppg). It was only the second time in franchise history with a top-10 defense in back-to-back seasons (1990-92).

His 2011 squad ranked as one of the youngest in the NFL; beginning the season with the second-youngest roster in Week 1, once having the third-youngest offensive line during the season and ending the year with the second-youngest starting defensive unit in the league.

He saw his 2011 defense improve weekly, ending the season ranked ninth in the league in total defense, just the sixth time Seattle has boasted a top-10 defense and first since 1997. His offense switched gears from a quick-strike no-huddle group to a grind-it-out ground game led by Marshawn Lynch over the last-half of the season. That offensive mentality helped Seattle rank fifth in the NFL with 1,212 rush yards over the last nine games of the season.

Always competing, the Seahawks jumped out to a 4-2 record to begin the 2010 season and parlayed that in to the club's fifth NFC West title in the past seven seasons, punctuating the season with a 41-36 victory over the defending Super Bowl Champion New Orleans Saints at CenturyLink Field in the Wild Card Game. It was Seattle's fifth playoff win in a row at Century-Link 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).

CARROLL'S COACHING CAREER

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



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 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 CNN.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



Carroll addressed Washington state legislators to rally awareness for inner-city gang violence.

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	25	23	0	.521	2	2	.500

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

CARROLL VS. THE NFL

	Team	Regular Season	Postseason	Total
AMERICAN FOOTBALL CONFERENCE	Baltimore Ravens	2-0	---	2-0
	Buffalo Bills	6-3	---	6-3
	Cincinnati Bengals	0-1	---	0-1
	Cleveland Browns	1-2	---	1-2
	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	3-6	1-0	4-6
	New England Patriots	2-1	---	2-1
	New York Jets	3-4	---	3-4
	Oakland Raiders	0-1	---	0-1
	Pittsburgh Steelers	1-2	0-1	1-3
	San Diego Chargers	2-1	---	2-1
	Houston Oilers/Tennessee Titans	1-1	---	1-1
NATIONAL FOOTBALL CONFERENCE	Arizona Cardinals	5-3	---	5-3
	Atlanta Falcons	0-2	0-1	0-3
	Carolina Panthers	2-0	---	2-0
	Chicago Bears	4-1	0-1	4-2
	Dallas Cowboys	2-1	---	2-1
	Detroit Lions	0-2	---	0-2
	Green Bay Packers	1-2	---	1-2
	Minnesota Vikings	2-1	---	2-1
	New Orleans Saints	1-1	1-0	2-1
	New York Giants	2-1	---	2-1
	Philadelphia Eagles	1-1	---	1-1
	St. Louis Rams	4-3	---	4-3
	San Francisco 49ers	3-4	---	3-4
	Seattle Seahawks	0-0	---	0-0
	Tampa Bay Buccaneers	0-2	---	0-2
	Washington Redskins	0-1	1-0	1-1
Career Totals		58-54	3-4	61-58

Razorbacks won the 1978 Orange Bowl, and 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. He has taken this model and created "A Better Seattle," in partnership with the YMCA of Greater Seattle and the Seattle Youth Violence Prevention Initiative to prevent violence in Seattle and South King County. It was launched on September 15, 2011.

Carroll also spearheaded the efforts to bring "We Day," a star-studded pep rally event to inspire children to make an impact to the world, to the United States for the first time when it came to Seattle in March 2013. The day-long event filled KeyArena with more than 15,000 high school students and included celebrity speakers and performers including Magic Johnson, Martin Luther King III, Macklemore, Jennifer Hudson, Martin Sheen and more. The one-of-a-kind event, which has been in eight Canadian cities since 2008 and will expand across the U.S. and in to England, will return annually to Seattle.

Carroll was born on September 15, 1951, in San Francisco. He and his wife, Glenna, 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 (married to Mike), 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 granddaughters, Colbie Jaye and Eislely.

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
						<i>Wild Card victory vs. Miami, 17-3</i>
						<i>Divisional Playoff loss at Pittsburgh, 7-6</i>
1998	New England	9	7	0	.563	4th, AFC East
						<i>Wild Card loss at Jacksonville, 25-10</i>
1999	New England	8	8	0	.500	T4th, AFC East
2010	Seattle	7	9	0	.438	1st, NFC West
						<i>Wild Card victory vs. New Orleans, 41-36</i>
						<i>Divisional Playoff loss at Chicago, 35-24</i>
2011	Seattle	7	9	0	.438	3rd, NFC West
2012	Seattle	11	5	0	.688	2nd, NFC West
						<i>Wild Card victory at Washington, 24-14</i>
						<i>Divisional Playoff loss at Atlanta, 30-28</i>
Reg. Season (7 Yrs.)		58	54	0	.519	
Postseason (4 Yrs.)		3	4	0	.429	
Combined Record		61	58	0	.513	



DARRELL BEVELL OFFENSIVE COORDINATOR

SEAHAWKS EXPERIENCE: 3RD YEAR
NFL EXPERIENCE: 14TH YEAR

Named offensive coordinator on January 20, 2011, Darrell Bevell enters his third season leading Seattle's offense after spending five seasons (2006-10) as the Minnesota Vikings offensive coordinator.

The 2012 edition of Seattle's offense took off in historic fashion over the last half of the season led by rookie Russell Wilson.

Aided by the NFL's third-ranked rushing attack led by Marshawn Lynch and his career-highs in carries (315) and yards (1,590, 3rd NFL), along with 11 rushing touchdowns, Wilson gained a comfort level to excel in the offense as Seattle's running game has led the NFL with 3,791 yards since Week 9 of the 2011 season.

Wilson would go on to end the season as the league's fourth-ranked passer with a franchise-record 100.0 passer rating, tie (Peyton Manning) the NFL rookie-record with 26 touchdown passes and set the NFL rookie-record with three consecutive games with a 125-plus passer rating, in addition to setting several other NFL and franchise records last season.

Bevell saw his offense jump from 30th in the league in Week 8 to 17th to end the season as Seattle set a club record with three consecutive games with 450-plus offensive yards (Weeks 13-15), while outscoring opponents 170-43 to end the regular season. His unit boasted four Pro Bowlers - Lynch, Wilson, T Russell Okung and C Max Unger. Lynch and Unger were also named first-team AP All-Pro selections.

Under Bevell's direction in 2011, Seattle's offense found its identity: running the football. Over the last-half of the season, the Seahawks running game ranked fifth in the NFL with 1,212 rush yards, posting 100-plus team rushing yards in eight of its last nine games, including a six-game streak that was its longest since the 2002-03 seasons.

With that success came Pro Bowl nods for Lynch and fullback Michael Robinson. Robinson paved the way for Lynch's 285 carries, 1,204 yards and career-high 12 rushing touchdowns. Lynch led the league the last-half of the season with 941 yards and nine touch-

downs, rushing for 100-plus in six of the last nine games and became Seattle's first 1,000-yard rusher since Shaun Alexander (2005).

Bevell also saw former Vikings starter Tarvaris Jackson battle through a pectoral injury and set career-highs in attempts (450), completions (271), yards (3,091), completion percentage (60.2, min. 290 att.) and touchdowns (14), in compiling a 7-7 record as a starter.

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-plus touchdown mark each year in the league. However, his offense was hobbled by injuries to their linemen, 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 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 AP 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 champion 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-plus 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 and tied an NFL record with a 99-yard receiving toss from Gus Ferrette.

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 in 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'S COACHING CAREER

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

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 sophomore 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 stood as the conference record until 2010, and he was a 61.4% passer for his career.

A native of Yuma, Ariz., Bevell was a standout at Chaparral High in Scottsdale where he played under his father, James. After redshirting in 1989 as a freshman at Northern Arizona, Bevell went on a two-year Mormon mission in Cleveland in 1990-91.

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



DAN QUINN

DEFENSIVE COORDINATOR

SEAHAWKS EXPERIENCE: 3RD YEAR
NFL EXPERIENCE: 11TH YEAR

Dan Quinn re-joined Seattle's staff on January 17, 2013 as its defensive coordinator after spending two seasons (2011-12) in the same capacity at the University of Florida.

Quinn originally joined Seattle and Jim Mora's staff on January 12, 2009, after spending the previous six years coaching the defensive lines for the San Francisco 49ers (2003-04), Miami Dolphins (2005-06) and the New York Jets (2007-08). He began his NFL coaching career in San Francisco as their defensive quality control coach in 2001 before moving to the defensive line.

In 2012, his defense jumped to fifth-overall (287.5 ypg) in the nation, helping Florida to an 11-2 record and ranking No. 9 in the AP poll and No. 10 in the USA Today/coaches poll. The Gators ranked second in pass efficiency defense (95.6) and passing touchdowns allowed (7), fourth in rush defense (94.9), fifth in points allowed per game (14.5), seventh in turnover margin (+15) and interceptions (SEC best 20), recorded two shut outs and held No. 4 LSU to 200 yards of total offense and eight first downs, tied for second-fewest vs. a ranked team in school history, in their 14-6 victory.

In his first season at Florida, he led the nation's eighth-ranked defense as the Gators posted a 6-6 record.

He began his collegiate coaching career at William & Mary in 1994 and at Virginia Military Institute in 1995, working with their defensive lines.

Quinn then spent five years at Hofstra University, coaching the defensive line for four years before being promoted to defensive coordinator in 2000.

Was a four-year letterman as a defensive lineman at Salisbury State (Md.), where he was a co-captain in 1992 and 1993. Also lettered in track and held the school record in the hammer

throw at the time of his departure. He was inducted to Salisbury State's Athletic Hall of Fame in 2005.

He and his wife, Stacey, initiated the Quinn's Corps Program in 2004. The foundation is actively involved with helping wounded warriors and the Warrior Transition Battalion.

QUINN'S COACHING CAREER

1994	William & Mary <i>Assistant Defensive Line</i>
1995	Virginia Military Institute <i>Defensive Tackles/Recruiting Coordinator</i>
1996-99	Hofstra University <i>Defensive Line</i>
2000	Hofstra University <i>Defensive Coordinator</i>
2001-02	San Francisco 49ers <i>Quality Control/Defense</i>
2003-04	San Francisco 49ers <i>Defensive Line</i>
2005-06	Miami Dolphins <i>Defensive Line</i>
2007-08	New York Jets <i>Defensive Line</i>
2009	Seattle Seahawks <i>Assistant Head Coach/ Defensive Line</i>
2010	Seattle Seahawks <i>Defensive Line</i>
2011-12	University of Florida <i>Defensive Coordinator</i>
2013-	Seattle Seahawks <i>Defensive Coordinator</i>





KIPPY BROWN

WIDE RECEIVERS

SEAHAWKS EXPERIENCE: 4TH YEAR
NFL EXPERIENCE: 20TH 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 2012, Sidney Rice started all 16 games for the first time in his career and saw the emergence of 15-game starter Golden Tate. The team's top-two wideouts, they combined for 95 receptions, 1,436 yards and 14 touchdowns, helping QB Russell Wilson to a franchise-record 100.00 passer rating and a Pro Bowl appearance. Tate set career-highs in catches (45), yards (688) and touchdowns (7), while Rice posted the second-most touchdowns of his career (7).

Brown's second season saw unexpected contributions from 2011 surprise Doug Baldwin, a rookie free agent from Stanford. Baldwin led the team in catches (51), yards (788), long gain (51t) and touchdowns (4), becoming the first undrafted rookie free agent to lead his team in catches and yards since Bill Groman of the Houston Oilers in 1960. His 51 catches ranked fourth among all rookies in the NFL, trailing only fourth-overall pick A.J. Green (65), 59th overall pick Greg Little (61) and sixth-overall pick Julio Jones (54).

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



TOM CABLE
ASSISTANT HEAD COACH/OFFENSIVE LINE

SEAHAWKS EXPERIENCE: 3RD YEAR
NFL EXPERIENCE: 8TH 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.

In collaboration with offensive coordinator Darrell Bevell, the two spearheaded Seattle's rushing attack to become one of the best since the last-half of the 2011 season. Behind his

lines, the Seahawks running game ranks first in the NFL with 3,791 rush yards (since Week 9, 2011), posted 100-plus team rushing yards in 21 of its last 25 games, including a six-game streak in 2011 that was its longest since the 2002-03 seasons. Seattle enters 2013 with a five-game streak of 100-plus team rushing yards.



Sticking with its offensive identity of running the ball, Cable's 2012 line was led by first-team All-Pro and Pro Bowl C Max Unger and Pro Bowl LT Russell Okung, finishing the season as the league's fourth-youngest starting offensive line. Seattle's rushing attack ranked third in the NFL with a franchise-record 2,579 yards led by first-team All-Pro and Pro Bowl RB Marshawn Lynch. Lynch set career-highs in carries (315), yards (1,590, 3rd NFL), average gain (5.0, 4th NFL) and most yards from scrimmage (1,786, 4th NFL). He also scored the second-most rushing touchdowns of his career with 11 and set the franchise's highest yards per carry average (11.64, 11 for 128) vs. Arizona (12/9).

Lynch also leads the league in rushing since Week 9 of 2011 with 2,531 yards and 20 touchdowns (2nd NFL), rushing for 100-plus in 16 of the last 25 games.

Seattle's line once ranked as the third-youngest in the NFL in 2011, but with injuries to rookie RT James Carpenter and RG John Moffitt, and second-year LT Russell Okung, the Seahawks line finished as the seventh-youngest starting line in the league. Despite that, Cable plugged away and maintained a solid unit as Seattle's line paved the way for Lynch's Pro Bowl season with 285 carries, 1,204 yards and career-high 12 rushing touchdowns, while becoming Seattle's first 1,000-yard rusher since Shaun Alexander (2005).

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



DAVE CANALES

ASSISTANT QUARTERBACKS/ OFFENSIVE QUALITY CONTROL

SEAHAWKS EXPERIENCE: 4TH YEAR
NFL EXPERIENCE: 4TH YEAR

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

In addition to his quality control responsibilities of video study of opponents, self-scouting, playbook production, and assisting offensive coordinator Darrell Bevell, Canales added assistant quarterback coaching duties in 2013, where he will aide Carl Smith in the rapid development of Pro Bowl QB Russell Wilson, who tied (Peyton Manning) the NFL rookie record with 26 touchdowns passes.

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 two children, Ashby and Benjamin.

CANALES' COACHING CAREER

2006-08	El Camino College <i>Quarterbacks</i>
2010-12	Seattle Seahawks <i>Quality Control/Offense</i>
2013-	Seattle Seahawks <i>Asst. QBs/Off. Quality Control</i>



CHRIS CARLISLE

HEAD STRENGTH & CONDITIONING

SEAHAWKS EXPERIENCE: 4TH YEAR
NFL EXPERIENCE: 4TH 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 (Iowa) 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 <i>Graduate Asst./Strength & Cond.</i>
1997	Trinity Valley (Athens, Texas) C.C. <i>Offensive Line/Strength</i>
1998-00	University of Tennessee <i>Associate Head Strength & Cond.</i>
2001-09	USC <i>Head Strength & Conditioning</i>
2010-	Seattle Seahawks <i>Head Strength & Conditioning</i>



NATE CARROLL

OFFENSIVE ASSISTANT

SEAHAWKS EXPERIENCE: 3RD YEAR

NFL EXPERIENCE: 3RD YEAR

Named to the Seahawks staff on July 26, 2010, Nate Carroll moved in to the coaching ranks in 2011 after spending the 2010 season as a personnel assistant in the scouting department.

He moves in to a new role in 2013 as an offensive assistant, working alongside wide receivers coach Kippy Brown. In his first two seasons on the Seahawks coaching staff as a defensive assistant, Carroll's primary responsibilities included video study of opponents, self-scouting, playbook production and assisting several coaches and defensive coordinator Gus Bradley.

A graduate of USC, he earned his degree in psychology in 2010. Carroll was a three-sport

star at Peninsula High in Palos Verdes, Calif., earning Athlete of the Year honors in 2006, passing on playing college football to attend USC. Born on March 24, 1987 in Edina, Minn., Nate is the youngest son of head coach Pete Carroll.

CARROLL'S COACHING CAREER

2011-12	Seattle Seahawks <i>Defensive Assistant</i>
2013-	Seattle Seahawks <i>Offensive Assistant</i>



KEITH CARTER

QUALITY CONTROL/OFFENSE

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

Hired on February 14, 2012, to be the team's quality control/offense coach, Carter's primary responsibilities include video study of opponents, self-scouting, playbook production, and assisting offensive coordinator Darrell Bevell.

Carter broke in to the NFL ranks after spending three seasons at the University of San Diego, serving as the running game coordinator/offensive line coach in 2011, while also coaching tight ends during his tenure.

He began his coaching career at Wagner

College in 2006 and moved on to coach the University of Redlands offensive line from 2007-08.

Carter graduated from UCLA with a degree in sociology after playing four years on offense for the Bruins, and followed that with his master's in secondary education from Wagner College. A native of Downingtown, Pa., Carter was born on July 2, 1982 and is married to wife, Kristin.

CARTER'S COACHING CAREER

2006 Wagner College
Tight Ends

2007-08 University of Redlands
Offensive Line

2009 University of San Diego
Tight Ends

2010 University of San Diego
Offensive Line

2011 University of San Diego
Running Game Coord./Offensive Line

2012- Seattle Seahawks
Quality Control/Offense



MONDRAY GEE

ASSISTANT STRENGTH & CONDITIONING

SEAHAWKS EXPERIENCE: 4TH YEAR
NFL EXPERIENCE: 13TH YEAR

Hired on February 4, 2010, Mondray Gee enters his 13th 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.

In 2011, Gee worked closely with Carlisle and Head Trainer Sam Ramsden to conduct

comprehensive and rigorous rehabilitations for wide receiver Deon Butler, who suffered a broken leg, and cornerback Roy Lewis, who underwent knee surgery, in 2011. Both players returned from the physically unable to perform list during the season to be productive backups. He followed this success with another rehabilitation program for cornerback Walter Thurmond in 2012, aiding him in his return to the playing field from multiple lower leg injuries.

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 post-season 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 <i>Graduate Asst./Strength & Cond.</i>
2001-07	Detroit Lions <i>Strength & Conditioning Assistant</i>
2008-09	Green Bay Packers <i>Strength & Conditioning Assistant</i>
2010-	Seattle Seahawks <i>Assistant Strength & Conditioning</i>



TRAVIS JONES DEFENSIVE LINE

SEAHAWKS EXPERIENCE: 1ST YEAR
NFL EXPERIENCE: 9TH YEAR

Named to his current position on February 13, 2013, Jones joins Dan Quinn's staff after spending the previous five seasons as assistant defensive line coach for the New Orleans Saints. He began his NFL career with the Miami Dolphins from 2005-07, where he and Quinn were on the same defensive staff.

Jones inherits one of the most versatile lines in the NFL. Chris Clemons, who has 33.5 sacks in 48 games for Seattle, became just the third player in franchise history (Jacob Green, Michael Sinclair) to record double-digit sacks in three consecutive seasons and joins 323-pound Red Bryant as defensive ends. Defensive tackle stalwart Brandon Mebane's 112 tackles over the past two seasons lead the NFC (3rd NFL).

GM John Schneider strengthened the line in the offseason with free agent additions DE Cliff Avril, DT Tony McDaniel and Michael

Bennett, who can play both end and tackle.

In 2009 with the Saints, defensive end Will Smith enjoyed his finest season as he ranked fifth in the NFL with 13.0 sacks, while the trio of Sedrick Ellis, Anthony Hargrove and Remi Ayodele provided a solid pass rush on the interior line that played an important role in its Super Bowl XLIV victory over Indianapolis.

Prior to arriving in New Orleans, Jones spent three seasons with the Miami Dolphins, his first year as assistant defensive line coach and his final two seasons tutoring the outside linebackers and defensive ends. During his Dolphins tenure, the line recorded 92.0 sacks. Defensive end Jason Taylor was selected to the Pro Bowl each year and was named the 2007 NFL Defensive Player of the Year. The Dolphins ranked second in the league in sacks in 2005 and third in 2006.

He began his coaching career at his alma mater, Georgia, in 1997 as a graduate assistant/defensive line before moving on to Appalachian State (1998-00), Kansas (2001-02) and LSU (2003-04), where he was the defensive line coach/recruiting coordinator for the Tigers.

At LSU, Jones coached a defensive front that featured defensive tackle Chad Lavalais, a consensus All-American, finalist for the Nagurski and Lombardi Awards and the SEC Defensive Player of the Year. Following the 2003 BCS National Championship season, Lavalais and defensive end Marquise Hill were both selected in the NFL Draft. Defensive End Marcus Spears was also named All-SEC in 2003, a consensus All-American in 2004 and a first-round draft pick by the Dallas Cowboys in 2005.

Jones was a four-year letter-winner for the Bulldogs (1990-92, 94) as a defensive lineman and served as team captain as a senior, playing one season with the Baltimore Stallions of the CFL in 1995 following graduation. He earned his master's degree in 1998.

Born on June 6, 1972, in Irwinton, Ga., for the last eight years Jones has held a football camp for youngsters in central Georgia that

teaches the fundamentals of football, sportsmanship and the importance of goal-setting to serve them on and off the field.

Jones and his wife, Melody, have three children, Kennedy, Averi and Mason.

JONES' COACHING CAREER

1997	University of Georgia <i>Graduate Assistant/Defensive Line</i>
1998-2000	Appalachian State <i>Linebackers/Recruiting Coordinator</i>
2001-02	University of Kansas <i>Defensive Line</i>
2003-04	LSU <i>Defensive Line/Recruiting Coord.</i>
2005	Miami Dolphins <i>Assistant Defensive Line</i>
2006-07	Miami Dolphins <i>Defensive Ends/Outside Linebackers</i>
2008-12	New Orleans Saints <i>Assistant Defensive Line</i>
2013-	Seattle Seahawks <i>Defensive Line</i>



PAT McPHERSON TIGHT ENDS

SEAHAWKS EXPERIENCE: 4TH YEAR
NFL EXPERIENCE: 16TH 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).

Zach Miller leads the Seahawks tight ends group. The former Pro Bowler has led Seahawks tight ends in receptions and yards for two seasons after signing with Seattle in free agency in 2011.

In 2012, Miller and Anthony McCoy each had three touchdowns while Miller hauled in 38 passes for 396 yards and McCoy had career-highs in catches (18), yards (291) and touchdowns.

In Denver, McPherson's promotion to quarterbacks coach in 2003 coincided with the Broncos 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. and has two sons, Jackson and Grayson.

MCPHERSON'S COACHING CAREER

1994-97	Bellarmine College Prep <i>Linebackers/Running Backs</i>
1996	San Francisco 49ers <i>Quality Control/Defense (Volunteer)</i>
1998	Denver Broncos <i>Defensive Assistant</i>
1999-02	Denver Broncos <i>Offensive Assistant</i>
2003-06	Denver Broncos <i>Quarterbacks</i>
2007-08	Denver Broncos <i>Tight Ends</i>
2010-	Seattle Seahawks <i>Tight Ends</i>



MARQUAND MANUEL

DEFENSIVE ASSISTANT

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

Named to the Seahawks staff as assistant special teams coach on February 14, 2012, Manuel joined the NFL coaching ranks after spending 2011 as a coaching intern at his alma mater, the University of Florida. He moves in to a new role this season as a defensive assistant following a productive NFL career.

Manuel spent eight seasons in the NFL, playing for six different franchises (Cincinnati 2002-03, Seattle 2004-05, Green Bay 2006, Carolina 2007, Denver 2008, Detroit 2009).

He was selected in the sixth-round (181st overall) of the 2002 NFL Draft, playing in 116 games with 58 starts, starting at least half his team's games in five of those seasons. Manuel totaled 332 tackles (259 solo), 1.0 sack, two interceptions, one touchdown, 16 passes defended, four forced fumbles, one fumble recovery and 36 special teams tackles in his career. He last played for the Detroit Lions in 2009, starting six of nine games played before ending the season on injured reserve.

He returns to Seattle where he spent two seasons with the club, helping it to a Super Bowl XL appearance in 2005. He played 31 games with 11 starts, collecting 77 tackles (61 solo) and 14 special teams tackles in the regular season. His only career postseason appearances were with the club, where he started three of four games, posting eight tackles (six solo), five passes defended and three special teams tackles. He recorded one interception in the NFC Championship Game vs. Carolina, returning it 32 yards.

Born on July 11, 1979 in Miami, Fla., Manuel

is one of 18 children and earned his degree in criminology & law. He has two children, Madison and Marquand II.

MANUEL'S COACHING CAREER

2011	University of Florida <i>Coaching Intern/Secondary</i>
2012	Seattle Seahawks <i>Assistant Special Teams</i>
2013-	Seattle Seahawks <i>Defensive Assistant</i>



KEN NORTON, JR. LINEBACKERS

SEAHAWKS EXPERIENCE: 4TH YEAR
NFL EXPERIENCE: 4TH YEAR

Hired on February 4, 2010, Norton, Jr. enters his fourth 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 two seasons, Norton, Jr. helped David Hawthorne to his third-consecutive 100-tackle season, becoming the fifth player in Seahawks history to accomplish that feat. He also oversaw the development of 2011 fourth-round pick K.J. Wright in a starting role beginning Week 3 of the season with Wright finishing fifth on the team with 61 tackles (46 solo) and 2.0 sacks in only 12 games started. Wright followed that with a stellar sophomore season with a career-high 96 tackles (66 solo) in 2012.

In 2012, Norton saw another rookie emerge in second-round draft choice Bobby Wagner. Under Norton's guidance, the defensive signal-caller finished second in the AP Defensive Rookie of the Year voting after recording 140 tackles (86 solo), ranking first in Seattle history in tackles among rookies (2nd NFL among rookies, 7th overall). He also led all rookie linebackers (T4th NFL among all rookies) with three interceptions.

Norton, Jr. 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.

His linebacking corps at USC is a Who's Who of drafted NFL linebackers; Brian Cushing, Jarvis Jones, Clay Matthews and Keith Rivers (first-round), Rey Mauluga and Lofa Tatupu (second-round), and Kaluka Maiava (fourth-round) are among the stand-outs that Norton coached and recruited to USC.

In 2008, Mauluga was named first-team All-American, 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 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 Matthews. Mauluga was a second rounder and 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 Mauluga 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 appearances 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 <i>Defensive Assistant/Linebackers</i>
2005-08	USC <i>Linebackers</i>
2009	USC Asst. Head Coach of the <i>Defense/LBs</i>
2010-	Seattle Seahawks <i>Linebackers</i>



KRIS RICHARD DEFENSIVE BACKS

SEAHAWKS EXPERIENCE: 4TH YEAR
NFL EXPERIENCE: 4TH YEAR

Richard begins his eighth season in the NFL, seventh overall in Seattle and fourth in the NFL coaching ranks, all with the Seahawks. He spent three seasons with the Seahawks (2002-04) 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.

Finishing 2012 as the NFL's fourth-ranked defense, Seattle was led by two first-team All-Pro selections in Richard Sherman and Pro Bowl starter Earl Thomas in the secondary.

Sherman led the team with a career-high eight interceptions (T2nd NFL) and NFL-leading 24 passes defended while Thomas tallied 61 tackles (39 solo) and scored his second career touchdown (first interception return touchdown) on a 57-yard return at Buffalo.

Richard's 2011 defensive backs squad was one of the NFL's most-improved, totaling 17 of the team's 22 interceptions, its most since the 2004 season. Led by the Pro Bowl tandem of

Earl Thomas and Kam Chancellor, the two ranked second and third for most tackles on the team, combining for 186, with six interceptions and 18 passes defended.

His group saw the emergence of a CFL all-star in training camp in Brandon Browner, and a fifth-round find in Richard Sherman after injuries to Marcus Trufant and Walter Thurmond. Browner led the team with six interceptions and set Seattle's single-season record for interception return yards (220) and longest return (94t). A Pro Bowl participant, Browner also tied Seattle records with an interception in four straight games and returning two picks for touchdowns in a single-season.

Sherman made the most of his 10 starts, tying for third in Seattle history in most interceptions by a rookie with four.

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 consecutive 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, and Mays was a 2010 second-round pick.

Originally a third-round pick (85th overall) by Seattle, Richard played in 38 games with one start for Seattle 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 championship 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 management.

Born on October 28, 1979, he and his wife, Chandra, have one daughter, Alyssa, and two sons, Aiden and Asher.

RICHARD'S COACHING CAREER

2008-09	USC <i>Graduate Assistant/Defensive Backs</i>
2010	Seattle Seahawks <i>Assistant Defensive Backs</i>
2011	Seattle Seahawks <i>Defensive Backs/Cornerbacks</i>
2012-	Seattle Seahawks <i>Defensive Backs</i>



PAT RUEL

ASSISTANT OFFENSIVE LINE

SEAHAWKS EXPERIENCE: 4TH YEAR
NFL EXPERIENCE: 9TH YEAR

Hired to assist the offensive line on September 6, 2010, Ruel begins his fourth season in Seattle. He joined the Seahawks after coaching five seasons (2005-09) at USC in the same capacity.

Alongside Tom Cable, Seattle's line was led by first-team All-Pro and Pro Bowl C Max Unger and Pro Bowl LT Russell Okung, finishing the season as the league's fourth-youngest starting offensive line. Seattle's rushing attack ranked third in the NFL with a franchise-record 2,579 yards led by first-team All-Pro and Pro Bowl RB Marshawn Lynch. Lynch set career-highs in carries (315), yards (1,590, 3rd NFL), average gain (5.0, 4th NFL) and most yards from scrimmage (1,786, 4th NFL). He also scored the second-most rushing touchdowns of his career with 11 and set the franchise's highest yards per carry average (11.64, 11 for 128) vs. Arizona (12/9).

Assisting Cable in 2011, Seattle's line once ranked as the third-youngest in the NFL, but with injuries to rookie RT James Carpenter and RG John Moffitt, and second-year LT Russell Okung, the Seahawks line finished as the seventh-youngest in the league. Despite that, Cable and Ruel plugged away and maintained

a solid unit as Seattle's line paved the way for Marshawn Lynch's 285 carries, 1,204 yards and career-high 12 rushing touchdowns. Lynch also led the league the last-half of the season with 941 yards and nine touchdowns, rushing for 100+ in six of the last nine games and became Seattle's first 1,000-yard rusher since Shaun Alexander (2005).

In 2008, Baker and offensive guard Deuce 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-

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 and a second-round pick in the 2007 NFL draft.

In 2005, Baker and offensive guard Deuce 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 advanced to 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 full-time assistant handling the offensive line for the Hurricanes for the following 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, with 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 December 5, 1950. He and his wife, Marti, have a daughter, Sabra. His full name is Golden Pat Ruel.



RUEL'S COACHING CAREER

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



ROBERT SALEH

QUALITY CONTROL/DEFENSE

SEAHAWKS EXPERIENCE: 3RD YEAR

NFL EXPERIENCE: 9TH YEAR

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

With Seattle, Saleh is responsible for assisting coordinator Dan Quinn with day-to-day responsibilities and aids Ken Norton, Jr. on and off the field with the development of the linebacking corps.

In his two seasons, Seattle has drafted starting talent in 2011 draft choice and two-year starter K.J. Wright (career-high 96 tackles in 2012) and 2012 selection Bobby Wagner, who set a Seattle rookie-record with 140 tackles (86 solo) and finished second in AP Defensive Rookie of the Year voting.

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.

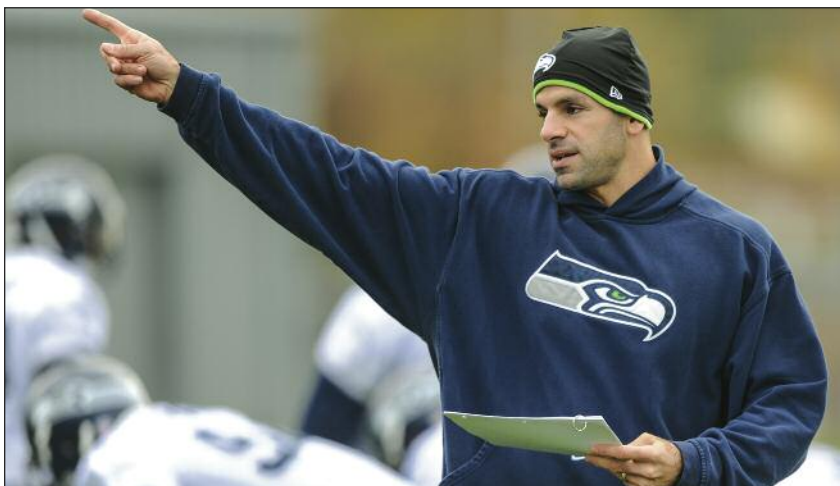
Saleh joined the Texans during the 2005 season after spending the previous four seasons at the collegiate level; working at Georgia

(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 two sons, Adam and Zane.

SALEH'S COACHING CAREER

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





BRIAN SCHNEIDER

SPECIAL TEAMS COORDINATOR

SEAHAWKS EXPERIENCE: 4TH YEAR
NFL EXPERIENCE: 6TH YEAR

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

Since 2010, his special teams units have led the league in blocked kicks (aided by Red Bryant's five blocked kicks since 2011), touchdowns scored and turnovers.

In 2012, Seattle's special teams unit excelled in all phases and set records in the process. Schneider's unit scored on a blocked punt, kick-off return, muffed punt and blocked field goal during the season. The blocked field goal vs. San Francisco was returned 90 yards, the third-longest field goal block return in NFL history. Kick returner Leon Washington led the NFC (2nd NFL) with a 29.0 kickoff return average and tied the NFL record with his eighth-career kick-off return for a touchdown coming at Miami. Punter Jon Ryan set the franchise mark with a 40.8 net average and became just the third punter in NFL history to average 60-plus yards per punt in a single game (4 for 240 vs. New England). Kicker Steven Hauschka also set a franchise mark making at least one field goal in 14 consecutive games (2011-12).

Schneider's kickers were again a strong unit in 2011. Punter Jon Ryan continued his consistent play, breaking his own club record for highest punting average in a season (46.6) and leading the NFL with a career-high 34 punts landing inside the 20, tying for the second-most in Seattle history. Working with new kicker Steven Hauschka, he converted a career-high 25 of 30 field goals (.833) on the season, tied the franchise mark and set a career-high with five made field goals vs. Baltimore and holds the club mark for longest field goal attempt (61).

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 seasons (2007). He became the 10th player in NFL history to return two 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-plus 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 had 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.

Schneider 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 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.

SCHNEIDER'S COACHING CAREER

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

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) letter-winning 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.



ROCKY SETO

DEFENSIVE PASSING GAME COORDINATOR

SEAHAWKS EXPERIENCE: 4TH YEAR

NFL EXPERIENCE: 4TH YEAR

Hired on February 4, 2010, in a quality control/defense role, former USC linebacker Rocky 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, and on February 14, 2012, was promoted to his current role.

In collaboration with defensive backs coach Kris Richard, Seto works to devise game plans for one of the top secondaries in the NFL.

Finishing 2012 as the NFL's fourth-ranked defense, Seattle was led by two first-team All-Pro selections in Richard Sherman and Pro Bowl starter Earl Thomas in the secondary.

Sherman led the team with a career-high eight interceptions (T2nd NFL) and NFL-leading 24 passes defended while Thomas tallied 61 tackles (39 solo) and scored his second career touchdown (first interception return touchdown) on a 57-yard return at Buffalo.

Seto's defensive backfield was one of the NFL's most-improved, with three of its four starters playing in the Pro Bowl, with Earl Thomas being selected as a starter. They totaled 17 of the team's 22 interceptions, its most since the 2004 season. Led by the Pro Bowl tandem of Thomas and Kam Chancellor, the two ranked second and third for most tackles on the team, combining for 186, with six interceptions and 18 passes defended.

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 Mauluga was a freshman All-American first teamer, and in 2004, linebackers Matt Grootegoed and Lofa Tatupu were named All-American first teamers.

He spent two years (2001-02) as a Trojan graduate assistant, the first year working with

SETO'S COACHING CAREER

1999	USC <i>Def. Asst./Special Teams (Volunteer)</i>
2001-02	USC <i>Graduate Assistant</i>
2003	USC <i>Safeties</i>
2004-05	USC <i>Linebackers</i>
2006-08	USC <i>Secondary</i>
2009	USC <i>Defensive Coordinator/Secondary</i>
2010	Seattle Seahawks <i>Quality Control/Defense</i>
2011	Seattle Seahawks <i>Defensive Backs/Safeties</i>
2012-	Seattle Seahawks <i>Defensive Passing Game Coordinator</i>



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 two sons, Troy and Timothy.



CARL SMITH QUARTERBACKS

SEAHAWKS EXPERIENCE: 3RD YEAR
NFL EXPERIENCE: 24TH YEAR

Hired on February 1, 2011, Carl Smith reunites with Pete Carroll and brings 23 years of NFL experience to the Seahawks staff, most recently spending two years as the Cleveland Browns quarterbacks coach (2009-10). It was his second stint with Cleveland after originally joining the club from 2001-03 in the same capacity.

In 2012, Smith's training camp opened with a three-man race for the starting job with Tarvaris Jackson, Matt Flynn and Russell Wilson battling for the top spot. Throughout the process, it was Wilson's development, maturation and leadership at the position that would lead Seattle in to the regular season.

The NFL's third-ranked rushing attack allowed Wilson a comfort level to excel in the offense and he would go on to end the season as the league's fourth-ranked passer with a franchise-record 100.0 passer rating, tie (Peyton Manning) the NFL rookie-record with 26 touchdown passes, set the NFL rookie-record with three consecutive games with a 125-plus passer rating, and set other NFL and franchise records last season, including his 64.12 completion percentage ranking third in NFL history for a rookie quarterback.

With the help of a consistent ground game over the last-half of the 2011 season, Smith helped Tarvaris Jackson to career-highs in attempts (450), completions (271), yards (3,091), completion percentage (60.2, min. 290 att.) and touchdowns (14), in compiling a 7-7 record as a starter.

Of Smith's 23 years as an NFL assistant, 13 have been spent as an offensive coordinator, last 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 28 of his last 31 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 percent 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 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.

C. SMITH'S COACHING CAREER

1971	Cal Poly-SLO <i>Graduate Assistant</i>	1984-85	Philadelphia/Baltimore Stars (USFL) <i>Quarterbacks/Wide Receivers</i>
1972	University of Colorado <i>Graduate Assistant</i>	1986-96	New Orleans Saints <i>Offensive Coordinator/Quarterbacks</i>
1973	University of Colorado <i>Linebackers</i>	1997	New England Patriots <i>Assistant Head Coach/Quarterbacks</i>
1974	University of Louisiana-Lafayette <i>Defensive Line</i>	1998-99	New England Patriots <i>Tight Ends</i>
1975-76	University of Louisiana-Lafayette <i>Defensive Backs</i>	2001-03	Cleveland Browns <i>Quarterbacks</i>
1977-78	University of Louisiana-Lafayette <i>Offensive Coordinator/Running Backs</i>	2004	USC <i>Quarterbacks</i>
1979-80	Lamar University <i>Offensive Coordinator/Quarterbacks</i>	2005-06	Jacksonville Jaguars <i>Offensive Coordinator</i>
1981	Lamar University <i>Offensive Coordinator/Offensive Line</i>	2007-08	Bartram Trail High School <i>Quarterbacks</i>
1982	North Carolina State <i>Offensive Coordinator/Quarterbacks</i>	2009-10	Cleveland Browns <i>Quarterbacks</i>
1983	Philadelphia Stars (USFL) <i>Special Teams/Tight Ends</i>	2011-	Seattle Seahawks <i>Quarterbacks</i>





SHERMAN SMITH

RUNNING BACKS

SEAHAWKS EXPERIENCE: 4TH YEAR
NFL EXPERIENCE: 19TH 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.

Seattle's running game leads the NFL with 3,791 yards since Week 9 of the 2011 season.

Smith was in charge of the league's third-ranked rushing attack (161.2) with the club rushing for a franchise-record 2,579 yards. Led by first-team All-Pro and Pro Bowl RB Marshawn Lynch, he set career-highs in carries (315), yards (1,590, 3rd NFL), average gain (5.0, 4th NFL) and most yards from scrimmage (1,786, 4th NFL). He also scored the second-most rushing touchdowns of his career with 11 and set the franchise's highest yards per carry average in a single-game (11.64, 11 for 128) vs. Arizona (12/9), breaking Smith's record set in 1976.

In 2011, the Seahawks found their offensive identity of running the football led by Pro Bowlers Marshawn Lynch and fullback Michael Robinson. Robinson paved the way for Lynch's 285 carries, 1,204 yards and career-high 12 rushing touchdowns. Lynch led the league the last-half of the season with 941 yards and nine touchdowns, rushing for 100-plus in six of the last nine games and became Seattle's first 1,000-yard rusher since Shaun Alexander (2005). He also broke Alexander's franchise-mark (9), scoring in 11 consecutive games played.

Smith's 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 27 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 as the Redskins offensive coordinator and saw 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 performances 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 is one of 26 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 fifth 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 <i>Running Backs</i>
1992-93	University of Illinois <i>Tight Ends</i>
1994	University of Illinois <i>Running Backs</i>
1995-05	Tennessee Titans <i>Running Backs</i>
2006-07	Tennessee Titans <i>Assistant Head Coach/Running Backs</i>
2008-09	Washington Redskins <i>Offensive Coordinator</i>
2010-	Seattle Seahawks <i>Running Backs</i>



NICK SORENSEN

COACHING ASSISTANT/SPECIAL TEAMS

SEAHAWKS EXPERIENCE: 1ST YEAR
NFL EXPERIENCE: 1ST YEAR

Named to the Seahawks staff as coaching assistant/special teams on February 13, 2013, Sorensen joined the NFL coaching ranks after spending 2012 as a volunteer defensive quality control coach at Youngstown State following his NFL career.

Sorensen spent 10 seasons in the NFL as a safety, playing for three different franchises (St. Louis 2001-02, Jacksonville 2003-06, Cleveland 2007-10).

He signed with the Miami Dolphins as an undrafted rookie free agent in 2001 before signing with St. Louis. He played in 131 games primarily on special teams, collecting 133 special teams tackles, along with 27 tackles on defense (18 solo) and 0.5 sacks. Sorensen played three career postseason games, all with St. Louis,

including Super Bowl XXXVI vs. New England after the 2001 season.

Born on July 31, 1978 in Winter Haven, Fla., Sorensen graduated Virginia Tech with a degree in marketing. He and his wife, Danielle, have two sons, Stone and Nash.

SORENSEN'S COACHING CAREER

2012	San Francisco 49ers <i>Training Camp Intern/Defense</i>
2012	Youngstown State <i>Quality Control/Defense (volunteer)</i>
2013-	Seattle Seahawks <i>Coaching Assistant/Special Teams</i>





JAMIE YANCHAR

ASSISTANT STRENGTH & CONDITIONING

SEAHAWKS EXPERIENCE: 4TH YEAR
NFL EXPERIENCE: 4TH 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.

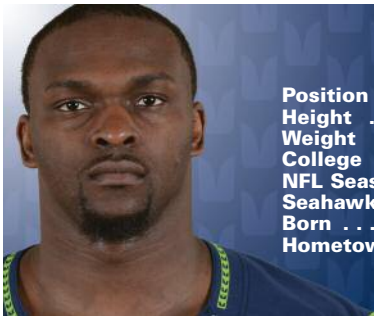
Born on December 29, 1963, in Cleveland, Ohio, he and his wife, Stephanie, have one son, Tjaden.

YANCHAR'S COACHING CAREER

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







CLIFF AVRIL

Position Defensive End
Height 6-3
Weight 260
College Purdue
NFL Seasons 6th
Seahawks Seasons 1st
Born April 8, 1986
Hometown .Green Cove Springs, Fla.

56

HOW ACQUIRED: Signed with Seattle as an unrestricted free agent March 13, 2013.

NFL CAREER HIGHLIGHTS:

- Originally drafted by the Detroit Lions in the third round (92nd overall) in the 2008 NFL Draft.
- Has played in 73 career games (60 starts) and amassed 163 tackles (121 solo), 39.5 sacks, 12 passes defended, 16 forced fumbles, five fumble recoveries (1 returned for a touchdown), and one interception (returned for a touchdown).
- Set career-high with 11 sacks during 2011 season, and added fumble and interception return touchdowns to season resume. Led the Lions in sacks in 2012 with 9.5. In 2010, registered 8.5 sacks, despite missing three games due to injury. Among all NFL rookies (2008), finished tied for first with 5.0 sacks and was first with four forced fumbles.
- Ranks fifth in Lions history with 39.5 sacks.
- Named NFC Defensive Player of the Week for Week 8 (2011), first of career, following his performance against the Denver Broncos that included 2.0 sacks, two forced fumbles and a fumble return for touchdown.

COLLEGE: Moved to defensive end in his final two seasons for the Boilermakers and registered 30 of 35.5 tackles behind the line of scrimmage and 12.5 of 13 sacks from the left end position. Played in 40 games at Purdue, starting 35, with 12 starts coming at strong-side linebacker and the other 23 at left defensive end. Was 12th in school history with 13 sacks. Named All-Big Ten Conference by the *NFL Draft Report* and second-team by the league's media in 2007 after starting all 13 games at left defensive end, where he led the team and tied for 10th in the conference with 6.5 sacks and returned an interception for a touchdown.

Started the first four games at strong-side linebacker in 2006 before shifting to left defensive end for the final 10 games. Played in 10 games as a sophomore in 2005 before a midseason back fracture forced him to sit out for the rest of the year and limited him in drills the following spring. Saw considerable action as a true freshman in 2004 while appearing in 12 games, starting four contests at strong-side linebacker.

PERSONAL: Attended Clay High School (Fla.) where he earned second-team All-State honors as a defensive end as a senior and was rated the 37th best outside linebacker in the nation by Rivals.com. Named to the *Florida Times-Union* Super 24 team and twice earned All-Conference accolades. As a senior, led the team to an 11-2 record and registered 80 tackles, 9.0 sacks, 11 stops behind the line of scrimmage and four passes defended. Named to Class 3A All-State team by the Florida Sports Writers Association senior year. Lettered in basketball, track and field and weight lifting. Retail management major.

TAG TEAMING

Most Sacks by Current Teammates (2010-12)

68.5	DAL	DeMarcus Ware	46.5
		Anthony Spencer	22.0
63.5	MIN	Jared Allen	45.0
		Brian Robison	18.5
62.5	SEA	Chris Clemons	33.5
		Cliff Avril	29.0
59.0	ATL	John Abraham	32.5
		Osi Umenyiora	26.5
54.0	DEN	Von Miller	30.0
		Shaun Phillips	24.0

AVRIL'S SINGLE-GAME HIGHS

Tackles: 8, vs. Minnesota (12/12/11)
Sacks: 3.0, vs. Chicago (12/5/10)
INT: 1, vs. San Diego (12/24/11)
INTTD: 1, vs. San Diego (12/24/11)

FF: 2, at Denver (10/30/11)
FR: 1, 5 Times, Last vs. Minnesota (12/11/11)
FRTD: 1, at Denver (10/30/11)

ADDITIONAL STATS

Special Teams Tackles: 2008 (1), 2009 (1), 2010 (1); **Career:** 3.

AVRIL'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions								
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2008 Detroit	15/4	22	17	5	5.0	30.0	0	0	0	0	0	0	4	1	10
2009 Detroit	13/11	40	26	14	5.5	37.5	0	0	0	0	0	3	3	0	0
2010 Detroit	13/13	31	22	9	8.5	61.0	0	0	0	0	0	5	1	1	10
2011 Detroit	16/16	36	29	7	11.0	92.0	1	4	4.0	4t	1	3	6	3	24
2012 Detroit	16/16	34	27	7	9.5	67.0	0	0	0.0	0	0	1	2	0	0
NFL TOTALS	73/60	163	121	42	39.5	287.5	1	4	4.0	4t	1	12	16	5	44

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions								
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2011 Detroit	1/1	2	1	1	0.5	3.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS	1/1	2	1	1	0.5	3.0	0	0	0.0	0	0	0	0	0	0



DOUG BALDWIN

Position Wide Receiver
 Height 5-10
 Weight 189
 College Stanford
 NFL Seasons 3rd
 Seahawks Seasons 3rd
 Born September 21, 1988
 Hometown Gulf Breeze, Fla.

89

HOW ACQUIRED: Signed by Seattle as a rookie free agent on July 26, 2011.

NFL CAREER HIGHLIGHTS:

- Started four of 14 games played in 2012.
- Led the team in receiving yards (788), receptions (51) and TD receptions (4) in 2011. Became the first undrafted rookie to lead his team in both receptions and receiving yards since Bill Groman of the Houston Oilers in 1960 (72 catches for 1473 yards).
- In 2011, led team with career highs in receptions (8) and yards (136) at New York Giants (10/9), and gave Seattle the winning score on a 27-yard TD from Charlie Whitehurst with 2:37 remaining in the game. Also earned NFC Special Teams Player of the Week 12 versus St. Louis (12/12). Took a reverse handoff on the opening kickoff for 37 yards and after the Rams opening drive resulted in a punt, he downed a Jon Ryan punt at the St. Louis 6 after snagging it out of the air. After Seattle forced a St. Louis punt on the ensuing possession, he blocked the punt resulting in a 17-yard touchdown return on the play by Michael Robinson for the game's first score.

HONORS: 2011: NFC Special Teams Player of the Week 12.

COLLEGE: 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.

PERSONAL: 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.

BALDWIN'S SINGLE-GAME HIGHS

- Most Receptions:** 8, at N.Y. Giants (10/9/11)
- Most Receiving Yards:** 136, at N.Y. Giants (10/9/11)
- Longest Reception:** 55t, at San Francisco (9/11/11)
- Most Touchdowns:** 2, vs. San Fran (12/23/12)

ADDITIONAL STATS

Special Teams: 2011: Blocked punt (1 vs. St. Louis 12/12/11); Kickoff returns (1 for 37 yards vs. St. Louis 12/12/11). **2012:** Tackles 1. Kickoff returns (1 for 3 yards at Carolina 10/7/12).

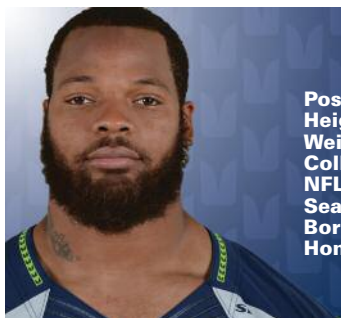


BALDWIN'S NFL RECORD

Club	G/S	Receiving					Rushing			
		No	Yds	Avg	LG	TD	Att	Yds	Avg	TD
2011 Seattle	16/1	51	788	15.5	55t	4	1	-2	-2.0	0
2012 Seattle	14/4	29	366	12.6	50	3	0	0	0.0	0
NFL TOTALS	30/5	80	1,154	14.6	55t	7	1	-2	-2.0	0

BALDWIN'S GAME-BY-GAME RECEIVING

2011	Opponent	No	Yds	Avg	LG	TD	2012	Opponent	No	Yds	Avg	LG	TD
9/11	at San Francisco	4	83	20.8	55t	1	9/9	at Arizona	2	5	2.5	4	0
9/18	at Pittsburgh	1	4	4.0	4	0	9/16	Dallas	1	8	8.0	8	0
9/25	Arizona	2	23	11.5	20	0	9/24	GB	Inactive (shoulder)				
10/2	Atlanta	5	84	16.8	30	0	9/30	at St. Louis	1	10	10.0	10	0
10/9	at NY Giants	8	136	17.0	27t	1	10/7	at Carolina	3	37	12.3	19	0
10/23	at Cleveland	0	0	0.0	0	0	10/14	New England	2	74	37.0	50	1
10/20	Cincinnati	5	73	14.6	31	0	10/18	at San Francisco	2	15	7.5	8	0
11/6	at Dallas	3	31	10.3	25	0	10/28	at Detroit	Inactive (ankle)				
11/13	Baltimore	1	50	50.0	50	0	11/4	Minnesota	1	6	6.0	6	0
11/20	at St. Louis	3	60	20.0	35	0	11/11	N.Y. Jets	3	42	14.0	18	0
11/27	Washington	5	60	12.0	24	0	11/25	at Miami	1	14	14.0	14	0
12/1	Philadelphia	1	21	21.0	21	0	12/2	at Chicago	4	46	11.5	20	0
12/12	St. Louis	7	93	13.3	29t	1	12/9	Arizona	2	29	14.5	27	0
12/18	at Chicago	1	13	13.0	13	0	12/16	at Buffalo	1	8	8.0	8	0
12/24	San Francisco	2	17	8.5	13t	1	12/23	San Francisco	4	53	13.3	43	2
1/1/12	at Arizona	3	40	13.3	21	0	12/30	St. Louis	2	19	9.5	12	0
TOTALS (16/1)		51	788	15.5	55t	4	TOTALS (14/4)		29	366	12.6	50	3
							1/6	at Washington	2	39	19.5	33	0
							1/13	at Atlanta	1	6	6.0	6	0
							PLAYOFF TOTALS (2/0)		3	45	15.0	33	0



MICHAEL BENNETT

Position Defensive End
Height 6-4
Weight 274
College Texas A&M
NFL Seasons 5th
Seahawks Seasons 1st
Born November 13, 1985
Hometown Alief, Texas

72

HOW ACQUIRED: Signed by the Seahawks as an unrestricted free agent on March 15, 2013.

NFL CAREER HIGHLIGHTS:

- Originally entered the NFL as a college free agent with the Seahawks on April 26, 2009. Was claimed by Tampa Bay off waivers from the Seahawks on October 12, 2009.
- Has appeared in 50 career games, with 28 starts, all with Tampa Bay.
- Owns 114 career tackles, 15 sacks, 30 tackles for loss, two fumble recoveries and four forced fumbles.
- Led the Buccaneers with nine sacks in 2012,

which ranked 23rd in the NFL and 14th in the NFC. Tied for 17th in the league with three forced fumbles.

- Made NFL debut vs. Carolina (10/18/09) and notched first-career tackle vs. New England (10/25/09). Recorded first-career sack on QB Aaron Rodgers vs. Green Bay (11/8/09). Registered first career takeaway on a fumble recovery vs. Atlanta (9/25/11).
- Recorded first multi-sack game (2) and one forced fumble vs. Indianapolis (10/3/11).

COLLEGE: Full-time starter in 2008 for Texas A&M where he recorded 42 tackles, 12 TFL and two sacks. Named honorable mention All-Big

12 by the coaches in 2007 despite starting only one game. Majored in agricultural and life sciences.

PERSONAL: Earned first-team all-district honors as a defensive lineman as a senior at Alief Taylor High School after compiling 110 tackles

and four quarterback sacks. Earned honorable mention all-district honors as a junior. Brother, Martellus, also attended Texas A&M and was originally drafted by the Dallas Cowboys and currently plays for the Chicago Bears.

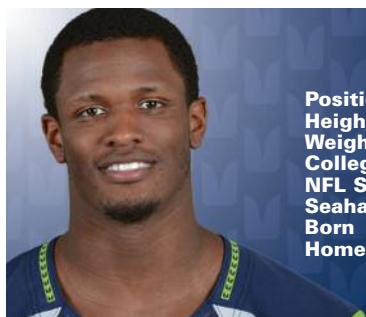
BENNETT'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions									
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds	
2009 Tampa Bay	7/0	5	4	1	1.0	5.0	0	0	0.0	0	0	0	0	0	0	0
2010 Tampa Bay	13/2	21	14	7	1.0	2.0	0	0	0.0	0	0	0	0	0	0	
2011 Tampa Bay	14/10	47	32	15	4.0	25.0	0	0	0.0	0	0	0	1	2	0	
2012 Tampa Bay	16/16	41	34	7	9.0	57.0	0	0	0.0	0	0	2	3	0	0	
NFL TOTALS	50/28	114	84	30	15.0	89.0	0	0	0.0	0	0	2	4	2	0	

BENNETT'S SINGLE-GAME HIGHS

Tackles: 5, 7 Times, Last at Carolina (11/18/12)
Sacks: 2.0, 3 Times, Last vs. Philadelphia (12/9/12)

FF: 1, 4 Times, Last at Minnesota (10/25/12)
FR: 1, 2 Times, Last vs. Indianapolis (10/3/11)



WILL BLACKMON

Position Cornerback
Height 6-0
Weight 210
College Boston College
NFL Seasons 7th
Seahawks Seasons 1st
Born October 27, 1984
Hometown Providence, R.I.

37

HOW ACQUIRED: Signed by the Seahawks as an unrestricted free agent on February 13, 2013.

NFL CAREER HIGHLIGHTS:

- Originally drafted in the 2006 NFL Draft with the second of the Packers' two selections in the fourth round (115th overall), taken with choice from Philadelphia acquired with the Eagles' sixth-round selection (185) for Green Bay's fourth round choice (109).
- With three career punt returns for touchdowns while with the Packers, is tied with Desmond Howard for the franchise record. In 2008, became only the fourth player in team history to return multiple punts for touchdowns in the same season.
- Scored his first two NFL touchdowns in the same game in 2007, returning a punt 57 yards and recovering a fumble on a punt return vs. Oakland (Dec. 9) to earn 'NFC Special Teams Player of the Week'. Marked first time a Packers player scored two special teams TDs in the same game in 38 years.

COLLEGE: A three-year starter (2003-05), played in 48 games, including 34 starts. Spent first three years at cornerback (22 starts) before switching to wide receiver as a senior and proceeded to lead team in catches and receiving yards. Earned all-conference distinction final three seasons. Finished career with 141 tackles, eight interceptions, 22 passes broken up, three forced fumbles, and two fumble recoveries. Recorded 3,995 all-purpose yards and six touchdowns as a WR and return specialist. Fell just 222 yards shy of the NCAA Division I-A kickoff-return yardage record, a mark set by Tulane's Jeff Ligon (1993-96). Also established a number of school records, including career kickoff-return yardage (2,700), career kickoff returns (110), single-season kickoff-return yardage (922) and single-season kickoff returns (36). Started all 12 games at wide receiver as a senior but saw action on both sides of the ball. Earned All-ACC second-team honors at WR and led team in receptions (51) and receiving yards (763); his four TD catches ranked second on the team. Returned 22 kickoffs for 489 yards (22.2-



yard average) and 15 punts for 132 yards (8.8-yard average). In the MPC Computers Bowl vs. Boise State had five receptions for 144 yards, including a 35-yard TD reception. Played in all 12 games as a junior, starting nine at cornerback, and became first player in school history to return both a punt and kickoff for a TD in the same season becoming a second-team All-Big East selection. Started all 13 games at cornerback as a sophomore and earned second-team All-Big East honors. Saw action in 11 games as a freshman, posting 29 tackles (22 solo), one INT among two passes broken up, one forced fumble and a recovered fumble. Earned B.A. in English.

PERSONAL: Earned 2001 All-America first-team honors from *USA Today*, *ESPN.com*, *SuperPrep* and *PrepStar* as a senior at Bishop Hendricken High School in Warwick, R.I., which retired his No. 27 in 2008. Three-year letterman was selected to participate in the 2002 U.S. Army All-American Game played at San Antonio's Alamodome. Named Gatorade Rhode Island Player of the Year after his senior season, in which he rushed for 1,618 yards and 24 TDs. Also had 100 tackles and three INTs. Chosen as the top player in New England by *SuperPrep* and *PrepStar*. A two-time all-state and three-time all-city honoree. Lettered in track three years, winning the 100-meter dash in the Rhode Island state meet (10.87).

BLACKMON'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions									
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds	
2006 Green Bay	4/0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0
2007 Green Bay	9/1	2	2	0	0.0	0.0	0	0	0	0	0	1	0	1	0	
2008 Green Bay	16/1	19	16	3	0.0	0.0	0	0	0	0	0	0	2	4	0	
2009 Green Bay	3/0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	
2010 N.Y. Giants	5/0	1	1	0	0.0	0.0	0	0	0	0	0	0	0	0	0	
2011 N.Y. Giants	6/0	2	2	0	0.0	0.0	0	0	0	0	0	0	0	0	0	
2012	Did Not Play															

NFL TOTALS 43/2 24 21 3 0.0 0.0 0 0 0.0 0 0 1 2 5 0

Club	No	Yds	Avg	LG	TD	Att	Punt Returns			
							Yds	Avg	LG	TD
2006 Green Bay	0	0	0.0	0	0	0	0	0.0	0	0
2007 Green Bay	1	3	3.0	3	0	8	106	13.3	57t	1
2008 Green Bay	55	1,157	21.0	45	0	36	398	11.1	76t	2
2009 Green Bay	10	233	23.3	28	0	3	11	3.7	6	0
2010 N.Y. Giants	13	238	18.3	42	0	14	94	6.7	22	0
2011 N.Y. Giants	2	43	21.5	32	0	6	25	4.2	16	0
2012	Did Not Play									

NFL TOTALS 1 10 10.0 10 0 17 202 11.9 63 0

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions								
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2011 N.Y. Giants	4/0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0
NFL TOTALS	4/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0

Club	No	Yds	Avg	LG	TD	Att	Punt Returns			
							Yds	Avg	LG	TD
2011 N.Y. Giants	1	4	4.0	4	0	9	64	7.1	13	0
NFL TOTALS	1	4	4.0	4	0	9	64	7.1	13	0

BLACKMON'S SINGLE-GAME HIGHS

Tackles: 4, 3 Times, Last vs. Houston (12/7/08)

FF: 1, 2 Times, Last at Jacksonville (12/14/08)

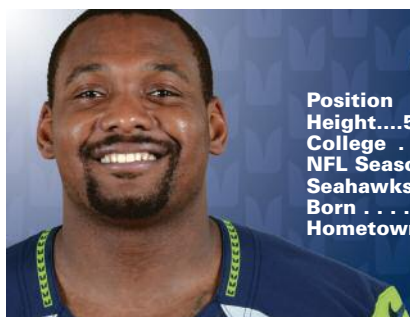
Sacks: None

FR: 1, 5 Times, Last at Chicago (12/22/08)

Int.: None

ADDITIONAL STATS

Special Team Tackles: 2006 (3), 2007 (8); 2008 (18) **Career:** 29



ALLEN BRADFORD

Position Linebacker
 Height....5-11 Weight....235
 College Southern California
 NFL Seasons 3rd
 Seahawks Seasons 2nd
 Born August 31, 1988
 Hometown .San Bernardino, Calif.

52

HOW ACQUIRED: Signed by Seattle to a future 2012 contract on January 3, 2012.

NFL CAREER HIGHLIGHTS:

- Claimed as a running back by Seattle off waivers (TB) on October 17, 2011, and was released two days later before signing to the team's practice squad as a linebacker on October 21, 2011. Finished the 2011 season on the team's practice squad.
- Originally selected in the sixth round (187th overall) of the 2011 NFL Draft by Tampa Bay and made one appearance for the Buccaneers in week five before his release from the team.

COLLEGE: Played for current Seahawks head coach Pete Carroll at USC, where he finished

his career with 1,585 yards rushing on 267 carries (5.9 average) and 16 touchdowns in 52 games played. Rushed for 7.2 yards per carry in 2010, good for second in the nation. Was USC's No. 2 rusher in 2009, earning All-Pac-10 honorable mention.

PERSONAL: Played running back and linebacker at Colton High School where he played on the varsity squad for four years. As a senior in 2005, ran for 1,869 yards on 143 carries with 29 touchdowns, and caught 20 passes for 429 yards with six touchdowns, plus recorded 157 tackles, 12.0 sacks, four forced fumbles and one fumble recovery. Majored in American studies and ethnicity at USC.

BRADFORD'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions					FF	FR	Yds	
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD				PD
2011 Tampa Bay	1/0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0
2012 Seattle	1/0	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

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions					FF	FR	Yds	
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD				PD
2012 Seattle	0/0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0
NFL TOTALS	0/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0

ADDITIONAL STATS

Rushing: Five carries for 13 yards and a long of 4 for Tampa Bay vs. San Francisco on October 9, 2011.

YOUNG GUNS

By the end of Year 3 of their program, Pete Carroll and John Schneider continued to build the team in their vision, and with that, turned one of the more veteran rosters in the NFL into the second-youngest roster by the end of the 2012 season.

YOUNGEST 53-MAN ROSTER TO END 2012

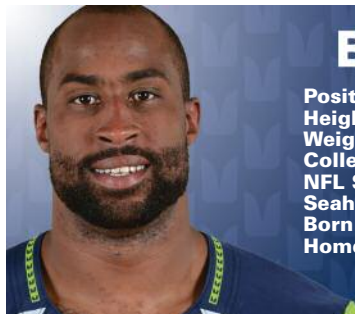
Team	Yrs.	Days	Team	Yrs.	Days
St. Louis	25	351	Miami	26	95
Seattle	26	24	Carolina	26	96
Cleveland	26	38			



BRANDON BROWNER

Position Cornerback
 Height 6-4
 Weight 221
 College Oregon State
 NFL Seasons 3rd
 Seahawks Seasons 3rd
 Born August 2, 1984
 Hometown Sylmar, Calif.

39



HOW ACQUIRED: Signed by Seattle to a future 2011 contract on January 21, 2011.

CAREER HIGHLIGHTS:

- 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.
- 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.
- Led Seattle with six interceptions in 2011, five in the final six games. Became the single-season club record holder for return yards in a season with 220 (Dave Brown, 179 in 1984). Became the first Seattle player since Josh Wilson in 2009 to return two interceptions for a TD in one season. Tied a club record with interceptions in four consecutive games. Earned a trip to the Pro Bowl.
- Started all 12 games played in 2012, missing the final four regular-season games after being suspended. Part of a defense that finished first in scoring defense, third in opponent passer rating and fourth in yards allowed.



HONORS: 2011: NFC Pro Bowl.

COLLEGE: 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.

PERSONAL: 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.

BROWNER'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions								
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2011 Seattle	16/16	54	51	3	0.0	0.0	6	220	36.7	94t	2	23	0	0	0
2012 Seattle	12/12	44	35	9	0.0	0.0	3	39	13.0	35	0	6	3	1	0
NFL TOTALS	28/28	98	86	12	0.0	0.0	9	259	28.8	94t	2	29	3	1	0

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions								
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2012 Seattle	2/2	6	5	1	0.0	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

BROWNER'S SINGLE-GAME HIGHS

Tackles: 8 vs. Atlanta (10/2/11)

Sacks: None

Int.: 2, vs. Philadelphia (12/1/11)

TD.: 1, 2 Times, INT (94) at NYG (10/9/11) and INT (42) at Chicago (12/18/11)

FF: 1, 2 Times, Last at Carolina (10/7/12)

FR: 1, at Carolina (10/7/12)

Longest Int. Ret.: 94 (TD), at N.Y. Giants (10/9/11)

ADDITIONAL STATS

Returns: One punt return for -1 yard.



RED BRYANT

Position	Defensive End
Height	6-4
Weight	323
College	Texas A&M
NFL Seasons	5th
Seahawks Seasons	5th
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 49-career games with 40 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.
- Posted a career year in 2011 starting all 16 games totaling a career high 32 tackles. Recorded two interceptions, including one that that resulted in a 20-yard TD at Chicago (12/18/11). Also blocked three field goals and an extra point - two FGs at Cleveland (10/23/11) and a FG and a PAT versus Washington (11/27/11). Three blocked FGs tied a single-season record, two blocked FGs in a game set a club record and four combined blocked kicks in a season also set a club mark. Bryant's presence on the front line helped limit opposing run games to 3.8 yards/carry - fourth in the NFL.

HONORS: 2011: Steve Largent Award; Ed Block Courage Award.

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 defended, 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 (Texas) 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. They have a son, Joseph.

BRYANT'S SINGLE-GAME HIGHS

Tackles: 6, at Arizona (1/1/12)

Sacks: 1.0, vs. San Francisco (9/12/10)

INT: 1, 2 Times, at St. Louis (11/20/11) and at Chicago (12/18/11)

TD: 1, at Chicago (12/18/11) 20 yard INT return

FF: 1, vs. San Francisco (9/12/10)

FR: 2, vs. San Diego (9/26/10)

ADDITIONAL STATS

Special Teams: 2011: Blocked field goals (3, 2 at Cleveland 10/23 and 1 vs. Wash 11/27); Blocked PAT (vs. Wash 11/27). 2012: Blocked field goal (vs. SF 12/23).



BRYANT'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions						FF	FR	Yds	
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD				
2008 Seattle	4/0	8	6	2	0.0	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	0
2010 Seattle	7/7	18	16	2	1.0	4.0	0	0	0	0	0	0	1	2	0	0
2011 Seattle	16/16	32	20	12	1.0	5.0	2	25	12.5	20t	1	3	0	0	0	0
2012 Seattle	16/16	24	14	10	0.0	0.0	0	0.0	0.0	0	0	3	0	0	0	0
NFL TOTALS	49/40	90	63	27	2.0	9.0	2	25	12.5	20t	1	6	1	2	0	0

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions						FF	FR	Yds	
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD				
2010 Seattle		Injured Reserve (Knee)														
2012 Seattle	2/2	3	1	2	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0
NFL TOTALS	2/2	3	1	2	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0



JAMES CARPENTER

Position Guard
 Height....6-5 Weight....321
 College Alabama
 NFL Seasons 3rd
 Seahawks Seasons 3rd
 Born March 22, 1989
 Hometown . . . Augusta, Georgia

77

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).

NFL CAREER HIGHLIGHTS:

- Started the first nine games of career in 2011 before being placed on injured reserve (knee) November 24. First start of career came at San Francisco (9/11) playing left guard before starting the next eight games at right tackle.

- Started seven games in 2012. Missed the first three (recovering from ACL surgery) and then missed time with a concussion and a knee injury before being placed on reserve/non-football illness list on December 4.

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. Earned first-team All-SEC by league coaches and second-team pick by the Associated Press as a senior. Was a second-team All-SEC selection by the AP as a junior. Transferred to Alabama after spending two seasons at Coffeyville (Kan.) Community College.

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.

CARPENTER'S NFL RECORD

Year	Team	—	GP/GS	Year	Team	—	GP/GS
2011	Seattle	—	9/9	NFL TOTALS	—	16/16	
2012	Seattle	—	7/7				



KAM CHANCELLOR

Position Safety
Height 6-3
Weight 232
College Virginia Tech
NFL Seasons 4th
Seahawks Seasons 4th
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). Signed a multi-year extension with Seattle on April 22, 2013.

NFL CAREER HIGHLIGHTS:

- Has started 31 of 47 games played in three seasons totaling 197 tackles and four interceptions.
- Totaled 91 tackles in 2012 for a side that led the NFL in scoring defense for the first time in club history, finished fourth in total defense and tied for fifth in total takeaways.
- Started all 15 games played in 2011 and earned a trip to the Pro Bowl after finishing second on the team in tackles (94) and interceptions (4). Helped lead one of the best young defensive backfields in the NFL and helped Seattle rank tied for fifth in NFL with 31 total takeaways. Did not play versus Atlanta (10/2/11) due to a quadriceps injury.
- Saw action in all 16 games as a rookie, 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.



HONORS: 2011: NFC Pro Bowl.

COLLEGE: Started 41 of 54 career games played for the Hokies,

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 SINGLE-GAME HIGHS

Tackles: 11, vs. New England (10/14/13)
FF: 1, 2 Times, Last vs. San Francisco (12/23/13)
Sacks: 1, 2 Times, Last at Cleveland (10/23/11)
FR: 1, 2 Times, Last vs. San Francisco (12/23/13)
Interceptions: 1, 4 Times, Last vs. Philadelphia (12/1/11)

ADDITIONAL STATS

Special Team Tackles: 2010 (11, FF), 2011 (3, FF), 2012 (6, FR); **Career: 20, 2 FF, FR.**
Postseason: 2010 (1), 2012 (1); **Career: 2.**

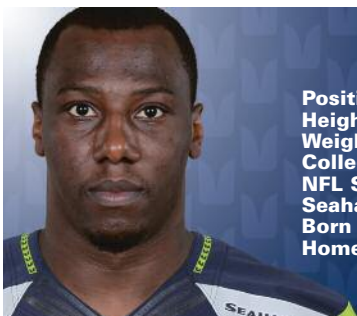
CHANCELLOR'S NFL RECORD

Club	Tackles			Sacks		Interceptions			LG	TD	PD	FF	FR	Yds	
	G/S	Tkl	So	Ast	QB	Yds	No	Yds							Avg
2010 Seattle	16/0	12	10	2	1.0	3.0	0	0	0.0	0	0	1	0	0	0
2011 Seattle	15/15	94	73	21	1.0	10.0	4	27	6.7	9	0	13	1	1	0
2012 Seattle	16/16	91	69	22	0.0	0.0	0	0	0.0	0	0	5	1	1	0
NFL TOTALS	47/31	197	152	45	2.0	13.0	4	27	6.7	9	0	19	2	2	0

POSTSEASON

Club	Tackles			Sacks		Interceptions			LG	TD	PD	FF	FR	Yds	
	G/S	Tkl	So	Ast	QB	Yds	No	Yds							Avg
2010 Seattle	2/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2012 Seattle	2/2	9	4	5	0.0	0.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS	4/2	9	4	5	0.0	0.0	0	0	0.0	0	0	0	0	0	0





CHRIS CLEMONS

Position Defensive End
 Height 6-3
 Weight 254
 College Georgia
 NFL Seasons 10th
 Seahawks Seasons 4th
 Born October 30, 1981
 Hometown. . . . Griffin, Georgia

91

HOW ACQUIRED: Acquired 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.
- From 2010-12, ranks tied for sixth in the NFL totaling 33.5 sacks. Only the third player in Seahawks history to post three consecutive double digit sack seasons joining Michael Sinclair (1996-98) and Jacob Green (1983-86).
- Totaled a career-best 11.5 sacks in 2012. Also

tied an NFL record for most sacks in a first half by tying the Seahawks record and setting a career-best with 4.0 vs. Green Bay (9/24) on Monday Night Football earning NFC Defensive Player of the Week.

- Started 2012 Wild Card Playoff game at Washington (1/6/13) and suffered a torn ACL and was placed on injured reserve before the following Divisional playoff game.
- Earned NFC Defensive Player of the week at St. Louis (11/20/11) after setting a then career high 3.0 sacks and two forced fumbles.
- In first season as a regular starter in 2010, 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



TAG TEAMING

Most Sacks by Current Teammates (2010-12)

68.5	DAL	DeMarcus Ware	46.5
		Anthony Spencer	22.0
63.5	MIN	Jared Allen	45.0
		Brian Robison	18.5
62.5	SEA	Chris Clemons	33.5
		Cliff Avril	29.0
59.0	ATL	John Abraham	32.5
		Osi Umenyiora	26.5
54.0	DEN	Von Miller	30.0
		Shaun Phillips	24.0

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

Club	G/S	Tackles			Sacks		Interceptions					FF	FR	Yds	
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD				PD
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	16/0	9	7	2	3.0	24.5	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
2011 Seattle	16/16	51	34	17	11.0	90.0	0	0	0	0	0	5	3	0	0
2012 Seattle	16/16	40	30	10	11.5	87.0	0	0	0	0	0	4	3	1	0
NFL TOTALS	116/51	192	135	57	53.5	374.0	0	0	0	0	0	19	12	5	73

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions					FF	FR	Yds	
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD				PD
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
2012 Seattle	1/1	2	0	2	0.0	0.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS	7/3	13	8	5	2.0	15.0	0	0	0.0	0	0	2	0	0	0

CLEMONS' SINGLE-GAME HIGHS

Tackles: 7, vs. Arizona (9/25/11)
Sacks: 4, vs. Green Bay (9/24/12)

FF: 2, at St. Louis (11/20/11)
FR: 1, 5Times, Last vs. Arizona (12/9/12)



HEATH FARWELL

Position Linebacker
 Height 6-0
 Weight 235
 College San Diego State
 NFL Seasons 9th
 Seahawks Seasons 3rd
 Born December 31, 1981
 Hometown Fontana, Calif.

55

HOW ACQUIRED: Signed as a free agent by Seattle on October 19, 2011.

NFL CAREER HIGHLIGHTS:

- Originally signed with the Vikings as an undrafted free agent following the 2005 NFL

Draft. Was signed to their practice squad for the first five weeks of the 2005 season, but then signed to the Vikings active roster on October 22, 2005. First action came vs. Green Bay October 23, 2005.

- Led Seattle in 2012 with 15 special teams tackles.
- Led Seattle in 2011 with 21 special teams tackles despite signing with the club in October and playing in only 11 games. Blocked a punt versus San Francisco (12/24) that was recovered at the 49ers 4-yard line that led to a go-ahead TD with 6:41 to play in the game.
- Spent six seasons with Minnesota seeing most action on special teams. Tied for fourth with Keith Nord on the Vikings all-time list with 113 career special teams tackles. Led the Vikings in special teams tackles each of the last four seasons played with Minnesota.
- Spent the entire 2008 season on injured reserve after injuring a knee in the preseason opener vs. Seattle.
- In 2009, became the first Vikings player since Joey Browner in 1985 to earn a trip to the Pro Bowl as a special teams player totaling 24 stops and two fumble recoveries.
- In 2007, set Vikings records for most special

teams tackles in a game by corraling seven at N.Y. Giants (11/25) and for most inside kick recoveries in a season with two.

COLLEGE: Was Freshman of the Year at San Jose State in 2000. Transferred to San Diego State following the 2000 season. Led the Mountain West in forced fumbles in 2002. Earned SDSU Defensive MVP in 2004. Special Teams Player of the Year in 2004 and Honorable Mention All-Mountain West Conference in 2004. Sat out 2001 under NCAA transfer rules. Played in all 12 games for San Jose State as a true freshman en route to earning SJSU Freshman of the Year honors.

PERSONAL: A three-year letterwinner and defensive MVP at Corona (Calif.) High. Recorded 129 tackles and 10 sacks as a senior, earning First-Team All-Mountain View League. Had 96 tackles and 12 sacks as a junior en route to all-league honors. Lettered in baseball and track & field. Earned bachelor degree in criminal justice and aspires for a career in law enforcement following football. Married to Julie.

FARWELL'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions									
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds	
2005 Minnesota	7/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0
2006 Minnesota	16/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0
2007 Minnesota	16/0	2	2	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0
2008 Minnesota		Injured Reserve (knee)														
2009 Minnesota	16/0	8	5	3	0.0	0.0	0	0	0.0	0	0	1	0	0	0	0
2010 Minnesota	16/0	2	1	1	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0
2011 Seattle	11/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0
2012 Seattle	15/0	4	2	2	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0
NFL TOTALS	97/0	16	10	6	0.0	0.0	0	0	0.0	0	0	1	0	0	0	0

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions									
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds	
2009 Minnesota	2/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0
2012 Seattle	2/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0
NFL TOTALS	4/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0

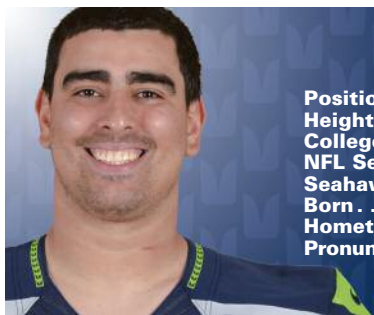
FARWELL'S SINGLE-GAME HIGHS

Tackles: 3, at Cleveland (9/13/09)
Sacks: None

FF: None
FR: None

ADDITIONAL STATS

Special Team Tackles: 2005 (13), 2006 (25, FR), 2007 (32), 2009 (24, 2 FR), 2010 (19), 2011 (21), Blocked Punt), 2012 (15); **Career:** (149, 3 FR, Blocked Punt).
Postseason: 2009 (3), 2012 (1); **Career:** (4).



BRENO GIACOMINI

Position Tackle
 Height . . . 6-7 Weight . . . 318
 College Louisville
 NFL Seasons 6th
 Seahawks Seasons 4th
 Born September 27, 1985
 Hometown . . Cambridge, Mass.
 Pronunciation . JAH-cuh-mee-nee

68

HOW ACQUIRED: Signed by Seattle from Green Bay's practice squad on September 28, 2010.

NFL CAREER HIGHLIGHTS:

- 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.
- Started all 16 games for first time in career in 2012, helping Marshawn Lynch to an All-Pro and Pro Bowl season with career-highs in yards (1,590), avg. gain (5.0) and carries (315).
- Received first extensive playing opportunity in 2011 and saw action in 15 games, starting

eight at right tackle. Helped Lynch lead the NFC in rushing over the final seven games. Also helped Lynch post a club record, scoring at least one TD in 10 consecutive games. Facing San Francisco (12/24), who hadn't allowed a 100-yard rusher in 36 games, Lynch totaled 107, or a rushing score (Lynch had one) in 15 games dating to 2010.

- 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).

COLLEGE: 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.

PERSONAL: 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 did not play football as a junior to concentrate on basketball. Four-year letter winner 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.

GIACOMINI'S NFL RECORD

Year	Team	GP/GS	Postseason
2008	Green Bay	1/0	
2009	Green Bay	0/0	
2010	Seattle	0/0	0/0
2011	Seattle	15/8	
2012	Seattle	16/16	2/2
NFL TOTALS		32/24	2/2

HOME COOKIN'

One thing that has been a constant through the early days of the Kingdom through the championship years of CenturyLink Field is that the 12th Man has given that extra edge for the Seahawks when playing in the Puget Sound.

Seattle has the NFC's second-best home record since moving to the NFC in 2002 with a 59-29 record, joining only Green Bay, Atlanta, Philadelphia and Chicago with 50+ wins over that span.

NFC BEST HOME RECORD SINCE 2002

Team	Record	Percentage
Green Bay	62-26	.705
Seattle	59-29	.670
Atlanta	57-31	.648
Chicago	54-34	.614
Philadelphia	52-36	.591





CLINT GRESHAM

Position Long Snapper
 Height 6-3
 Weight 240
 College Texas Christian
 NFL Seasons 4th
 Seahawks Seasons 4th
 Born August 24, 1986
 Hometown Corpus Christi, Tex.

49

HOW ACQUIRED: Signed with Seattle as a free agent on 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.
- Has handled snapping duties in 48 consecutive games for Seattle from 2010-12.

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
2011	Seattle	16/0	
2012	Seattle	16/0	2/0
NFL TOTALS		48/0	4/0

GRESHAM'S ADDITIONAL STATS

Special Team Tackles: 2010 (1), 2011 (1), 2012 (1);
 Career: (3).



WINSTON GUY

Position Safety
 Height 6-1
 Weight 218
 College Kentucky
 NFL Seasons 2nd
 Seahawks Seasons 2nd
 Born April 23, 1990
 Hometown Lexington, Ky.

27

HOW ACQUIRED: Drafted with the second of two sixth-round draft choices (181st overall) in the 2012 NFL Draft.

NFL CAREER HIGHLIGHTS:

- Played in two regular season games and the NFC Divisional Playoff Game at Atlanta (1/13/13) where he collected two solo stops.

COLLEGE: A three-year starter at Kentucky, Guy played in 50 games with 34 starts, recording 283 tackles, five interceptions, 18 tackles for loss, seven passes defensed, one forced fumble

and one fumble recovery. Played a different position each year; cornerback as a freshman, free safety as a sophomore, strong safety as a junior and hybrid safety/linebacker as a senior. Started all 11 games played and finished second in the SEC with 106 tackles and fifth in the SEC with 12 tackles for loss during his senior season. Named All-SEC second-team by CollegeFootballNews.com after his junior year.

PERSONAL: First-team all-state defensive back as chosen by The Associated Press and Louisville Courier-Journal at Catholic High

School. Named to the Lexington Herald-Leader "Class of the Commonwealth" listing of the top-22 seniors in the state. Helped lead Lexington Catholic to a 13-2 record and Class AAAA state championship as a senior. Senior defensive statistics featured 75 tackles, 18.5 tackles for loss, 7.5 quarterback sacks, 10 QB hurries, two caused fumbles, and two blocked kicks. Offensive stats included 24 carries for 267 yards and six touchdowns, along with 16 pass receptions for 215 yards and two scores. Also had

two kick returns for touchdowns. Set a school career record with 19.5 sacks. Team also won the state title in Class AAA his sophomore season. Competed in the 100-meter dash, 4x100- and 4x400-meter relays and the long jump for the track and field team. Won the state championship in the 100 and the 4x100 relay as a senior. Also played two years of basketball. Father, Winston Sr., played college football at Kentucky State University. Majored in community communications and leadership development.

GUY'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions					LG	TD	PD	FF	FR	Yds
		Tkl	So	Ast	QB	Yds	No	Yds	Avg								
2012 Seattle	2/0	0	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	0	0

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions					LG	TD	PD	FF	FR	Yds
		Tkl	So	Ast	QB	Yds	No	Yds	Avg								
2012 Seattle	1/0	2	2	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0	0
NFL TOTALS	1/0	2	2	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0	0



PERCY HARVIN

Position Wide Receiver
 Height 5-11
 Weight 184
 College Florida
 NFL Seasons 5th
 Seahawks Seasons 1st
 Born May 28, 1988
 Hometown . Virginia Beach, Va.

11

HOW ACQUIRED: Traded by Minnesota to Seattle for a 2013 first-round draft choice, one of three 2013 seventh-round draft choices and a 2014 third-round draft choice on March 12, 2013.

NFL CAREER HIGHLIGHTS:

- Originally the 22nd overall draft choice by the Minnesota Vikings in the 2009 NFL Draft. Played in 54 games with 43 starts with 280 receptions for 3,302 yards and 20 touchdowns. Also rushed 107 times for 683 yards with four touchdowns and returned 114 kickoffs for 3,183 yards, a Vikings franchise record five kickoff return touchdowns, including a Vikings-record 105-yard return at Detroit (9/30/12).
- Left Minnesota as the Vikings record holder in career kickoff return touchdowns (5), career kickoff return average (27.9), single-season and career rushing yards leader by a wide receiver (345 and 587), holding the longest play in team history (105-yard kickoff return) and leading the team in receiving from 2010-12.

- Set Vikings record for combined net yardage in a player's opening two seasons with 3,922 yards, breaking Adrian Peterson's previous record.
- Named NFL Offensive Rookie of the Year and voted to the Pro Bowl after his rookie season in 2009. Posted second-most receptions by a rookie in team history with 60, trailing Randy Moss' 69 in 1998. Set team record as first player to return two kickoffs for touchdowns in a season or career. Established team record with 2,081 combined yards (rushing, receiving, returning), breaking the previous mark of 2,051 by Herschel Walker in 1990. Led NFL rookies with 48 points and tied for NFL lead among rookies in receptions (60) and receiving yards (790).
- Caught career-high 12 passes at Indianapolis (9/16/12).
- Voted by teammates the 2011 Vikings Offensive MVP when he led team in receiving with 87 catches for 967 yards and total offensive yards with 1,312. Scored touchdowns during



the season by rushing, receiving and kickoff return to become the first Viking to score three different ways multiple times in career. Had career-best 156-yard receiving day vs. Denver (12/4/11) and matched career-high with two receiving touchdowns.

- Caught the final touchdown pass of Brett Favre's career vs. Chicago (12/20/10).



HONORS: 2009: NFC Pro Bowl (return specialist), AP NFL Offensive Rookie of the Year, NFL.com Diet Pepsi Rookie of the Year, NFL Rookie of the Month for

November, NFC Special Teams Player of the Week 3. 2010: NFC Special Teams Player of the Week 6.

COLLEGE: Helped Florida win two BCS National Championships in his three seasons in Gainesville. Saw action in 36 games with 26 starts. Set Florida records for most career yards rushing by a receiver (1,852) and the most rush-

ing yards in a season by a receiver (858 yards in 2007). Had 32 touchdowns (19 rushing, 13 receiving) in three seasons. Earned All-America and All-SEC recognition all three years at Florida. Named the 2006 AP SEC Freshman of the Year. Scored a touchdown in each of the last 15 UF games he played. A second-team All-SEC selection in 2007 by the AP and coaches. Earned first-team All-SEC by the AP as an all-purpose player. Chosen as the SEC Freshman of the Year by the league's coaches and the AP and was the 2006 SEC Championship Game MVP.

PERSONAL: Considered the nation's top wide receiver prospect at Landstown High in Virginia Beach, Va. Parade All-America as a senior. Selected to participate in the U.S. Army All-American Game. Is the only athlete in Virginia history to claim five gold medals at the state track meet. Offensive Player of the Year in the Beach District and Eastern Region in 2004. Captain of varsity basketball and football teams.

HARVIN'S SINGLE-GAME HIGHS

RECEIVING

Most Receptions: 12 at Indianapolis (9/16/12)
Most Rec. Yards: 156 vs. Denver (12/4/11)
Longest Reception: 53t at Chicago (11/14/10)
Most Rec. TDs: 2 twice, last vs. Denver (12/4/11)

RUSHING

Rush Attempts: 5 five times, last vs. Jacksonville (9/9/12)
Rush Yards: 67 at Kansas City (10/2/11)
Longest Rush: 39 vs. Detroit (9/25/11)

Most Rush TDs: 1 four times, last vs. Tennessee (10/7/12)

KICKOFF RETURNS

Kickoff Returns: 7 at N.Y. Jets (10/11/10)
Kickoff Return Yards: 180 vs. San Francisco (9/27/09)
Longest Kickoff Return: 105t at Detroit (9/30/12)
Most Kickoff Return TDs: 1 five times, last at Detroit (9/30/12)

HARVIN'S NFL RECORD

	Club	G/S	Receiving					Rushing					
			No	Yds	Avg	LG	TD	Att	Yds	Avg.	LG	TD	
2009	Minnesota	15/8	60	790	13.2	51t	6	15	135	9.0	35	0	
2010	Minnesota	14/13	71	868	12.2	53t	5	18	107	5.9	17t	1	
2011	Minnesota	16/14	87	967	11.1	52t	6	52	345	6.6	39	2	
2012	Minnesota	9/8	62	677	10.9	45	3	22	96	4.4	20	1	
NFL TOTALS			54/43	280	3,302	11.8	53t	20	107	683	6.5	39	4

Kickoff Returns

Year	Club	G/S	No	Yds	Avg	LG	TD	
2009	Minnesota	15/8	42	1,156	27.5	101t	2	
2010	Minnesota	14/13	40	933	23.3	95t	1	
2011	Minnesota	16/14	16	520	32.5	104	1	
2012	Minnesota	9/8	16	574	35.9	105t	1	
NFL TOTALS			54/43	114	3,183	27.9	105t	5

POSTSEASON

	Club	G/S	Receiving					Rushing					
			No	Yds	Avg	LG	TD	Att	Yds	Avg.	LG	TD	
2009	Minnesota	2/1	6	39	6.5	20	0	7	38	5.4	14	0	
NFL TOTALS			2/1	6	39	6.5	20	0	7	38	5.4	14	0

Kickoff Returns

Year	Club	G/S	No	Yds	Avg	LG	TD	
2009	Minnesota	2/1	2	33	16.5	17	0	
NFL TOTALS			2/1	2	33	16.5	17	0

HARVIN'S GAME-BY-GAME

HARVIN

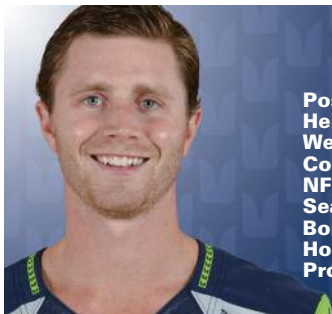
2009	Opponent	Receiving					Rushing					Total	W/L
		Rec	Yds	Avg	LG	TD	Att	Yds	Avg	LG	TD		
9/13	at Cleveland	3	36	12.0	21	1	2	22	11.0	11	0	58	W
9/20	at Detroit	5	41	8.2	11	1	2	14	7.0	13	0	55	W
9/27	San Francisco	4	51	12.8	18	0	1	-8	-8.0	-8	0	43	W
10/5	Green Bay	2	39	19.5	43	0	0	0	0.0	0	0	39	W
10/11	at St. Louis	4	66	16.5	24	0	0	0	0.0	0	0	66	W
10/18	Baltimore	2	10	5.0	8	0	1	2	2.0	2	0	12	W
10/25	at Pittsburgh	3	42	14.0	28	0	1	7	7.0	7	0	49	L
11/1	at Green Bay	5	84	16.8	51t	1	1	2	2.0	2	0	86	W
11/15	Detroit	3	53	17.7	40	0	1	7	7.0	7	0	60	W
11/22	Seattle	5	79	15.8	25	1	0	0	0.0	0	0	79	W
11/29	Chicago	6	101	16.8	31	1	2	45	22.5	35	0	146	W
12/6	at Arizona	6	79	13.2	31t	1	2	22	11.0	13	0	101	L
12/13	Cincinnati												
12/20	at Carolina	0	0	0.0	0	0	0	0	0.0	0	0	0	L
12/28	at Chicago	4	40	10.0	19	0	1	0	0.0	0	0	40	L
1/3/10	N.Y. Giants	7	59	8.4	18	0	1	22	22.0	22	0	81	W
TOTALS (15/8)		60	790	13.2	51t	6	15	135	9.0	35	0	925	11-4
1/17/10	Dallas	1	1	1.0	1	0	3	23	7.7	14	0	24	W
1/24/10	at New Orleans	5	38	7.6	20	0	4	15	3.8	10	0	53	L
PLAYOFFS (2/1)		6	39	6.5	20	0	7	38	5.4	14	0	77	1-1

2010	Opponent	Receiving					Rushing					Total	W/L
		Rec	Yds	Avg	LG	TD	Att	Yds	Avg	LG	TD		
9/9	at New Orleans	1	2	2.0	2	0	1	12	12.0	12	0	14	L
9/19	Miami	5	32	6.4	13	0	0	0	0.0	0	0	32	L
9/26	Detroit	6	62	10.3	24t	1	2	13	6.5	10	0	75	W
10/11	at NY Jets	5	97	19.4	34	2	0	0	0.0	0	0	97	L
10/17	Dallas	3	21	7.0	10	0	2	18	9.0	11	0	39	W
10/24	at Green Bay	5	65	13.0	37	0	3	41	13.7	17t	1	106	L
10/31	at New England	6	104	17.3	30	0	0	0	0.0	0	0	104	L
11/7	Arizona	9	126	14.0	28	0	0	0	0.0	0	0	126	W
11/14	at Chicago	4	64	16.0	53t	1	0	0	0.0	0	0	64	L
11/21	Green Bay	2	12	6.0	9	0	2	18	9.0	16	0	30	L
11/28	at Washington	5	32	6.4	9	0	3	14	4.7	8	0	46	W
12/5	Buffalo												
12/13	N.Y. Giants												
12/20	Chicago	5	72	14.4	23t	1	1	-1	-1.0	-1	0	71	L
12/28	at Philadelphia	7	100	14.3	46	0	2	6	3.0	7	0	106	W
1/2/11	at Detroit	8	69	8.6	20	0	2	-4	-2.0	1	0	65	L
TOTALS (13/6)		71	868	12.2	53t	5	18	107	5.9	17t	1	975	5-9

2011	Opponent	Receiving					Rushing					Total	W/L
		Rec	Yds	Avg	LG	TD	Att	Yds	Avg	LG	TD		
9/11	at San Diego	2	7	3.5	5	0	4	15	3.7	8	0	22	L
9/18	Tampa Bay	7	76	10.9	19	0	2	18	9.0	10	0	94	L
9/26	Detroit	3	47	15.7	21	0	2	41	20.5	39	0	88	L
10/2	at Kansas City	5	42	8.4	22	0	4	67	16.8	23	0	109	L
10/9	Arizona	1	11	11.0	11	0	1	12	12.0	12	0	23	W
10/16	at Chicago	7	78	11.1	20	0	1	5	5.0	5	0	83	L
10/23	Green Bay	2	15	7.5	9	0	2	8	4.0	6	0	23	L
10/30	at Carolina	4	58	14.5	22	0	3	16	5.3	10t	1	74	W
11/14	at Green Bay	6	52	8.7	12	0	3	18	6.0	11	0	70	L
11/20	Oakland	6	73	12.2	26t	1	5	21	4.2	18	0	94	L
11/27	at Atlanta	8	95	11.9	39t	1	5	11	2.2	3	0	106	L
12/4	Denver	8	156	19.5	52t	2	5	19	3.8	13	0	175	L
12/11	at Detroit	10	69	6.9	16	1	4	40	10.0	32	0	109	L
12/18	New Orleans	3	8	2.7	5	0	1	-1	-1.0	-1	0	7	L
12/24	at Washington	5	65	13.0	36	1	4	39	9.8	31	0	104	W
1/1/12	Chicago	10	115	11.5	23	0	5	13	2.6	13	1	128	L
TOTALS (16/14)		87	967	11.1	52t	6	52	345	6.6	39	2	1,312	3-13



	Opponent	-----Receiving-----					-----Rushing-----					W/L	
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD		Total
2012	Jacksonville	6	84	14.0	20	0	5	20	4.0	9	0	104	W
9/9	at Indianapolis	12	104	8.7	20	0	2	13	6.5	20	0	117	L
9/23	San Francisco	9	89	9.9	24	0	1	9	9.0	9	0	98	W
9/30	at Detroit	3	22	7.3	17	0	3	12	4.0	14	0	34	W
10/7	Tennessee	8	108	23.5	45	1	2	8	4.0	4t	1	116	W
10/14	at Washington	11	133	12.1	23	0	2	1	0.5	2	0	134	L
10/21	Arizona	4	37	9.3	14	1	2	10	5.0	5	0	47	W
10/25	Tampa Bay	7	90	12.9	32	1	1	-1	-1.0	-1	0	89	L
11/4	at Seattle	2	10	5.0	9	0	4	24	6.0	15	0	34	L
TOTALS (9/8)		62	677	10.9	45	3	22	96	4.4	20	1	773	5-4



STEVEN HAUSCHKA

Position Kicker
Height 6-4
Weight 210
College North Carolina St.
NFL Seasons 6th
Seahawks Seasons 3rd
Born June 29, 1985
Hometown Needham, Mass.
Pronunciation HOWSH-kuh

4

HOW ACQUIRED: Claimed by Seattle via waivers September 4, 2011, after being released by Denver on the final cut.

NFL CAREER HIGHLIGHTS:

- Originally signed by Minnesota as an undrafted free agent on May 2, 2008. Was waived by the Vikings August 30, 2008, and claimed by Baltimore the following day. Waived by Baltimore September 9, 2008, and signed to their practice squad two days later. Signed to the Ravens active roster October 30, 2008. Was waived the following season on November 18, 2009, before signing with the Atlanta Falcons December 29, 2009. Was waived by Atlanta the following camp on August 16, 2010, and claimed August 17 by Detroit. Was waived by Detroit September 4, 2010, and signed with Denver later that season on December 11, 2010.
- Holds the longest streak in team history with at least one field goal made in 14-consecutive games (2011-12), and holds the longest attempt of 61 yards vs. Atlanta (10/2/11) and at Detroit (10/28/12).
- Had a career-high 118 points in 2012 after converting 24 of 27 field goals and 46 of 48 PATs.
- Tied the club record with a career-high five field goals made in five attempts vs. Baltimore (11/13/11), in which those FGs accounted for five of Seattle's six scores in a 22-17 win.
- Connected on 16-of-22 (.727) field goals during his career with Denver (2010) and Baltimore (2008-09).
- Made 9-of-13 field goals (.692) and 27-of-28 extra points in nine games during the 2009 season with Baltimore.

COLLEGE: Ended collegiate career as a graduate student at North Carolina State and connecting on 16-of-18 field goals in lone season of eligibility and was named a Lou Groza Award finalist. Led the Atlantic Coast Conference and ranked sixth in school history with an .889 field goal percentage. Graduated Middlebury College in Vermont, where he kicked three seasons connecting on 20-of-28 career attempts. Named first team all-conference as a kicker and punter senior year and earned second-team honors at both positions after sophomore and junior seasons.

PERSONAL: Played soccer at Needham (Mass.) High School. Also played soccer and lacrosse at Middlebury, earning a degree in neuroscience.

HAUSCHKA'S SINGLE-GAME HIGHS

- Most FGs Att.:** 5 vs. Baltimore (11/13/11)
- Most PATs Att.:** 7 vs. Arizona (12/9/12)
- Most FGs Made:** 5 vs. Baltimore (11/13/11)
- Most PATs Made:** 7 vs. Arizona (12/9/12)
- Longest FG Att.:** 61 vs. Atl (10/2/11) and at Det (10/28/12)
- Points Scored:** 16
- Most PATs Made:** 7 vs. Arizona (12/9/12)
- Longest FG Made:** 54 at Houston (11/9/08)
- Consecutive Games with FG:** 14* (10/9/11 - 9/16/12)

*Franchise record

ADDITIONAL STATS

Special Team Tackles: 2009 (1), 2011 (1) 2012 (3);
Career: (5).

HAUSCHKA'S NFL RECORD

KICKING

Club	G	PAT-Att	FG-Att	1-19	20-29	30-39	40-49	50+	FG%	LG	Pts
2008 Baltimore	8/0	0-0	1-2	0-0	0-0	0-0	0-0	1-2	50.0	54	3
2009 Baltimore	9/0	27-28	9-13	0-0	1-1	5-7	3-5	0-0	69.2	44	54
2010 Denver	4/0	10-10	6-7	0-0	1-1	3-3	2-3	0-0	85.7	49	28
2011 Seattle	16/0	34-34	25-30	2-2	5-6	9-10	7-8	2-4	83.3	52	109
2012 Seattle	16/0	46-48	24-27	1-1	7-7	10-10	5-5	1-4	88.9	52	118
NFL TOTALS	53/0	117-120	65-79	2-2	14-15	27-30	17-21	4-10	82.3	54	312

POSTSEASON

Club	G	PAT-Att	FG-Att	1-19	20-29	30-39	40-49	50+	FG%	LG	Pts
2008 Baltimore	3/0										
				Kickoffs Only							
2012 Seattle	1/0	1-1	3-3	0-0	2-2	1-1	0-0	0-0	100.0	32	10
NFL TOTALS	4/0	1-1	3-3	0-0	2-2	1-1	0-0	0-0	100.0	32	10

HAUSCHKA'S GAME-BY-GAME KICKING

2008	Opp	Pts	PAT-Att	FG-FGA	Made
9/7	Cin	0	0-0	0-0	
Games 2-7	Practice Squad				
11/2	at Clev		Inactive		
11/9	at Hou	3	0-0	1-1	54
11/16	at NYG		Kickoffs Only		
11/23	Phil	0	0-0	0-1	
Games 12-14	Kickoffs Only				
12/20	at Dal		Inactive		
12/28	Jac		Kickoffs Only		
TOTALS (8/0)	3	0-0	1-2		Long: 54
1/4	at Mia		Kickoffs Only		
1/10	at Ten		Kickoffs Only		
1/18	at Pit		Kickoffs Only		

PLAYOFFS (3/0) Kickoffs Only

2010	Opp	Pts	PAT-Att	FG-FGA	Made
Games 1-12	Not With a Team				
12/12	at Ari	7	1-1	2-3	32, 30
12/19	at Oak	11	2-2	3-3	46, 49, 35
12/26	Hou	6	3-3	1-1	27
1/2/11	SD	4	4-4	0-0	
TOTALS (4/0)	28	10-10	6-7		Long: 49

2012	Opp	Pts	PAT-Att	FG-FGA	Made
9/9	at Ari	10	1-1	3-4	27, 47, 39
9/16	Dal	9	3-3	2-2	21, 25
9/24	GB	2	2-2	0-0	
9/30	at StL	7	1-1	2-2	31, 30
10/7	at Car	10	1-1	3-3	22, 36, 46
10/14	NE	6	3-3	1-1	34
10/18	at SF	6	0-0	2-3	52, 35
10/28	at Det	6	3-3	1-2	23
11/4	Min	6	3-4	1-1	40
11/11	NYJ	4	4-4	0-0	
11/25	at Mia	3	3-3	0-0	
12/2	at Chi	5	2-2	1-1	31
12/9	Ari	16	7-7	3-3	31, 28, 32
12/16	at Buf	14	5-6	3-3	19, 33, 23
12/23	SF	6	6-6	0-0	
12/30	StL	8	2-2	2-2	43, 49
TOTALS (16/0)	118	46-48	24-27		Long: 52

1/6	at Was	10	1-1	3-3	32, 29, 22
PLAYOFFS (1/0)	10	1-1	3-3		Long: 32

2009	Opp	Pts	PAT-Att	FG-FGA	Made
9/13	KC	8	5-5	1-2	44
9/20	at SD	7	4-4	1-1	33
9/27	Cle	10	4-4	2-2	36, 33
10/4	at NE	3	3-3	0-0	
10/11	Cin	2	2-2	0-0	
10/19	at Min	7	4-4	1-2	29
11/1	Den	12	3-3	3-3	43, 35, 31
11/9	at Cin	1	1-1	0-1	
11/16	at Cle	4	1-2	1-2	44
1/3/10	at TB		Inactive		
TOTALS (9/0)	54	27-28	9-13		Long: 44

2011	Opp	Pts	PAT-Att	FG-FGA	Made
9/11	at SF	5	2-2	1-1	39
9/18	at Pit	0	0-0	0-0	
9/25	Ari	7	1-1	2-2	30, 52
10/2	Atl	4	4-4	0-1	
10/9	at NYG	10	4-4	2-2	51, 43
10/23	at Cle	3	0-0	1-1	20
10/30	Cin	6	0-0	2-2	47, 25
11/6	at Dal	7	1-1	2-3	45, 32
11/13	Bal	16	1-1	5-5	22, 38, 39, 35, 30
11/20	at StL	6	3-3	1-1	19
11/27	Was	5	2-2	1-2	36
12/1	Phi	7	4-4	1-1	49
12/12	StL	12	3-3	3-4	42, 23, 48
12/18	at Chi	8	5-5	1-1	33
12/24	SF	5	2-2	1-1	19
1/1/12	at Ari	8	2-2	2-3	43, 26
TOTALS (16/0)	109	34-34	25-30		Long: 52





JAYE HOWARD

Position Defensive Tackle
 Height 6-3
 Weight 301
 College Florida
 NFL Seasons 2nd
 Seahawks Seasons 2nd
 Born December 20, 1988
 Hometown Apopka, Fla.

94

HOW ACQUIRED: Drafted with the second of two fourth-round choices (114th overall) in the 2012 NFL Draft.

NFL CAREER HIGHLIGHTS:

- Played in two regular season games, making his NFL debut vs. the N.Y. Jets (11/11/12) and was inactive for both playoff games.

COLLEGE: Played for current Seattle defensive coordinator Dan Quinn for two seasons at Florida. Played in 45 games as a Gator, making 25 starts with 131 tackles (80 solo), 25.5 tackles for loss, 11.0 quarterback sacks, two pass breakups and three fumble recoveries during his time at UF. Started all 13 games at defensive tackle in his senior season. Finished tied for second on the team with 10.0 tackles for loss, totaling a team-best 64 yards, and 5.5 sacks, for a team-high 50 yards. Fourth on the team with 65

tackles on the year. Voted Team Captain by his teammates. In his junior year at Alabama, wore jersey number 62 in tribute to former Gators player Lamar Abel, a former walk-on who was part of the 2008 Florida National Championship team. Abel passed away on May 22, 2010. Had 29 tackles on the season with 10.0 tackles for loss. Had a career-high 10 tackles in the 2009 SEC Championship Game versus Alabama his sophomore year.

PERSONAL: Rated ninth among defensive ends by ESPN.com after playing at Jones High School. Played both defensive end and linebacker in high school. During his senior year, had 8.0 sacks, 15 tackles and four fumble recoveries. As a junior, he collected 116 tackles, including 20 for a loss, and totaled 10 sacks. Also played basketball in high school and led Jones to the Class 3A state title.

HOWARD'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions									
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds	
2012 Seattle	2/0	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	0

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions									
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds	
2012 Seattle	0/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0
NFL TOTALS	0/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0

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BRUCE IRVIN

Position Defensive End
 Height 6-3
 Weight 248
 College West Virginia
 NFL Seasons 2nd
 Seahawks Seasons 2nd
 Born November 1, 1987
 Hometown Atlanta, Ga.

51

HOW ACQUIRED: Selected by Seattle with the 15th overall pick in the 2012 NFL Draft.

NFL CAREER HIGHLIGHTS:

- Played in all 16 games and led all NFL rookies with 8.0 sacks and 19 quarterback hits in 2012. Had 17 tackles (10 solo), one forced fumble and one fumble recovery on the season. Posted a career-high 2.0 sacks on three occasions.

HONORS: 2012: *Pro Football Weekly* All-Rookie Team

COLLEGE: Made six starts in 26 games at West Virginia, recording 61 tackles (45 solos), 22.5 sacks, 29 tackles for loss, four quarterback pressures, five forced fumbles and one pass defensed. His 22.5 sacks ranked fifth in school history at the time of his departure and his 14.0 sacks during his junior year ranked second in the nation. Named All-Big East Conference first-team by the league's coaches after his senior

season and All-Big East Conference second-team by the league's coaches after his junior year. Played one season for Mt. San Antonio Junior College and guided the team to a 13-1 record in 2009, sealing conference, state and national championships. Named first-team All-American by JC Athletic Bureau (LB) and Triumphant Sports (DE) and was named Player of the Year in the All-California Region III. Was the team's second-leading tackler with 72 stops (45 solo) and led the state with 16 sacks. Named Scout.com's junior college second-ranked player overall after the season.

PERSONAL: Attended Stockbridge High School in Atlanta and played three games as a wide receiver during his sophomore year. Transferred to Stephenson High School in Stone Mountain, Ga., but never played football. Received his GED diploma. A sociology and anthropology major at West Virginia.

IRVIN'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions					FF	FR	Yds	
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD				PD
2012 Seattle	16/0	17	10	7	8.0	60.0	0	0	0.0	0	0	0	1	1	35
NFL TOTALS	16/0	17	10	7	8.0	60.0	0	0	0.0	0	0	0	1	1	35

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions					FF	FR	Yds	
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD				PD
2012 Seattle	2/1	2	2	0	1.0	12.0	0	0	0	0	0	1	0	0	0
NFL TOTALS	2/1	2	2	0	1.0	12.0	0	0	0	0	0	1	0	0	0

IRVIN'S SINGLE-GAME HIGHS

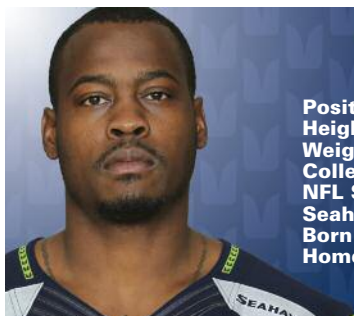
Tackles: 2 five times, last vs. SF (12/23/12)

Sacks: 2.0 three times, last vs. NYJ (11/11/12)

Int.: None

FF: 1 at Carolina (10/7/12)

FR: 1 at Buffalo (12/16/12)



TARVARIS JACKSON

Position Quarterback
 Height 6-2
 Weight 225
 College Alabama State
 NFL Seasons 8th
 Seahawks Seasons 3rd
 Born April 21, 1983
 Hometown Montgomery, Ala.

7

HOW ACQUIRED: Signed with Seattle June 14, 2013, after being released by the Buffalo Bills June 10, 2013.

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. Signed by Seattle as a restricted free agent on July 29, 2011. Traded to the Buffalo Bills by Seattle August 27, 2012. Was released by the Bills June 10, 2013, and then re-signed with Seattle June 14.
- Named the starter for the 2011 season for Seattle during training camp and started 14 of 15 games played missing one game and a start with a strained pectoral muscle in his throwing arm suffered at N.Y.Giants (10/9).
- Set career highs during 2011 in attempts (450), completions (271), yards (3,091), TDs (14) and interceptions (13). Tossed first two 300-yard games with a career best (323) versus Cincinnati (10/30/11) and 319 versus Atlanta (10/2/11). Tied a single-game high with 25 completions and set a personal best with a 137.0 passer rating on a Thursday Night Football performance versus Philadelphia (12/1)
- 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 Melwede 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
2011	Seattle	15/14	450	271	3,091	60.2	14	13	61t	42/293	79.2
2012	Buffalo	0/0	0	0	0	0.0	0	0	0	0/0	0.0
NFL TOTALS		51/34	1,053	625	7,075	59.4	38	35	71	89/540	77.7

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
2011	Seattle	15/14	40	108	2.7	13	1
2012	Buffalo	0/0	0	0	0.0	0	0
NFL TOTALS		51/34	159	643	4.0	33	5

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, 2 Times, Last vs. Atlanta	(10/2/11)
Completion %:	77.3* (17/22) vs. Oakland	(11/18/07)
Yards:	323 vs. Cincinnati	(10/30/11)
Longest, No TD:	71 vs. Chicago	(12/17/07) to Robert Ferguson
Longest TD:	61t, at Arizona	(1/1/12) to Ricardo Lockette
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

JACKSON'S GAME-BY-GAME PASSING

2011

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Rating
9/11	at San Francisco (S)		37	21	197	56.8	2	1	55t	5/42	L	78.3
9/18	at Pittsburgh (S)		29	20	159	68.9	0	0	17	5/26	L	82.4
9/25	Arizona (S)		31	18	171	58.1	0	1	32	4/32	W	60.0
10/2	Atlanta (S)		38	25	319	65.8	3	2	52t	0/0	L	96.3
10/9	at NY Giants (S)		22	15	166	68.2	1	1	25	4/24	W	86.6
10/23	at Cleveland		Inactive (pectoral)									
10/30	Cincinnati (P)		40	21	323	52.3	0	1	55	2/19	L	69.1
11/6	at Dallas (S)		30	17	221	56.7	0	3	43	1/2	L	40.4
11/13	Baltimore (S)		27	17	217	63.0	0	0	50	1/9	W	88.0
11/20	at St. Louis (S)		24	14	148	58.3	1	2	35	4/40	W	55.6
11/27	Washington (S)		30	14	144	46.7	2	1	24	2/18	L	69.3
12/1	Philadelphia (S)		16	13	190	81.3	1	0	28	3/17	W	137.0
12/12	St. Louis (S)		32	21	224	65.6	1	0	29t	2/10	W	96.4
12/18	at Chicago (S)		31	19	227	61.3	1	0	43	1/1	W	94.4
12/24	San Francisco (S)		28	15	163	53.6	1	0	44	4/22	L	82.9
1/1/12	at Arizona (S)		35	21	222	60.0	1	1	61t	4/31	L	76.1
TOTALS		(15/14)	450	271	3,091	60.2	14	13	61t	42/293	7-7	79.2

2012

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Rating
Games 1-16			Inactive									
TOTALS		(0/0)	0	0	0	0	0	0	0	0/0	0-0	0.0
CAREER TOTALS		(51/34)	1,053	625	7,075	59.4	38	35	71	89/540	17-17	77.7
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



LEMUEL JEANPIERRE

Position Guard/Center
 Height . . . 6-3 Weight . . . 301
 College South Carolina
 NFL Seasons 4th
 Seahawks Seasons 4th
 Born May 19, 1987
 Hometown Orlando, Fla.
 Pronunciation . . . leh-mew-ELL
 zhon-pee-AIR

61

HOW ACQUIRED: Signed to Seattle's practice squad on September 6, 2010, and to the active roster on January 7, 2011.

NFL CAREER HIGHLIGHTS:

- 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.
- Signed to Seattle's active roster for the post-season on January 7, 2011, was inactive for both contests.
- Saw action in all 16 games in 2011 on special teams and on the offensive line. Started five games, one at center (at Cleveland, 10/23) and the final four at right guard.
- Played in 15 games mostly on the PAT/FG

units and saw time at center on four occasions late in Seattle victories in 2012.

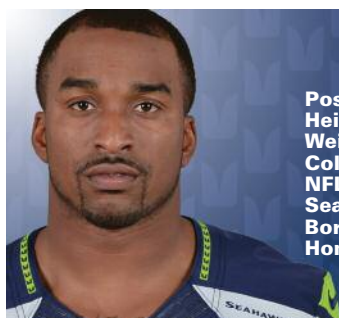
COLLEGE: Played on the defensive side of the ball the first two seasons at South Carolina before making the transition to the offensive line in the final week of the 2007 spring season. Played in 36 games (21 starts). As a senior, played in 13 games with eight starts at center and two starts at guard. 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 freshman. Registered 17 tackles (11 solo), 6.0 stops for loss and 2.0 sacks.



PERSONAL: Played at Timber Creek School in Orlando, Fla. Earned 6A first-team all-state honors. Named first-team All-Orange County 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.

JEANPIERRE'S NFL RECORD

Year	Team	GP/GS	Postseason
2010	Seattle	0/0	0/0
2011	Seattle	16/5	
2012	Seattle	15/0	2/0
NFL TOTALS		31/5	2/0



JERON JOHNSON

Position Safety
 Height 5-10
 Weight 212
 College Boise State
 NFL Seasons 3rd
 Seahawks Seasons 3rd
 Born June 12, 1988
 Hometown Compton, Calif.

32

HOW ACQUIRED: Signed by Seattle as a rookie free agent on July 26, 2011.

NFL CAREER HIGHLIGHTS:

- Saw action in seven games as a rookie, mainly on special teams.
- Played in all 16 games and both postseason contests and had his first sacks (2.0) of his career in 2012. Also added eight special teams tackles (four solo).

COLLEGE: 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.

PERSONAL: 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 communications.

JOHNSON'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions										
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds		
2011	Seattle	7/0	2	1	1	0.0	0.0	0	0.0	0.0	0	0	0	0	0	0	0
2012	Seattle	16/0	4	3	1	2.0	3.0	0	0.0	0.0	0	0	0	0	1	0	0
NFL TOTALS		23/0	6	4	2	2.0	3.0	0	0.0	0.0	0	0	0	0	1	0	0

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions										
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds		
2012	Seattle	2/0	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	0

JOHNSON'S SINGLE-GAME HIGHS

Tackles: 2 vs. Atlanta (10/2/11)
Sacks: 1.0 twice, last vs. Arizona (12/9/12)
Int.: None

FF: 1 vs. Arizona (12/9/12)
FR: None
Touchdowns: 1, 3-yard blocked punt return vs. Dallas (9/16/12)

ADDITIONAL STATS

Special Teams tackles: 2011 (4), 2012 (8); Career: (12)



JERMAINE KEARSE

Position Wide Receiver
Height 6-1
Weight 209
College Washington
NFL Seasons 2nd
Seahawks Seasons. 2nd
Born February 6, 1990
Hometown Lakewood, Wash.

15

HOW ACQUIRED: Signed by Seattle as a rookie free agent on April 28, 2012.

NFL CAREER HIGHLIGHTS:

- Began 2012 on the practice squad and signed to the active roster on October 30. Played in seven games totaling three catches for 31 yards and started in his NFL debut in a five-receiver set. Added three special teams tackles (two solo) in the regular season and one solo special teams tackle in the playoffs.

COLLEGE: Appeared in 50 games in four years for the Huskies, starting 36. Finished his career ranked second in school history in receptions (180), receiving yards (2,871) and receiving TDs (29), and averaged 57.4 receiving yards per game. Named a team captain and earned honorable mention All-Pac-12 during his senior season. Named to the All-Pac-10 second team his junior year, when he caught 63 balls for 1,005 yards and 12 touchdowns, averaging 77.3 receiving yards per game – all career highs.

PERSONAL: Attended Lakes High School, catching 54 passes for 903 yards and eight touchdowns as a senior in 2007, leading the team to a 10-1 record and to a record of 30-4 over his three seasons, which included three trips to the state tournament. Also named the

league's defensive MVP his senior year with 89 tackles, six interceptions and two blocked kicks as a defensive back. A PrepStar and SuperPrep All-American who totaled 3,500 yards and 39 touchdowns during his high school career. Starred on the school's basketball team, averaging 15 points per game, leading the team to the state championship game and was a stand-out on the track team, participating in the triple jump and 4x100 relay.

GAME-BY-GAME RECEIVING

2012	Opponent	No	Yds	Avg	LG	TD
Games 1-8		Practice Squad				
11/4	Min	1	6	6.0	6	0
11/11	NYJ	0	0	0.0	0	0
11/25	at Mia	1	8	8.0	8	0
12/2	at Chi	Inactive				
12/9	Ari	0	0	0.0	0	0
12/16	at Buf	0	0	0.0	0	0
12/23	SF	1	17	17.0	17	0
12/30	Ari	0	0	0.0	0	0
TOTALS (7/1)		3	31	10.3	17	0
1/6	at Was	0	0	0	0	0
1/13	at Atl	0	0	0.0	0	0
PLAYOFFS (2/0)		0	0	0	0	0

KEARSE'S SINGLE-GAME HIGHS

Most Rec.: 1 three times, last vs. SF (12/23/12)
Most TDs: None

Most Yards: 17 vs. San Francisco (12/23/12)
Longest Reception: 17 vs. San Francisco (12/23/12)

ADDITIONAL STATS

Special Teams Tackles: 2012 (3); Career (3).
Postseason Special Teams Tackles: 2012 (1); Career (1).



KEARSE'S NFL RECORD

Year	Club	G/S	No	Yds	Avg	LG	TD
2012	Seattle	7/1	3	31	10.3	17	0
NFL TOTALS		7/1	3	31	10.3	17	0

POSTSEASON

Year	Club	G/S	No	Yds	Avg	LG	TD
2012	Seattle	2/0	0	0	0.0	0	0
NFL TOTALS		2/0	0	0	0.0	0	0



JEREMY LANE

Position Cornerback
 Height 6-0
 Weight 190
 College Northwestern St. (La.)
 NFL Seasons 2nd
 Seahawks Seasons 2nd
 Born July 14, 1990
 Hometown Tyler, Texas

20

HOW ACQUIRED: Selected with the first of two sixth-round draft choices (172nd overall) in the 2012 NFL Draft.

NFL CAREER HIGHLIGHTS:

- Played in 13 games, starting the final three at right corner, and posted 10 tackles (five solo) on the season. Added five special teams tackles (three solo) in the regular season and two special teams tackles (one solo) in the postseason.

COLLEGE: Played in 43 games with 14 starts, totaling 137 tackles (57 solo), 24 pass breakups, four interceptions and three fumble recoveries. Started at cornerback (10 games, missed 1 with an injury) and had 42 tackle (29 solo), 1.0 sack, two interceptions, three pass breakups, two fumble recoveries and one fumble forced during his senior year. Posted nine tackles, 1.0 sack at No. 2-ranked LSU on 9/10/11.

PERSONAL: As a senior, earned first team all-district honors as a defensive back at Tyler High School. Also competed on school's track team in the 400 meters, 200 meters, long jump and on the 4x100 relay team. Majored in criminal justice.

LANE'S SINGLE-GAME HIGHS

Tackles: 4 vs. San Francisco (12/23/12)
FF: None
Sacks: None
FR: None
Int.: None

ADDITIONAL STATS

Special Teams Tackles: 2012 (5); Career: (5).
Postseason Special Teams Tackles: 2012 (2);
Career: (2).

LANE'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions									
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds	
2012 Seattle	13/3	10	5	5	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0
NFL TOTALS		13/3	10	5	5	0.0	0.0	0	0	0.0	0	0	0	0	0	0

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions										
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds		
2012 Seattle	2/0	Special Teams Only															
NFL TOTALS		2/0	Special Teams Only														



MARSHAWN LYNCH

Position Running Back
Height 5-11
Weight 215
College California
NFL Seasons 7th
Seahawks Seasons 4th
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. Re-signed to a multi-year contract in 2012.

NFL CAREER HIGHLIGHTS:

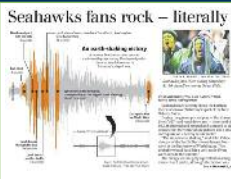
- Originally drafted by Buffalo with the 12th overall selection in the 2007 NFL Draft.
- Earned third-career trip to the Pro Bowl in 2012 and named first-team AP All-Pro for first time in career.
- Had a career-year in 2012. Set career-highs in carries (315, 5th NFL), yards (1,590, 3rd NFL), average gain (5.0, 4th NFL), 100-yard games (10, T1st NFL) and total yards from scrimmage (1,786, 4th NFL) to go with 12 total touchdowns (T7th NFL with 11 rush, 1 rec.). Became just the third Seattle player to eclipse 1,500 yards (Chris Warren, Shaun Alexander).
- Set career-long gain with a 77-yard touchdown run at Detroit (10/28/12), tying for the fourth-longest in club history and longest since Shaun Alexander's 88-yarder in 2005.
- Holds three of the top-5 highest yards per carry averages in franchise history, with each entry coming in 2012. Ranks first with an 11.64 average on 11 carries for a season-high 128 yards vs. Arizona (12/9/12). Also holds the second (11.30) and fourth-highest averages (8.75).
- Tied (Shaun Alexander) postseason franchise mark with 132 yards on 20 carries and one touchdown at Washington (1/6/13) in the NFC Wild Card Game.
- In 2011, had 1,204 yards and set career-high in rushing touchdowns (12) with one receiving

score for a career-high 13 total. Set a club record with at least one touchdown in 11-straight games, breaking Shaun Alexander's 2005 record of nine. Became Seattle's first 1,000-yard rusher since Shaun Alexander set a club-record with 1,880 in 2005.

- Set career-high with 32 rushes for 109 yards and a touchdown vs. Baltimore's (11/13/11) third-ranked run defense. Also tied a career high with 58 receiving yards.
- Set a career-high with three rushing touchdowns 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). Tied that mark with three scores vs. Arizona (12/9/12).
- Rushed for 107 yards on 21 carries and a touchdown vs. the 49ers (12/24/11). First runner to eclipse 100 yards vs. the 49ers since November 2009 (36 games) and the first player to rush for a touchdown vs. the 49ers in 15 games dating to 2010.
- 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 1,115 yards on 280 attempts during rookie season and followed that up with 1,036 yards on 250 carries and eight touch-

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



downs in 2008, where he was selected to the Pro Bowl as an injury replacement for Tennessee's Chris Johnson.

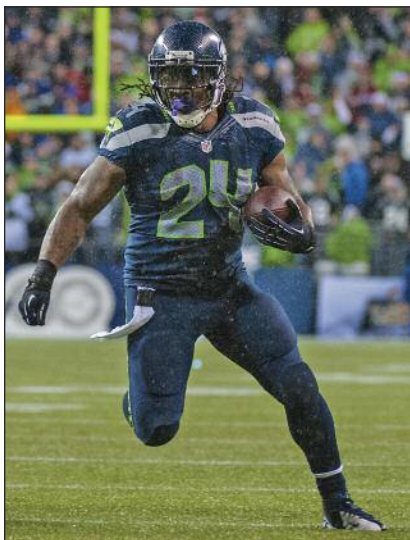


HONORS: 2012, NFC Pro Bowl; AP First-Team All-Pro, *Pro Football Weekly* All-NFL Team. 2011, NFC Pro Bowl Selection. 2008, AFC Pro Bowl Selection. 2007, *Pro Football Weekly*/Professional Football Writers of America All-Rookie Team Selection; NFL.com Gil Brandt's All-Rookie Team Selection; Diet Pepsi 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 ranked second in school history with 3,230 yards, first with the most 100-yard rushing games (17) and eighth on the scoring list (210 points) at the time of his departure. Only the second player in school history to gain more than 1,000 yards in consecutive seasons (2005 - 1,246; 2006 - 1,356). Became the fourth player in school history to amass more than 4,000 all-purpose yards. 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 played defensive back at Idaho. Son of Delisa Lynch. Has one brother, Davonte.



LYNCH'S SINGLE-GAME HIGHS

Rushing

Rush Attempts: 32 vs. Baltimore (11/13/11)

Rush Yards: 153 vs. Cincinnati (11/4/07)

Longest Rush: 77t at Detroit (10/28/12)

Most Rush TDs: 3 twice, last vs. Arizona (12/9/12)

Receiving

Most Receptions: 10 vs. Cleveland (11/17/08)

Most Rec. Yards: 58 twice, last vs. Balt (11/13/11)

Longest Reception: 42 vs. N.Y. Jets (11/2/08)

Most Rec. TDs: 1 three times, last vs. SF (12/23/12)

LYNCH'S NFL RECORD

Club	G/S	Rushing					Receiving				
		Att	Yds	Avg	LG	TD	No	Yds	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 Buffalo	4/3	37	164	4.4	17	0	1	7	7.0	7	0
Seattle	12/11	165	573	4.4	32	6	21	138	6.6	22	0
2011 Seattle	15/15	285	1,204	4.2	47	12	28	212	7.6	26	1
2012 Seattle	16/15	315	1,590	5.0	77t	11	23	196	8.5	27	1
NFL TOTALS	88/78	1,452	6,132	4.2	77t	46	166	1,216	7.3	42	3

POSTSEASON

Club	G/S	Rushing					Receiving				
		Att	Yds	Avg	LG	TD	No	Yds	Avg	LG	TD
2010 Seattle	2/1	23	133	5.8	67t	1	0	0	0.0	0	0
2012 Seattle	2/2	36	178	4.9	27t	2	4	46	11.5	24	0
NFL TOTALS	4/3	59	311	5.3	67t	3	4	46	11.5	24	0

LYNCH'S GAME-BY-GAME

2007	Opponent	-----Rushing-----					-----Receiving-----					Total	W/L
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD		
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	-----Rushing-----					-----Receiving-----					Total	W/L
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD		
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	-----Rushing-----					-----Receiving-----					Total	W/L
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD		
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




LYNCH'S GAME-BY-GAME

2010	Opponent	-----Rushing-----					-----Receiving-----					Total	W/L
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD		
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 (16/14)		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
PLAYOFFS (2/1)		23	133	5.8	67t	1	0	0	0.0	0	0	133	1-1

2011	Opponent	-----Rushing-----					-----Receiving-----					Total	W/L
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD		
9/11	at San Francisco	13	33	2.5	12	0	2	14	7.0	12	0	47	L
9/18	at Pittsburgh	6	11	1.8	7	0	1	1	1.0	1	0	12	L
9/25	Arizona	19	73	3.8	23	0	1	2	2.0	2	0	75	W
10/2	Atlanta	8	24	3.0	11t	1	3	33	11.0	26	0	57	L
10/9	at NY Giants	12	98	8.2	47	1	4	33	8.3	17	0	131	W
10/23	at Cleveland	Did Not Play (back)											
10/30	Cincinnati	16	24	1.5	9	1	0	0	0.0	0	0	24	L
11/6	at Dallas	23	135	5.9	29	1	1	8	8.0	8	0	143	L
11/13	Baltimore	32	109	3.4	8	1	5	58	11.6	23	0	167	W
11/20	at St. Louis	27	88	3.3	12	1	2	1	0.5	5	0	89	W
11/27	Washington	24	111	4.6	12	0	1	20	20.0	20t	1	131	L
12/1	Philadelphia	22	148	6.7	40t	2	0	0	0.0	0	0	148	W
12/12	St. Louis	23	115	5.0	16t	1	2	8	4.0	4	0	123	W
12/18	at Chicago	20	42	2.1	15	2	2	5	2.5	3	0	47	W
12/24	San Francisco	21	107	5.1	18	1	2	24	12.0	20	0	131	L
1/1/12	at Arizona	19	86	4.5	18	0	2	5	2.5	3	0	91	L
TOTALS (15/15)		285	1,204	4.2	47	12	28	212	7.6	26	1	1,416	7-8

2012	Opponent	-----Rushing-----					-----Receiving-----					Total	W/L
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD		
9/9	at Arizona	21	85	4.0	11	0	2	12	6.0	7	0	97	L
9/16	Dallas	26	122	4.7	36	1	0	0	0.0	0	0	122	W
9/24	Green Bay	25	98	3.9	9	0	1	1	1.0	1	0	99	W
9/30	at St. Louis	20	118	5.9	18t	1	4	37	9.3	16	0	155	L
10/7	at Carolina	21	85	4.0	14	0	1	9	16.0	6	0	101	W
10/14	New England	15	41	2.7	7	0	1	11	11.0	11	0	52	W
10/18	at San Francisco	19	103	5.4	15	0	1	13	13.0	13	0	116	L
10/28	at Detroit	12	105	8.8	77t	1	1	1	1.0	1	0	106	L
11/4	Minnesota	26	124	4.8	23	1	2	26	13.0	23	0	150	W
11/11	N.Y. Jets	27	124	4.6	18	1	1	27	27.0	27	0	151	W
11/25	at Miami	19	46	2.4	16	0	2	1	0.5	7	0	47	L
12/2	at Chicago	19	87	4.6	20	1	2	11	5.5	7	0	98	W
12/9	Arizona	11	128	11.6	33t	3	0	0	0.0	0	0	128	W
12/16	at Buffalo	10	113	11.3	54	1	1	14	14.0	14	0	127	W
12/23	San Francisco	26	111	4.3	24t	1	2	19	9.5	10	1	130	W
12/30	St. Louis	18	100	5.6	24	0	2	14	7.0	8	0	114	W
TOTALS (16/15)		315	1,590	5.0	77t	11	23	196	8.5	27	1	1,793	11-5
1/6	at Washington	20	132	6.6	27t	1	1	9	9.0	9	0	141	W
1/13	at Atlanta	16	46	2.9	11	1	3	37	12.3	24	0	70	L
PLAYOFFS (2/2)		36	178	4.9	27t	2	4	46	11.5	24	0	211	1-1



ANTHONY MCCOY

Position Tight End
Height 6-5
Weight 259
College USC
NFL Seasons 4th
Seahawks Seasons 4th
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:

- In 2012, played in 16 games with five starts, and started both postseason contests. Tallied a career-high five receptions vs. Dallas (9/16/12) and a career-high 105 yards with a career-long 67 yarder vs. Arizona (12/9/12), becoming just the fourth tight end in franchise history with a 100-yard game and first since John Carlson in 2008.
- Saw action in all 16 games in 2011, starting nine mostly when the team opened in two-tight end sets, and totaled 13 receptions for 146 yards.
- 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 GAME-BY-GAME RECEIVING

2011	Opponent	No	Yds	Avg	LG	TD	2012	Opponent	No	Yds	Avg	LG	TD
9/11	at San Francisco	2	12	6.0	10	0	9/9	at Arizona	0	0	0.0	0	0
9/18	at Pittsburgh	2	9	4.5	5	0	9/16	Dallas	5	41	8.2	22t	1
9/25	Arizona	0	0	0.0	0	0	9/24	Green Bay	1	9	9.0	9	0
10/2	Atlanta	0	0	0.0	0	0	9/30	at St. Louis	2	20	10.0	15	0
10/9	at NY Giants	1	20	20.0	20	0	10/7	at Carolina	0	0	0.0	0	0
10/23	at Cleveland	2	10	5.0	7	0	10/14	New England	0	0	0.0	0	0
10/30	Cincinnati	0	0	0.0	0	0	10/18	at San Francisco	0	0	0.0	0	0
11/6	at Dallas	2	44	22.0	31	0	10/28	at Detroit	2	27	13.5	14	0
11/13	Baltimore	2	15	7.5	14	0	11/4	Minnesota	0	0	0.0	0	0
11/20	at St. Louis	0	0	0.0	0	0	11/11	New York Jets	0	0	0.0	0	0
11/27	Washington	1	13	13.0	13	0	11/25	at Miami	2	23	11.5	20	1
12/01	Philadelphia	Special Teams Only					12/2	at Chicago	1	11	11.0	11	0
12/12	St. Louis	1	23	23.0	23	0	12/9	Arizona	3	105	35.0	67	0
12/18	at Chicago	0	0	0.0	0	0	12/16	at Buffalo	0	0	0.0	0	0
12/24	San Francisco	0	0	0.0	0	0	12/23	San Francisco	1	6	6.0	6t	1
1/1/12	at Arizona	0	0	0.0	0	0	12/30	St. Louis	1	49	49.0	49	0
TOTALS (16/9)		13	146	11.2	31	0	TOTALS (16/5)		18	291	16.2	67	3
							1/6 at Washington	0	0	0.0	0	0	0
							1/13 at Atlanta	0	0	0.0	0	0	0
							PLAYOFFS (2/2)	0	0	0.0	0	0	0

MCCOY'S SINGLE-GAME HIGHS

Most Receptions: 5 vs. Dallas (9/16/12)
Most TDs: 1 three times, last vs. SF (12/23/12)

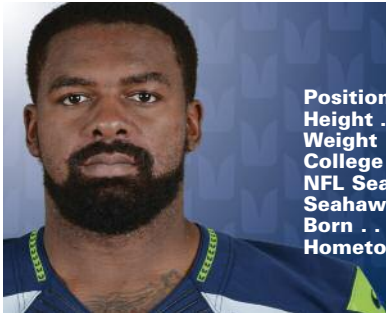
Most Yards: 105 vs. Arizona (12/9/12)
Longest Reception: 67 vs. Arizona (12/9/12)



McCOY'S NFL RECORD

Year	Club	G/S	No	Yds	Avg	LG	TD
2010	Seattle	2/0	0	0	0.0	0	0
2011	Seattle	16/9	13	146	11.2	31	0
2012	Seattle	16/5	18	291	16.2	67	3
NFL TOTALS		34/14	31	437	14.1	67	3

POSTSEASON							
Year	Club	G/S	No	Yds	Avg	LG	TD
2012	Seattle	2/2	0	0	0.0	0	0
NFL TOTALS		2/2	0	0	0.0	0	0



TONY McDANIEL

Position Defensive Tackle
Height 6-7
Weight 305
College Tennessee
NFL Seasons 8th
Seahawks Seasons 1st
Born January 20, 1985
Hometown Columbia, S.C.

99

HOW ACQUIRED: Signed with Seattle as an unrestricted free agent from Miami on April 3, 2012.

NFL CAREER HIGHLIGHTS:

- Originally signed by Jacksonville as an undrafted rookie free agent on April 30, 2006 where he spent three seasons. Traded to Miami on March 20, 2009 and played four seasons with the Dolphins.
- Posted a career-high 36 tackles (30 solo) and 2.5 sacks in 2010, playing in 15 games with one start. Tied sacks-high the following year in 2011.
- Recorded a career-high 10 tackles (nine solo) vs. Tennessee (11/5/06).
- Ended 2007 and 2008 seasons on injured reserve (wrist and toe, respectively).

COLLEGE: Three-year letterman as a defen-

sive tackle at Tennessee and left school following his junior season. Collected 33 career tackles, six for a loss, and one sack. Played in nine games as a junior and finished with 13 tackles. Appeared in 13 games with one start as a sophomore and played in 11 games as a true freshman.

PERSONAL: Attended W.J. Keenan High in Columbia, S.C. Earned All-State honors as a senior, recording nearly 100 tackles and 15 sacks as a senior. Majored in arts and sciences. Has two sons, Ataeous and Anthony.

MCDANIEL'S SINGLE-GAME HIGHS

Tackles: 10 vs. Tennessee (11/5/06)
FF: None
Sacks: 1.5 at Buffalo (11/29/09)
FR: 1 at Cincinnati (10/7/12)
Int.: None

McDANIEL'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions										
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds		
2006	Jac	11/0	21	15	6	1.0	7.5	0	0	0	0	0	0	0	0	0	0
2007	Jac	4/0	4	4	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0
2008	Jac	10/3	22	15	7	0.5	4.0	0	0	0	0	0	0	0	0	0	0
2009	Miami	16/0	16	3	3	1.5	16.5	0	0	0	0	0	1	0	0	0	0
2010	Miami	15/1	36	30	6	2.5	11.5	0	0	0	0	0	3	0	0	0	0
2011	Miami	12/1	19	13	6	2.5	12.5	0	0	0	0	0	2	0	0	0	0
2012	Miami	11/0	11	6	5	0.5	3.0	0	0	0	0	0	1	0	1	0	0
NFL TOTALS		79/5	129	96	33	8.5	55.0	0	0	0	0	0	7	0	1	0	0





CLINTON McDONALD

Position Defensive Tackle
Height 6-2
Weight 297
College Memphis
NFL Seasons 5th
Seahawks Seasons 3rd
Born January 6, 1987
Hometown Jacksonville, Ark.

69

HOW ACQUIRED: Acquired by Seattle via trade with the Cincinnati Bengals on August 29, 2011.

NFL CAREER HIGHLIGHTS:

- Originally drafted in the seventh round (249th overall) in the 2009 NFL Draft by the Bengals. Was waived on September 5, 2009, before re-signing to the practice squad the following day where he remained all season. Was waived by Cincinnati following training camp on September 4, 2010, again re-signing to its practice squad the following day. Signed to the Bengals active roster November 8, 2010.
- Saw most action of career in 2011 playing in 15 games with one start, first of career, vs. Washington (11/27) in place of Alan Branch.
- Played in 14 games in 2012 as a valuable backup along the defensive line. Totaled 25 tackles (17 solo). Played in both postseason

games and had three tackles (one solo) and one fumble recovery.

COLLEGE: Played four seasons (2005-08) at Memphis. Totaled 141 career tackles and 11.5 sacks while playing in 48 games with 33 starts. Was first-team All-Conference USA as a senior, with a team-leading 7.0 sacks. Was the only junior to be voted as one of two permanent captains during the tenure of head coach Tommy West, and he retained that role as a senior. Tied school record for sacks in a game with 4.0 against Arkansas State as a senior, earning C-USA Defensive Player of the Week honors.

PERSONAL: Was a three-year letterman at Jacksonville (Ark.) High School. Earned Class 5-A all-state honors and was named to *Arkansas Democrat-Gazette's* 5-A Top Prospects list. Was listed twice on C-USA Commissioner's Academic Honor Roll.

MCDONALD'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions									
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds	
2009 Cincinnati							Practice Squad									
2010 Cincinnati	8/0	4	4	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0
2011 Seattle	15/1	35	21	14	0.0	0.0	0	0	0.0	0	0	0	0	0	1	2
2012 Seattle	14/0	25	17	8	0.0	0.0	0	0	0.0	0	0	1	0	0	0	0
NFL TOTALS	37/1	64	42	22	0.0	0.0	0	0	0.0	0	0	1	0	1	2	

Club	G/S	Tackles			Sacks		Interceptions									
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds	
2012 Seattle	2/0	3	1	2	0.0	0.0	0	0	0.0	0	0	0	0	0	1	0
NFL TOTALS	2/0	3	1	2	0.0	0.0	0	0	0.0	0	0	0	0	0	1	0

MCDONALD'S SINGLE-GAME HIGHS

Tackles: 6 vs. Atlanta (10/2/11)
Sacks: None
Int.: None

FF: None
FR: 1 at St. Louis (11/20/11)





SEAN McGRATH

Position Tight End
 Height 6-5
 Weight 247
 College Henderson State (Ark.)
 NFL Seasons 2nd
 Seahawks Seasons 2nd
 Born December 3, 1987
 Hometown Chicago, Ill.

84

HOW ACQUIRED: Signed by Seattle as a rookie free agent on April 28, 2012.

NFL CAREER HIGHLIGHTS:

- Waived following training camp (8/31/12) then signed to the practice squad the following day. Released from the practice squad (9/3) and then re-signed to practice squad (9/8). Released again (9/27) and then re-signed (10/2). Signed to the active roster December 18 and saw limited time at tight end for final two regular season games and both playoff games.

COLLEGE: Missed seven games his final year at Henderson State, suffering a Jones fracture in his foot after the opening week of the season, but participated in the team's final four games.

In 2010, selected First-Team All-Gulf South Conference and earned First-Team Daktronics All-Region honors after catching 55 passes for 656 yards and four scores, averaging 59.6 yards receiving per game and 11.9 yards per reception. Sat out the 2009 season after a transferring from Eastern Illinois. Started for the Panthers as a sophomore, totaling 30 catches for 300 yards and three touchdowns, while also contributing on special teams.

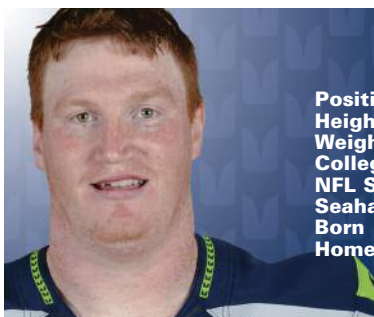
PERSONAL: Prepped at Carmel Catholic High School, where he was named All-East Suburban Catholic Conference and All-Area in 2005. Also played basketball, earning All-Area honorable mention in 2006.

McGRATH'S NFL RECORD

Year	Club	G/S	No	Yds	Avg	LG	TD
2012	Seattle	2/0	0	0	0.0	0	0
NFL TOTALS		2/0	0	0	0.0	0	0

POSTSEASON

Year	Club	G/S	No	Yds	Avg	LG	TD
2012	Seattle	2/0	0	0	0.0	0	0
NFL TOTALS		2/0	0	0	0.0	0	0



PAUL McQUISTAN

Position Tackle
 Height 6-6
 Weight 315
 College Weber State
 NFL Seasons 8th
 Seahawks Seasons 3rd
 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.

- Saw action in all 16 games and started 10 at three different positions in 2011. Started three at left guard, three at right guard and the final four at left tackle. Helped Marshawn Lynch lead the NFC in rushing over the final seven games - all games he started. Also helped Lynch post a club record scoring at least one TD in 10 consecutive games. Blocked dutifully against San Francisco (12/24), who hadn't allowed a 100-yard rusher in 36 games (Lynch totaled 107) or a rushing score (Lynch had one) in 15 games dating to 2010.
- Started all 16 games for first time in career in 2012 (nine at right guard, seven at left guard),

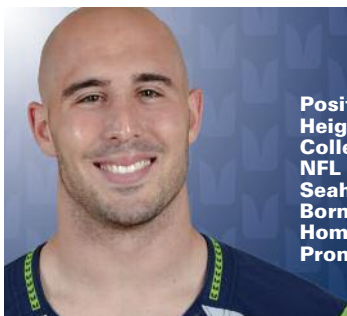
helping Marshawn Lynch to an All-Pro and Pro Bowl season with career-highs in yards (1,590), avg. gain (5.0) and carries (315).

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 and played for the Arizona Cardinals in 2012. 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		2010	Cleveland	0/0	
2007	Oakland	16/6		2011	Seattle	16/10	
2008	Oakland	1/0		2012	Seattle	16/16	2/2
2009	Oak/Jac	3/0		NFL TOTALS		67/38	2/2



CHRIS MARAGOS

Position Safety
 Height . . . 5-10 Weight . . . 200
 College Wisconsin
 NFL Seasons 4th
 Seahawks Seasons 3rd
 Born January 6, 1987
 Hometown Racine, Wis.
 Pronunciation . . MARE-uh-gose

42

HOW ACQUIRED: Signed to the Seahawks practice squad on September 22, 2011, before signing to the active roster October 22.

NFL CAREER HIGHLIGHTS:

- Originally signed as an undrafted free agent by the San Francisco 49ers on April 26, 2010. Was released on September 3 before signing to the 49ers practice squad on September 5. Signed to the active roster on October 18 and released on October 27. Re-signed to the practice squad October 28 before being promoted to the active roster on November 30 to finish the 2010 season.
- Played in all 16 games in 2012, mostly on special teams, and was third on the team with nine special teams tackles (four solo). Saw limited action at safety in four games and had three tackles (two solo) and a quarterback hit.
- Signed to the active roster from Seattle's practice squad on October 22, 2011 and saw action in all remaining 11 games. Posted 11 special teams tackles and played safety in two games, both in reserve roles.

COLLEGE: Played in 26 games (19 starts) at

safety during two-year career at Wisconsin after transferring from Western Michigan prior to the 2007 season. Earned honorable mention All-Big Ten and the UW's Tom Wiesner Award as a senior captain, starting all 13 games and leading team with four interceptions to go along with 49 tackles, six passes defended, a sack, forced fumble and three tackles for loss. As a junior, saw action in 13 games (6 starts) and posted 45 tackles and an interception. Sat out 2007 season after transferring from Western Michigan. Played in 13 games (8 starts) at wide receiver in 2006 and caught 25 passes for 222 yards, while making five tackles on defense. Joined team as a walk-on in the fall and redshirted in 2005.

PERSONAL: Attended William Horlick High School in Racine, Wis., earning all-state, all-southeast conference, all-district and all-county honors as a three-year starter, two-time captain and team MVP at WR. Named Wisconsin's Gatorade Player of the Year in 2004. Father, Nick, was a free safety at Northern Iowa, and brother, Troy, was a former Bucky Badger mascot. Majored in agricultural journalism.

MARAGOS' ADDITIONAL STATS

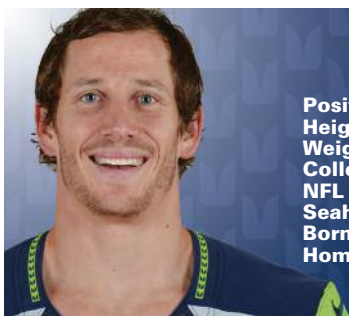
Special Teams Tackles: 2010 (5), 2011 (11), 2012 (9); Career: (25).
 Postseason Special Teams Tackles: 2012 (1); Career: (1).

MARAGOS' NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions									
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds	
2010 SF	3/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0
2011 Seattle	11/0	1	1	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0
2012 Seattle	16/0	3	2	1	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0
NFL TOTALS	30/0	4	3	1	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions									
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds	
2012 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	0



CHARLY MARTIN

Position Wide Receiver
 Height 6-1
 Weight 212
 College West Texas A&M
 NFL Seasons 5th
 Seahawks Seasons 2nd
 Born March 20, 1984
 Hometown . . Farmington, N.M.

14

HOW ACQUIRED: Signed by Seattle on January 5, 2012.

NFL CAREER HIGHLIGHTS:

- Originally signed by the San Diego Chargers as a rookie free agent on May 1, 2009. Waived by the Chargers on September 5, 2009 and signed by the Carolina Panthers four days later on September 9. Signed by Carolina to the active roster on November 17, 2009, where he would spend the 2009 and 2010 seasons, appearing in eight games, recording one reception for six yards and seven tackles on special teams. Waived on September 3, 2011, by the Panthers and signed to the Jacksonville Jaguars practice

squad on December 2, 2011, for a brief stint before being released on December 30.

- Played in four games with one start in 2012, totaling four catches for 42 yards. Placed on injured reserve (calf) on December 15.

COLLEGE: Four-year letterman at West Texas A&M, playing in 42 games and setting school records with 244 receptions, 4,108 receiving yards and 44 touchdowns. Led Division II with 95 receptions, 1,867 yards and 22 touchdowns as a senior. Graduated with a degree in mass communications/broadcasting.

PERSONAL: Attended Piedra Vista High. Born on March 20, 1984, in Walla Walla, Wash.

MARTIN'S NFL RECORD

Year	Club	G/S	No	Yds	Avg	LG	TD	
2009	Carolina	7/0	1	6	6.0	6	0	
2010	Carolina	1/0	0	0	0.0	0	0	
2011	Jacksonville		Practice Squad					
2012	Seattle	4/1	4	42	10.5	15	0	
NFL TOTALS		12/1	5	48	9.6	15	0	

MARTIN'S SINGLE-GAME HIGHS

Most Receptions: 2 at Detroit (10/28/12)
Most TDs: None

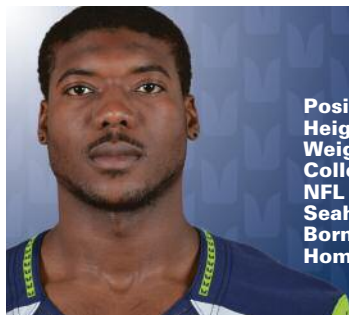
Most Yards: 17 at Detroit (10/28/12)
Longest Reception: 15 at Arizona (9/9/12)

ADDITIONAL STATS

Special Teams Tackles: 2009 (5), 2010 (2), 2012 (1); Career (8).

MARTIN'S GAME-BY-GAME RECEIVING

2009	Opponent	No	Yds	Avg	LG	TD	2012	Opponent	No	Yds	Avg	LG	TD
11/19	Miami	0	0	0.0	0	0	9/9	at Arizona	1	15	15.0	15	0
11/29	at N.Y. Jets	0	0	0.0	0	0	9/16	Dallas	Inactive (Chest)				
12/6	Tampa Bay	1	6	6.0	6	0	9/24	Green Bay	1	10	10.0	10	0
12/13	at New England	0	0	0.0	0	0	9/30	at St. Louis	Inactive				
12/20	Minnesota	0	0	0.0	0	0	10/7	at Carolina	Inactive				
12/27	at N.Y. Giants	0	0	0.0	0	0	10/14	New England	Inactive				
1/3/10	New Orleans	0	0	0.0	0	0	10/18	at San Francisco	Inactive				
TOTALS (7/0)		1	6	6.0	6	0	10/28	at Detroit	2	17	8.5	13	0
							11/4	Minnesota	0	0	0.0	0	0
2010	Opponent	No	Yds	Avg	LG	TD	11/11	N.Y. Jets	Practice Squad				
9/12	at N.Y. Giants	0	0	0.0	0	0	11/25	at Miami	Inactive				
TOTALS (1/0)		0	0	0.0	0	0	12/2	at Chicago	Inactive				
							12/9	Arizona	Inactive				
							TOTALS (4/1)		4	42	10.5	15	0



BYRON MAXWELL

Position Cornerback
Height 6-1
Weight 207
College Clemson
NFL Seasons 3rd
Seahawks Seasons 3rd
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 time club selected a cornerback with the 173rd pick (John Harris, 1978).

NFL CAREER HIGHLIGHTS:

- Played in nine games in 2012, seeing action at corner in the final four contests. Totaled six solo stops and three passes defended and had eight tackles on special teams along with one forced fumble and fumble recovery.
- Saw action in nine games as a rookie, mostly on special teams totaling one stop and a fumble recovery. Saw action at corner in one game, at Chicago (12/18/11).

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. Six

career forced fumbles were among the top-10 figures in Clemson history. Noted as being one of the hardest hitting defensive backs in the ACC. Played in four bowl games and had 16 combined tackles in those games. Played in 13 games (eight starts), recording 48 tackles, 3.5 tackles for loss, two interceptions, seven pass breakups, and tied for the team-high with three forced fumbles as a senior. Tied for second in the ACC in forced fumbles. Team defensive player of the game against No. 16 Miami (Fla.) after totaling eight tackles and three pass breakups.

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.

MAXWELL'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions										
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds		
2011 Seattle	9/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0	0
2012 Seattle	9/0	6	6	0	0.0	0.0	0	0	0	0	0	3	0	0	0	0	
NFL TOTALS	18/0	6	6	0	0.0	0.0	0	0	0.0	0	0	3	0	0	0	0	

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions									
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds	
2012 Seattle	1/0	Special Teams Only														
NFL TOTALS	1/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0

MAXWELL'S SINGLE-GAME HIGHS

Tackles: 2 twice, last vs. San Francisco (12/23/12)

FF: None

Sacks: None

FR: None

Int.: None

ADDITIONAL STATS

Special Teams Tackles: 2011 (1, FR) 2012 (8, FF, FR); **Career:** (9, FF, 2 FR).



BRANDON MEBANE

Position Defensive Tackle
Height 6-1 **Weight 311**
College California
NFL Seasons 7th
Seahawks Seasons 7th
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:

- Ranks first in the NFC (3rd NFL) with 112 tackles (71 solo) among interior linemen since 2011.
- Tied career-high with 56 tackles (31 solo) in 2012 and started all 16 games for the third time in career.
- Set a career high with 56 tackles in 2011 starting all 16 games, tops in the NFC and fifth in the NFL among interior linemen. Helped maintain a Seahawks run defense that ranked fourth in rushing yards per attempt (3.8).
- Tallied career-high six tackles at Green Bay (12/27/09).

- Posted 39 tackles (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. 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

MEBANE'S SINGLE-GAME HIGHS

Tackles: 7 twice, last vs. New England (10/14/12)

FF: 1 twice, last vs. Arizona (11/16/08)

Sacks: 2.0 vs. Green Bay (9/24/12)

FR: 1 twice, last at Arizona (9/9/12)

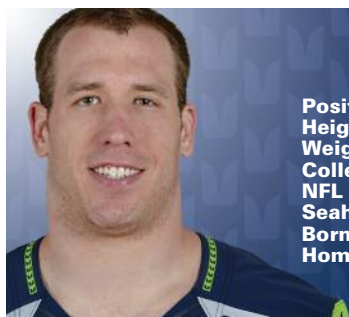
Int.: None

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	Tackles			Sacks		Interceptions									
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds	
2007 Seattle	16/10	29	23	6	2.0	11.0	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	
2011 Seattle	16/16	56	40	16	0.0	0.0	0	0	0.0	0	0	1	0	0	0	
2012 Seattle	16/16	56	31	25	3.0	22.0	0	0	0.0	0	0	3	0	1	0	
NFL TOTALS	91/85	260	185	75	13.0	73.5	0	0	0.0	0	0	7	2	2	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	
2012 Seattle	2/2	9	5	4	0.0	0.0	0	0	0.0	0	0	0	0	0	0	
TOTALS	6/6	24	17	7	0.0	0.0	0	0	0.0	0	0	0	0	0	0	



ZACH MILLER

Position Tight End
 Height 6-5
 Weight 255
 College Arizona State
 NFL Seasons 7th
 Seahawks Seasons 3rd
 Born December 11, 1985
 Hometown Phoenix, Ariz.

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 three career games.
- Started 15 of 16 games played in 2012 and started both postseason games. Recorded eight receptions for 142 yards (the second-most in franchise postseason history) and one touchdown at Atlanta (1/13/13) in the NFC Divisional Playoff Game.
- Started 15 of 15 games played in first season with Seattle missing one (at Cleveland 10/23) with a neck/head injury. Had 25 catches for 233 yards spending much time as an extra blocker

helping an offensive line decimated with injury.

- 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) at the time of his departure.
- 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.

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 when he left school. 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 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. Zach and his wife Ashley have twin girls, Kaydence and Remi.

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
2011	Seattle	15/15	25	233	9.3	28	0
2012	Seattle	16/15	38	396	10.4	30	3
NFL TOTALS		93/91	289	3,341	11.6	86t	15

POSTSEASON

Year	Club	G/S	No	Yds	Avg	LG	TD
2012	Seattle	2/2	12	190	15.8	34	1
NFL TOTALS		2/2	12	190	15.8	34	1

MILLER'S SINGLE-GAME HIGHS

Most Receptions: 11 vs. Houston (10/3/10)
Most TDs: 1, 15 Times, Last at Buffalo (12/16/12)

Most Yards: 139 vs. Philadelphia (10/18/09)
Longest Reception: 86t vs. Philadelphia (10/18/09)

MILLER'S GAME-BY-GAME RECEIVING

2007	Opponent	No	Yds	Avg	LG	TD	2008	Opponent	No	Yds	Avg	LG	TD
9/9	Detroit	3	23	7.7	11	0	9/8	Denver	4	34	8.5	21	0
9/16	at Denver	3	18	6.0	10	0	9/14	at Kansas City	2	24	12.0	14	0
9/23	Cleveland	1	13	13.0	13	0	9/21	at Buffalo	0	0	0.0	0	0
9/30	at Miami	0	0	0.0	0	0	9/28	San Diego	5	95	19.0	63t	1
10/14	at San Diego	3	17	5.7	12	1	10/12	at New Orleans	3	46	15.3	23	0
10/21	Kansas City	4	48	12.0	18	0	10/19	N.Y. Jets	4	57	14.3	27	0
10/28	at Tennessee	2	19	9.5	10	0	10/26	at Baltimore	2	56	28.0	31	0
11/4	Houston	1	3	3.0	3	0	11/2	Atlanta	2	9	4.5	6	0
11/11	Chicago	4	43	10.8	13	0	11/9	Carolina	3	42	14.0	28	0
11/18	at Minnesota	3	33	11.0	18	0	11/16	at Miami	4	67	16.8	27	0
11/25	at Kansas City	4	38	9.5	28	0	11/23	at Denver	3	41	13.7	30	0
12/2	Denver	3	58	19.3	26	1	11/30	Kansas City	5	79	15.8	28	0
12/9	at Green Bay	1	8	8.0	8	0	12/4	at San Diego	8	64	8.0	21	0
12/16	Indianapolis	1	12	12.0	12	0	12/14	New England	5	60	12.0	23	0
12/23	at Jacksonville	3	27	9.0	14	1	12/21	Houston	4	70	17.5	22	0
12/30	San Diego	8	84	10.5	18	0	12/28	at Tampa Bay	2	34	17.0	28	0
TOTALS (16/16)		44	444	10.1	28	3	TOTALS (16/15)		56	778	13.9	63t	1

2009	Opponent	No	Yds	Avg	LG	TD	2010	Opponent	No	Yds	Avg	LG	TD
9/14	San Diego	6	96	16.0	30	0	9/12	at Tennessee	4	43	10.8	27	0
9/20	at Kansas City	0	0	0.0	0	0	9/19	St. Louis	3	49	16.3	24	0
9/27	Denver	2	17	8.5	12	0	9/26	at Arizona	4	64	16.0	22t	1
10/4	at Houston	3	33	11.0	13	0	10/3	Houston	11	122	11.1	23	1
10/11	at N.Y. Giants	4	69	17.3	29	0	10/10	San Diego	6	62	10.3	18	1
10/18	Philadelphia	6	139	23.2	86t	1	10/17	at San Francisco	2	48	24.0	26	0
10/25	N.Y. Jets	2	15	7.5	8	0	10/24	at Denver	3	65	21.7	43t	1
11/1	at San Diego	5	52	10.4	15	0	10/31	Seattle	1	8	8.0	8	0
11/15	Kansas City	1	9	9.0	9	0	11/7	Kansas City	Inactive				
11/22	Cincinnati	5	65	13.0	19	1	11/21	at Pittsburgh	2	9	4.5	6	0
11/26	at Dallas	5	73	14.6	28	0	11/28	Miami	1	6	6.0	6	0
12/6	at Pittsburgh	4	43	10.8	16	0	12/5	at San Diego	1	5	5.0	5	0
12/13	Washington	7	46	6.6	11	0	12/12	at Jacksonville	4	68	17.0	29	0
12/20	at Denver	Inactive					12/19	Denver	4	39	9.8	27	0
12/27	at Cleveland	9	110	12.2	31	0	12/26	Indianapolis	9	66	7.3	14	1
1/3/10	Baltimore	7	38	5.4	12t	1	1/2/11	at Kansas City	5	31	6.2	11	0
TOTALS (15/15)		66	805	12.2	86t	3	TOTALS (15/15)		60	685	11.4	43t	5

2011	Opponent	No	Yds	Avg	LG	TD	2012	Opponent	No	Yds	Avg	LG	TD
9/11	at San Francisco	2	19	9.5	13	0	9/9	at Arizona	3	40	13.3	27	0
9/18	at Pittsburgh	1	13	13.0	13	0	9/16	Dallas	1	7	7.0	7	0
9/25	Arizona	2	9	4.5	7	0	9/24	Green Bay	2	12	6.0	8	0
10/2	Atlanta	3	21	7.0	13	0	9/30	at St. Louis	3	32	10.7	13	0
10/9	at NY Giants	0	0	0.0	0	0	10/7	at Carolina	3	59	19.7	30	0
10/23	at Cleveland	Inactive (neck/head)					10/14	New England	2	29	14.5	22	0
10/30	Cincinnati	3	37	12.3	17	0	10/18	at San Francisco	0	0	0.0	0	0
11/6	at Dallas	0	0	0.0	0	0	10/28	at Detroit	2	22	11.0	16t	1
11/13	Baltimore	3	24	8.0	11	0	11/4	Minnesota	2	47	23.5	25	0
11/20	at St. Louis	1	10	10.0	10	0	11/11	N.Y. Jets	5	37	7.4	11	0
11/27	Washington	1	2	2.0	2	0	11/25	at Miami	3	16	5.3	8	0
12/1	Philadelphia	2	53	26.5	28	0	12/2	at Chicago	2	7	3.5	7	0
12/12	St. Louis	2	13	6.5	8	0	12/9	Arizona	2	29	14.5	24t	1
12/18	at Chicago	4	23	5.8	12	0	12/16	at Buffalo	3	26	8.7	14	1
12/24	San Francisco	1	9	9.0	9	0	12/23	San Francisco	2	15	7.5	11	0
1/1/12	at Arizona	0	0	0.0	0	0	12/30	St. Louis	3	18	6.0	9	0
TOTALS (15/15)		25	233	9.3	28	0	TOTALS (16/15)		38	396	10.4	30	3
							1/6	at Washington	4	48	12.0	22	0
							1/13	at Atlanta	8	142	17.8	34	1
							PLAYOFFS (2/2)		12	190	15.8	34	1



JOHN MOFFITT

Position Guard
 Height 6-4
 Weight 319
 College Wisconsin
 NFL Seasons 3rd
 Seahawks Seasons 3rd
 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.

NFL CAREER HIGHLIGHTS:

- Started six of eight games played in 2012 (four at right guard, two at left guard). Platooned with J.R. Sweezy and helped Marshawn Lynch to a career year with 315 carries for 1,590 yards (5.0 avg.) and 11 rushing touchdowns.
- Started the first nine games of rookie campaign before suffering a season-ending knee injury vs. Baltimore (11/13/11) and was placed on injured reserve (11/15/11).

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 15

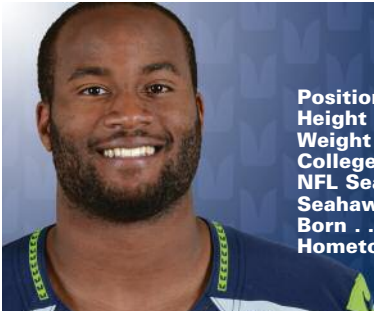
blocks down field. As an offensive guard, delivered 174 knockdowns and 28 touchdown-resulting blocks, posting 106 more key blocks, including 18 touchdown-resulting shots at center. On 2,915 offensive snaps, allowed just two quarterback pressures and 3.5 sacks, as he was penalized only twice in his Badger career. Started all 13 games at left guard as a senior, 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 *Sports 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. 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 (41.5 ppg). As a junior, earned All-Big Ten Conference first-team honors from *The NFL Draft Report*, the league's coaches and media. All-Big Ten Conference Freshman Team selection by *The Gridiron Report*. Inserted into the starting lineup at left guard for the final six contests.

PERSONAL: Attended Notre Dame (West Haven, Conn.) 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. Father, Dave, and uncle, Steven, played college basketball at New Haven from 1973-76. Another uncle, Jim, played football at Temple.



MOFFITT'S NFL RECORD

Year	Team	GP/GS	Postseason
2011	Seattle	— 9/9	
2012	Seattle	— 8/6	2/0
NFL TOTALS		— 17/15	2/0



MIKE MORGAN

Position Linebacker
 Height 6-3
 Weight 226
 College . . . Southern California
 NFL Seasons 3rd
 Seahawks Seasons 3rd
 Born January 16, 1988
 Hometown Dallas, Texas

57

HOW ACQUIRED: Signed by the Seahawks as an undrafted free agent July 26, 2011.

NFL CAREER HIGHLIGHTS:

- Played in all 16 games with first-career start in place of K.J. Wright (concussion) vs. the N.Y. Jets (11/11/12). Tallied a career-high six tackles (two solo) in that Jets game. Also contributed seven special teams tackles (five solo).
- Saw action in the final five games of 2011, mostly on special teams and limited action at linebacker at Chicago (12/18).

COLLEGE: 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 loss in 2009 (with 4.0 sacks). Made the 2009 Phil Steele's All-Pac 10 third-team.

PERSONAL: Named 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 bachelor's degree in public policy, management and planning.

MORGAN'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions										
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds		
2011 Seattle	5/0	0	0	0	0.0	0.0	0	0.0	0.0	0	0	0	0	0	0	0	0
2012 Seattle	16/1	12	6	6	0.0	0.0	0	0.0	0.0	0	0	0	0	0	0	0	0
NFL TOTALS	21/1	12	6	6	0.0	0.0	0	0.0	0.0	0	0	0	0	0	0	0	0

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions										
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds		
2012 Seattle	2/0	0	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	0	0

MORGAN'S SINGLE-GAME HIGHS

Tackles: 6 vs. N.Y. Jets (11/11/12)

Sacks: None

Int.: None

FF: None

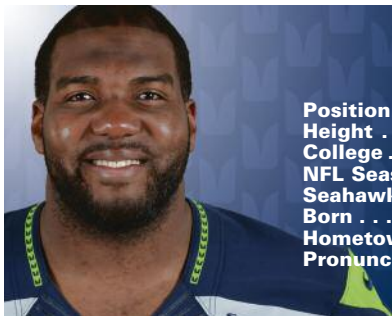
FR: None

ADDITIONAL STATS

Special Teams Tackles: 2012 (7); Career: (7).

Postseason Special Teams Tackles: 2012 (1); Career: (1).





RUSSELL OKUNG

Position Tackle
 Height 6-5 Weight 310
 College Oklahoma State
 NFL Seasons 4th
 Seahawks Seasons 4th
 Born October 7, 1987
 Hometown Houston, Texas
 Pronunciation oh-KOON-g

76

HOW ACQUIRED: Selected with the sixth overall pick in the 2010 NFL Draft. 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.

NFL CAREER HIGHLIGHTS:

- Started all 15 games played in the regular season and both playoff contests in 2012, being voted as a starter to the Pro Bowl. Helped Marshawn Lynch to a career-year with 315 carries for 1,590 yards (5.0 avg.) with 11 touchdowns.
- Started the first 12 games of 2011 before being placed on injured reserve with a torn pectoral muscle suffered vs. Philadelphia (12/1).

Helped Marshawn Lynch post a club record scoring at least one TD in 11 consecutive games.

- 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).



HONORS: 2012: NFC Pro Bowl.

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 12 Conference in rushing in each of his four seasons in the starting line-up. An

OKUNG'S NFL RECORD

Year	Team	GP/GS	Postseason	Year	Team	GP/GS	Postseason
2010	Seattle	10/10	2/2	2012	Seattle	15/15	2/2
2011	Seattle	12/12		NFL TOTALS		37/37	4/4



Outland Trophy finalist, garnered All-American and Big 12 Offensive Lineman of the Year honors, becoming OSU's most decorated offensive lineman since former Pittsburgh Steelers stand-out center, Jon Kolb (1966-68). Registered 317 knock-downs 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.



RON PARKER

Position	Cornerback
Height	6-0
Weight	206
College	Newberry College
NFL Seasons	3rd
Seahawks Seasons	3rd
Born	August 17, 1987
Hometown	St. Helena Island, S.C.

36

HOW ACQUIRED: Originally signed with Seattle as an undrafted free agent on July 26, 2011, but was released on August 31. Signed to the Seahawks practice squad on September 5 and released September 22. Signed to Oakland's practice squad September 27, 2011, and was then signed to their active roster October 1 and played in three games before being waived October 22. Claimed by Seattle via waivers from Oakland October 24 and played in two games on special teams. Injured Achilles vs. St. Louis (12/12/11) and was placed on injured reserve 12/13/11).

NFL CAREER HIGHLIGHTS:

- Saw action in two games and totaled two solo special teams tackles and also saw time at corner at Buffalo (12/16/12).

COLLEGE: 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 *Datronics* and a third-team Little All American by the *Associated Press*. In 2009, led the team in tackles (83), led the team and conference in interceptions (6) and passes defended (13).

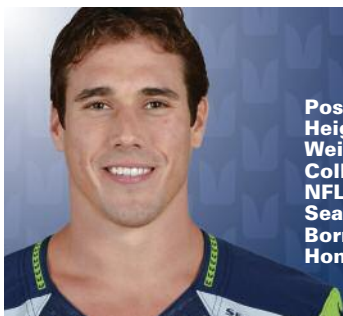
PERSONAL: Prepped at Beaufort High School in South Carolina. Majored in sports management.

PARKER'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions									
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds	
2011 Oakland	3/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0
Seattle	2/0	Special Teams Only														
2012 Seattle	2/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0
NFL TOTALS	7/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0

ADDITIONAL STATS

Special Teams Tackles: 2012 (2); Career: (2).



BRADY QUINN

Position Quarterback
Height 6-3
Weight 235
College Notre Dame
NFL Seasons 7th
Seahawks Seasons 1st
Born October 27, 1984
Hometown Dublin, Ohio

10

HOW ACQUIRED: Signed as an unrestricted free agent from Kansas City on April 11, 2013.

NFL CAREER HIGHLIGHTS:

- Originally selected by the Cleveland Browns in the first round (22nd overall) of the 2007 NFL Draft. Played in 14 games (12 starts) with Cleveland from 2007-09, completing 184 of 353 passes (52.1 %) for 1,902 yards with 10 touchdowns and nine interceptions for a 66.8 quarterback rating.
- Traded from Cleveland to Denver on March 14, 2010 in exchange for running back Peyton Hillis, a sixth-round choice in the 2011 NFL Draft and a conditional 2012 draft pick. Serving as backup, did not see any regular season action in 2010-11.
- Signed with Kansas City as an unrestricted free agent on March 19, 2012. Played in 10 games (eight starts) in 2012, completing 112 of 197 passes (56.9 %) for 1,141 yards with two touchdowns and eight interceptions for a 60.1 quarterback rating
- Registered a career-high nine starts in 2009, setting personal bests in passing yards (1,339), completions (136) and touchdowns (8).

COLLEGE: Played in 48 games and tied a Notre Dame record with 29 starts for the Fighting Irish. Set 36 school records, including career pass attempts (1,602), completions (929), passing yards (11,742), passing yards per game (239.6), touchdown passes (95) and lowest interception percentage (2.43). Finished his career ranked in the top 10 in NCAA histo-

ry in pass attempts (seventh), passing yards (10th) and touchdown passes (ninth). Won the Maxwell Award as the nation's most outstanding player and the Johnny Unitas Golden Arm Award as the nation's top quarterback following his senior year in 2006 when he was named an AP second-team All-American. Started all 13 games, completing 289 of 467 passes (61.9 %) for 3,426 yards with 37 touchdowns and seven interceptions. Finished third in the Heisman Trophy balloting. Started all 12 games in 2005 as a junior, completing 292 of 450 passes (64.9 %) for 3,919 yards and 32 touchdowns with seven interceptions. Set a school-record and NCAA season-high with 226 consecutive passes without an interception. Finished fourth in the Heisman Trophy voting. Started all 12 games as a sophomore in 2004, completing 191 of 353 passes (54.1 %) for 2,586 yards with 17 touchdowns and 10 interceptions. Played in 12 games (nine starts) as a true freshman in 2003, completing 157 of 332 passes for 1,831 yards with nine touchdowns and 15 interceptions.

PERSONAL: Named All-State and the Ohio Capital Conference Offensive Player of the Year by The Columbus Dispatch following his senior season at Coffman High School in Dublin, Ohio after completing 143 of 258 passes for 2,149 yards and 25 touchdowns. Earned three letters in baseball, receiving all-conference recognition as a junior. Sister, Laura, is married to Green Bay Packers linebacker A.J. Hawk. Graduated with dual degrees in Finance and Political Science.

SINGLE-GAME HIGHS

Attempts:	45 vs. San Diego	(12/6/09)
Completions:	25 vs. San Diego	(12/6/09)
Completion %:	82.6* (19-23) vs. Carolina	(12/2/12)
Yards:	304 at Detroit	(11/22/09)
Longest, No TD:	57 vs. Indianapolis	(12/23/12) to Jon Baldwin
Longest TD:	59 at Detroit	(11/22/09) to Mohamed Massaquoi
Most TDs:	4 at Detroit	(11/22/09)
Interceptions:	2 five times, last vs. Indianapolis	(12/23/12)
Rushes:	5 vs. Indianapolis	(12/23/12)
Rushing Yds.:	39 at Kansas City	(12/20/09)
Longest Rush:	24 at Kansas City	(12/20/09)
Rushing TDs:	1 at Cincinnati	(11/29/09)

*Min. 20 attempts

Additional Statistics: Caught one pass for 18 yards at Cincinnati (11/29/09)

QUINN'S NFL RECORD

PASSING

Year	Club	G/S	Att	Comp	Yds	Pct	TD	Int	LG	Sacked	Rate
2007	Cleveland	1/0	8	3	45	37.5	0	0	18	0/0	56.8
2008	Cleveland	3/3	89	45	518	50.6	2	2	42	1/9	66.6
2009	Cleveland	10/9	256	136	1,339	53.1	8	7	59t	19/104	67.2
2010	Denver	0/0	0	0	0	0.00	0	0	0	0/0	0.0
2011	Denver	0/0	0	0	0	0.00	0	0	0	0/0	0.0
2012	Kansas City	10/8	197	112	1,141	56.9	2	8	57	21/123	60.1
NFL TOTALS		24/20	550	296	3,043	53.8	12	17	59t	41/236	64.4

RUSHING

Year	Club	G/S	Att	Yds	Avg	LG	TD
2007	Cleveland	1/0	0	0	0.0	0	0
2008	Cleveland	3/3	5	21	4.2	12	0
2009	Cleveland	10/9	20	98	4.9	24	1
2010	Denver	0/0	0	0	0	0	0
2011	Denver	0/0	0	0	0	0	0
2012	Kansas City	10/8	19	66	3.5	12	0
NFL TOTALS		24/20	44	185	4.2	24	1

QUINN'S GAME-BY-GAME PASSING

2007

Date	Opponent	P/S	Att	Comp	Yds	Pct	TD	Int	LG	Sacked	W/L	Rating
12/30	San Francisco	(P)	8	3	45	37.5	0	0	18	0/0	W	56.8
TOTALS		(1/0)	8	3	45	37.5	0	0	18	0/0	-	56.8

2008

Date	Opponent	P/S	Att	Comp	Yds	Pct	TD	Int	LG	Sacked	W/L	Rating
11/6	Denver	(S)	35	23	239	65.7	2	0	30	0/0	L	104.3
11/17	at Buffalo	(S)	36	14	185	38.9	0	0	23	1/9	W	55.9
11/25	Houston	(S)	18	8	94	44.4	0	2	42	0/0	L	21.3
TOTALS		(3/3)	89	45	518	50.6	2	2	42	1/9	1-2	66.6

2009

Date	Opponent	P/S	Att	Comp	Yds	Pct	TD	Int	LG	Sacked	W/L	Rating
9/13	Minnesota	(S)	35	21	205	60.0	1	1	26t	5/26	L	74.1
9/20	at Denver	(S)	31	18	161	58.1	0	1	24	4/15	L	58.7
9/27	at Baltimore	(S)	8	6	34	75.0	0	1	12	1/5	L	42.7
11/1	at Chicago	(P)	3	1	9	33.3	0	0	9	0/0	L	42.4
11/16	Baltimore	(S)	31	13	99	41.9	0	2	30	4/25	L	23.5
11/22	at Detroit	(S)	33	21	304	63.6	4	0	59t	1/6	L	133.1
11/29	at Cincinnati	(S)	34	15	100	44.1	0	0	24	1/7	L	51.3
12/6	San Diego	(S)	45	25	271	55.6	3	0	43	2/14	L	95.7
12/10	Pittsburgh	(S)	19	6	90	31.6	0	0	37	1/6	W	48.1
12/20	at Kansas City	(S)	17	10	66	58.8	0	2	11	0/0	W	27.7
TOTALS		(10/9)	256	136	1,339	53.1	8	7	59t	19/104	2-7	67.2

2010

Date	Opponent	P/S	Att	Comp	Yds	Pct	TD	Int	LG	Sacked	W/L	Rating
Weeks 1-17			Did not play as a backup									
TOTALS		(0/0)	0	0	0	00.0	0	0	0	0/0	-	-

2011

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Rating
Weeks 1-17			Did not play as a backup									
TOTALS		(0/0)	0	0	0	00.0	0	0	0	0/0	-	-

QUINN'S GAME-BY-GAME PASSING

2012

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Rating
10/7	Baltimore	(P)	2	2	32	100.0	0	0	20	0/0	L	118.8
10/14	at Tampa Bay	(S)	38	22	180	57.9	0	2	19	0/0	L	48.1
10/28	Oakland	(S)	4	2	1	50.0	0	1	5	1/7	L	16.7
11/18	Cincinnati	(P)	14	9	95	64.3	0	0	20	3/16	L	83.9
11/25	Denver	(S)	25	13	126	52.0	0	1	21	2/10	L	49.8
12/2	Carolina	(S)	23	19	201	82.6	2	0	34	1/4	W	132.1
12/9	at Cleveland	(S)	21	10	159	47.6	0	1	47	5/29	L	53.5
12/16	at Oakland	(S)	32	18	136	56.3	0	1	31	4/27	L	53.6
12/23	Indianapolis	(S)	22	10	162	45.5	0	2	57	1/7	L	32.8
12/30	at Denver	(S)	16	7	49	43.8	0	0	16	4/23	L	51.3
TOTALS	(10/8)		197	112	1,141	56.9	2	8	57	21/123	1-7	60.1
CAREER TOTALS	(24/20)		550	296	3,043	53.8	12	17	59t	41/236	4-16	64.4

W/L record reflects games started only



SIDNEY RICE

Position Wide Receiver
Height 6-4
Weight 202
College South Carolina
NFL Seasons 7th
Seahawks Seasons 3rd
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.
- Started all 16 games for first time in career in 2012. Led Seattle in receiving (50) and yards (748) and tied Golden Tate in touchdowns (7), one shy of his career-high set in 2009.
- Has completed four of seven career pass attempts for 174 yards, including a 55-yard strike to Mike Williams on the first play of the game at St. Louis (11/20/11).
- In first season with Seahawks in 2011, started nine games totaling 32 catches for 484 yards and two touchdowns. Posted eight catches for 109 yards in Seattle debut. Missed the first two games of the season with a shoulder injury and spent the final five games on injured reserve (concussion).
- 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. Versus Buffalo (12/5/10), caught five passes for season-

high 105 yards and two touchdowns.

- 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 Third-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 South Carolina record as the only player to break the 1,000-yard receiving mark in two 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 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 red-shirt 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 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

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

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
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PLAYOFFS (1/1) 2 27 13.5 14 0

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

2011	Opponent	No	Yds	Avg	LG	TD
9/11	at San Francisco	Inactive (shoulder)				
9/18	at Pittsburgh	Inactive (shoulder)				
9/25	Arizona	8	109	13.6	32	0
10/2	Atlanta	3	79	26.3	52t	1
10/9	at NY Giants	4	38	9.5	16	0
10/23	at Cleveland	2	38	19.0	38	0
10/30	Cincinnati	7	102	14.6	35	0
11/6	at Dallas	3	69	23.0	43	0
11/13	Baltimore	2	14	7.0	9	0
11/20	at St. Louis	3	35	11.7	14t	1
11/27	Washington	0	0	0.0	0	0

TOTALS (9/9) 32 484 15.1 52t 2

RICE'S GAME-BY-GAME RECEIVING

2012	Opponent	No	Yds	Avg	LG	TD
9/9	at Arizona	4	36	9.0	11	1
9/16	Dallas	3	33	11.0	18	0
9/24	Green Bay	1	22	22.0	22	0
9/30	at St. Louis	4	41	10.3	17	0
10/7	at Carolina	5	67	23.4	18	0
10/14	New England	3	81	27.0	46t	1
10/18	at San Francisco	2	32	16.0	27	0
10/28	at Detroit	6	55	9.2	18	1
11/4	Minnesota	4	54	13.5	23	1
11/11	New York Jets	2	54	27.0	31t	2
11/25	at Miami	3	49	16.3	26	0
12/2	at Chicago	6	99	16.5	28	1
12/9	Arizona	2	35	17.5	18	0
12/16	at Buffalo	4	76	19.0	41	0
12/23	San Francisco	1	14	14.0	14	0
12/30	St. Louis	0	0	0.0	0	0
TOTALS (16/16)		50	748	15.0	46t	7
1/6/13	at Washington	1	27	27.0	27	0
1/13/13	at Atlanta	4	60	15.0	24	0
PLAYOFFS (2/1)		5	87	17.4	27	0



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
2011	Seattle	9/9	32	484	15.1	52t	2
2012	Seattle	16/16	50	748	15.0	46t	7
NFL TOTALS		73/51	228	3,361	14.7	63	27

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
2012	Seattle	2/1	5	87	17.4	27	0
NFL TOTALS		5/3	17	298	17.5	47t	4

RICE'S SINGLE-GAME HIGHS

Most Receptions: 10 at Pittsburgh (10/25/09)

Most Yards: 201 vs. Detroit (11/15/09)

Most TDs: 2 three times, last vs. Buffalo (12/5/10)

Longest Reception: 63 vs. Baltimore (10/18/09)

ADDITIONAL STATS

Passing: 2007 (2-2 for 94 yards), 2008 (0-1), 2009 (0-1), 2011 (1-1 for 55 yards) 2012 (1-2 for 25 yards);

Career: (4-7 for 174 yards).

Returns: 2009 (one kickoff return for 0 yards); **Career:** One kickoff return for 0 yards.



MICHAEL ROBINSON

Position Running Back
Height 6-1
Weight 240
College Penn State
NFL Seasons 8th
Seahawks Seasons 4th
Born February 6, 1983
Hometown Richmond, Va.

26

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

NFL CAREER HIGHLIGHTS:

- Originally drafted by San Francisco in the fourth-round (100th overall) of the 2006 NFL Draft. Played four seasons for the 49ers.
- Named *Sports Illustrated* All-Pro after the 2012 season, where he helped Marshawn Lynch to a career-year with 315 carries for 1,590 yards (5.0 avg.) and 11 touchdowns.
- Played in all 16 games for the third time in career with a career-high six starts in 2012. Tied (2006 season) career-high with two total touchdowns (both receiving). A special teams captain for second-consecutive season, was second on the team with 10 special teams tackles (seven solo).
- In 2011, helped block for Marshawn Lynch's club record of at least one touchdown in 11-consecutive games. Also helped pave the way for Lynch to become Seattle's first 1,000-yard rusher since 2005. Earned first-career trip to the Pro Bowl.
- Hauled in first-career receiving touchdown at Chicago (12/18/11).
- Started four of 11 games for Seattle at fullback, also seeing snaps at running back and quarterback in 2010.
- 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).
- Executed a fake punt for 33 yards on a direct snap at Seattle (12/4/06), which established a career-long rushing attempt.



HONORS: 2011: NFC Pro Bowl.
2012: *Sports Illustrated* All-Pro.

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, Va. 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 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 twice, last vs. Phi (12/11/11)
Most Rec. Yards: 54 vs. St. Louis (11/16/08)
Longest Reception: 36 vs. St. Louis (11/16/08)
Most Rec. TDs: 1 three times, last vs. StL (12/30/12)

ROBINSON'S ADDITIONAL STATS

Special Teams Tackles: 2006 (16), 2007 (27), 2008 (16), 2009 (20), 2010 (4), 2011 (10, FF, blocked punt return for TD), 2012 (10, FF); **Career** (103, 2 FF). Returned 30 kickoffs for 673 yards (22.4 avg.) with a long of 40. Completed 1 of 2 passes for 28 yards.

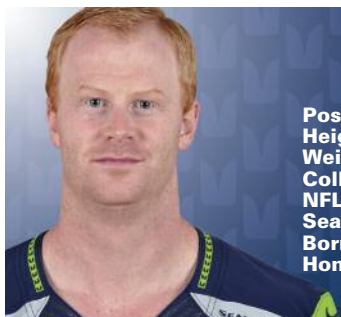


ROBINSON'S NFL RECORD

Club	G/S	No	Rushing				TD	Att	Receiving			
			Yds	Avg	LG	TD			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	6	24	4.0	8	0	
2010 Seattle	11/4	12	77	6.4	17	0	8	37	4.6	13	0	
2011 Seattle	14/5	4	7	1.8	3	0	9	74	7.4	19	1	
2012 Seattle	16/6	12	49	4.1	29	0	13	126	9.7	20	2	
NFL TOTALS	103/17	114	422	3.7	33	2	73	583	8.0	36	3	

POSTSEASON

Club	G/S	No	Rushing				TD	Att	Receiving			
			Yds	Avg	LG	TD			Yds	Avg	LG	TD
2010 Seattle	2/0	1	1	1.0	1	0	1	3	3.0	3	0	
2012 Seattle	2/1	2	2	1.0	3	0	2	23	11.5	19	1	
NFL TOTALS	4/1	3	3	1.0	3	0	3	26	8.7	19	1	



JON RYAN

Position Punter
 Height 6-0
 Weight 217
 College Regina
 NFL Seasons 8th
 Seahawks Seasons 6th
 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.
- Kicked his way in to the NFL record books vs. New England (10/14/12) after averaging 60.0 yards on four punts, ranking third in NFL history (min. four attempts) for highest average in a single-game. He is the first player since 1946 to accomplish the feat and third player all-time.
- Has recorded 548 career punts for 24,676

yards (45.0 avg.) with 176 punts inside the 20 in his career.

- Seattle's career leader in punting average (45.23) and long punt (77 yards at San Francisco, 9/11/11).
- Seattle's single-season leader in average (46.64 in 2011), net average (40.8 in 2012), and tied for most punts downed inside the 20 (34 in 2011).
- Set a career-high with six punts inside the 20 vs. San Francisco (12/6/09), at Chicago (10/17/10) and at Miami (11/25/12).

COLLEGE: In 2003, led Canadian college punters with a 45.9-yard average. Was named first-

RYAN'S SINGLE-GAME HIGHS

Punts: 11 vs. Philadelphia (11/2/08)
Avg. (3 min.): 61.0 at Dallas (11/6/11)
Net (3 min.): 58.3 at Dallas (11/6/11)

Longest: 77* at San Francisco (9/11/11)
Inside 20: 6 three times, last at Miami (11/25/12)

ADDITIONAL STATS

Special Teams Tackles: 2006 (1), 2007 (FR), 2009 (3), 2011 (3); **Career:** (7, FR). **Passing:** 2007: 1-1 for 18 yards, 2009: 1-1 for 42 yards; **Career:** 2-2 for 60 yards.

Rushing: 2006: One for -11, 2007: Two for 7, 2009: One for 0, 2010: One for -9; **Career:** Five for -13 yards.

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
2011 Seattle	16/0	95	4,431	46.6*	39.3	77*	34	8	0
2012 Seattle	16/0	65	2,963	45.6	40.8*	73	30	3	0
NFL TOTALS	111/0	548	24,676	45.0	38.1	77	176	56	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
2012 Seattle	2/0	6	214	35.7	30.3	50	2	1	0
NFL TOTALS	6/0	28	982	35.1	30.9	52	9	2	0

* Club Record



GREG SCRUGGS

Position Defensive End
 Height 6-3
 Weight 284
 College Louisville
 NFL Seasons 2nd
 Seahawks Seasons 2nd
 Born August 17, 1990
 Hometown . . . Cincinnati, Ohio

98

HOW ACQUIRED: Drafted with the 25th pick in the seventh round (232nd overall) of the 2012 NFL Draft. Second Seahawks defensive end selected in this draft to come from the Big East Conference (Bruce Irvin, West Virginia). First player drafted out of Louisville in club history.

NFL CAREER HIGHLIGHTS:

- Played in 12 games in his rookie season, as well as both playoff games. Tallied six tackles (5 solo) and two sacks for three yards.

COLLEGE: Played in 42 career games, starting 26 in four seasons at Louisville, registering 61 tackles, including 19 for losses of 99 yards, while racking up eight sacks to go along with two forced fumbles, three fumble recoveries and one interception. Played in nine games his senior year, missing three to injury. Totaled 19 tackles, including six for losses of 47 yards to go along with four sacks and a forced fumble. Had a career-day at Kentucky, setting career-bests in total tackles (5) and solo tackles (3), while tying

career-highs in tackles for loss (2) and sacks (2). Played in 12 games his junior year, starting six and registering 14 tackles and two sacks. Sophomore year was his first as full-time starter, starting all 12 games played with 24 tackles and two sacks. Played in nine games as a true freshman with three starts.

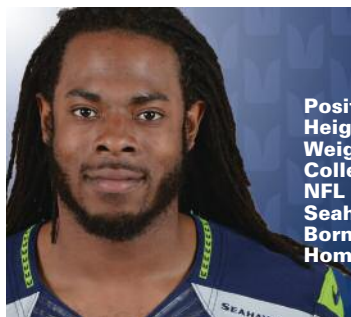
PERSONAL: Attended St. Xavier High School in Cincinnati, Ohio, where he played for the nation's top-ranked team, leading them to a perfect 15-0 record and a state championship win over Mentor, 27-0. Started all 15 games at defensive end in his only season of football for St. Xavier, recording 57 tackles, nine sacks, two forced fumbles and three fumble recoveries. Earned second-team All-GCL honors, was selected Honorable Mention All-Cincinnati and was selected to play in the North-South All-Star Game. Played four seasons on the basketball team, averaging 7.0 points and 3.0 rebounds. Also performed for three seasons in the marching band. Sociology major.

SCRUGGS' NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions			LG	TD	PD	FF	FR	FR Yds
		Tkl	So	Ast	QB	Yds	No	Yds	Avg						
2012 Seattle	12/0	6	5	1	2.0	3.0	0	0	0.0	0	0	1	0	0	0
NFL TOTALS	12/0	6	5	1	2.0	3.0	0	0	0.0	0	0	1	0	0	0

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions			LG	TD	PD	FF	FR	Yds
		Tkl	So	Ast	QB	Yds	No	Yds	Avg						
2012 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



RICHARD SHERMAN

Position Cornerback
 Height 6-3
 Weight 195
 College Stanford
 NFL Seasons 3rd
 Seahawks Seasons 3rd
 Born March 30, 1988
 Hometown ... Compton, Calif.

25

HOW ACQUIRED: Drafted with the 23rd pick in the fifth-round of the 2011 NFL Draft (154th overall).

NFL CAREER HIGHLIGHTS:

- Started all 16 games played at left cornerback as well as both playoff games, leading the team in interceptions (8) and passes defended (24).
- Played in all 16 games in 2011 and moved in to starting lineup after Marcus Trufant (back) and Walter Thurmond (ankle) were placed on injured reserve, starting final 10 games at left corner.
- Tied for third in franchise history with four interceptions as a rookie, along with 53 tackles (46 solo) and ranked second on team with 17 passes defended.

HONORS: 2012, *Associated Press First-Team All-Pro, Pro Football Weekly All-NFL Team, Sporting News All-Pro, Sports Illustrated All-Pro, NFC Defensive Player of the Week vs. Jets (11/11/12); 2011, All-Rookie Team (Pro Football Weekly).*

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 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.

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.

SHERMAN'S SINGLE-GAME HIGHS

Tackles: 8, at Detroit (10/28/12)
Forced Fumbles: 1, 3 Times, Last vs. N.Y. Jets (11/11/12)
Interceptions: 2, vs. Arizona (12/9/12)
Fumble Recoveries: 1, vs. Arizona (12/9/12)
Sacks: 1.0, vs. N.Y. Jets (11/11/12)

ADDITIONAL STATS

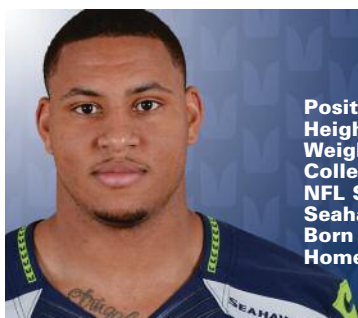
Special Teams Tackles: 2011 (2); **Career:** (2).
Touchdowns: 2012 (19 yd. INT return, 90 yd. FG block return)

SHERMAN'S NFL RECORD

Club	Tackles				Sacks		Interceptions								
	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2011 Seattle	16/10	53	46	7	0.0	0.0	4	45	11.3	33	0	17	1	0	0
2012 Seattle	16/16	62	52	10	1.0	16.0	8	57	7.1	29	1	24	3	1	0
NFL TOTALS	32/26	115	98	17	1.0	16.0	12	102	8.5	33	1	41	4	1	0

POSTSEASON

Club	Tackles				Sacks		Interceptions								
	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2012 Seattle	2/2	0	0	0	0.0	0.0	0	0	0.0	0	0	3	0	0	0
NFL TOTALS	2/2	0	0	0	0.0	0.0	0	0	0.0	0	0	3	0	0	0



MALCOLM SMITH

Position Linebacker
 Height 6-0
 Weight 226
 College USC
 NFL Seasons 3rd
 Seahawks Seasons 3rd
 Born July 5, 1989
 Hometown . . Northridge, Calif.

53

HOW ACQUIRED: Drafted with a compensatory pick (242nd overall) in the seventh round of the 2011 NFL Draft.

NFL CAREER HIGHLIGHTS:

- Played in all 16 games and started three games in place of Leroy Hill (ankle & hamstring), posting a career-high 17 tackles (9 solo). Also played in both playoff games.
- Played in 12 games in 2011, mostly on special teams, finishing tied (Chris Maragos) for second on the team with 11 special teams tackles.
- Recorded first-career sack vs. Baltimore (11/13/11).

COLLEGE: Played in 47 career games in four seasons at Southern California, registering 174 tackles, two interceptions, one sack and two touchdowns.

PERSONAL: Attended Taft High school in Woodland Hills (Calif.). Posted 31 tackles, 10 sacks and four fumble recoveries on defense and ran for 919 yards on 118 carries (7.8 avg) with 15 touchdowns 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 four 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 St. Louis Rams.

SMITH'S SINGLE-GAME HIGHS

Tackles: 5, vs. San Francisco (12/23/12)
Interceptions: None
Sacks: 1.0, vs. Baltimore (11/13/11)

Forced Fumbles: None
Fumble Recoveries: None

ADDITIONAL STATS

Special Teams Tackles: 2011 (11, FF), 2012 (5, Blocked punt, FR for TD);
Career: (16, FF, FR for TD, Blocked punt).
Postseason: 2012 (2); **Career:** (2)

SMITH'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions									
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds	
2011 Seattle	12/0	5	5	0	1.0	8.0	0	0	0.0	0	0	0	0	0	0	0
2012 Seattle	16/3	17	9	8	0.0	0.0	0	0	0.0	0	0	2	0	0	0	
NFL TOTALS	28/3	22	14	8	1.0	8.0	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
2012 Seattle	2/0	4	4	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS	2/0	4	4	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0



BRETT SWAIN

Position Wide Receiver
 Height 6-0
 Weight 200
 College San Diego State
 NFL Seasons 4th
 Seahawks Seasons 1st
 Born June 21, 1985
 Hometown Carlsbad, Calif.

16

HOW ACQUIRED: Signed a two-year contract with Seattle on April 8, 2013.

NFL CAREER HIGHLIGHTS:

- Originally drafted with the 10th pick of the seventh round (217th overall) in the 2008 NFL Draft by the Green Bay Packers.
- Spent 2011 with San Francisco, playing in five games and recording 2 catches for 15 yards.
- Saw action in 22 games with one start for the Packers in two seasons, recording six receptions for 72 yards.

COLLEGE: Started 25 of 44 games for the Aztecs, hauling in 135 catches for 1,893 yards

and eight touchdowns. 24 of his 122 receptions in his final three seasons went for 20 yards or more. Also had seven rushes for 35 yards and 10 punt returns for 88 yards.

PERSONAL: Attended Carlsbad High School in Carlsbad, Calif. Son of Rhonda and Steve Swain. Studied sociology.

SWAIN'S SINGLE-GAME HIGHS

Receptions: 2 at Atlanta (11/28/10)
Receiving Yards: 40 at Atlanta (11/28/10)
Long Gain: 31 at Atlanta (11/28/10)
Receiving Touchdowns: None

SWAIN'S NFL RECORD

RECEIVING

Club	G/S	No	Yds	Avg	LG	TD
2008 Green Bay		Practice Squad				
2009 Green Bay	6/0	0	0	-	-	0
2010 Green Bay	16/1	6	72	12.0	31	0
2011 San Francisco	5/1	2	15	7.5	9	0
NFL TOTALS	27/2	8	87	10.9	31	0

POSTSEASON

Club	G/S	No	Yds	Avg	LG	TD
2010 Green Bay	4/0	0	0	-	-	0
2011 San Francisco	2/0	0	0	-	-	0
NFL TOTALS	6/0	0	0	-	-	0



J.R. SWEEZY

Position Guard
Height 6-5
Weight 298
College .. North Carolina State
NFL Seasons 2nd
Seahawks Seasons 2nd
Born April 8, 1989
Hometown .. Mooresville, N.C.

64

HOW ACQUIRED: Selected by Seattle with the first of two seventh-round choices (225th overall) in the 2012 NFL Draft. Made the transition from college defensive tackle to offensive guard in the NFL.

NFL CAREER HIGHLIGHTS:

- Played in 13 games with three starts, splitting time with John Moffitt at RG. First start came in first-career game at Ariz. in week one. Also started both postseason games while sharing time with Moffitt.

COLLEGE: Played 35 games with 20 starts along the defensive line at North Carolina State. Posted 86 tackles (65 solo), 22 tackles for loss, 11.0 sacks, 33 quarterback pressures, three passes defended, two forced fumbles and two fumble recoveries for the Wolfpack. Voted team captain his senior season and was selected hon-

orable mention All-ACC his junior year.

PERSONAL: A linebacker in high school who recorded an impressive 195 tackles in 12 games as a senior at Mooresville High. Recorded 14 tackles for loss, including 6.0 sacks, and recovered four fumbles as a senior. Notched 115 tackles, eight tackles for loss and 3.0 sacks as a junior. PrepStar all-region selection. Won the Class 3A heavyweight wrestling championship for the state of North Carolina. Majored in sport management.

SWEEZY'S NFL RECORD

Year	Team	GP/GS	Postseason
2012	Seattle	13/3	2/2
NFL TOTALS		13/3	2/2



GOLDEN TATE

Position Wide Receiver
Height 5-10
Weight 202
College Notre Dame
NFL Seasons 4th
Seahawks Seasons 4th
Born August 2, 1988
Hometown . . . Hendersonville,
 Tenn.

81

HOW ACQUIRED: Selected with 28th pick (60th overall) in the second round of the 2010 NFL Draft.

NFL CAREER HIGHLIGHTS:

- Started all 15 games played after being inactive (knee) during Week 1. Set career-highs in receptions (45), yards (688) and TDs (7). Started both postseason games, recording four catches at Washington (1/6) in the NFC Wild Card and six catches for 103 yards and a 29-yd TD at Atlanta (1/13) in the Divisional Round.
- Played in all 16 games in 2011, with five

starts, and posted career-highs in catches (35), yards (382) and touchdowns (3).

- 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.

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 NFL RECORD

Club	G/S	Receiving					Att	Rushing				
		No	Yds	Avg	LG	TD		Yds	Avg	LG	TD	
2010 Seattle	11/0	21	227	10.8	52	0	2	4	2.0	3	0	
2011 Seattle	16/5	35	382	10.9	33	3	5	14	2.8	14	0	
2012 Seattle	15/15	45	688	15.3	51	7	3	20	6.7	13	0	
NFL TOTALS	42/20	101	1,297	12.8	52	10	10	38	3.8	14	0	

Club	No	Yds	Avg	LG	TD	Att	Punt Returns				
							Yds	Avg	LG	TD	
2010 Seattle	1	10	10.0	10	0	16	202	12.6	63	0	
2011 Seattle	0	0	0.0	0	0	1	0	0.0	0	0	
2012 Seattle	0	0	0.0	0	0	0	0	0.0	0	0	
NFL TOTALS	1	10	10.0	10	0	17	202	11.9	63	0	

POSTSEASON

Club	G/S	Receiving					Att	Rushing				
		No	Yds	Avg	LG	TD		Yds	Avg	LG	TD	
2010 Seattle	2/1	1	5	5.0	5	0	1	13	13.0	13	0	
2012 Seattle	2/1	10	138	13.8	29t	1	0	0	0.0	0	0	
NFL TOTALS	4/2	11	143	13.0	29t	1	1	13	13.0	13	0	

Club	No	Yds	Avg	LG	TD	Att	Punt Returns				
							Yds	Avg	LG	TD	
2010 Seattle	0	0	0.0	0	0	1	11	11.0	11	0	
2012 Seattle	0	0	0.0	0	0	0	0	0.0	0	0	
NFL TOTALS	0	0	0.0	0	0	1	11	11.0	11	0	

TATE'S SINGLE-GAME HIGHS

Receptions: 7, at Detroit (10/28/12)
Longest Reception: 52, at Denver (9/19/10)
Punt Return Yards: 82, at Denver (9/19/10)

Receiving Yards: 105, St. Louis (12/30/12)
Receiving TDs: 2, 2 Times, Last vs. Minn (11/4/12)
Longest Punt Return: 63, at Denver (9/19/10)

ADDITIONAL STATS

Passing: 2012 (1-1 for 23 yards - TD); **Career:** (1-1 for 23 yards - TD).

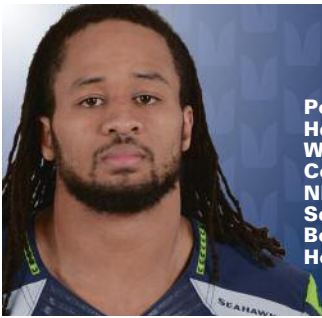
TATE'S GAME-BY-GAME

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
12/21	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

2012	Opponent	No	Yds	Avg	LG	TD
9/9	at Arizona	Inactive (knee)				
9/16	Dallas	3	38	12.7	20	0
9/24	Green Bay	3	68	22.7	41t	2
9/30	at St. Louis	1	7	7.0	7	0
10/7	at Carolina	3	31	10.3	13t	1
10/14	New England	3	47	15.7	51	0
10/18	at San Francisco	0	0	0.0	0	0
10/28	at Detroit	7	64	9.1	18	0
11/4	Minnesota	4	28	7.0	11t	2
11/11	N.Y. Jets	2	51	25.5	38t	1
11/25	at Miami	4	56	14.0	32	0
12/2	at Chicago	5	96	19.2	49	1
12/9	Arizona	2	6	3.0	6	0
12/16	at Buffalo	3	64	21.3	44	0
12/23	San Francisco	2	27	13.5	21	0
12/30	St. Louis	3	105	35.0	44	0
TOTALS (15/15)		45	688	15.3	51	7
1/6	at Washington	4	35	8.8	15	0
1/13	at Atlanta	6	103	17.2	29t	1
TOTALS (2/1)		10	138	13.8	29t	1

2011	Opponent	No	Yds	Avg	LG	TD
9/11	at San Francisco	1	8	8.0	8t	1
9/18	at Pittsburgh	2	12	6.0	7	0
9/25	Arizona	2	15	7.5	9	0
10/2	Atlanta	0	0	0.0	0	0
10/9	at New York Giants	2	31	15.5	17	0
10/23	at Cleveland	1	11	11.0	11	0
10/30	Cincinnati	2	11	5.5	9	0
11/6	at Dallas	1	8	8.0	8	0
11/13	Baltimore	3	46	15.3	24	0
11/20	at St. Louis	1	16	16.0	16	0
11/27	Washington	1	15	15.0	15	1
12/1	Philadelphia	4	47	11.8	25	1
12/12	St. Louis	3	39	13.0	22	0
12/18	at Chicago	4	61	15.3	33	0
12/24	San Francisco	3	16	5.3	8	0
1/1/12	at Arizona	5	46	9.2	23	0
TOTALS (16/5)		35	382	10.9	33	3





EARL THOMAS

Position Safety
Height 5-10
Weight 202
College Texas
NFL Seasons 4th
Seahawks Seasons 4th
Born May 7, 1989
Hometown Orange, Texas

29

HOW ACQUIRED: Drafted with the 14th overall pick in the 2010 NFL Draft.

NFL CAREER HIGHLIGHTS:

- Voted to his second all-star game as a back-up in the 2013 Pro Bowl.
- Recorded 61 tackles and three interceptions in 2012, returning one for a TD. Also recorded a two interceptions in the postseason, with one at Washington and one at Atlanta.
- Voted a starter to the 2012 Pro Bowl, becoming the first Seahawk voted to the all-star game since 2008 and first Seahawks safety to earn a spot since Darryl Williams in 1997.
- Recorded a career-high 92 tackles (67 solo), finishing third on the team after starting all 16 games in 2011.
- Posted a career-high 10 stops (four solo) vs. Cincinnati (10/30/11).
- 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 1981 to have two interceptions in one game.



HONORS: 2012, *NFC Pro Bowl*, *Associated Press First-team All-*

Pro, Pro Football Weekly All-NFL Team, Sporting News All-Pro; 2011, NFC Pro Bowl starter.

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 solo) with 7.5 stops for loss. Added 19 tackles (17 solo) 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 *The 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 12 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 kick-off 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' SINGLE-GAME HIGHS

Tackles: 10, vs. Cincinnati (10/30/11)
Interceptions: 2, vs. San Diego (9/26/10)
Sacks: None

Forced Fumbles: 1, 3 Times, Last vs. Green Bay (9/24/12)
Fumble Recoveries: 1, at NYG (10/9/11), at Chi (12/18/11)
Touchdowns: 1, at Buffalo (12/16/12) - 57 INT return

ADDITIONAL STATS

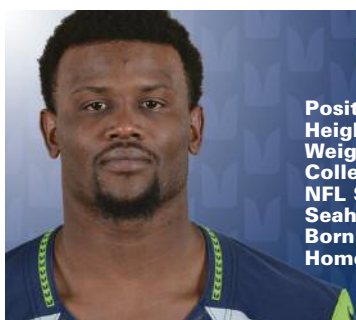
Special Teams Tackles: 2010 (4), 2011 (6), 2012 (5, FR); **Career:** (15, FR).
Special Teams Touchdowns: 10-yard return of a blocked punt for a TD.

THOMAS' NFL RECORD

Club	Tackles				Sacks		Interceptions								
	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
2011 Seattle	16/16	92	67	25	0.0	0.0	2	19	9.5	11	0	6	1	2	0
2012 Seattle	16/16	61	39	22	0.0	0.0	3	80	26.7	57t	1	10	1	0	0
NFL TOTALS	48/48	224	166	58	0.0	0.0	10	167	16.7	57t	1	23	3	2	0

POSTSEASON

Club	Tackles				Sacks		Interceptions								
	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
2012 Seattle	2/2	8	3	5	0.0	0.0	2	1	0.5	2	0	2	0	0	0
NFL TOTALS	4/4	20	15	5	0.0	0.0	2	1	0.5	2	0	3	0	0	0



WALTER THURMOND

Position Cornerback
Height 5-11
Weight 190
College Oregon
NFL Seasons 4th
Seahawks Seasons 4th
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.

NFL CAREER HIGHLIGHTS:

- Started 2012 season on PUP and returned to play in two games with one start before injuring his hamstring and being placed on IR on December 31. Recorded three tackles and one pass defended.
- Played in six games with three starts (two in place of Marcus Trufant) but season was cut short due to ankle injury at Cleveland (10/23). Had 12 tackles (seven solo), two passes defended and one forced fumble in shortened playing time in 2011.
- Made first NFL start vs. Arizona (10/24/10),

totaling four solo stops and two passes defended.

- Replaced Marcus Trufant (head) at New Orleans (10/21/10) 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

THURMOND'S SINGLE-GAME HIGHS

Tackles: 9, at New Orleans (10/21/10)

Sacks: None

Forced Fumbles: 1, at New York Giants (10/9/11)

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.



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.)

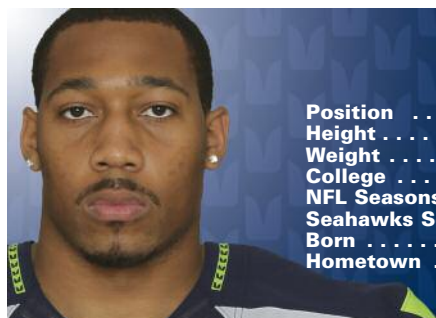
High School to CIF Southern Section Division III championship and a 11-2-1. Recorded 29 receptions for 730 yards and seven touchdowns his senior season in addition to rushing for more than 400 yards and two more scores. Added 85 tackles and five interceptions to earn All-San Gabriel Valley Region honors. Also received All-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 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
2011 Seattle	6/3	12	7	5	0.0	0.0	0	0	0.0	0	0	2	1	0	0
2012 Seattle	2/1	3	3	0	0.0	0.0	0	0	0.0	0	0	1	0	0	0
NFL TOTALS	21/5	48	39	9	0.0	0.0	0	0	0.0	0	0	10	1	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



KOREY TOOMER

Position Linebacker
 Height 6-2
 Weight 234
 College Idaho
 NFL Seasons 2nd
 Seahawks Seasons 2nd
 Born December 9, 1988
 Hometown Las Vegas, Nev.

59

HOW ACQUIRED: Selected in the fifth-round (154th overall) of the 2012 NFL Draft.

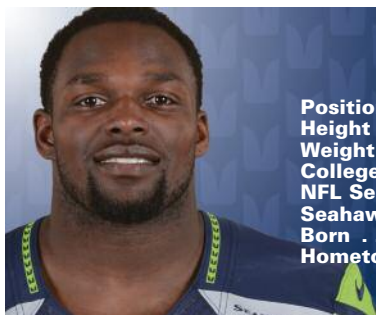
NFL CAREER HIGHLIGHTS:

- Spent 2012 on injured reserve.

COLLEGE: Played two seasons at the University of Idaho after attending Arizona Western Junior College. Played in 24 career

games with 11 starts for the Vandals and totaled 76 tackles (43 solo). 4.0 sacks, one interception and two fumble recoveries.

PERSONAL: At Shadow Ridge High in 2006, was a two-way starter at tight end and linebacker, recording 88 tackles and 8.0 sacks. Was a first-team All-Northwest Division and All-Sunset Conference selection.



ROBERT TURBIN

Position Running Back
Height 5-10
Weight 222
College Utah State
NFL Seasons 2nd
Seahawks Seasons 2nd
Born December 2, 1989
Hometown Fremont, Calif.

22

HOW ACQUIRED: Selected with the first of two fourth-round choices (106th overall) in the 2012 NFL Draft.

NFL CAREER HIGHLIGHTS:

- Played in all 16 games in 2012. Rushed 80 times for 354 yards with a long of 26. Also logged 19 receptions for 181 yards. Recorded first-career 100-yard game vs. Arizona (12/9) when he ran 20 times for 108 yards. Paired with Marshawn Lynch's 128-yard effort, it marked the first time since 10/16/2005 that Seattle had two 100-yard rushers.

COLLEGE: Turbin started 30-of-38 games at Utah State, carrying the ball 565 times for 3,315 yards (5.9 avg.) with 40 touchdowns. Caught 67 passes for 845 yards (12.6 avg.) and 11 scores. Totaled 308 points and a combined 51 touchdowns. Gained 4,160 all-purpose yards, an average of 109.5 yards per game. Ranks fifth in school history in rushing attempts and rushing yardage, as his 3,315 yards rank 19th on the Western Athletic Conference all-time record list. His 1,517 yards in 2011 rank third on the school annual record chart, topped by Demario Brown (1,536 yards in 1999) and Louie Giammona (1,534 in 1974). His 1,296 yards on the ground in 2009 rank ninth on the USU season list. His 51 total touchdowns also established a school career-record list, shattering the old record of 41 total scores by Abu Wilson (1992, 94-96). Set school records with 308 career points and 138

points scored in 2011, while surpassing the Aggies career record of 284 points by Brad Bohn (1997-2000) and Turbin's own 2009 annual record of 110 points. The only other Utah State player to score 100 points in a season was Jack Hill (105 in 1956). Averaged 5.9 yards per rushing attempt for his career, fifth-best in school history. Holds the school career record by rushing for at least 100 yards in 16 contests.

PERSONAL: Attended Irvington High in Fremont, playing football, basketball and track. Earned All-League honors as a tailback and defensive back in 2006, totaling 1,232 yards rushing, 14 TDs, and 6 INTs on defense. Also lettered twice for the Tigers' basketball team and also lettered in track. Sociology major, with a minor in Business Management.

TURBIN'S SINGLE-GAME HIGHS

RUSHING

Rush Attempts: 20 vs. Arizona (12/9/12)

Rushing Yards: 108 vs. Arizona (12/9/12)

Longest Rush: 26 vs. Arizona (12/9/12)

Rushing Touchdowns: None

RECEIVING

Receptions: 3 at Miami (11/25/12)

Receiving Yards: 47 at Miami (11/25/12)

Longest Reception: 20 at Miami (11/25/12)

Receiving Touchdowns: None

TURBIN'S NFL RECORD

Club	G/S	Rushing						Receiving				
		No	Yds	Avg	LG	TD	Att	Yds	Avg	LG	TD	
2012 Seattle	16/0	80	354	4.4	26	0	19	181	9.5	20	0	
NFL TOTALS	16/0	80	354	4.4	26	0	19	181	9.5	20	0	

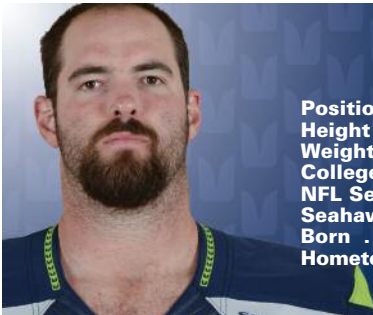
POSTSEASON

Club	G/S	Rushing						Receiving				
		No	Yds	Avg	LG	TD	Att	Yds	Avg.	LG	TD	
2012 Seattle	2/0	12	40	3.3	7	0	3	43	14.3	30	0	
NFL TOTALS	2/0	12	40	3.3	7	0	3	43	14.3	30	0	



TURBIN'S GAME-BY-GAME

2012	Opponent	-----Rushing-----					-----Receiving-----					Total	W/L
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD		
9/9	at Arizona	2	5	2.5	4	0	1	2	2.0	2	0	7	L
9/16	Dallas	5	15	3.0	6	0	2	24	12.0	14	0	39	W
9/24	Green Bay	0	0	0.0	0	0	0	0	0.0	0	0	0	W
9/30	at St. Louis	6	45	7.5	13	0	2	13	6.5	7	0	58	L
10/7	at Carolina	4	6	1.5	5	0	2	8	4.0	5	0	14	W
10/14	New England	5	27	5.4	11	0	2	21	10.5	15	0	48	W
10/18	at San Francisco	4	17	4.3	15	0	0	0	0.0	0	0	17	L
10/28	at Detroit	4	14	3.5	11	0	2	28	14.0	16	0	42	L
11/4	Minnesota	5	21	4.2	12	0	1	9	9.0	9	0	30	W
11/11	N.Y. Jets	7	17	2.4	5	0	0	0	0.0	0	0	17	W
11/25	at Miami	2	9	4.5	10	0	3	47	15.7	20	0	56	L
12/2	at Chicago	1	6	6.0	6	0	0	0	0.0	0	0	6	W
12/9	Arizona	20	108	5.4	26	0	0	0	0.0	0	0	108	W
12/14	at Buffalo	10	31	3.1	12	0	1	-3	-3.0	-3	0	28	W
12/23	San Francisco	3	38	12.7	24	0	2	20	10.0	11	0	58	W
12/30	St. Louis	2	-5	-2.5	2	0	1	12	12.0	12	0	7	W
TOTALS (16/0)		80	354	4.4	26	0	19	181	9.5	20	0	535	11-5
1/6	at Washington	8	22	2.8	5	0	1	6	6.0	6	0	28	W
1/13	at Atlanta	4	18	4.5	7	0	2	37	18.5	30	0	55	L
PLAYOFF TOTALS (2/0)		12	40	3.3	7	0	3	43	14.3	30	0	83	1-1



MAX UNGER

Position Center
 Height 6-5
 Weight 305
 College Oregon
 NFL Seasons 5th
 Seahawks Seasons 5th
 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.

NFL CAREER HIGHLIGHTS:

- Voted starting center for the NFC in the 2013 Pro Bowl.
- Started all 16 games as well as both postseason games in 2012, helping to lead Marshawn Lynch to his second consecutive 1,000-yard season. Seattle's ground game ranked 3rd in the league with 2,579 yards in 2012.
- Started all 15 games played and missed one at Cleveland (10/23) in 2011. Helped pave the way for Marshawn Lynch to become Seattle's first 1,000-yard rusher since 2005.
- 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.





HONORS: 2012, *NFC Pro Bowl* starter, *Associated Press First-team All-Pro*

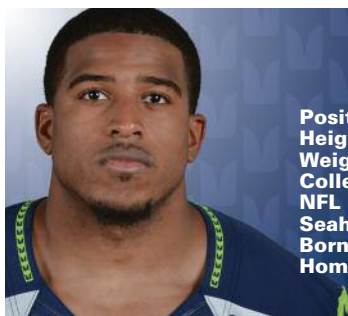
COLLEGE: Started 51 consecutive games and earned all-conference honors in every season, including being named first-team All-Pac-10 twice. Also named to several All-American teams. Earned those accolades at two positions: left tackle in 2005 and 2006 and center in 2007 and 2008. As a senior, started 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 (Honolulu, 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
2011	Seattle	15/15	—
2012	Seattle	16/16	2/2
NFL TOTALS		48/48	2/2



BOBBY WAGNER

Position Linebacker
 Height 6-0
 Weight 241
 College Utah State
 NFL Seasons 2nd
 Seahawks Seasons 2nd
 Born June 27, 1990
 Hometown Ontario, Calif.

54

HOW ACQUIRED: Drafted with the 15th pick in the second round (47th overall) of the 2012 NFL Draft. Eleventh linebacker chosen in the second round in club history (Last: Lofa Tatupu, 2005). Second and highest player drafted out of Utah State in club history.

NFL CAREER HIGHLIGHTS:

- Set club record for tackles by a rookie with 140 (Terry Beason, 136 in 1977) and ranked second among all rookies in 2012
- Started 15 of 16 games played at middle linebacker as well as both postseason games in 2012, leading the team in tackles (140) in addition to recording three interceptions, two sacks and four passes defended

HONORS: 2012, *Pro Football Weekly* All Rookie Team, *Sports Illustrated* Defensive Rookie of the Year

COLLEGE: A three-time All-Western Athletic Conference first-team choice by the league's coaches and media who started 46-of-48 games at Utah State (21 at strong-side linebacker and 25 at weak-side linebacker). Finished his career with 446 tackles (201 solo), 4.5 sacks for minus 35 yards, 29.5 tackles for losses of 80 yards and eight quarterback pressures. Caused two fumbles and recovered three others, while recording seven passes defended and intercepting four balls for 51

yards in returns. His 446 tackles tied the school career-record that was first set by Del Lyles (1988-91), becoming only the fourth player in WAC history to record more than 400 tackles, breaking the league all-time record of 443 tackles by Robert Rodriguez of Texas-El Paso (2001-04). Named an All-American Dream Team choice and WAC Defensive Player of the Year by The NFL Draft Report after his senior season.

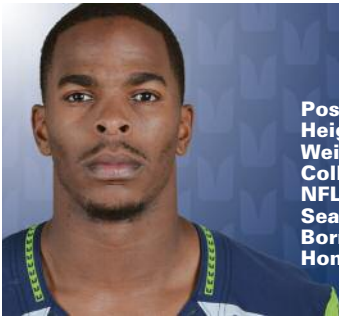
PERSONAL: Dubbed the "Hardest Hitter" in college by *The Sporting News*, becoming the first player to ever lead the conference in tackles three consecutive seasons and is one of four to accomplish that feat at Utah State. One of 30 NCAA Football Bowl Subdivision (FBS) student-athletes selected as a candidate for the 2011 Lowe's Award for excellence both on and off the field. Attended Colony High School where he lettered as a tight end and linebacker, guiding the team in each of his final two seasons to consecutive 12-2 finishes, capturing the CIF division title. Named to the All-CIF Central Division squad as a senior and picked up All-State California Division II second-team honors, as he recorded 125 tackles (92 solo) and four sacks, while hauling in 37 receptions for 595 yards and 11 touchdowns. A business entrepreneurship major at Utah State. Active in the community. Son of Bobby and the late Phenia Wagner. Born on June 27, 1990 in Los Angeles.

WAGNER'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions								
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2012 Seattle	15/16	140	86	54	2.0	11.0	3	55	18.3	45	0	4	0	0	0
NFL TOTALS	15/16	140	86	54	2.0	11.0	3	55	18.3	45	0	4	0	0	0

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions								
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2012 Seattle	2/2	17	12	5	0.0	0.0	1	4	4.0	4	0	1	0	0	0
NFL TOTALS	2/2	17	12	5	0.0	0.0	1	4	4.0	4	0	1	0	0	0



STEPHEN WILLIAMS

Position Wide Receiver
 Height 6-5
 Weight 208
 College Toledo
 NFL Seasons 3rd
 Seahawks Seasons 1st
 Born June 29, 1986
 Hometown Levelland, Texas

83

HOW ACQUIRED: Signed a future contract with Seattle on January 7, 2013.

NFL CAREER HIGHLIGHTS:

- Originally signed as an undrafted rookie free agent by Arizona on April 24, 2010.
- Saw action in 13 career games with three starts with the Cardinals in two seasons, recording nine receptions for 101 yards and an 11.2 average.

COLLEGE: Played in 46 career games with 40 starts at Toledo, tallying over 70 receptions in each of his last three seasons. Finished his career at Toledo as the all-time leader in both receptions (229) and receiving yards (3,102), while also recording 23 touchdowns.

PERSONAL: Prepped at Marshall High in Houston, Texas. Full name is Stephen Jacob Williams. Communications major.

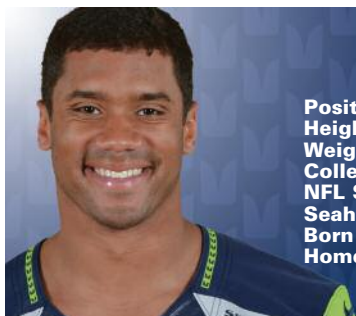
WILLIAMS' SINGLE-GAME HIGHS

Receptions: 3 at San Diego (10/3/10)
Long Gain: 17, 2 times, Last at San Fran. (1/2/11)

Receiving Yards: 32 at San Diego (10/3/10)
Receiving Touchdowns: None

WILLIAMS' NFL RECORD

Club	G/S	RECEIVING				
		No	Yds	Avg	LG	TD
2010 Arizona	11/3	9	101	11.2	17	0
2011 Arizona	2/0	0	0	0.0	0	0
NFL TOTALS	13/3	9	101	11.2	17	0



RUSSELL WILSON

Position Quarterback
 Height 5-11
 Weight 206
 College Wisconsin
 NFL Seasons 2nd
 Seahawks Seasons 2nd
 Born November 29, 1988
 Hometown Richmond, Va.

3

HOW ACQUIRED: Drafted with the 12th pick in the third round (75th overall) of the 2012 NFL Draft. The first quarterback drafted under Head Coach Pete Carroll and General Manager John Schneider and the highest quarterback selected by the club since Brock Huard was taken with the 77th overall pick in 1999.

NFL CAREER HIGHLIGHTS:

- Tied Peyton Manning's 1998 record for most TD passes by a rookie (26). Became the first rookie in NFL history to lead his team to an undefeated home record. Set a club record with a 100.0 passer rating - second-best ever by a rookie and 64.1 completion percentage was third all time.

- Set an all-time NFL record for a rookie at Miami with 16 consecutive completions. That game also marked his third-consecutive game with a 125.0 or better passer rating, also a record for a rookie. Became the first player in NFL history to record three rushing TDs and pass for a TD in the first half of a game (at Buffalo 12/16). Set franchise record for most rushing yards in a season by a QB (489), most rushing yards in a game (92) and most rushing TDs in a game (3) by a QB at Buffalo.

- Started all 16 games as a rookie, completing 252 of 393 (64.1%) for 3,118 yards and 26 TDs and a 100.0 passer rating. Also ran 94 times for 489 yards with 4 TDs.



HONORS: 2012, *NFC Pro Bowl*; *Pepsi Max NFL Rookie of the Year*; *Sports Illustrated Offensive Rookie of the Year*.

COLLEGE: Wilson started 50 consecutive games, throwing 379 consecutive passes without an interception to establish an NCAA Football Bowl Sub-division record. Completed 907 of 1,489 passes (60.9%) for 11,720 yards, 109 touchdowns and 29 interceptions. Rushed 441 times for 1,421 yards (3.2 avg.) and 23 touchdowns, becoming the fifth player in the NCAA FBS ranks to rush for over 1,000 yards and throw for over 5,000 yards in a career. During his 36-game career at North Carolina State, Wilson connected on 682 of 1,180 passes (57.8%) for 8,545 yards, 76 touchdowns and 25 interceptions, as he piled up 9,628 yards in total offense and was responsible for 93 touchdowns, in addition to rushing 362 times for 1,083 yards (2.9 avg.) and 17 scores. Finished his

Wolfpack career ranking second in school annals for pass attempts and touchdown passes, and third for pass completions, pass completion percentage and yards in total offense. His eight 300-yard passing games in 2010 rank second on the NC State season-record chart, while his total of 12 300-yard efforts for the Wolfpack rank second on the career list. Set NC State season-records with 308 pass completions in 2009, ranking second with 527 pass attempts, 3,563 yards passing and 3,998 yards in total offense in 2010, along with 31 touchdown tosses in 2009. His 28 touchdown throws in 2010 rank third and his 3,287



yards in total offense in 2009 rank fourth on the State annual record chart. His five touchdown passes vs. Florida State in 2009 tied the Wolfpack single-game record. In just one season at Wisconsin, Wilson connected on 225 of 309 passes (72.8%) for 3,175 yards, 33 touchdowns and only four interceptions, adding 79 carries for 338 yards (4.2 avg.) and six scores, compiling an NCAA record 191.7 pass efficiency rating and gaining 3,513 yards in total offense, along with being responsible for 39 touchdowns.

PERSONAL: Attended Collegiate High in Richmond, playing football and baseball. Earned all-state, all-region and all-district honors, in addition to being named the 2005 *Richmond Times-Dispatch* Player of the Year as a junior. That season, Wilson threw for 3,287 yards and 40 touchdowns while rushing for another 634 yards and 15 scores. The Cougars won the state title, as the team compiled a perfect 11-0 record. In 2006,

was featured in *Sports Illustrated's* "Faces in the Crowd" for his state title game performance after completing 21-37 passes for 291 yards and two touchdowns while rushing 30 times for 223 yards and three more scores in a 38-17 win. Passed for 3,009 yards, 34 touchdowns and just seven interceptions as a senior. Also rushed for 1,132 yards, adding 18 more scores while again earning all-state, all-conference and conference player of the year accolades. On the baseball diamond, the shortstop batted .467 as a senior, enticing the Colorado Rockies to begin following him to North Carolina State and drafting him in the fourth round of the 2010 major league baseball draft. Communications major. His father, the late Harrison Wilson, III, played football and baseball at Dartmouth and was on the San Diego Chargers preseason squad. His older brother, Harrison, IV, played football and baseball at Richmond.

WILSON'S NFL RECORD

PASSING

Year	Club	G/S	Att	Comp	Yds	Pct	TD	Int	LG	Sacked	Rate
2012	Seattle	16/16	393	252	3,118	64.1	26	10	67	33/203	100.0
NFL TOTALS		16/16	393	252	3,118	64.1	26	10	67	33/203	100.0

RUSHING

Year	Club	G/S	Att	Yds	Avg	LG	TD
2012	Seattle	16/16	94	489	5.2	25t	4
NFL TOTALS		16/16	94	489	5.2	25t	4

POSTSEASON

PASSING

Year	Club	G/S	Att	Comp	Yds	Pct	TD	Int	LG	Sacked	Rate
2012	Seattle	2/2	62	39	572	62.9	3	1	34	7/48	101.0
NFL TOTALS		2/2	62	39	57.2	62.9	3	1	34	7/48	101.0

RUSHING

Year	Club	G/S	Att	Yds	Avg	LG	TD
2012	Seattle	2/2	15	127	8.5	17	1
NFL TOTALS		2/2	15	127	8.5	17	1

SINGLE-GAME HIGHS

Attempts:	37 at Chicago	(12/2/12)
Completions:	25 at Detroit	(10/28/12)
Completion %:*	77.8 (21/27) at Miami	(11/25/12)
Yards:	293, 2 Times, Last at Chicago	(12/2/12)
Longest, No TD:	67 vs. Arizona	(12/9/12) to Anthony McCoy
Longest TD:	46t vs. New England	(10/14/12) to Sidney Rice
Most TDs:	4 vs. San Francisco	(12/23/12)
Interceptions:	3 at St. Louis	(9/30/12)
Rushes:	10 vs. St. Louis	(12/30/12)
Rushing Yds.:	92** at Buffalo	(12/16/12)
Longest Rush:	25t at Buffalo	(12/16/12)
Rushing TD:	3 at Buffalo	(12/16/12)

*Min. 20 attempts

**Club record by QB

WILSON'S GAME-BY-GAME

2012

													PASSING				
Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Rating					
09/09	at Arizona	(S)	34	18	153	52.9	1	1	27	3/14	L	62.5					
09/16	Dallas	(S)	20	15	151	75.0	1	0	22t	2/18	W	112.7					
09/24	Green Bay	(S)	21	10	130	47.6	2	0	41t	1/19	W	99.3					
09/30	at St. Louis	(S)	25	17	160	68.0	0	3	17	2/20	L	45.8					
10/07	at Carolina	(S)	25	19	221	76.0	1	2	30	2/9	W	82.3					
10/14	New England	(S)	27	16	293	59.3	3	0	51	2/10	W	133.7					
10/18	at San Francisco	(S)	23	9	122	39.1	0	1	36	2/7	L	38.7					
10/28	at Detroit	(S)	35	25	236	71.4	2	1	19	0/0	L	96.8					
11/04	Minnesota	(S)	24	16	173	66.7	3	0	23	1/8	W	127.3					
11/11	N.Y. Jets	(S)	19	12	188	63.2	2	0	38t	4/22	W	131.0					
11/25	at Miami	(S)	27	21	224	77.8	2	0	32	2/8	L	125.9					
12/02	at Chicago	(S)	37	23	293	62.2	2	0	49	2/0	W	104.9					
12/09	Arizona	(S)	13	7	148	53.8	1	1	67	1/7	W	88.0					
12/16	at Buffalo	(S)	23	14	205	60.9	1	0	44	2/9	W	104.4					
12/23	San Francisco	(S)	21	15	171	71.4	4	1	43	1/1	W	115.3					
12/30	St. Louis	(S)	19	15	250	78.9	1	0	49	6/41	W	136.3					
TOTALS		(16/16)	393	252	3,118	64.1	26	10	67	33/203	11-5	100.0					
01/06/13	at Washington	(S)	26	15	187	57.7	1	0	33	5/31	W	92.9					
01/13/13	at Atlanta	(S)	36	24	385	66.7	2	1	34	2/17	L	109.1					
PLAYOFF TOTALS		(2/2)	62	39	572	62.9	3	1	34	7/48	1-1	101.0					
CAREER TOTALS		(16/16)	393	252	3,118	64.1	26	10	67	33/203	11-5	100.0					
CAREER PLAYOFF TOTALS		(2/2)	62	39	572	62.9	3	1	34	7/48	1-1	101.0					

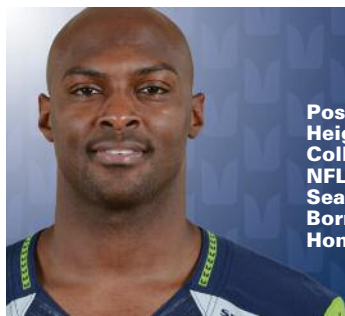
W/L record reflects games started only

2012

													RUSHING				
Date	Opponent	P/S	Att	Yds	Avg	LG	TD										
09/09	at Arizona	(S)	8	20	2.5	5	0										
09/16	Dallas	(S)	4	28	7.0	14	0										
09/24	Green Bay	(S)	3	18	6.0	12	0										
09/30	at St. Louis	(S)	7	14	2.0	8	0										
10/07	at Carolina	(S)	5	12	2.4	9	0										
10/14	New England	(S)	5	17	3.4	9	0										
10/18	at San Francisco	(S)	3	10	3.3	9	0										
10/28	at Detroit	(S)	1	9	9.0	9	0										
11/04	Minnesota	(S)	9	27	3.0	13	0										
11/11	N.Y. Jets	(S)	7	34	4.9	18	0										
11/25	at Miami	(S)	5	38	7.6	20	0										
12/02	at Chicago	(S)	9	71	7.9	13	0										
12/09	Arizona	(S)	3	12	4.0	6	0										
12/16	at Buffalo	(S)	9	92*	10.2	25t	3										
12/23	San Francisco	(S)	6	29	4.8	9	0										
12/30	St. Louis	(S)	10	58	5.8	15	1										
TOTALS		(16/16)	94	489	5.2	25t	4										
01/06/13	at Washington	(S)	8	67	8.4	28	0										
01/13/13	at Atlanta	(S)	7	60	8.6	17	1										
PLAYOFF TOTALS		(2/2)	15	127	8.5	28	1										
CAREER TOTALS		(16/16)	94	489	5.2	25t	4										
CAREER PLAYOFF TOTALS		(2/2)	15	127	8.5	28	1										

*Club record by QB





ANTOINE WINFIELD

Position Cornerback
 Height 5-9 Weight . . 180
 College Ohio State
 NFL Seasons 15th
 Seahawks Seasons 1st
 Born June 24, 1977
 Hometown Akron, Ohio

21

HOW ACQUIRED: Signed by the Seahawks on April 17, 2013.

NFL CAREER HIGHLIGHTS:

- Originally drafted by Buffalo in the first round (23rd overall) in the 1999 NFL Draft. Signed with Minnesota in free agency in 2004.
- Has started 173 of 191 games played in his career, totaling 1,019 tackles (865 solo), 27 interceptions with two return TDs, 117 passes defended and 7.5 sacks.
- Totaled 692 tackles (579 solo) in his nine seasons with Minnesota, as well as 6.5 sacks, 21 INTs, returning two for TDs, 74 passes defended and 12 forced fumbles. Played in 119 games with 116 starts during his time in Minnesota.
- Started 15 of 16 games played for the Vikings in 2012 and totaled the second-most tackles of his career with 101 (72 solo), adding three interceptions and a career-high 12 passes defended.
- Hampered by injuries, started all five games played before being placed on injured reserve for the final 10 games of 2011.
- In 2010, started all 16 games, logging 90 tackles (73 solo), 2 INTs, 5 passes defended and 2.0 sacks en route to his third consecutive Pro Bowl.
- Selected to second straight Pro Bowl in 2009. Missed six games due to injury but started 9 of 10 games played, recording 52 tackles (50 solo), with 1.0 sack and 1 interception.
- Voted to his first NFL Pro Bowl in 2008. Started 16 of 16 games played, tallying 90 tackles (77 solo), 2 INTs, 2.0 sacks and 11 passes defended.
- Returned his second INT for a TD in the 2007 opener vs. Atlanta (9/9/07). Started 10 of 10 games played, posting 65 tackles (56 solo) and 9 passes defended.
- Matched his career-high in interceptions in 2006 with four while starting all 16 games for the fourth time in his career. Totaled 87 tackles (73 solo) and returned his first INT for a TD vs. Chicago (9/17/06). Also posted a career-high 14 passes defended.

- Started all 16 games played in 2005, posting a career-high 4 interceptions in addition to 89 tackles (80 solo) and eight passes defended.
- Joined Minnesota in 2004 and started 12 of 14 games played due to injuries, but led the team in interceptions (3) and led the team in tackles during the postseason with 17 (16 solo).
- Spent five seasons in Buffalo, recording 327 tackles (286 solo), six interceptions, 43 passes defended and three forced fumbles. Started 58 of 72 games played while with Buffalo.
- In 2003, set a career high in tackles with 109 (94 solo), notched the first sack of his career, and totaled a career-best 12 passes defended in his final season with the Bills.
- Started 13 of 13 games played in 2002, missing three due to injury. Totaled 56 tackles (51 solo) and seven passes defended.
- Started all 16 games in 2001, recording a career-high 81 tackles (69 solo), with two interceptions and 11 passes defended.
- Became full-time starter in his second season with Buffalo in 2000. Started all 11 games played before being placed on injured reserve. Totaled 42 tackles (34 solo), one interception and seven passes defended.
- Started first career playoff game in his rookie season with Buffalo and notched his first-career playoff interception at Tennessee (1/8).
- As a rookie in 1999, Recorded his first career interception at Indianapolis (9/12) off of Peyton Manning. Played in all 16 games with two starts, recording 39 tackles (38 solo), two interceptions and six passes defended.



HONORS: 2008, *NFC Pro Bowl, Associated Press 2nd-Team All-Pro*; 2009, *NFC Pro Bowl*; 2010, *NFC Pro Bowl*.

COLLEGE: Won the Jim Thorpe Award as the nation's outstanding defensive back following senior season, becoming the first Ohio State player to ever earn the honor. Earned All-America honors following both his junior and senior seasons. A 2-time All-Big Ten selection, finished college career with 278 total tackles (224 solo). Became the first non-LB in OSU school history (only 5th player ever) to top 200 career tackles. Played in all 50 games and started 29. Named Ohio State's Defensive Player of

the Year as a senior. As a junior, became the first Ohio State DB selected as a team MVP.

PERSONAL: Attended Garfield High (Akron, Ohio) where he was named All-State and Division I Defensive Player of the Year as a senior. Helped lead team to three Akron city titles. Annually hosts the "Camp 26" football camp in his hometown of Akron. Majored in Communications at Ohio State. He and wife, Erniece, have sons Antoine Jr., Austin and Ethan.

WINFIELD'S SINGLE-GAME HIGHS

Tackles: 12, 4 Times, Last at Jacksonville (11/23/08)

Sacks: 2.0 at Philadelphia (12/28/10)

Forced Fumbles: 2 vs. Dallas (9/12/04)

Interceptions: 1, 27 Times, Last at Chicago (11/25/12)

Fumble Recoveries: 1, 11 Times, Last vs. Detroit (11/11/12)

Touchdowns: 1, 2 Times, vs. Chicago (9/24/06), 7-yard INT & vs. Atlanta (9/9/07), 14-yard INT

ADDITIONAL STATS

Blocked FG Returns: 1 at New Orleans (10/6/08), 59t

WINFIELD'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions								
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
1999 Buffalo	16/2	39	38	1	0.0	0.0	2	13	6.5	10	0	6	0	0	0
2000 Buffalo	11/11	42	34	8	0.0	0.0	1	8	8.0	8	0	7	0	0	0
2001 Buffalo	16/16	81	69	12	0.0	0.0	2	0	0.0	0	0	11	1	1	5
2002 Buffalo	13/13	56	51	5	0.0	0.0	0	0	-	-	0	7	0	1	0
2003 Buffalo	16/16	109	94	15	1.0	6.0	1	11	11.0	11	0	12	2	0	0
2004 Minn.	14/12	78	64	14	0.0	0.0	3	89	29.7	56	0	8	3	1	0
2005 Minn.	16/16	89	80	9	0.0	0.0	4	5	1.3	4	0	8	0	2	0
2006 Minn.	16/16	87	73	14	0.0	0.0	4	33	8.3	26	1	14	0	1	0
2007 Minn.	10/10	65	56	9	0.0	0.0	1	14	14.0	14t	1	9	1	1	0
2008 Minn.	16/16	90	77	13	2.0	20.0	2	5	2.5	4	0	11	4	2	28
2009 Minn.	10/9	52	50	2	1.0	6.0	1	0	-	-	0	5	1	0	0
2010 Minn.	16/16	90	73	17	2.0	24.0	2	41	41.0	41	0	5	2	1	45
2011 Minn.	5/5	40	34	6	1.0	6.0	1	3	3.0	3	0	1	1	0	0
2012 Minn.	16/16	101	72	29	0.5	0.0	3	37	12.3	31	0	13	0	1	0
NFL TOTALS	191/173	1019	865	154	7.5	62.0	27	259	9.6	56	2	117	15	11	78

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions								
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
1999 Buffalo	1/1	3	2	1	0.0	0.0	1	8	8.0	8	0	1	0	0	0
2004 Minn.	2/2	17	16	1	1.0	0.0	1	3	3.0	3	0	2	1	0	0
2008 Minn.	1/1	8	5	3	0.0	0.0	0	0	-	-	0	1	0	0	0
2009 Minn.	2/2	5	5	0	0.0	0.0	0	0	-	-	0	0	0	0	0
2012 Minn.	1/1	4	1	3	0.0	0.0	0	0	-	-	0	0	0	0	0
NFL TOTALS	7/7	37	29	8	1.0	0.0	2	11	5.5	8	0	4	1	0	0



K.J. WRIGHT

Position Linebacker
 Height 6-4
 Weight 246
 College Mississippi State
 NFL Seasons 3rd
 Seahawks Seasons 3rd
 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.

NFL CAREER HIGHLIGHTS:

- Started all 15 games played in his second season, sitting vs. NYJ (11/11) after sustaining a concussion the week prior (vs. Minn, 11/4). Also started both playoff games.
- Ranked second on the team with 96 tackles (66 solo) and also recorded a sack, an interception and a forced fumble.
- His emergence during rookie season led to team trading Aaron Curry to Oakland on October 13, 2011.
- Started 12 of 16 games played and recorded 61 tackles (46 solo) and 2.0 sacks in 2011. Posted a career-high eight tackles in back-to-back games (vs. St. Louis, 12/12/11 and at Chicago, 12/18/11).

COLLEGE: Started 35 of 47 games at Miss-

issippi State (22 at strong-side outside linebacker and 13 at weak-side linebacker). Finished career with 259 tackles (131 solo), including nine sacks for minus 60 yards, 23.5 stops for loss totaling 104 yards and 11 quarterback pressures. Forced and recovered three fumbles and had 14 passes defensed.

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 an interception. 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.

WRIGHT'S NFL RECORD

Club	Tackles				Sacks		Interceptions								
	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2011 Seattle	16/12	61	46	15	2.0	9.0	0	0	0.0	0	0	2	1	1	30
2012 Seattle	15/15	96	66	30	1.0	13.0	1	24	24.0	24	0	5	1	0	0
NFL TOTALS	31/27	157	112	45	3.0	22.0	1	24	24.0	24	0	7	2	1	30

POSTSEASON

Club	Tackles				Sacks		Interceptions								
	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2012 Seattle	2/2	16	8	8	0.0	0.0	0	0	0.0	0	0	2	0	0	0
NFL TOTALS	2/2	16	8	8	0.0	0.0	0	0	0.0	0	0	2	0	0	0

WRIGHT'S SINGLE-GAME HIGHS

Tackles: 11, 2 Times, Last at Detroit (10/28/12)

Interceptions: 1 at Buffalo (12/16/12)

Sacks: 1.0, 3 Times, Last vs. SF (12/23/12)

Forced Fumbles: 1, 2 Times, Last at Arizona (9/9/12)

Fumble Recoveries: 1, at Arizona (1/1/12)

ADDITIONAL STATS

Special Teams Tackles: 2011 (4), 2012 (3); **Career:** (7).

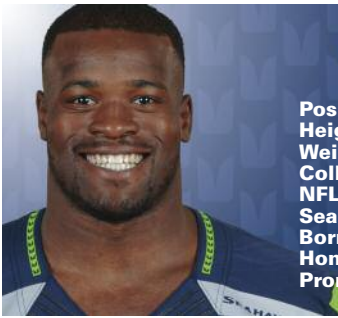
2013 DRAFT CHOICES

Rd	Pick	Overall	Pos	Player	College
2	32	62	RB	Christine Michael	Texas A&M
3	25	87	DT	Jordan Hill	Penn State
4	26	123	WR	Chris Harper	Kansas State
5	4	137	DT	Jesse Williams	Alabama
5	5	138	CB	Tharold Simon	LSU
5	25	158	TE	Luke Willson	Rice
6	26	194	RB	Spencer Ware	LSU
7	14	220	G	Ryan Seymour	Vanderbilt
7	25	231	LB	Ty Powell	Harding
7	35	241	G	Jared Smith	New Hampshire
7	36	242	T	Michael Bowie	Northeastern St.



Seattle traded their 2013 first-round selection to the Vikings for WR Percy Harvin.

CHRISTINE MICHAEL



Position Running Back
 Height 5-10
 Weight 221
 College Texas A&M
 NFL Seasons Rookie
 Seahawks Seasons Rookie
 Born November 9, 1990
 Hometown Beaumont, Texas
 Pronunciation CHRIS-tin

33

HOW ACQUIRED: Selected with the 32nd pick in the second round (62nd overall) in the 2013 NFL Draft. Second running back chosen in the second round in club history (Last: Maurice Morris, 2002). Fifth player drafted out of Texas A&M in club history (Last: Red Bryant, 2008).

COLLEGE: Made 18 starts in 40 games at Texas A&M, carrying 529 times for 2,791 yards (5.28 avg.). His 34 rushing TDs tied for fifth place in school history. Also caught 44 passes for 323 yards (7.34 avg) and one touchdown. Returned 10 kickoffs for 217 yards. Posted nine 100-yard rushing games during his career and scored multiple rushing TDs in eight games.

Senior: Started two of 11 games played. Finished third on the team with 417 yards on 88 carries (4.74 avg.), with 12 rushing TDs. Gained 48 yards on eight catches (6.00 avg.) vs. South Carolina State. Amassed 465 all-purpose yards. Scored 72 points. Ran for at least one touchdown in nine contests, including three games with multiple rushing TDs. Posted back-to-back games with a pair of touchdowns – vs. Mississippi State (50 yards on 11 carries) and Alabama (12 runs for 27 yards). Ran for a season-long 40-yard touchdown vs. Louisiana Tech, gaining 65 yards on 12 carries.

Junior: Rushed for 899 yards and eight touchdowns on 149 carries (6.03 avg.) in the first nine games of the season, earning six starts before injuring his knee vs. Oklahoma. Caught eight passes for 35 yards (4.38 avg.) and one TD.

Scored 54 points. Collected 934 all-purpose yards (103.78 per game). Ran for at least 100 yards in four contests, including a career-high 230 yards and three touchdowns on 32 carries vs. Arkansas. His 230-yard performance tied Curtis Dickey (vs. Texas Christian in 1978) for the third-most by an Aggie. Recorded his third consecutive 100-yard rushing game and third in four contests, carrying 21 times for 104 yards, vs. Missouri.

Sophomore: Gained 631 rushing yards on 126 carries (5.01 avg.) with four touchdowns in the first eight games (six starts). Recorded 13 catches for 174 yards (13.38 avg.). Totaled 821 all-purpose yards (102.63 per game). Opened the season with three consecutive 100 yard rushing games. Posted 22 carries for 105 yards and a pair of scores while pulling in a 46-yard pass vs. Stephen F. Austin. Rushed 14 times for 107 yards vs. Louisiana Tech. Gained 119 yards with a score on 21 carries vs. Florida International.

Freshman: Played in 12 games, starting four contests and was named the Big 12 Conference's Offensive Freshman of the Year by both the coaches and The Dallas Morning News, adding The Oklahoman's Big 12 Freshman of the Year accolades. Selected to College Football News' Freshman All-America third-team and ESPN.com's Big 12 All-Freshman team. Led the team with 844 rushing yards on 166 carries (5.08 avg.) and 10 touchdowns, the fourth-most rushing yards in a season by an A&M freshman. Registered 15 receptions for 66 yards (4.40 avg.) and gained 201 yards on nine kickoff returns (22.33 avg.). Scored 60 points. Amassed 1,111 all-purpose yards (92.58 per game). Recorded a pair of 100-yard rushing performances. Registered his first 100-yard rushing performance with 22 attempts for 121 yards and two touchdowns vs. Texas Tech. Scored two TDs vs. Baylor, rushing for a school record 97-yard score to finish with 116 yards on 11 carries. He is only the sixth player in school history to record a 90-yard run, topping the previous A&M long of 95 yards by D'Andre Hardeman at Baylor in 1996.

PERSONAL: Attended West Brook High School in Beaumont, Texas and was a three-time All-District selection and two-time District 21-5A MVP. Ran 501 times for 3,925 yards and 74 TDs during his three years. Was an agricultural leadership and development major at Texas A&M. Son of Mary Gilder and Andrew Michael.





JORDAN HILL

Position	Defensive Tackle	
Height	6-1	
Weight	303	
College	Penn State	
NFL Seasons	Rookie	
Seahawks Seasons	Rookie	
Born	February 8, 1991	
Hometown	Steelton, Penn.	

97

HOW ACQUIRED: Drafted with the 25th pick in the third round (87th overall) of the 2013 NFL Draft. Second defensive tackle chosen in the third round in club history (Last: Brandon Mebane, 2007). Eighth player drafted out of Penn State in club history (Last: Deon Butler, 2009) and fourth highest player drafted out of Penn State in club history.

COLLEGE: Started 27 of 45 games at Penn State – 24 at left defensive tackle and three at right defensive end. Recorded 171 tackles (64 solos) and even though he made just 9.5 sacks, they proved to be big plays, totaling minus 68 yards. Registered 19.5 stops for losses of 91 yards and two quarterback pressures. Gained nine yards on an interception and deflected three passes. Recovered four fumbles and caused two others.

Senior: Hill earned first-team All-Big Ten Conference honors from the league's coaches, media panel and ESPN.com. Started all 12 contests, finishing fourth on the team with a career-high 64 tackles (29 solos), ranking second on the squad with 4.5 sacks for minus 32 yards and tied for third with 8.5 stops for losses totaling 40 yards. The team co-captain also had one interception, one forced fumble and one fumble recovery. A two-time Big Ten Defensive Player of the Week honoree and his tackle total was third-best among Big Ten defensive linemen. Hill earned his first-ever Big Ten Player of the Week honor vs. Iowa, as he posted nine tackles in Penn State's 38-14 victory. He was credited with two tackles for loss, including one sack, and a quarterback hurry. Recorded his first ever interception vs. Virginia and tallied seven stops that included a 9-yard sack that caused a fumble vs. Temple. Was selected Big Ten Player of the Week in his final collegiate game, recording a career-high 12 tackles in Penn State's 24-21 overtime victory vs. Wisconsin.

Junior: Earned honorable mention All-Big Ten Conference recognition. He appeared in 774 snaps at left tackle, ninth-best on the team, but led the PSU defensive line with 59 tackles (22 solos), adding 3.5 sacks for minus 33 yards and eight stops for losses of 45 yards. Recovered three fumbles, caused another and broke up two passes. Hill collected five tackles, including half a sack, and registered his first career forced fumble and fumble recovery in the season opener vs. Indiana State. Made a then-career-best eight stops and a stop-for-loss vs. Alabama. Recorded

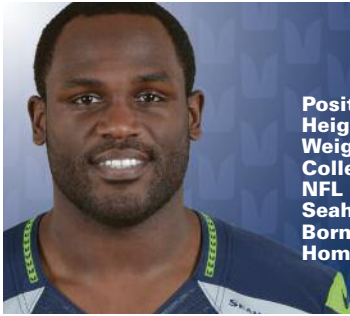
six stops, including two sacks, at Northwestern. Posted a season-high 10 tackles, with a stop-for-loss vs. Illinois.

Sophomore: Played in all 13 games with four starts. On the field for 337 snaps, registered 36 tackles (12 solos) with an assisted sack and two stops for minus five yards. Hill had a big game vs. top-ranked Alabama, recording a season-high seven tackles. Made two tackles, including an assisted stop-for-loss in each of the Kent State and Temple contests. In his first career start at Minnesota, he recorded six stops. Had three tackles in the win over Michigan and five tackles vs. Northwestern.

Freshman: Made his Penn State debut vs. Eastern Illinois, the sixth game of the season, and made an immediate impact, recording a season-high four tackles in the win over the Panthers. Playing in the final eight games, he recorded 12 tackles and a sack.

PERSONAL: Attended Steelton-Highspire High School in Steelton, Pa. Earned all-Mid-Penn Conference and All-District accolades from 2006-2008. Helped team to 2007 and 2008 Pennsylvania Class A state championships and an undefeated senior campaign. Tallied 275 tackles, 19 sacks and five interceptions during career. Also gained 648 yards rushing with six TDs. Recreations, parks and tourism management major. Son of Sue and Larry Hill.





CHRIS HARPER

Position Wide Receiver
 Height 6-1
 Weight 234
 College Kansas State
 NFL Seasons Rookie
 Seahawks Seasons Rookie
 Born September 10, 1989
 Hometown Wichita, Kansas

17

HOW ACQUIRED: Drafted with the 26th pick in the fourth round (123rd overall) of the 2013 NFL Draft.

COLLEGE: Harper started 32 of 39 games at Kansas State. Caught 123 passes for 1,734 yards (14.10 ypc) and 12 touchdowns as a Wildcat, adding 45 yards on eight carries (5.63 ypc), 27 yards on two kickoff returns and made a pair of solo tackles. His 123 receptions tied Brandon Banks (2008-09) for seventh on the school career-record chart. His 1,734 receiving yards placed 10th in school history, while his 12 touchdowns tied for seventh on the Wildcats' all-time record list. Harper also spent the 2008 season at the University of Oregon, where he played in seven games as a receiver and five as a quarterback. For his entire college career, he appeared in 51 contests (36 as a wide receiver). Finished his career with 132 receptions for 1,856 yards (14.06 ypc) and 14 touchdowns, carrying 43 times for 182 yards (4.23 ypc) and two more scores.

RS Senior: Named to The NFL Draft Report's Super Sleeper Team, as that scouting information service also selected him first-team All-Big 12 Conference, adding second-team accolades from the league's coaches and honorable mention from the Associated Press. Started all 13 games at split end, leading the team for the second-straight season with a career-high 58 receptions for 857 yards (14.78 ypc) and three touchdowns. His 58 catches placed 11th on the school season-record list, while his 857 yards are the 10th-best figures by a Wildcat during a campaign. Had at least five receptions in six contests. Had a career-best 11 receptions for 123 yards that included a 7-yard touchdown vs. Baylor. His 11 grabs tied him for seventh place on the school game-record list. Closed out his career facing his old teammates in the Fiesta Bowl, coming up with 71 yards behind eight catches vs. Oregon.

RS Junior: Named All-Big 12 Conference second-team by The NFL Draft Report, starting in 12 of the 13 games he appeared. Led the Wildcats with 40 receptions for 547 yards (13.68 ypc) and five touchdowns. Also totaled five yards on three carries and returned a kickoff 21 yards vs. Miami. Began the season with four catches for 61 yards, including a 33-yard game-winning touchdown vs. Eastern Kentucky. Carded a career-high 134 yards on four catches vs. Texas A&M, including a season-long 53-yard touchdown in the fourth quar-

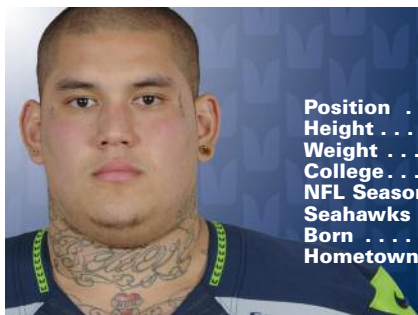
ter, the longest by a Wildcat in sixteen games, as his 134 yards were the most by a K-State player since 2009.

RS Sophomore: After redshirting his sophomore season in 2009 after transferring from Oregon, Harper appeared in all 13 games at split end, starting seven of those contests in his 2010 redshirt sophomore season. Finished with 25 catches for 330 yards (13.20 ypc) and four touchdowns.

Freshman: At Oregon, was converted from quarterback to slot receiver after the Ducks' first five games, appearing in seven more contests at his new position. Became Oregon's first player in eight years to run, pass and catch a touchdown in the same season. Completed 4-of-9 passes (44.44%) for 40 yards and one touchdown, ranking fifth on the squad with 35 carries for 137 yards (3.91 ypc) and two scores. Also caught nine passes for 122 yards (13.56 ypc) and two touchdowns.

PERSONAL: Attended Collegiate High School in Wichita, Kansas as a freshman and ran for over 1,000 yards at tailback before transferring to Northwest High. Earned Prep Star All-American and Rivals.com four-star recruit honors as a senior. As a senior quarterback, Harper accumulated 761 yards and eight passing TDs while also rushing for 506 yards and 10TDs. Also lettered in basketball. Graduated with degree in Communications. Son of Paula and William Harper, Jr.





JESSE WILLIAMS

Position Defensive Tackle
 Height 6-3
 Weight 325
 College Alabama
 NFL Seasons Rookie
 Seahawks Seasons Rookie
 Born November 2, 1990
 Hometown . Brisbane, Australia

90

HOW ACQUIRED: Selected with the first of three fifth-round choices (137th overall) in the 2013 NFL Draft.

COLLEGE: In his two seasons at Alabama, Williams started all 26 games he played in – 13 each at strong-side defensive end and nose guard. Finished with two national championship rings, recording 61 tackles with 1.5 sacks, 6.5 stops for losses of 18 yards, seven quarterback pressures and three pass deflections. Had previously started all 17 games at Arizona Western Community College, where he came up with 76 tackles, six sacks for minus 36 yards, 12.5 stops for losses totaling 69 yards and 11 pressures. Also had an interception, four forced fumbles and a fumble recovery at AWCC. For his complete college career, he registered 134 tackles (37 solos) with 7.5 sacks for minus 40 yards and 19.0 stops for losses of 87 yards while collecting 18 pressures and five pass deflections.

Senior: Started all 13 games. All-American Dream Team selection by The NFL Draft Report and a second-team All-Southeastern Conference selection by the league's coaches, Williams shifted to nose guard during his second season with the Tide. Manned the middle for the Tide's national championship squad that led the Football Bowl Subdivision ranks in total defense (250.0 ypg), scoring defense (10.93 ppg), rush defense (76.36 ypg) and pass defense (174.32 ypg). He recorded 37 tackles (seven solo) with a 3-yard sack, 2.5 stops for losses of 8 yards and four pressures. Also blocked a kick and had a pair of pass deflections. Vs. LSU, Williams made a career-high seven tackles with two solo stops, as the Tide limited the Tigers to 139 yards on the ground while Williams notched his first solo tackle for loss of the season. Equalled his career-high in tackles for the second straight game, with seven, and recorded his first career sack (three yards) vs. Texas A&M. Posted three total tackles, with two solo stops, and provided a touchdown-resulting block on Eddie Lacy's scoring scamper to help close out the 32-28 victory over Georgia in the SEC Championship Game.

Junior: Started all 13 games after transferring from junior college and helped Alabama lead the nation allowing just 83.69 ypg. Finished with 24 tackles (10 solo), an assisted sack, four stops for losses of 10 yards, three quarterback hurries and one pass deflection. Facing Louisiana State

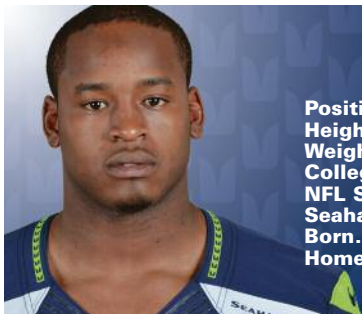
again in the BCS Championship Game, he produced two assisted tackles as the Crimson Tide captured the school's 14th national title.

Sophomore: Started the first seven games at Arizona Western Community College, recording 30 tackles (8 solos), two sacks for 12 yards, six stops for losses of 29 yards and six pressures. Also recovered a fumble, deflected two passes and intercepted another for a 33-yard return. Led a defensive line that allowed just 48.64 rushing yards per game to rank second in the NJCAA, earning All-Western States Football League and All-Region I honors for the second-straight year.

Freshman: Named All-Region I and All-Western States Football League defensive tackle after starting all 10 games and registering 46 tackles (12 solos) with four sacks for 24 yards and 6.5 stops for losses of 40 yards. Caused four fumbles and had five quarterback pressures. Earned WSFL Special Teams Player of the Week honors after blocking a Glendale field goal and extra-point attempt within the span of just 14 seconds.

PERSONAL: Attended Cavendish Road State High School in Brisbane, where he first played rugby and basketball before playing one season of football. Also played football for the Bayside Ravens and Queensland Sun Devils. General studies major.





THAROLD SIMON

Position Cornerback
 Height 6-2
 Weight 202
 College LSU
 NFL Seasons Rookie
 Seahawks Seasons Rookie
 Born March 6, 1991
 Hometown Eunice, Louisiana

34

HOW ACQUIRED: Drafted with the second of three fifth-round choices (138th overall) in the 2013 NFL Draft. First of two LSU players taken in 2013 NFL Draft (Spencer Ware, 6th round).

COLLEGE: Played in 34 games with 15 starts, including all 13 games in 2012, during his LSU career. Finished his career with 99 tackles (68 solo), seven interceptions for 41 yards, 22 pass breakups, 2.5 tackles for a loss, a forced fumble and a fumble recovery.

Junior: Started all 13 games at cornerback. Led the team in pass breakups with nine and in interceptions with four. Finished with 45 tackles. Capped season with seven solo tackles vs. Clemson in bowl game. Tallied his fourth interception of the season to go with two pass breakups in win over Arkansas. Recorded an interception and two pass breakups in win over Ole Miss. Finished with five tackles and a PBU versus Mississippi State. Picked off a pass and tallied five tackles at Texas A&M.

Sophomore: Played in 13 games with two starts, seeing plenty of action in nickel and dime situations. Ranked third in the SEC in pass breakups with 10 and was one of only four players in the SEC to register double-digits in that category. Led LSU with 12 passes defended and finished sixth in the SEC in that category. Picked off two passes on the year. Added 42 tackles (30 solo) to go along with 2.5 tackles for a loss of five yards. Picked off his second pass of the season in the SEC Championship Game against Georgia and also posted a pass break-up. Tied his career best with eight tackles at Mississippi State. Had a stellar opener against Oregon as he racked up a career-high eight tackles, one TFL, one interception and three pass break-ups.

Freshman: Played in eight games with no starts. Tallied nine total tackles, including three solo, during the season. In the Cotton Bowl

against Texas A&M with a pair of pass breakups and his first career interception. Recorded his first pass breakup when he swatted a pass away from Julio Jones of Alabama early in the third quarter to halt a Crimson Tide drive. Registered a season-high three tackles against Louisiana-Monroe.

PERSONAL: Attended Eunice High School in Eunice, La. Played both cornerback and wide receiver. SuperPrep All-American and rated the No. 13 safety by Scout.com. Registered 13 interceptions in his career. Caught 29 passes for 671 yards and four touchdowns as a senior. Also rushed for 122 yards and four TDs as a senior. Majored in general studies and has two brothers, Sam and Mark.





LUKE WILLSON

Position Tight End
 Height 6-5
 Weight 252
 College Rice
 NFL Seasons Rookie
 Seahawks Seasons Rookie
 Born January 15, 1990
 Hometown Lasalle, Ontario, Can.

82

HOW ACQUIRED: Selected with the third of three fifth-round choice (158th overall) in the 2013 NFL Draft. First player from Rice to ever be drafted by Seattle.

COLLEGE: Played in 45 career games at Rice. Named a team captain his senior season, completed his career with 78 catches for 986 yards and nine touchdowns.

RS Senior: Started 8 of 11 games played while fighting through injuries. Finished the season with nine catches for 126 yards (14.0 avg.) and two touchdowns. Was named team captain entering the season. Started season on Mackey Award Watch List for the second consecutive season. Drafted by the Toronto Argonauts in the 4th round of the CFL Draft.

RS Junior: Second-team All C-USA by Phil Steele and Honorable mention All C-USA selection by conference coaches. Named to Dave Campbell's Texas Football All Texas College post-season first team. Second on the team with 313 receiving yards and three touchdown catches. Third with 29 catches. Topped 100 yards receiving for the first time in his career along with a career-best seven catches and a touchdown vs. Tulsa. Led the team with four catches vs. Purdue and tied the game with a four-yard TD catch on the final play of the first half. Named to Phil Steele's midseason All C-USA team at tight end. Consensus first-team preseason All C-USA selection and also named to the first team of Dave Campbell's Texas Football All Texas College preseason team.

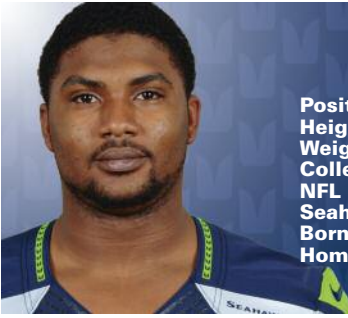
RS Sophomore: Led the team with 425 yards receiving and second with 33 receptions in 11 games and added 3 TDs. Caught a career-best six for 65 yards at Tulane. Caught a career-long, 55-yard TD at Tulsa. Caught at least one pass in 10 of 11 games he played in (missed one because of an injury).

RS Freshman: Started two of 12 games played in two tight end sets. Finished the season with seven receptions for 122 yards (17.4 avg.) and one TD. Caught a 52-yard scoring pass from Nick Fanuzzi for his first career reception in his debut at UAB.

Freshman: Redshirted his first year after reporting late to camp because of his commitment to the Canadian Junior National Baseball team.

PERSONAL: Attended St. Thomas of Villanova High School in LaSalle, Ontario, Canada. Was a three-year all-conference selection. Caught 29 passes for 638 yards and eight touchdowns as a senior on offense, while racking up 60 tackles, including five sacks, on defense. Named his school's Athlete of the Year as both a junior and a senior. Also played on a summer team, the Essex Ravens, and caught 18 passes for 473 yards and 10 touchdowns. played hockey, baseball and soccer in addition to competing in track in high school. Played with the Canadian Junior National baseball team after his senior year of high school. Team toured major league spring training sites to play against various Extended Spring Training teams as well as the Dominican Republic to play several MLB teams' Dominican Summer League entries before competing with the Canadian Juniors at the World Championships in Calgary. Carried a 4.0 GPA in high school. Parents are Mike and Wilma Willson. Majored in philosophy and political science with a business minor.





SPENCER WARE

Position Running Back
 Height 5-10
 Weight 229
 College LSU
 NFL Seasons Rookie
 Seahawks Seasons Rookie
 Born November 23, 1991
 Hometown Cincinnati, Ohio

44

HOW ACQUIRED: Selected with the 26th pick of the sixth-round (194th overall) in the 2013 NFL Draft. Second of two LSU players taken in draft (Tharold Simon, 5th round).

COLLEGE: Played in 36 games with 14 starts. Finished with 1,249 rushing yards and 404 receiving yards on 39 receptions. Scored a total of 12 touchdowns (10 rushing, 2 receiving). Accounted for touchdowns three ways during his career – rushing (10), receiving (2) and passing (1).

Junior: Played in 12 games with four starts. Ranked fourth in team with 367 rushing yards on 94 carries. Caught 18 passes for 230 yards. Scored two TDs (1 rushing, 1 receiving). Led the team with 90 rushing yards on 16 carries and added two catches for 44 yards at Auburn.

Sophomore: Played in 13 games with 10 starts. Led the team with 177 carries and finished second on the team with 707 rushing yards. Tied for the team lead in touchdowns scored with nine total – eight rushing and one receiving. Added 11 catches for 73 yards and a TD. Went over the 100-yard mark in rushing two times: 107 yards at Mississippi State and 109 yards vs. Florida. Earned the first multi-touchdown game of his career versus Northwestern State with six carries for 20 yards and two touchdowns. Made his first career start against Oregon and churned out 99 yards and one rushing touchdown on 26 carries.

Freshman: Played in 11 games with no starts. Carried the ball 24 times for 175 yards and one touchdown while also throwing for a score. Hauled in 10 receptions for 101 yards. Delivered his best game of the season in the 2011 Cotton Bowl when he rushed for 102 yards on 10 carries (10.2 average per carry). Scored his first career rushing touchdown against ULM with a 5-yard run in the third quarter. Threw his first career TD pass vs. Auburn, tying the game at 17 in the fourth quarter.

PERSONAL: Attended Princeton High School in Cincinnati, Ohio. Was an explosive dual-threat quarterback who was ranked as the No. 19 overall prospect in the country and a five-star prospect by Rivals.com. Also rated the No. 3 athlete and the No. 3 prospect in the state of Ohio. Emerged as the most impressive running back on the East squad at the U.S. Army All-



American Bowl. Rushed for 770 yards and 13 touchdowns as a senior. Passed for more than 1,000 yards for the fourth straight season. Named to the 2009 All League first-team and Offensive Player of the Year. Also an all-city 2009 and all-southwest district 2009. Passed for 1,938 yards and 13 touchdowns and rushed for more than 700 yards and 15 touchdowns as a junior. Threw for more than 2,200 yards and 17 touchdowns as a sophomore along with 982 rushing yards and 18 touchdowns. Majored in sports administration. Spent a portion of the 2011 season with the LSU baseball team where he played in 21 games (10 starts) in the outfield. Mother is Lakeisha Ware.



RYAN SEYMOUR

Position Guard
 Height 6-4
 Weight 301
 College Vanderbilt
 NFL Seasons Rookie
 Seahawks Seasons Rookie
 Born February 7, 1990
 Hometown . Kingsland, Georgia

62

HOW ACQUIRED: Drafted with the first of four seventh-round draft choices (220th overall) in the 2013 NFL Draft.

COLLEGE: Played in 44 games with 35 starts. Earned 2012 SEC Academic Honor Roll, 2011 SEC Academic Honor Roll and 2009 SEC All-Freshman team.

RS Senior: Started all 13 games on the offensive line, pushing his career starts total to 35 games. Played at several line positions, taking snaps at center, guard and tackle. Opened the year with nine straight starts at left guard, then moved to starts at both tackle positions late in the year when injuries affected depth up front. Helped Vanderbilt produce its most explosive offense in more than 50 years, one that featured superb balance in the rushing and passing attacks.

RS Junior: Made 11 starts on offensive line, beginning the year at left tackle, then moving inside to left guard five games into the season. Missed two late-season games with injury, but returned to start in regular season finale. Helped 'Dores rush for 297 yards and allow no sacks vs. Demons. Also started at guard against Cincinnati in AutoZone Liberty Bowl. Named the SEC Offensive Lineman of the Week for his performance at left guard in 44-21 homecoming victory over Army as Commodores rushed for 344 yards and did not allow a sack.

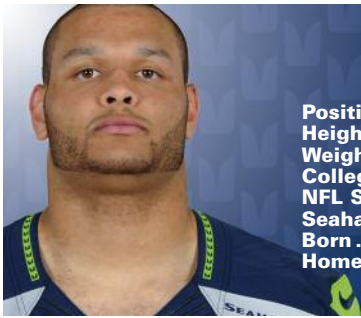
RS Sophomore: Played in 12 games with 10 starts. After just one start the previous year, Seymour never lost his starting assignment at right tackle after claiming the role after the team's second game. Concluded the season with 10 consecutive starts.

RS Freshman: Named to All-SEC Freshman Team by league head coaches. Redshirt freshman played in eight games as first-year offensive lineman. Minutes expanded at left tackle as injuries impacted the Commodore offensive front. Earned his first start against Georgia when tackle Thomas Welch sustained ankle injury. Through final six games, played nearly half of the team's offensive snaps.

Freshman: Redshirted during his first year on campus. He practiced during the fall as a defensive tackle candidate, then moved to offensive tackle during Spring Practice

PERSONAL: Attended Camden Co. High School in Kingsland, Georgia. Two-year starter for one of south Georgia's top programs. As starter at DE and OG, helped 2007 Wildcats to 12-2 record and AAAAA semifinals. As DE, contributed 50 tackles and pair of sacks... Named AAAAA First Team DE by sportswriters and to Jacksonville Times-Union's Georgia "Super South 11" squad. Invited to play in Georgia High School All-Star Game. Two-time All-Region recipient. Played every OL position during career. Also earned three letters as varsity golfer. Graduated from Vanderbilt with degree in human and organizational development in December 2012. Parents are Mark and Christine Seymour.





TY POWELL

Position Linebacker
 Height 6-2
 Weight 249
 College Harding
 NFL Seasons Rookie
 Seahawks Seasons Rookie
 Born April 27, 1988
 Hometown . . Marina, California

58

HOW ACQUIRED: Drafted with the second of four seventh-round draft choices (231st overall) in the 2013 NFL Draft.

COLLEGE: In two seasons at Harding, played in 14 games. Switched from playing defensive back his junior season to defensive end for his senior year. Tallied 47 tackles, 17.5 tackles for a loss and 10.5 sacks in his two years.

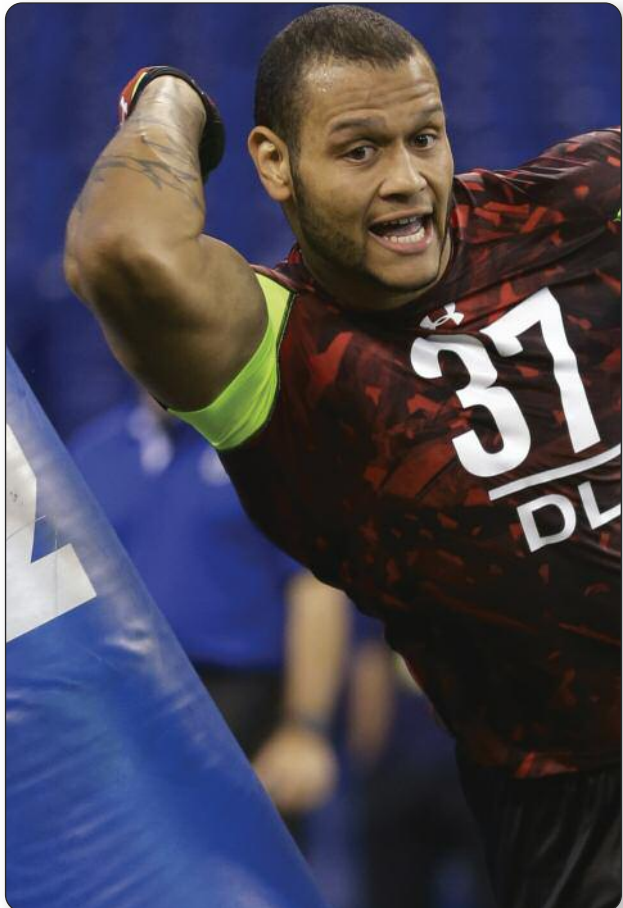
Senior: Played in all 11 games, making the switch from defensive back the previous year to defensive end for his final season. Recorded 40 tackles (23 solo), 15 tackles for a loss and 8.5 sacks for 59 yards. Also recorded a forced fumble, two fumble recoveries and four blocked kicks.

Junior: Started all three games he played in as a defensive back. Recorded seven tackles, 2.5 tackles for loss and 2.0 sacks. Had four tackles, including two sacks vs. Henderson state (9/10/11). First career start came at Southern Arkansas (9/15/11).

Junior College: 1st Team All-Golden Gate Conference at DeAnza College. Golden Gate Conference Defensive Most Valuable Player. 1st Team All-State and All-America as a sophomore. Named his

team's Defensive Player of the Year. Had 69 tackles, including 3.5 tackles for loss, 2.0 sacks, two interceptions, and five pass breakups.

PERSONAL: Attended Seaside High School in California where he won the California state championship as a senior and played both quarterback and cornerback. Majored in Kinesiology. Mother is Patricia Frye.





JARED SMITH

Position Guard
Height 6-4
Weight 302
College New Hampshire
NFL Seasons Rookie
Seahawks Seasons Rookie
Born March 20, 1990
Hometown . Greencastle, Penn.

66

HOW ACQUIRED: Drafted with the third of four seventh-round draft choices (241st overall) in the 2013 NFL Draft.

COLLEGE: Played in 42 career games with 28 starts as a defensive tackle for New Hampshire. Tallied 129 tackles (59 solo), 26 tackles for a loss, 12.5 sacks, three forced fumbles and a fumble recovery.

Senior: Started all 11 games played at defensive tackle. Led the team with nine tackles for loss, four sacks and three blocked kick. Two forced fumbles tied for second in CAA. Recorded 40 tackles (26 solo) and blocked two kicks. Was named CFPA Defensive Lineman of Week Honorable Mention after making career highs with two sacks and five solo tackles at Georgia State on Oct. 6.

Junior: Started in all 12 games at defensive tackle and his 43 tackles ranked second among 'Cats defensive linemen. Posted 21 solo stops, 5.5 tackles for loss, 2.5 sacks and a blocked kick. Posted multiple tackles in all 12 games. Made eight tackles, including career-high six assisted stops, in NCAA second-round playoff defeat at Montana State. Set career highs with nine tackles and four solo tackles in win over Maine.

Sophomore: Received 2010-11 CAA Commissioner's Academic Award. Played in all 13 games with five starts, recording 38 tackles (8 solo). Started five of last six games at DT. Had 7.5 tackles for loss, tied for most among interior linemen. Registered four sacks, tied for second-most on team. Also notched one blocked kick. Made three tackles in NCAA D-I quarterfinal loss at No. 5 Delaware and amassed five tackles and a

half sack in second-round playoff win at No. 13 Bethune-Cookman.

Freshman: Saw action in six games for the Wildcats and racked up eight total tackles, including five solo efforts. Tallied three tackles for a loss of 21 yards in addition to two sacks for a loss of 19 yards.

PERSONAL: Attended Greencastle-Antrim High School in Greencastle, Pennsylvania. Helped lead the Blue Devils to the playoffs in 2006, 2007 and 2008. Named First Team All-Conference and Second Team All-State in 2007 and 2008. Played in the 2008 East and West All-Star Game. Parents are Timothy Smith and Cassandra Lewis.





MICHAEL BOWIE

Position Tackle
 Height 6-4
 Weight 332
 College Northeastern St. (Ok.)
 NFL Seasons Rookie
 Seahawks Seasons
 Born September 25, 1991
 Hometown Tulsa, Oklahoma

73

HOW ACQUIRED: Drafted with the Seahawks final draft choice in the 2013 NFL Draft. He was last of four seventh-round draft choices (242nd overall).

COLLEGE: Transferred from Oklahoma State to Northeastern State University in Tahlequah, Oklahoma before his senior season. Began his college career at Navarro Junior College.

Senior: Played his final collegiate season as a member of the RiverHawks after transferring from Oklahoma State University. He led NSU with a team-high 47 knockdowns and did not concede a quarterback sack. He was named a 2012 D2Football.com All-America Honorable Mention, and he was also selected to the All-MIAA Second Team.

Junior: Was a part-time starter at Oklahoma State and helped the Cowboys to the Big 12 Championship. Saw action throughout the sea-

son, but finally earned his first start at Missouri and was in the lineup every game until Bedlam. Did not allow a sack and very limited "quarterback pressures." Had five knockdown blocks against Texas Tech and four vs. Missouri and Louisiana. Played a season high 69 snaps vs. Kansas.

Junior College: Rated as the No. 34 junior college prospect in the country after his sophomore season. Played on the junior college national championship team.

PERSONAL: Attended Sand Springs Charles Page High School in Tulsa, Oklahoma where he was a SuperPrep all-region pick as a prep senior. Earned All-District, All-Metro and All-State honors at Sand Springs. He also lettered on the basketball team. Majored in education. Parents are Stephanie Bowie and Kevin Russell.



ADDITIONAL FREE AGENTS



Alvin Bailey, T, 6-3, 320, Rookie, Arkansas (Broken Arrow, Okla.)

Signed by Seattle as an undrafted rookie free agent on April 27, 2013. Started 38 consecutive games to end his Razorbacks career as a redshirt junior and blocked consecutive seasons with a 3,000-yard passer, including the first season in school history with a 3,000-yard passer and a 1,000-yard rusher in 2010. In 2011, he was named an All-American by Pro Football Weekly and a second-team All-SEC performer by the Associated Press and the conference's coaches after starting all 13 games as part of an offensive line that allowed the offense to break 16 game or season school records. He started all 13 games for the Razorbacks as Arkansas was the only school in the SEC to start the same offensive line every game in 2010. He was named to the FWAA Freshman All-America Team and the SEC All-Freshman Team. The line allowed Arkansas to break 24 game or season school records on offense in 2010. Quarterback Ryan Mallett set the Arkansas single-season passing yards record with 3,869 and running back Knile Davis posted the fourth-highest single-season rushing yards total in program history with 1,322 yards that season. He anchored the offensive line for Broken Arrow High School for three straight years. During his senior season, Bailey recorded 116 knockdowns and did not allow a sack and was named to the 2008 all-state team by the Daily Oklahoman and was an all-district Class 6A honoree. He could bench press more than 400 pounds and squatted 590 pounds in high school. His father, Alvin, Sr., was a basketball player for the Razorbacks in the late 1970s. Majored in recreation and sports management. Born on August 26, 1991.



Phil Bates, WR, 6-1, 220, 2nd Year, Ohio (Omaha, Neb.)

Signed by Seattle as a rookie free agent on April 28, 2012 and was released after training camp but re-signed to the practice squad where he spent the majority of the 2012 season. A multi-talented threat for the Bobcats, seeing action as a receiver, rusher, passer and kick returner. In 2011, caught 15 balls for 197 yards (13.1 avg.) and a touchdown, rushed 16 times for 69 yards and completed four of his five passes for 142 yards and two touchdowns. Finished his 2010 campaign with 78 carries for 519 yards and three touchdowns, while completing nine of his 23 pass attempts for 178 yards and a score. Transferred from Iowa State after the 2008 season and redshirted the 2009 season for the Bobcats as a result. Completed 14 of 24 passes for 137 yards, two touchdowns and one interception as a sophomore for the Cyclones, rushing 24 times for 166 yards. Caught five passes for 73 yards at wide receiver during his freshman season. Attended Omaha North high school, where he broke the school record for passing yards with 2,963 in two seasons. Holds school records for passing yards in a single season (1,756) and all-purpose yards (2,326). Majored in health services administration. Born on September 20, 1989.



Kenneth Boatright, DE, 6-3, 254, Rookie, Southern Illinois (Bolingbrook, Ill.)

Signed by Seattle as an undrafted rookie free agent on April 27, 2013. Started all 22 games in his Salukis career and recorded 113 tackles (48 solo) and 12.0 sacks in his two-year career. He was a third-team All-America selection by the Associated Press and first-team All-MVFC selection after his senior season when he started all 11 games. Ranked seventh in the conference with 5.5 sacks, was third on the team with 62 tackles (20 solo) and had added one blocked punt that he recovered for a touchdown against Northern Iowa. Helped lead a defense that finished 10th nationally in rushing defense (111.3 ypg). Was an honorable mention all-conference selection, named to the MVFC All-Newcomer team, and named team defensive MVP after leading the team with 6.5 sacks and 13.5 tackles for loss his junior season. Finished tied for eighth in the conference in sacks. Prior to SIU, played two seasons for NAIA Midland University, leading team to a 6-5 record as a freshman and sophomore. Had 82 tackles and 2.0 sacks as a sophomore where he also blocked a punt, had 11 passes defended and two interceptions. Was second on the team in tackles and garnered honorable mention All-Conference accolades as a free safety as a sophomore. Had 39 tackles and one sack as a freshman. Led Bolingbrook High to a 9-3 record, conference championship and the second round of the playoffs as a senior. Also played volleyball and

competed in track. His younger brother, David, is a cornerback for the Salukis. Majored in sports administration. Born in Joliet, Ill., on March 6, 1990.



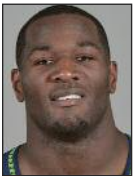
Michael Brooks, DT, 6-3, 276, Rookie, East Carolina (Durham, N.C.)

Claimed off waivers (Detroit) by Seattle on May 29, 2013. Brooks originally signed with the Lions as an undrafted rookie free agent in April after a four-year career at East Carolina, where he played in 42 games with 142 tackles in his career. He was named to the All-Conference USA second-team after a senior season with 34 stops in 10 games. Recorded 331 tackles during career at Bartlett Yancey High School, where he was a three-year all-region, all-conference and defensive MVP selection. Earned all-state honors as a senior team captain after tallying 94 stops and 12.5 sacks. Also chosen as the Danville Regional Defensive Player of the Year in 2008. Also participated in track and was member of school's Honor Roll. Born August 28, 1991.



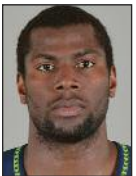
Arceto Clark, WR, 5-10, 180, Rookie, Mississippi State (Tupelo, Miss.)

Signed by Seattle as a free agent on June 4, 2013. Clark started 37 of 44 games played at Mississippi State, where he caught 36 passes for 487 yards last season; 30 for 442 yards and four touchdowns in 2011; 25 for 362 yards and three touchdowns in 2010; and three for 11 yards in 2008. He took a redshirt season in 2009. Rated No. 9 on SuperPrep's postseason All-America listing of the state of Mississippi's top players, the state's second-ranked cornerback, after his senior season at Shannon (Miss.) High School. Rated among the top 25 recruits in the state of Mississippi by the Jackson Clarion-Ledger following his senior season, when the paper named him all-state as a defensive back. On the offensive side of the football, caught 56 passes for 1,090 yards and 10 touchdowns as a junior and was named the Class 4A Division 4 Offensive Most Valuable Player. Born on September 29, 1989.



Derrick Coleman, RB, 6-0, 233, 2nd Year, UCLA (West Los Angeles, Calif.)

Signed to the Seahawks practice squad on December 5, 2012. Originally signed with the Minnesota Vikings as an undrafted rookie free agent on April 28, 2012 but was released during training camp. Finished four-year career at UCLA with 341 carries for 1,840 yards and 19 touchdowns. Played in all 14 games his senior year and led the team with 11 touchdowns and was second in rushing with a career-high 765 yards. Named second-team All-Pac 10 on special teams with seven tackles on the coverage units. Recipient of the Tommy Prothro Award for outstanding special teams player and the Paul I. Wellman Memorial Award for all-around excellence by the coaching staff in 2011. Appeared in 11 games with two starts in 2010, ranking second on the team with 487 rushing yards with a 5.9 yards per carry average. Had a career-long run of 73 yards against Washington State. Three-year starter at running back and linebacker at Troy High in Fullerton, Calif. Rated No. 2 fullback nationally by ESPN. Named all-state third-team by Cal-Hi Sports and to the CIF-Southern Section Southeast Division team. As a senior, named team MVP and first-team all-league. Ran for 5,214 yards in his career and scored 86 touchdowns. Broke the school record for most touchdowns in a season (38), most points scored in a season (232), most rushing yards in a season (2,456), most yards offense in a season (2,456), most touchdowns scored in a game (5) and longest rushing touchdown (90 yards). As a junior, he rushed for 2,456 yards (11.1 avg.) and 38 touchdowns. Also lettered in basketball and track (100 meters, 4 x 100 meter relay, shot put, triple jump). Majored in political science. Born on October 18, 1990.



Darren Fells, TE, 6-7, 281, 1st Year, UC Irvine (Fullerton, Calif.)

Signed by Seattle as a free agent on March 6, 2013. Fells did not play college football but was a college basketball power forward at UC Irvine from 2004-08, playing in 123 games and averaging 10.2 points on 53% shooting and averaged 6.3 rebounds per game. Earned second-team All-Big West honors after his senior season following two years receiving All-Big West honorable mention after his junior and sophomore seasons. He has played professional basketball overseas in Belgium, Finland and Argentina. Named first-team All-CIF Southern Section II-A as a senior at Fullerton High School, leading his team to a 22-7 record. Was MVP of

the Freeway League and was a first-team all-league selection. Averaged 14.3 points and 9.7 rebounds per game. Top-scoring game was 30 points against Buena Park. Was named to the All-CIF Southern Section II-A second team as a junior after averaging 17 points and 10 boards. Earned All-Freeway League second team honors that season. Was an all-state tight end in football. Majored in sociology. Fells is the younger brother of New England Patriots tight end, Daniel Fells. Born on April 22, 1986.



Cooper Helfet, TE, 6-3, 239, 2nd Year, Duke (Kentfield, Calif.)

Signed to the Seahawks practice squad on December 24, 2012. Originally signed with the team as an undrafted rookie free agent on May 15, 2012 but was waived/injured after training camp. Spent two seasons at Duke after playing two seasons (2008-09) at Santa Rosa (Calif.) Junior College. Played in 22 games for the Blue Devils and caught 77 passes for 775 yards with six touchdowns in his career, including career-highs in catches (43), yards (395) and touchdowns

(4) his senior season, earning honorable mention All-ACC honors. At Santa Rosa, helped team to an 8-3 record in 2008 by catching 28 passes for 382 yards including a 12-reception, 188-yard, three-touchdown performance in the Bear Cubs 28-20 win over Sierra (Calif.) College in the Premiere Bank Bowl. Had 40 receptions for 657 yards and seven touchdowns in 2009. Originally enrolled at Johns Hopkins University on a lacrosse scholarship in the fall of 2007. Attended Redwood High and caught 42 passes for 811 yards and earned first team all-conference honors as team went 7-4 and advanced to the state playoffs as a senior. Also lettered in basketball and lacrosse. Majored in sociology with a minor in economics. Born on June 2, 1989.



Greg Herd, WR, 6-3, 202, Rookie, Eastern Washington (Tacoma, Wash.)

Signed by Seattle as a free agent on May 29, 2013. Originally signed with the Dallas Cowboys on April 27 as an undrafted rookie free agent but was released in May. Hailing from Tacoma's Steilacoom High School, he played four seasons at Eastern Washington University where he started 22 of 47 games played. Herd ended his Eagles career ranked ninth in school history with 165 receptions, 11th with 2,348 yards and 13th with 17 touchdowns. He earned All-Big Sky second-

team honors after his junior season when he set career-highs in catches (67), yards (1,022) and touchdowns (7), and followed that up with All-Big Sky honorable mention honors after posting 66 catches for 952 yards and seven touchdowns last season. At Steilacoom High, had more than 2,500 all-purpose yards and 26 touchdowns during his senior year. He rushed for 1,151 yards and 16 touchdowns while averaging more than 13 yards per carry and completed 36-of-80 passes for 706 yards and seven touchdowns. He was the league's unanimous offensive most valuable player, a first team all-league defensive back and a second team all-league kick returner. He also earned first team All-Nisqually 2A League honors as a defensive back and quarterback as a junior, and as a defensive back as a sophomore. He finished his career with 3,680 rushing yards, 7,100 all-purpose yards, 66 touchdowns and 15 interceptions. Majored in health and fitness. Born on February 15, 1991.



Jerrod Johnson, QB, 6-5, 251, 1st Year, Texas A&M (Houston, Texas)

Signed by Seattle as a free agent on April 24, 2013. Johnson originally signed with the Philadelphia Eagles on July 26, 2011 as an undrafted rookie free agent but was released during training camp on August 18. He then signed a future contract with the Pittsburgh Steelers on January 18, 2012 and was released on August 31. He started 29 of 37 career games at Texas A&M and finished his career holding 24 school records, including total offense (8,888 yards), passing

yards (8,011), completions (650) and touchdown passes (67). Also holds two Big 12 and school records for passes without an interception in a single-season (225 in 2009) and an overall streak without an interception 242 (2008-09). Finished his career completing 650 of 1,109 attempts for 8,011 yards with 67 touchdowns and 27 interceptions, adding 877 rushing yards and 16 rushing touchdowns. Named second-team All-Big 12 in 2009, when he started 13 games and set career-highs in attempts (497), completions (296), completion percentage (59.6), yards (3,579), touchdowns (30), rushing yards (506) and rushing touchdowns (8). Attended Humble (Texas) High School and named District 22-5A offensive MVP after throwing for 1,151 yards with six touchdowns and rushing for 613 yards with 11 touchdowns as a senior. Caught 31 passes for 385 yards

with seven touchdowns as a junior and named team MVP and earned all-district honors as a wide receiver. Father, Larry, played wide receiver and defensive back for Texas A&M in the late 1970s. Majored in kinesiology. Born on July 27, 1988.



Rishaw Johnson, G, 6-3, 313, 2nd Year, California University (Pa.) (Hammond, La.)

Signed by Seattle as a rookie free agent on April 28, 2012 and was released after training camp but re-signed to the practice squad where he spent the majority of the season. Signed to Seattle's active roster on December 4, 2012 but was inactive for four games and both postseason contests. Started 12 games at right guard for the Vulcans, anchoring an offensive line that allowed just 17 sacks while setting school records for pass attempts and passing yards. Voted a team captain and named a D2Football.com First-Team All-American in 2011 after playing the previous three seasons at Ole Miss. Chosen to participate in the East-West Shrine Game and was one of only two NCAA Division II players invited to play in the Senior Bowl. Played at Hammond High School where he earned all-district and all-state honors. A New Orleans Times-Picayune Blue-Chip prospect, Rivals 250 and SuperPrep All-Region selection. Born on February 23, 1989.



Kyle Knox, LB, 6-1, 220, 2nd Year, Fresno State (Los Angeles, Calif.)

Signed by Seattle on June 15, 2012 but was released after training camp and signed to Seattle's practice squad on December 18 where he ended the season. Started 37 of 46 career games at Fresno State, posting 215 tackles (115 solo) and 4.5 sacks in his career. Collected 55 tackles (33 solo), six tackles for loss, two passes defended and one sack during his senior campaign for the Bulldogs and had a career-high 74 stops (37 solo) his junior season. Attended St. Bernard High School in Los Angeles, where he was named first-team All-Del Rey League, athlete of the year and Most Valuable lineman after recording 42 tackles and 10 sacks, while contributing 22 assists and two fumble recoveries his senior season. Majored in communication. Born on March 10, 1989.



John Lotulelei, LB, 5-11, 233, Rookie, UNLV (Kihei, Hawaii)

Signed with Seattle as an undrafted rookie free agent on April 27, 2013. Played in 25 games with 17 starts in his Rebels career, with 180 tackles (83 solo), 4.5 tackles for loss and one forced fumble. Named first-team All-Mountain West and UNLV Defensive Most Valuable Player for 2012 after starting all 13 games and recording 120 tackles (59 solo), the 10th-highest total in UNLV single-season history. Also named the 2012 winner of the UNLV Bill "Wildcat" Morris Most Inspirational Award winner. Despite starting only the final four games of his junior year, he ranked third on the team with 60 tackles (24 solo). Spent first two seasons of college career at Merced (Calif.) College. In 2010, notched a team-high 84 total tackles, including 12 tackles for loss, five sacks, two pass breakups, two forced fumbles and one fumble recovery and was an All-Golden Gate Conference selection following his sophomore season. A 2009 graduate of Baldwin High in Wailuku, Hawaii, he was a three-year letterman and helped lead the Bears to three Maui Interscholastic League (MIL) championships as a linebacker and fullback. Named the MIL Defensive Player of the Year following his senior season. Majored in interdisciplinary studies. Born on December 4, 1991.



Victor Marshall, TE, 6-4, 225, Rookie, British Columbia (Kirkland, Wash.)

Signed with the Seahawks as a free agent on May 13, 2013. Marshall attended Juanita High School in Kirkland and played for Simon Fraser University in 2009, catching team highs in receptions (40) and yards (535) with two touchdowns before transferring to the University of British Columbia where he had 10 receptions for 236 yards and one touchdown in 2010. Born on June 2, 1988.



Benson Mayowa, DE, 6-3, 252, Rookie, Idaho (Inglewood, Calif.)

Signed with the Seahawks as a free agent on May 13, 2013. Mayowa played in 45 career games at Idaho, collecting 67 tackles (47 solo), 11.0 sacks, 11 forced fumbles and three fumble recoveries during his four-year career for the Vandals. Graduated from Inglewood High School and was a first-team all-league choice and a second-team All-California Interscholastic Federation selection. As a senior, had 11 sacks and 75 tackles. Father, David, moved to the U.S. from Nigeria

in the mid 1970s and worked until he could afford to move his wife, Eunice, to the States. Born on August 3, 1991.



Mike Person, T, 6-4, 299, 3rd Year, Montana State (Glendive, Mont.)

Signed to the Seahawks practice squad on September 13, 2012 after being released by San Francisco after training camp. Originally drafted with the second of three seventh-round draft choices (239th overall) by the San Francisco 49ers in the 2011 NFL Draft. Spent the entire 2011 season on the active roster but was inactive all 16 games and both postseason contests. Started all 42 games along the offensive line for the Bobcats. Earned first-team All-Big Sky

Conference honors in 2010, starting all 12 games and helping lead MSU to a Big Sky Conference Championship and the FCS Playoffs. The Bobcats led the Big Sky in scoring offense, total offense, passing offense, and first downs. In 2009, started all 11 games at right tackle and earned first-team All-Big Sky honors. As a sophomore, started all 12 games and earned honorable mention all-conference honors, while helping the Bobcats lead the Big Sky in most rushing yards and fewest sacks allowed. Named the team's Most Inspirational Player in the Spring of 2008. In 2007, started MSU's first eight games at right tackle before an injury ended his season. Redshirted in 2006. Attended Dawson County High and was a three-time all-league choice, earning Class A all-state honors as a junior and senior. Was selected as team MVP as a senior. Was a two-time state discus champ in track and field. Born on June 17, 1988.



Ray Polk, SS, 6-1, 219, Rookie, Colorado (Scottsdale, Ariz.)

Signed with Seattle as an undrafted rookie free agent on April 27, 2013. Started 33 of 41 games for the Buffaloes, collecting 237 tackles (153 solo), one interception and eight passes defended in his career. He switched to defense from running back after his redshirt freshman year in spring practice. Started all seven games played his redshirt senior season, missing five due to a high ankle sprain in the season opener against Colorado State. Recorded a career-high 80 tackles (59 solo) in 2011. Attended Brophy Prep, and went 12-2 his senior season, capturing the state title. As a senior, he earned All-America honors from PrepStar and SuperPrep; the latter ranked him as the No. 4 overall player in Arizona (No. 2 running back). Rivals.com ranked him as the No. 3 prospect out of Arizona and the No. 11 running back in the nation, while Scout.com tabbed him as the No. 10 state of Arizona product and the No. 43 running back in the country. A three-year letterman, he was a team captain during his senior season in which he gained 1,098 yards on the ground with 12 touchdowns. As a junior, he was a first-team all-state selection, as he rushed for 1,423 yards and 22 touchdowns. He played strictly cornerback as a sophomore. His junior team went 8-3, advancing to the first round of the playoffs, and his sophomore team went 13-1, winning the state championship. Also ran track. Considered one of the nation's top hurdlers in both the 110 and 300. His father, Raymond, played cornerback for Oklahoma State and was drafted by the Los Angeles Raiders in the 12th round of the 1985 NFL Draft. Majored in political science. Born on April 22, 1990.

Attended Brophy Prep, and went 12-2 his senior season, capturing the state title. As a senior, he earned All-America honors from PrepStar and SuperPrep; the latter ranked him as the No. 4 overall player in Arizona (No. 2 running back). Rivals.com ranked him as the No. 3 prospect out of Arizona and the No. 11 running back in the nation, while Scout.com tabbed him as the No. 10 state of Arizona product and the No. 43 running back in the country. A three-year letterman, he was a team captain during his senior season in which he gained 1,098 yards on the ground with 12 touchdowns. As a junior, he was a first-team all-state selection, as he rushed for 1,423 yards and 22 touchdowns. He played strictly cornerback as a sophomore. His junior team went 8-3, advancing to the first round of the playoffs, and his sophomore team went 13-1, winning the state championship. Also ran track. Considered one of the nation's top hurdlers in both the 110 and 300. His father, Raymond, played cornerback for Oklahoma State and was drafted by the Los Angeles Raiders in the 12th round of the 1985 NFL Draft. Majored in political science. Born on April 22, 1990.

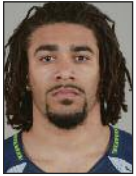


DeShawn Shead, CB, 6-1, 220, 2nd Year, Portland State (Palmdale, Calif.)

Signed by Seattle as a rookie free agent on April 28, 2012 but was released after training camp and signed to the team's practice squad, where he stayed until being signed to the team's active roster on December 5. Was inactive for four games and both postseason contests in 2012. A four-year starter in the defensive backfield for the Vikings, registering 211 tackles, 11 interceptions, five fumble recoveries, four forced fumbles and 29 passes defended throughout 44

games in his career, while also handling kickoff return duties. Transitioned from cornerback to

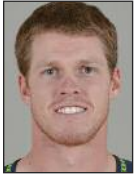
safety toward the end of his junior season and made all 11 starts at the position his senior year, racking up 64 tackles including five for loss, a sack, three forced fumbles, one fumble recovery, two interceptions and eight passes defended. An All-Big Sky conference selection his senior year and second-team All-Big Sky his junior year, earning his teammates' vote as the team's Most Outstanding Defensive Back. A two-time All-Conference defensive back at Highland High School, also earning All-Conference as a wide receiver in 2006. Ran track in high school, setting the school's pole vault record. Born on June 28, 1988.



Justin Veltung, WR, 5-11, 183, Rookie, Idaho (Puyallup, Wash.)

Signed by Seattle as a free agent on May 23, 2013. Veltung, from nearby Puyallup, played 43 career games at the University of Idaho and collected 62 receptions for 901 yards with eight touchdowns and returned 80 kickoffs for 1,743 yards with two touchdowns in his career. He left Idaho as its all-time kickoff return leader (78) and kickoff return yardage leader (1,743), and 11th on its all-time all-purpose yardage list with 2,972 yards. As a senior at Puyallup High, was first-team All-South Puget Sound League as a receiver, defensive back and

kick returner. SPSL Special Teams Player of the Year as a junior and senior. Was an all-state selection and SPSL MVP as a soccer forward. Participated in track as a freshman and ran the 100-meter race in 10.8 seconds and recorded a 4.39 40-yard dash, the best time at the Spanaway Competitive Edge Combine at the time. Was also the 2009 state long jump champion. Majored in general studies. Born on March 30, 1991.



Bryan Walters, WR, 6-0, 190, 4th Year, Cornell (Kirkland, Wash.)

Signed by Seattle to its practice squad on December 20, 2012. Originally entered the league signing with the San Diego Chargers as an undrafted rookie free agent on April 26, 2010 where he spent the final five games on the Chargers practice squad. In 2011, saw action in four games with San Diego, recording three receptions for 27 yards with a long of 13 and eight punt returns for 45 yards with a long of 13. Signed with Minnesota as a free agent on April 2, 2012

but was released during training camp. Set Ivy League records in career punt returns (972) and kickoff return yardage (2,790) and ranked second in league history in all-purpose yards (5,795) by the time of his departure from Cornell. Finished career ranked fourth in Cornell history with 144 receptions and 2,032 yards. Earned second-team All-Ivy League honors as a senior in 2009 after leading the conference and ranking fifth in the nation with 171.6 total yards per game. That total ranked second-best in Cornell history behind Ed Marinaro in 1971 when he finished second in Heisman Trophy balloting. His 338 total yards vs. Fordham as a senior were the most in the NCAA FCS that season. Attended Juanita High in Kirkland and was a standout in baseball, basketball and football. Was a team captain in basketball and football and named football MVP as a junior and school's player of the year as a senior. Majored in economics. Born on November 4, 1987.



Carson Wiggs, K, 6-1, 222, 2nd Year, Purdue (Grand Prairie, Texas)

Signed by Seattle as a rookie free agent on April 28, 2012 but was released during training camp. The most accurate kicker in Boilermakers history, connecting on 73.6 percent of his field goals (53 for 72) and his 53 field goals made are the second-most ever at Purdue. A second-team All-Big Ten selection in 2011, making 16-of-21 field goal attempts during the regular season and knocking 23 touchbacks on 66 kickoffs. Connected on three field goals and two successful

outside kicks in the team's win over Western Michigan in the Little Caesars Pizza Bowl during his final year. Totaled 293 points in four seasons at Purdue while also sharing punt duties. Attended South Grand Prairie High School, where he was ranked the nation's No. 4 kicker nationally by ESPN.com and No. 11 by Rivals.com and earned honorable mention all-state and first team all-district honors as both a punter and kicker his senior season after averaging 37 yards per punt and making eight of 13 field goals. Building construction management technology major. Born on February 20, 1990.







Making his first-career start, rookie QB Russell Wilson rallied Seattle in the final minutes but could not cross the goal line in four attempts from the Arizona 6-yard line and the Seahawks dropped their season opener to the Cardinals, 20-16. Brandon Mebane recovered a K.J. Wright forced fumble on Arizona's first possession and the Seahawks took advantage on a Hauschka 27-yard field goal. Arizona took a 10-3 lead after a Jay Feely 21-yard field goal late in the first quarter and a LaRod Stephens-Howling 1-yard TD on the Cardinals next possession. The Cardinals took a 13-3 lead after recovering a lateral pass deep in Seahawks territory and connecting on a second field goal. Leon Washington returned the ensuing kickoff 83 yards to the Arizona 24-yard line, where Wilson led a five-play drive that resulted in a 10-yard TD pass to Sidney Rice to pull within a field goal, 13-10. On Arizona's very next play from scrimmage, Richard Sherman intercepted QB John Skelton on an intended throwaway. That turnover led to a Hauschka 47-yard field goal to tie the game, 13-13. Washington delivered again early in the fourth quarter with a 52-yard punt return leading to Hauschka's third field goal of the day giving Seattle a 16-13 lead. Kevin Kolb replaced an injured Skelton and led an 11-play, 80-yard drive that resulted in a 6-yard TD pass to Andre Roberts to take a 20-16 lead. Seattle took possession with 4:58 remaining from their own 20. They used 18 plays to drive 76 yards before being held out of the endzone and turning the ball over on downs with :18 remaining in the game.

Seattle	3	0	10	3	—	16	
Arizona	3	7	3	7	—	20	

						Seattle	Arizona
SEA 1	7:26	Hauschka 27 FG (7-33, 2:58)				3	0
AZ 1	0:34	Feely 21 FG (13-75, 6:52)				3	3
AZ 2	5:58	Stephens-Howling 1 run (Feely kick) (11-58, 5:22)				3	10
AZ 3	9:59	Feely 31 FG (4-4, 1:04)				3	13
SEA 3	7:51	Rice 10 pass Wilson (Hauschka kick) (5:24, 2:08)				10	13
SEA 3	5:13	Hauschka 47 FG (4-5, 2:29)				13	13
SEA 4	9:20	Hauschka 29 FG (4-5, 1:38)				16	13
AZ 4	4:59	Roberts 6 pass Kolb (Feely kick) (11-80, 4:21)				16	20

Att. 60,032

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	Arizona	Att	Yds	LG	TD
M. Lynch	21	85	11	0	A. Roberts	1	15	15	0
R. Wilson	8	20	5	0	C. Wells	7	14	9	0
R. Turbin	2	5	4	0	R. Williams	8	9	4	0
L. Washington	2	5	3	0	L. Stephens-Howling	2	4	3	1
					J. Skelton	1	2	2	0
					K. Kolb	1	-1	-1	0
TOTAL	33	115	11	0	TOTAL	20	43	15	1

PASSING

Seattle	A	C	Yds	TD	INT	RT	Arizona	A	C	Yds	TD	INT	RT
R. Wilson	34	18	153	1	1	62.5	J. Skelton	28	14	149	0	1	51.0
							K. Kolb	8	6	66	1	0	138.5
TOTAL	34	18	153	1	1	62.5	TOTAL	36	20	215	1	1	70.9

RECEIVING

Seattle	No	Yds	LG	TD	Arizona	No	Yds	LG	TD
B. Edwards	5	43	16	0	A. Roberts	5	54	19	1
S. Rice	4	36	11	1	L. Fitzgerald	4	63	23	0
Z. Miller	3	40	27	0	E. Doucet	3	37	18	0
M. Lynch	2	12	7	0	T. Heap	3	32	13	0
D. Baldwin	2	5	4	0	R. Williams	2	17	12	0
C. Martin	1	15	15	0	J. King	2	8	5	0
R. Turbin	1	2	2	0	L. Stephens-Howling	1	4	4	0
TOTAL	18	153	27	1	TOTAL	20	215	23	1

TEAM STATISTICS

	Seattle	Arizona
Total First Downs	18	18
Third Down Eff.	5-16-31%	3-10-30%
Total Net Yards	254	253
Total Off. Plays	70	57
Avg. per Play	3.6	4.4
Net Yards Rushing	115	43
Total Rushing Plays	33	20
Net Yards Passing	139	210
Times Sacked/Yards Lost	3/14	1/5
Pass Atts-Comps-Ints	34-18-1	36-20-1
Punts-No. and Avg.	4-46.3	5-47.6
Penalties-No. and Yards	13-90	10-102
Fumbles-No. and Lost	2-1	2-1
Touchdowns	1	2
Field Goals Made-Att	3-4	2-2
Time of Possession	33:34	26:26

DEFENSE

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
K. Wright	9	5	4	0.0	0.0	0	0	1	0	0
K. Chancellor	5	5	0	0.0	0.0	0	0	1	0	0
R. Sherman	4	4	0	0.0	0.0	1	0	2	0	0
B. Mebane	4	2	2	0.0	0.0	0	0	2	0	1
B. Browner	4	2	2	0.0	0.0	0	0	0	0	0
Additional Stats: Sacks: C. Clemons 1.0. FF: C. Clemons 1.										
Arizona	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
D. Washington	10	10	0	1.0	1.0	0	0	0	0	0
P. Lenon	9	8	1	2.0	13.0	0	0	0	0	1
W. Gay	7	7	0	0.0	0.0	0	0	0	1	0
D. Dockett	5	4	1	0.0	0.0	0	0	0	0	0
D. Schofield	5	3	2	0.0	0.0	0	0	0	0	0
Additional Stats: None.										



Special teams set the tone for Seattle in their home-opener, helping the team to a 10-0 first quarter lead over the visiting Dallas Cowboys and not letting up en route to a 27-7 victory. On the opening kickoff, Michael Robinson forced a Felix Jones fumble and Earl Thomas recovered for Seattle on the Dallas 29-yard line. Seattle's offense moved the ball to the Dallas three, settling for a 21-yard Steven Hauschka field goal and the 3-0 lead. On Dallas' ensuing possession, a quick three-and-out forced a Chris Jones punt, but Malcolm Smith blocked the punt and Jeron Johnson scooped the loose ball at the three-yard line and into the endzone for a 10-0 Seahawks lead. On the Cowboys' next drive, QB Tony Romo had his offense in scoring position after a 56-yard drive to the Seattle 24, when Brandon Browner intercepted Romo's second down pass intended for Jason Witten and returned it 35 yards. Dallas responded later with a 15-play drive, covering 95 yards, when Romo found Miles Austin down the sideline for a 22-yard touchdown, bringing the score to 10-7. A 25-yard field goal by Hauschka at the two-minute warning pushed the lead to 13-7 at the end of the first half. Seattle and Dallas traded punts to start the third quarter before QB Russell Wilson led Seattle on a 90-yard drive, helped by a 36-yard gallop by RB Marshawn Lynch to the Dallas 25. Two plays later, Wilson found tight end Anthony McCoy for a 22-yard touchdown, pushing the score to 20-7. A Marshawn Lynch three-yard TD run in the fourth quarter gave Seattle the 27-7 lead. In the fourth quarter, Seattle's offense held the ball for 13:31 and Seattle's defense held the Cowboys' offense to 86 second-half yards, with 51 coming on the final possession as the clock was running out.

Dallas	0	7	0	0	—	7
Seattle	10	3	7	7	—	27

						Dallas	Seattle
SEA 1	11:43	Hauschka 21 FG (7-26, 3:10)				0	3
SEA 1	10:23	Johnson 3 return of blocked punt (Hauschka kick)				0	10
DAL 2	12:09	Austin 22 pass Romo (Bailey kick) (15-95, 7:31)				7	10
SEA 2	1:57	Hauschka 25 FG (11-52, 7:05)				7	13
SEA 3	5:05	McCoy 22 pass Wilson (Hauschka kick) (8-90, 4:38)				7	20
SEA 4	7:57	Lynch 3 run (Hauschka kick) (12-88, 7:35)				7	27

Att. 68,008

INDIVIDUAL STATISTICS

RUSHING

Dallas	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
D. Murray	12	44	9	0	M. Lynch	26	122	36	1
K. Ogletree	1	5	5	0	R. Wilson	4	28	14	0
F. Jones	1	1	1	0	R. Turbin	5	15	6	0
T. Romo	2	-1	0	0	L. Washington	4	11	5	0
					M. Robinson	2	6	4	0
TOTAL	16	49	9	0	TOTAL	41	182	36	1

PASSING

Dallas	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
T. Romo	40	23	251	1	1	74.1	R. Wilson	20	15	151	1	0	112.7
TOTAL	40	23	251	1	1	74.1	TOTAL	20	15	151	1	0	112.7

RECEIVING

Dallas	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
M. Austin	5	63	22t	1	A. McCoy	5	41	22t	1
J. Witten	4	58	23	0	G. Tate	3	38	20	0
F. Jones	4	40	23	0	S. Rice	3	33	18	0
D. Murray	4	31	15	0	R. Turbin	2	24	14	0
D. Bryant	3	17	11	0	D. Baldwin	1	9	9	0
J. Phillips	2	16	9	0	Z. Miller	1	7	7	0
K. Ogletree	1	26	26	0					
TOTAL	23	251	26	1	TOTAL	15	151	22	1

TEAM STATISTICS

	Dallas	Seattle
Total First Downs	17	20
Third Down Eff.	7-13-54%	5-14-36%
Total Net Yards	296	315
Total Off. Plays	57	63
Avg. per Play	5.2	5.0
Net Yards Rushing	49	182
Total Rushing Plays	16	41
Net Yards Passing	247	133
Times Sacked/Yards Lost	1/4	2/18
Pass Atts-Comps-Ints	40-23-1	20-15-0
Punts-No. and Avg.	6-38.2	4-53.8
Penalties-No. and Yards	5-47	5-35
Fumbles-No. and Lost	4-1	0-0
Touchdowns	1	3
Field Goals Made-Att	0-0	2-2
Time of Possession	25:21	34:39

DEFENSE

Dallas	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
S. Lee	14	4	10	0.0	0.0	0	0	0	0	0
B. Carter	10	4	6	0.0	0.0	0	1	0	0	0
S. Lissemore	10	3	7	0.0	0.0	0	0	0	0	0
D. Ware	8	2	6	0.0	0.0	0	0	0	0	0
A. Spencer	7	4	3	2.0	18.0	0	0	1	0	0

Additional Stats: None.

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
K. Chancellor	9	7	2	0.0	0.0	0	0	0	0	0
K. Wright	5	3	2	0.0	0.0	0	0	1	0	0
L. Hill	5	3	2	0.0	0.0	0	0	0	0	0
B. Browner	4	4	0	0.0	0.0	1	35	1	1	0
R. Sherman	4	4	0	0.0	0.0	0	0	1	0	0
B. Wagner	4	3	1	0.0	0.0	0	0	0	0	0

Additional Stats: Sacks: B. Irvin 0.5, J. Jones 0.5. FF: M. Robinson 1. FR: E. Thomas 1. Punt Block: M. Smith 1.



Golden Tate came down with a 24-yard touchdown reception on a Russell Wilson desperation pass to the corner of the end zone as the clock ran out, giving Seattle the victory over the visiting Green Bay Packers on Monday Night Football, with a final score of 14-12. The Seahawks' pass rush prevented Green Bay from getting anything going offensively in the first half, with four sacks from Chris Clemons and two each from Irvin and Brandon Mebane. Seattle took the lead in the second quarter as Wilson found Tate for a 41-yard touchdown. Two Clemons' sacks helped stall the Packers' ensuing possession and the Seahawks took the 7-0 lead into halftime. Green Bay started with the ball in the second half and was able to move into position for a 29-yard Mason Crosby field goal, bringing the score to 7-3. Green Bay added a 40-yard Crosby field goal and pulled the Packers to within one point, 7-6. After a Seahawks three-and-out, the Packers put together a 16-play, 81-yard drive that culminated in a 1-yard touchdown run by Benson. Rodgers' pass on the two-point conversion attempt fell incomplete, but the Packers gained the lead, 12-7, with 8:44 left in the game. The Seahawks drove to the Green Bay seven-yard line but Wilson's fourth down pass to Tate fell incomplete and the Packers regained possession with 1:54 remaining. Earl Thomas dropped Benson for a 5-yard loss, forcing a fumble in the process, but Jeff Saturday recovered for the Packers on the 2-yard line. Two more run stops by the Seahawks defense forced a Masthay punt and Seattle's offense would start at the Green Bay 46-yard line. Wilson found Sidney Rice for a 22-yard completion on second down, and on fourth down from the 24, Wilson threw a pass to the corner of the end zone giving Tate a chance at a jump ball and he was able to come down with possession of the football as the clock read zero.

Green Bay	0	0	6	6	—	12		
Seattle	0	7	0	7		14		

						Green Bay	Seattle
SEA 2	6:22	Tate 41	pass Wilson (Hauschka kick) (5-73, 3:02)			0	7
GB 3	8:07	Crosby 29	FG (13-70, 6:53)			3	7
GB 3	1:14	Crosby 40	FG (11-66, 4:36)			6	7
GB 4	8:44	Benson 1	run (pass failed) (16-81, 0:46)			12	7
SEA 4	0:00	Tate 24	pass Wilson (Hauschka kick) (6-46, 0:46)			12	14

Att. 68,218

INDIVIDUAL STATISTICS

RUSHING

Green Bay	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
C. Benson	17	45	9	1	M. Lynch	25	98	9	0
R. Cobb	1	20	20	0	R. Wilson	3	18	12	0
A. Rodgers	2	17	16	0	L. Washington	1	11	11	0
J. Kuhn	1	2	2	0					
TOTAL	21	84	20	1	TOTAL	29	127	12	0

PASSING

Green Bay	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
A. Rodgers	39	26	223	0	0	81.5	R. Wilson	21	10	130	2	0	99.3
TOTAL	39	26	223	0	0	81.5	TOTAL	21	10	130	2	0	99.3

RECEIVING

Green Bay	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
G. Jennings	6	35	24	0	G. Tate	3	68	41t	2
J. Jones	5	55	14	0	Z. Miller	2	12	8	0
J. Finley	4	60	31	0	S. Rice	1	22	22	0
C. Benson	4	19	8	0	C. Martin	1	10	10	0
J. Kuhn	3	25	10	0	A. McCoy	1	9	9	0
J. Nelson	2	19	13	0	B. Obomanu	1	8	8	0
D. Williams	1	11	11	0	M. Lynch	1	1	1	0
R. Cobb	1	-1	-1	0					
TOTAL	26	223	31	0	TOTAL	10	130	41t	2

TEAM STATISTICS

	Green Bay	Seattle
Total First Downs	22	14
Third Down Eff.	7-15-47%	1-11-18%
Total Net Yards	268	238
Total Off. Plays	68	51
Avg. per Play	3.9	4.7
Net Yards Rushing	84	127
Total Rushing Plays	21	29
Net Yards Passing	184	111
Times Sacked/Yards Lost	8/39	1/19
Pass Atts-Comps-Ints	39-26-0	21-10-0
Punts-No. and Avg.	6-44.5	6/51.5
Penalties-No. and Yards	10-127	14-118
Fumbles-No. and Lost	2-0	0-0
Touchdowns	1	2
Field Goals Made-Att	2-2	0-0
Time of Possession	33:39	26:21

DEFENSE

Green Bay	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
A. Hawk	11	5	6	0.0	0.0	0	0	0	0	0
R. Pickett	9	1	8	0.0	0.0	0	0	0	0	0
D. Smith	5	3	2	0.0	0.0	0	0	0	0	0
E. Walden	5	2	3	0.0	0.0	0	0	0	0	0
N. Perry	4	3	1	1.0	19.0	0	0	0	0	0

Additional Stats: None.

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
K. Wright	11	9	2	0.0	0.0	0	0	0	0	0
K. Chancellor	10	7	3	0.0	0.0	0	0	0	0	0
B. Wagner	8	5	3	0.0	0.0	0	0	0	0	0
L. Hill	5	2	3	0.0	0.0	0	0	0	0	0

Additional Stats: Sacks: C. Clemons 4.0, B. Irvin 2.0, B. Mebane 2.0. FF: E. Thomas 1.



A dominating performance by Seattle's defense helped give the Seahawks their first road win of 2012, beating the Carolina Panthers, 16-12. Seattle's defense set the tone from the beginning as they forced a quick three-and-out, giving the Seahawks the ball on the Panthers' 45-yard line. Steven Hauschka converted a 22-yard field goal, giving Seattle the early lead, 3-0. Hauschka added a 36-yard FG midway through the second quarter. Carolina responded two drives later as QB Cam Newton led the team to a Justin Medlock field goal with seconds left in the first half, cutting the score to 6-3. Russell Wilson was intercepted by Captain Munneryn early in the third quarter, who sprouted 33 yards for a touchdown, giving Carolina the lead, 10-6. Several drives later, Brandon Browner stripped DeAngelo Williams on the first play of the drive and recovered the fumble on Carolina's 27-yard line. Wilson connected with Golden Tate for a 13-yard touchdown, regaining the lead for Seattle, 13-10. The Seahawks defense forced a Carolina punt and Seattle was able to drive 39 yards and Hauschka added a 44-yard field goal, furthering Seattle's lead to 16-10 with 10:27 left in the game. Newton then led the Panthers 79 yards to the Seahawks' 1-yard line, but his fourth down pass fell incomplete in the end zone. Seattle ran out some clock before having Jon Ryan take a safety with under a minute remaining. On the Panthers' second down, Bruce Irvin notched his second sack of the day, forcing a Newton fumble which Alan Branch recovered for Seattle, sealing the victory with 0:39 left in the game.

Seattle	3	3	7	3	—	16
Carolina	0	3	7	2	—	12
						Seattle Carolina
SEA 1 10:29	Hauschka 22 FG (8-41, 3:33)					3 0
SEA 2 8:29	Hauschka 36 FG (12-50, 6:58)					6 0
CAR 2 0:02	Medlock 32 FG (12-77, 2:44)					6 3
CAR 3 12:26	Munneryn 33 INT return (Medlock kick)					6 10
SEA 3 0:35	Tate 13 pass Wilson (Hauschka kick) (5-27, 2:02)					13 10
SEA 4 10:27	Hauschka 44 FG (7-39, 3:33)					16 10
CAR 4 0:59	Ryan tackled in endzone by Onatolu for safety					16 12

Att. 72,676

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	Carolina	Att	Yds	LG	TD
M. Lynch	21	85	14	0	C. Newton	7	42	15	0
R. Wilson	5	12	9	0	J. Stewart	4	16	11	0
B. Obomanu	1	11	11	0	K. Pilares	0	12	12	0
R. Turbin	4	6	5	0	D. Williams	6	6	4	0
M. Robinson	2	3	2	0	L. Murphy	1	3	3	0
G. Tate	1	-1	-1	0	M. Tolbert	1	3	3	0
J. Ryan	1	-18	-18	0					
TOTAL	35	98	14	0	TOTAL	19	82	15	0

PASSING

Seattle	A	C	Yds	TD	INT	RT	Carolina	A	C	Yds	TD	INT	RT
R. Wilson	25	19	221	1	2	82.3	C. Newton	29	12	141	0	0	56.8
TOTAL	25	19	221	1	2	82.3	TOTAL	29	12	141	0	0	56.8

RECEIVING

Seattle	No	Yds	LG	TD	Carolina	No	Yds	LG	TD
S. Rice	5	67	18	0	S. Smith	4	40	14	0
Z. Miller	3	59	30	0	B. LaFell	3	44	21	0
D. Baldwin	3	37	19	0	G. Olsen	2	37	24	0
G. Tate	3	31	13t	1	J. Stewart	2	15	8	0
R. Turbin	2	8	5	0	L. Murphy	1	5	5	0
B. Edwards	1	10	10	0					
M. Lynch	1	9	9	0					
M. Robinson	1	0	0	0					
TOTAL	19	221	30	1	TOTAL	12	141	24	0

TEAM STATISTICS

	Seattle	Carolina
Total First Downs	17	13
Third Down Eff.	7-14-50%	2-11-18%
Total Net Yards	310	190
Total Off. Plays	62	52
Avg. per Play	5.0	3.7
Net Yards Rushing	98	82
Total Rushing Plays	35	19
Net Yards Passing	212	108
Times Sacked/Yards Lost	2/9	4/33
Pass Atts-Comps-Ints	25-19-2	29-12-0
Punts-No. and Avg.	3-40.7	7-45.4
Penalties-No. and Yards	7-65	3-25
Fumbles-No. and Lost	1-1	3-2
Touchdowns	1	1
Field Goals Made-Att	3-3	1-1
Time of Possession	35:46	24:14

DEFENSE

	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
B. Browner	6	4	2	0.0	0.0	0	0	0	1	1
B. Wagner	6	3	3	1.5	9.0	0	0	0	0	0
C. Clemons	6	2	4	0.5	5.0	0	0	1	0	0
R. Sherman	5	5	0	0.0	0.0	0	0	1	1	1
Additional Stats: Sacks: B. Irvin 2.0. FF: B. Irvin 1. FR: A. Branch 1.										
Carolina	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
L. Kuechly	11	7	4	0.0	0.0	1	-3	1	0	0
G. Hardy	6	4	2	1.0	5.0	0	0	0	0	0
T. Davis	6	3	0	0.0	0.0	0	0	0	0	0
S. Martin	5	4	1	0.0	0.0	0	0	0	0	0
H. Nakamura	5	1	4	0.0	0.0	0	0	0	0	0
Additional Stats: Sacks: A. Applewhite 1. INT: C. Munneryn 1. FF: J. Phillips 1. FR: J.Thomas 1.										



The Seahawks came back from trailing 23-10 midway through the fourth quarter as Russell Wilson threw two fourth-quarter TD passes, and three on the day to give Seattle the 24-23 victory over the visiting New England Patriots. Seattle scored first on a 34-yard field goal by Steven Hauschka. The Patriots scored on a 46-yard touchdown pass from Tom Brady to Wes Welker, giving New England the lead, 7-3. Seattle bounced back with Wilson hitting Doug Baldwin on a 24-yard touchdown pass, regaining the lead at 10-7. But Brady found TE Aaron Hernandez for a 1-yard touchdown and the Patriots added a Stephen Gostkowski 25-yard field goal after Chandler Jones caused a Wilson fumble and the Patriots held a 17-10 halftime lead. After a Seattle punt, New England added a Gostkowski 35-yard field goal, pushing the score to 20-10. Richard Sherman intercepted a Brady pass, but the Seahawks were unable to capitalize. The Patriots later converted a field goal following a Zach Miller fumble, pushing their lead to 23-10 with 9:21 left in the game. Wilson then connected with Golden Tate on a 51-yard pass, before hitting Braylon Edwards on fourth-and-3 for a 10-yard touchdown pass with 7:21 remaining, bringing the score to 23-17. After trading punts, Seattle's defense again held tough, forcing a quick punt and Wilson found Sidney Rice for a 46-yard TD, giving Seattle the 24-23 lead with 1:18 remaining. Seattle's defense didn't give up a single first down on the ensuing possession, sealing the victory for Seattle.

New England	7	10	3	3	—	23	
Seattle	10	0	0	14	—	24	
							New England Seattle
SEA 1	7:35	Hauschka 34 FG (9-68, 5:17)				0	3
NE 1	5:49	Welker 46 pass Brady (Gostkowski kick) (6-82, 1:46)				7	3
SEA 1	1:50	Baldwin 24 pass Wilson (Hauschka kick) (7-85, 1:46)				7	10
NE 2	10:33	Hernandez 1 pass Brady (Gostkowski kick) (15-80, 6:17)				14	10
NE 2	2:12	Gostkowski 25 FG (11-41, 4:45)				17	10
NE 3	9:21	Gostkowski 35 FG (8-48, 3:43)				20	10
NE 4	9:21	Gostkowski 35 FG (8-53, 3:10)				23	10
SEA 4	7:21	Edwards 10 pass Wilson (Hauschka kick) (5-83, 2:00)				23	17
SEA 4	1:18	Rice 46 pass Wilson (Hauschka kick) (5-83, 1:20)				23	24

INDIVIDUAL STATISTICS

RUSHING

New England	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
S. Ridley	16	34	6	0	M. Lynch	15	41	7	0
B. Bolden	6	28	13	0	R. Turbin	5	27	11	0
D. Woodhead	4	25	9	0	R. Wilson	5	17	9	0
					J. Ryan	1	0	0	0
TOTAL	26	87	13	0	TOTAL	26	85	11	0

PASSING

New England A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT	
T. Brady	58	36	395	2	2	79.3	R. Wilson	27	16	293	3	0	133.7
TOTAL	58	36	395	2	2	79.3	TOTAL	27	16	293	3	0	133.7

RECEIVING

New England	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
W. Welker	10	138	46t	1	S. Rice	3	81	46t	1
B. Lloyd	6	80	23	0	G. Tate	3	47	51	0
R. Gronkowski	6	61	20	0	D. Baldwin	2	74	50	1
A. Hernandez	6	61	10	1	Z. Miller	2	29	22	0
D. Woodhead	5	46	22	0	B. Edwards	2	21	11	1
D. Fells	1	35	35	0	R. Turbin	2	21	15	0
D. Branch	1	5	5	0	M. Lynch	1	11	11	0
					L. Washington	1	9	9	0
TOTAL	36	395	46t	2	TOTAL	16	293	51	3

TEAM STATISTICS

	New England	Seattle
Total First Downs	26	17
Third Down Eff.	8-18-44%	4-12-33%
Total Net Yards	475	368
Total Off. Plays	85	55
Avg. per Play	5.6	6.7
Net Yards Rushing	87	85
Total Rushing Plays	26	26
Net Yards Passing	388	283
Times Sacked/Yards Lost	1/7	2/10
Pass Atts-Comps-Ints	58-36-2	27-16-0
Punts-No. and Avg.	3-44.3	4-60.0
Penalties-No. and Yards	6-80	4-35
Fumbles-No. and Lost	0-0	3-2
Touchdowns	2	3
Field Goals Made-Att	3-3	1-1
Time of Possession	34:00	26:00

DEFENSE

	New England	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
C. Jones	9	4	5	2.0	10.0	0	0	0	1	0	
J. Mayo	8	2	6	0.0	0.0	0	0	0	1	0	
B. Spikes	5	4	1	0.0	0.0	0	0	0	0	0	
D. McCourty	5	4	1	0.0	0.0	0	0	1	0	0	
Additional Stats: FR: Ninkovich 1.											
	Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
B. Wagner	14	7	7	0.0	0.0	0	0	0	0	0	
K. Chancellor	11	7	4	0.0	0.0	0	0	0	0	0	
K. Wright	9	7	2	0.0	0.0	0	0	0	0	0	
M. Mebane	7	3	4	0.0	0.0	0	0	0	0	0	
Additional Stats: Sacks: J. Jones 1.0. INT: E. Thomas 1, R. Sherman 1.											



Looking for their first divisional road win, the Seattle Seahawks were unable to move the ball on their final drive and lost to the San Francisco 49ers by a score of 13-6. The Seahawks defense conceded the first 100-yard rusher of the season, and first since November 27, 2011, as 49ers RB Frank Gore rushed for 131 yards on 16 carries, with 92 of those yards coming in the second half. Seahawks scored first on a 52-yard field goal by Steven Hauschka. The 49ers responded with a David Akers 38-yarder, tying the score at 3-3. The Seahawks added another Hauschka field goal, this time from 35 yards, giving Seattle the 6-3 lead. That score held through end of the first half, as the 49ers punted on their remaining three drives, and Seattle missed on a 51-yard field goal attempt. Seattle came out in the second half and started to move the ball, but San Francisco's defense held the Seahawks out of field goal range and forced a punt. 49ers QB Alex Smith then led his offense 86 yards, ending with a 12-yard Delanie Walker TD reception, giving San Francisco the 10-6 lead. The Seahawks took a shot down the field on their following possession, but Russell Wilson's deep ball intended for Braylon Edwards was intercepted by Dashon Goldson giving the 49ers the ball at their own 27-yard line. The 49ers moved into the red zone, but on third-and-goal from the 7, Brandon Browner intercepted Smith's pass intended for Randy Moss in the end zone and returned it to the 3-yard line. San Francisco forced a punt on the Seahawks ensuing possession and the 49ers were able to move the ball to the Seattle 10. Akers kicked a 28-yard field goal giving San Francisco the 13-6 lead. The Seahawks had one final opportunity with the ball at their 11 with 1:36 remaining, but on fourth-and-17, Ben Obomanu was tackled for a 16-yard pass reception, short of the first down marker, giving San Francisco the ball with 0:43 remaining.

Seattle	3	3	0	0	—	6	
San Francisco	3	0	7	3	—	13	
						Seattle	S.F.
SEA 1	5:29	Hauschka 52 FG (10-62, 5:05)				3	0
SF 1	0:26	Akers 38 FG (11-60, 5:03)				3	3
SEA 2	12:07	Hauschka 35 FG (8-63, 3:19)				6	3
SF 3	4:29	Walker 12 pass Smith (Akers kick) (10-86, 6:20)				6	10
SF 4	5:24	Akers 28 FG (7-39, 4:47)				6	13
Att. 69,732							

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	San Francisco	Att	Yds	LG	TD
M. Lynch	19	103	15	0	F. Gore	16	131	37	0
R. Turbin	4	17	15	0	K. Hunter	9	31	10	0
R. Wilson	3	10	9	0	A. Smith	5	11	8	0
L. Washington	2	4	2	0	K. Williams	1	3	3	0
M. Robinson	1	2	2	0	C. Kaepernick	1	-1	-1	0
TOTAL	29	136	15	0	TOTAL	32	175	37	0

PASSING

Seattle	A	C	Yds	TD	INT	RT	S.F.	A	C	Yds	TD	INT	RT
R. Wilson	23	9	122	0	1	38.7	A. Smith	23	14	140	1	1	74.5
TOTAL	23	9	122	0	1	38.7	TOTAL	23	14	140	1	1	74.5

RECEIVING

Seattle	No	Yds	LG	TD	San Francisco	No	Yds	LG	TD
B. Obomanu	3	50	36	0	F. Gore	5	51	15	0
S. Rice	2	32	27	0	M. Crabtree	4	31	16	0
D. Baldwin	2	15	8	0	K. Hunter	2	14	11	0
M. Lynch	1	13	13	0	K. Williams	1	18	18	0
M. Robinson	1	12	12	0	R. Moss	1	14	14	0
					D. Walker	1	12	12t	1
TOTAL	9	122	36	0	TOTAL	14	140	18	1

TEAM STATISTICS

	Seattle	S.F.
Total First Downs	13	18
Third Down Eff.	4-13-31%	3-11-27%
Total Net Yards	251	313
Total Off. Plays	54	57
Avg. per Play	4.6	5.5
Net Yards Rushing	136	175
Total Rushing Plays	29	32
Net Yards Passing	115	138
Times Sacked/Yards Lost	2/7	2/2
Pass Atts-Comps-Ints	23-9-1	23-14-1
Punts-No. and Avg.	4-48.5	5-45.6
Penalties-No. and Yards	3-20	5-40
Fumbles-No. and Lost	1-0	0-0
Touchdowns	0	1
Field Goals Made-Att	2-3	2-2
Time of Possession	27:59	32:01

DEFENSE

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
K. Wright	9	8	1	0.0	0.0	0	0	0	0	0
L. Hill	9	7	2	0.0	0.0	0	0	0	0	0
B. Wagner	8	7	1	0.0	0.0	0	0	0	0	0
K. Chancellor	4	4	0	0.0	0.0	0	0	0	0	0
E. Thomas	4	4	0	0.0	0.0	0	0	0	0	0
Additional Stats: Sacks: J. Jones 1.0, G. Scruggs 1.0. INT: B. Browner 1.										
S.F.	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
J. Smith	9	7	2	0.0	0.0	0	0	0	0	0
P. Willis	8	7	1	0.0	0.0	0	0	2	0	0
N. Bowman	7	7	0	1.0	0.0	0	0	0	0	0
Ald. Smith	4	3	1	1.0	7.0	0	0	0	0	0
C. Rogers	4	3	1	0.0	0.0	0	0	0	0	0
T. Brown	4	3	1	0.0	0.0	0	0	0	0	0
Additional Stats: INT: D. Goldson 1.										





The Seahawks defense could not get off the field on third downs, allowing QB Matthew Stafford and the Lions offense to convert 12 of 16 third down attempts on their way to 415 total yards, with 331 coming through the air. Russell Wilson led Seattle to a go-ahead touchdown with 5:27 remaining in the game on a 16-yard TD pass to TE Zach Miller. But Stafford and the Lions offense responded by driving 80 yards and regained the lead when Stafford found WR Titus Young on a 1-yard TD, leaving 0:20 on the clock for Seattle's last-ditch effort. Seattle scored first with Steven Hauschka's 23-yard field goal. Stafford then led the Lions 82 yards and his 6-yard TD pass to Ryan Broyles gave Detroit a 7-3 lead at the end of the first quarter. Seattle responded on the first play of the ensuing drive as Marshawn Lynch took a pitch to the right side for a 77-yard TD, a career long for Lynch and the 10-7 lead. The Seahawks defense forced a Detroit three-and-out, and Wilson completed a 9-yard TD pass to Sidney Rice, pushing Seattle's lead to 17-7. On the Lions' next drive, Stafford hit Titus Young for a 46-yard TD, pulling the Lions to within three. On the Lions' first possession of the second half, Earl Thomas ended the drive when he intercepted a Stafford pass at the 3-yard line. The Seahawks gave the ball back on the following possession when Wilson was intercepted by Ricardo Silva. The Lions capitalized when Stafford scored on a QB keeper, giving Detroit the 21-17 lead before Wilson led the go-ahead drive and the Lions put forth the winning drive. Seattle's final effort with 0:20 remaining ended in a fumbled lateral as the clock expired.

Seattle	3	14	0	7	—	24
Detroit	7	7	0	14	—	28

SEA 1 5:30	Hauschka 23 FG (13-72, 6:58)	Seattle	Detroit
DET 1 0:00	Broyles 6 pass Stafford (Hanson kick) (9-82, 5:30)	3	0
SEA 2 14:43	Lynch 77 run (Hauschka kick) (1-77, 0:17)	3	7
SEA 2 11:39	Rice 9 pass Wilson (Hauschka kick) (3-56, 0:44)	10	7
DET 2 8:49	Young 46 pass Stafford (Hanson kick) (6-80, 2:50)	17	7
DET 4 11:35	Stafford 1 run (Hanson kick) (9-56, 5:22)	17	14
SEA 4 5:27	Miller 16 pass Wilson (Hauschka kick) (12-87, 6:08)	17	21
DET 4 0:20	Young 1 pass Stafford (Hanson kick) (16-80, 5:07)	24	21
Att. 63,497		24	28

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	Detroit	Att	Yds	LG	TD
M. Lynch	12	105	77t	1	M. Leshoure	10	46	16	0
R. Turbin	4	14	11	0	J. Bell	7	25	5	0
R. Wilson	1	9	9	0	M. Stafford	4	12	10	1
S. Rice	1	3	3	0	K. Smith	1	1	1	0
M. Robinson	1	2	2	0					
TOTAL	19	133	77t	1	TOTAL	22	84	16	1

PASSING

Seattle	A	C	Yds	TD	INT	RT	Detroit	A	C	Yds	TD	INT	RT
R. Wilson	35	25	236	2	1	96.8	M. Stafford	49	34	352	3	1	101.7
TOTAL	35	25	236	2	1	96.8	TOTAL	49	34	352	3	1	101.7

RECEIVING

Seattle	No	Yds	LG	TD	Detroit	No	Yds	LG	TD
G. Tate	7	64	18	0	T. Young	9	100	46t	2
S. Rice	6	55	18	1	B. Pettigrew	7	74	18	0
R. Turbin	2	28	16	0	T. Scheffler	4	46	20	0
A. McCoy	2	27	14	0	J. Bell	4	33	11	0
Z. Miller	2	22	16t	1	C. Johnson	3	46	25	0
C. Martin	2	17	13	0	R. Broyles	3	37	19	1
L. Washington	2	16	9	0	M. Leshoure	3	9	4	0
M. Robinson	1	6	6	0	K. Smith	1	7	7	0
M. Lynch	1	1	1	0					
TOTAL	25	236	18	2	TOTAL	34	352	46t	3

TEAM STATISTICS

	Seattle	Detroit
Total First Downs	21	26
Third Down Eff.	3-9-33%	12-16-75%
Total Net Yards	369	415
Total Off. Plays	54	73
Avg. per Play	6.8	5.7
Net Yards Rushing	133	84
Total Rushing Plays	19	22
Net Yards Passing	236	331
Times Sacked/Yards Lost	0/0	2/21
Pass Atts-Comps-Ints	35-25-1	49-34-1
Punts-No. and Avg.	3-48.3	4-44.0
Penalties-No. and Yards	2-10	5-61
Fumbles-No. and Lost	1-1	0-0
Touchdowns	3	4
Field Goals Made-Att	1-2	0-0
Time of Possession	25:17	34:43

DEFENSE

	Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
B. Wagner	12	6	6	0.0	0.0	0	0	0	0	0	0
K. Wright	11	7	4	0.0	0.0	0	0	1	0	0	0
Chancellor	10	7	3	0.0	0.0	0	0	0	0	0	0
R. Sherman	8	6	2	0.0	0.0	0	0	0	0	0	0
M. Trufant	7	5	2	0.0	0.0	0	0	0	0	0	0
B. Mebane	6	5	1	1.0	12.0	0	0	0	0	0	0
Additional Stats: Sacks: L. Hill 1.0. INT: E. Thomas 1.											
	Detroit	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
C. Houston	8	6	2	0.0	0.0	0	0	0	0	0	0
J. Durant	7	7	0	0.0	0.0	0	0	0	0	0	0
S. Tulloch	5	4	1	0.0	0.0	0	0	1	0	0	0
A. Smith	4	4	0	0.0	0.0	0	0	0	0	0	0
R. Silva	4	3	1	0.0	0.0	1	26	1	0	1	1
Additional Stats: None.											



After allowing Vikings RB Adrian Peterson to rush for 144 yards and two TDs in the first half, the Seahawks defense limited Peterson to just 38 yards in the second half and held QB Christian Ponder to 63 total yards passing on the day. The Vikings struck first after Peterson ripped off a 74-yard run on the second play from scrimmage down to the 1-yard line, where he would finish it off with a TD run, giving Minnesota the early lead, 7-0. Two drives later, Vikings WR Percy Harvin fumbled and Marcus Truflant recovered for Seattle on the Minnesota 17-yard line. Russell Wilson connected with Golden Tate on a 6-yard TD pass, tying the score at 7-7. Seattle got the ball back after a Minnesota punt and drove 78 yards as Sidney Rice caught a pass for 23 yards, completed a pass to Zach Miller for 25 yards, and capped the drive with an 11-yard TD reception from Wilson, giving Seattle the 14-7 lead. Minnesota responded with Peterson's second TD, tying the game at 14-14. Blair Walsh added a 36-yard field goal, putting Minnesota on top, 17-14. Wilson again hit Tate for his second TD of the day but the extra point was blocked, giving the team a 20-17 lead at the half. Marshawn Lynch scored on a three-yard run in the third quarter, improving Seattle's lead to 27-17. Walsh converted on a 55-yard field goal for the Vikings, bringing the score to 27-20 just before the end of the third quarter. The Seahawks added a 40-yard Steven Hauschka field goal three series later for a 30-20 Seahawks' lead. Brandon Browner intercepted Ponder on the next drive, allowing the Seahawks to drain the clock as they drove to the Minnesota nine before kneeling the ball at the final whistle.

Minnesota	7	10	3	0	—	20
Seattle	14	6	7	3	—	30

					Minnesota	Seattle
MIN	1	13:15	Peterson 1 run (Walsh kick) (4-80, 1:45)		7	0
SEA	1	8:52	Tate 6 pass Wilson (Hauschka kick) (3-17, 1:23)		7	7
SEA	1	3:15	Rice 11 pass Wilson (Hauschka kick) (9-78, 4:05)		7	14
MIN	2	11:46	Peterson 4 run (Walsh kick) (11-80, 6:29)		14	14
MIN	2	5:25	Walsh 36 FG (8-58, 3:49)		17	14
SEA	2	0:44	Tate 11 pass Wilson (kick blocked) (12-80, 4:41)		17	20
SEA	3	4:09	Lynch 3 run (Hauschka kick) (9-72, 6:15)		17	27
MIN	3	1:47	Walsh 55 FG (6-44, 2:22)		20	27
SEA	4	6:23	Hauschka 40 FG (9-38, 5:26)		20	30

Att. 67,584

INDIVIDUAL STATISTICS

RUSHING

Minnesota	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
A. Peterson	17	182	74	2	M. Lynch	26	124	23	1
P. Harvin	4	24	15	0	R. Wilson	9	27	13	0
C. Ponder	5	23	8	0	R. Turbin	5	21	12	0
T. Gerhart	1	14	14	0	G. Tate	2	21	13	0
					M. Robinson	3	2	6	0
TOTAL	27	243	74	2	TOTAL	45	195	23	1

PASSING

Minnesota	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
C. Ponder	22	11	63	0	1	37.3	R. Wilson	24	16	173	3	0	127.3
							S. Rice	1	1	25	0	0	118.8
TOTAL	22	11	63	0	1	37.3	TOTAL	25	17	198	3	0	131.3

RECEIVING

Minnesota	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
A. Peterson	3	11	5	0	S. Rice	4	54	23	1
P. Harvin	2	10	9	0	G. Tate	4	29	11t	2
M. Jenkins	2	8	7	0	Z. Miller	2	47	25	0
J. Simpson	1	14	14	0	M. Lynch	2	26	23	0
A. Reisner	1	13	13	0	M. Robinson	2	22	16	0
R. Ellison	1	4	4	0	R. Turbin	1	9	9	0
T. Gerhart	1	3	3	0	D. Baldwin	1	6	6	0
					J. Kearse	1	6	6	0
TOTAL	11	63	14	0	TOTAL	17	198	25	3

TEAM STATISTICS

	Minnesota	Seattle
Total First Downs	16	28
Third Down Eff.	3-10-30%	4-12-33%
Total Net Yards	287	385
Total Off. Plays	53	71
Avg. per Play	5.4	5.4
Net Yards Rushing	243	195
Total Rushing Plays	27	45
Net Yards Passing	44	190
Times Sacked/Yards Lost	4/19	1/8
Pass Atts-Comps-Ints	22-11-1	25-17-0
Punts-No. and Avg.	3-48.3	4-48.8
Penalties-No. and Yards	6-33	4-49
Fumbles-No. and Lost	1-1	1-0
Touchdowns	2	4
Field Goals Made-Att	2-2	1-1
Time of Possession	24:00	36:00

DEFENSE

Minnesota	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
J. Brinkley	13	6	7	0.0	0.0	0	0	0	0	0
C. Greenway	13	4	9	0.0	0.0	0	0	0	0	0
E. Henderson	8	1	7	0.0	0.0	0	0	0	0	0
H. Smith	7	4	3	0.0	0.0	0	0	0	0	0
J. Sanford	7	3	4	0.0	0.0	0	0	0	0	0
Additional Stats: Sacks: J. Allen 0.5, B. Robison 0.5.										
Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
B. Wagner	10	5	1.0	7.0	0	0	0	0	0	0
B. Browner	7	4	3	0.0	0.0	1	0	1	0	0
E. Thomas	6	3	3	0.0	0.0	0	0	1	0	0
M. Truflant	4	3	1	0.0	0.0	0	0	0	1	1
K. Chancellor	4	3	1	0.0	0.0	0	0	0	0	0
L. Hill	4	2	2	0.5	4.0	0	0	0	0	0
Additional Stats: Sacks: J. Johnson 1.0, G. Scruggs 1.0, B. Irvin 0.5.										



Marshawn Lynch ran for more than 100 yards in the fourth consecutive game as the Seahawks rallied to a 28-7 victory over the visiting New York Jets. The Seahawks defense didn't allow any points and held the Jets offense to a total of 185 net yards. Seattle's offense got off to a quick start after the defense forced a New York punt, as Russell Wilson hit Golden Tate for a 38-yard TD to take the 7-0 lead. New York's defense put the Jets on the scoreboard when DT Mike Devito caused a sack-fumble and DE Muhammad Wilkerson picked it up and returned it 21 yards for the touchdown, tying the score at 7-7. On Seattle's next possession, Wilkerson tackled Lynch, causing another fumble which Calvin Pace recovered for the Jets. QB Mark Sanchez led the Jets offense to goal-to-go from the six-yard line but Richard Sherman intercepted Sanchez's third down pass attempt. Several drives later, Kam Chancellor recovered a Jeremy Kerley muffed punt on the Jets' 42-yard line. Lynch capitalized by finishing the drive with a one-yard TD, giving Seattle the 14-7 lead. The Seahawks put together an 84-yard drive to start the fourth quarter, ending in Sidney Rice catching a 31-yard TD from Wilson and giving Seattle the 21-7 lead. On the Jets' ensuing possession, Sherman blitzed off the backside and sacked Sanchez, causing a fumble that Jason Jones recovered for Seattle on the Jets' 49-yard line. Seattle scored when Tate took the ball on a reverse and threw to an open and waiting Rice in the end zone for a 23-yard TD, giving Seattle the 28-7 lead. The Seahawks defense forced a three-and-out on New York's final possession and Seattle took the ball with 7:05 remaining and ran the clock out with a 10-play drive, giving Seattle the 28-7 final.

N.Y. Jets	7	0	0	0	—	7	
Seattle	7	7	0	14	—	28	
						N.Y. Jets	Seattle
SEA 1	8:01	Tate 38 pass Wilson (Hauschka kick) (3-59, 1:33)				0	7
NYJ 1	2:50	Wilkerson 21 fumble return (Folk kick)				7	7
SEA 2	2:04	Lynch 1 run (Hauschka kick) (7-42, 3:41)				7	14
SEA 4	13:33	Rice 31 pass Wilson (Hauschka kick) (7-84, 3:18)				7	21
SEA 4	7:59	Rice 23 pass Tate (Hauschka kick) (6-49, 3:33)				7	28
Att. 67,841							

INDIVIDUAL STATISTICS

RUSHING

N.Y. Jets	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
S. Greene	15	58	9	0	M. Lynch	27	124	18	1
T. Tebow	4	14	6	0	R. Wilson	7	34	18	0
B. Powell	1	7	7	0	R. Turbin	7	17	5	0
J. Kerley	1	5	5	0	L. Washington	2	-1	2	0
L. Hilliard	1	0	0	0					
TOTAL	22	84	9	0	TOTAL	43	174	18	1

PASSING

N.Y. Jets	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
M. Sanchez	22	9	124	0	1	40.7	R. Wilson	19	12	188	2	0	131.0
T. Tebow	3	3	8	0	0	79.2	G. Tate	1	1	23	1	0	158.3
TOTAL	25	12	132	0	1	47.4	TOTAL	20	13	211	3	0	139.8

RECEIVING

N.Y. Jets	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
J. Kerley	5	57	43	0	Z. Miller	5	37	11	0
D. Keller	3	47	32	0	D. Baldwin	3	42	18	0
E. Gates	1	10	10	0	S. Rice	2	54	31t	2
L. Hilliard	1	9	9	0	G. Tate	2	51	38t	1
S. Greene	1	5	5	0	M. Lynch	1	27	27	0
B. Powell	1	4	4	0					
TOTAL	12	132	43	0	TOTAL	13	211	38t	3

TEAM STATISTICS

DEFENSE

	N.Y. Jets	Seattle	N.Y. Jets	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Total First Downs	11	20	B. Thomas	7	4	3	0.5	0.0	0	0	0	0	0
Third Down Eff.	2-11-18%	5-13-38%	M. Wilkerson	7	4	3	0.0	0.0	0	0	0	1	1
Total Net Yards	185	363	Y. Bell	6	5	1	0.0	0.0	0	0	0	0	0
Total Off. Plays	50	67	D. Harris	6	3	3	0.5	0.0	0	0	0	0	0
Avg. per Play	3.7	5.4	S. Pouha	6	2	4	0.0	0.0	0	0	0	0	0
Net Yards Rushing	84	174	Additional Stats: Sacks: B. Scott 1.0, M. Devito 1.0, E. Lankster 1.0. FF: M. Devito 1, E. Lankster 1. FR: C. Pace 1.										
Total Rushing Plays	22	43											
Net Yards Passing	101	189	Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Times Sacked/Yards Lost	3/31	4/22	B. Wagner	9	2	7	0.0	0.0	0	0	0	0	0
Pass Atts-Comps-Ints	25-12-1	20-13-0	E. Thomas	7	4	3	0.0	0.0	0	0	0	0	0
Punts-No. and Avg.	7-45.9	6-42.5	L. Hill	6	4	2	0.0	0.0	0	0	0	0	0
Penalties-No. and Yards	6-35	7-45	M. Morgan	6	2	4	0.0	0.0	0	0	0	0	0
Fumbles-No. and Lost	2-2	3-2	B. Mebane	6	0	6	0.0	0.0	0	0	0	0	0
Touchdowns	1	4	L. Hill	4	2	2	0.5	4.0	0	0	0	0	0
Field Goals Made-Att	0-0	0-0	Additional Stats: Sacks: B. Irvin 2.0, R. Sherman 1.0. FF: R. Sherman 1. FR: J. Jones 1. INT: R. Sherman 1.										
Time of Possession	23:49	36:11											





The Seahawks could not stop the Dolphins offense on its final drive as Miami drove 65 yards and connected on a 43-yard Dan Carpenter field goal as time expired, giving the Dolphins a 24-21 victory. Neither team scored during the first quarter, with the Seahawks offense unable to gain a first down and the Dolphins offense punting twice and turning the ball over once, as Seahawks LB Bobby Wagner intercepted rookie QB Ryan Tannehill on the Dolphins' second drive of the game. Midway through the second quarter, the Dolphins scored when Reggie Bush took a sweep 21 yards for a touchdown and the 7-0 lead. The Seahawks responded by driving 80 yards as Russell Wilson found Anthony McCoy in the corner of the endzone for a three-yard TD, tying the game at 7-7. Seattle took the 14-7 lead on their next possession, when Wilson passed to Mike Robinson for a four-yard TD. Miami tied the game at 14-14 when RB Daniel Thomas ran for a three-yard TD. On the ensuing kickoff, Leon Washington returned the kick 98 yards for his eighth-career kickoff return for a touchdown, tying him with Cleveland's Josh Cribbs for first all-time in the NFL, and giving Seattle the 21-14 lead. The Dolphins drove 80 yards and Tannehill connected with TE Charles Clay on a 29-yard TD, tying the score at 21-21 with 5:13 remaining. The Seahawks were forced to punt and Miami's offense took over on its own 10-yard line with 1:32 remaining. Tannehill hit Davone Bess on completions of 19 and 25 yards, and scrambled for 15 yards on the way to stopping the clock with four seconds left at Seattle's 29-yard line, setting up Carpenter to win the game by a final score of 24-21.

Seattle	0	7	7	7	—	21	
Miami	0	7	0	1	—	24	
						Seattle	Miami
MIA 2 5:13	Bush 21 run (Carpenter kick) (8-94, 4:52)					0	7
SEA 2 0:29	McCoy 3 pass Wilson (Hauschka kick) (9-80, 4:44)					7	7
SEA 3 4:00	Robinson 4 pass Wilson (Hauschka kick) (12-80, 8:10)					14	7
MIA 4 8:08	Thomas 3 run (Carpenter kick) (7-82, 3:55)					14	14
SEA 4 7:54	Washington 98 kickoff return (Hauschka kick) (0-0, 0:14)					21	14
MIA 4 5:13	Clay 29 pass Tannehill (Carpenter kick) (6-80, 2:41)					21	21
MIA 4 0:00	Carpenter 43 FG (7-65, 1:32)					21	24

Att. 51,295

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	Miami	Att	Yds	LG	TD
M. Lynch	19	46	16	0	R. Bush	14	87	22	1
R. Wilson	5	38	20	0	D. Thomas	9	60	20	1
R. Turbin	2	9	10	0	R. Tannehill	4	33	19	0
S. Rice	1	3	3	0	M. Moore	1	9	9	0
TOTAL	27	96	20	0	TOTAL	28	189	22	2

PASSING

Seattle	A	C	Yds	TD	INT	RT	Miami	A	C	Yds	TD	INT	RT
R. Wilson	27	21	224	2	0	125.9	R. Tannehill	26	18	253	1	1	97.1
TOTAL	27	21	224	2	0	125.9	TOTAL	26	18	253	1	1	97.1

RECEIVING

Seattle	No	Yds	LG	TD	Miami	No	Yds	LG	TD
G. Tate	4	56	32	0	D. Bess	7	129	39	0
S. Rice	3	49	26	0	C. Clay	6	84	29t	1
R. Turbin	3	47	20	0	B. Hartline	2	17	10	0
Z. Miller	3	16	8	0	D. Thomas	1	18	18	0
A. McCoy	2	23	20	1	A. Fasano	1	10	10	0
M. Lynch	2	1	7	0	R. Bush	1	-5	-5	0
D. Baldwin	1	14	14	0					
J. Kearse	1	8	8	0					
E. Moore	1	6	6	0					
M. Robinson	1	4	4t	1					
TOTAL	21	224	32	2	TOTAL	18	253	39	1

TEAM STATISTICS

	Seattle	Miami
Total First Downs	16	23
Third Down Eff.	7-14-50%	4-9-44%
Total Net Yards	312	435
Total Off. Plays	56	55
Avg. per Play	5.6	7.9
Net Yards Rushing	96	189
Total Rushing Plays	27	28
Net Yards Passing	216	246
Times Sacked/Yards Lost	2/8	1/7
Pass Atts-Comps-Ints	27-21-0	26-18-1
Punts-No. and Avg.	7-40.0	5-45.0
Penalties-No. and Yards	10-59	2-15
Fumbles-No. and Lost	0-0	0-0
Touchdowns	3	3
Field Goals Made-Att	0-0	1-1
Time of Possession	31:59	28:01

DEFENSE

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
B. Wagner	9	7	2	0.0	0.0	1	10	2	0	0
C. Clemons	5	5	0	1.0	7.0	0	0	0	0	0
L. Hill	5	4	1	0.0	0.0	0	0	0	0	0
B. Mebane	5	3	2	0.0	0.0	0	0	0	0	0
K. Wright	5	2	3	0.0	0.0	0	0	0	0	0

Additional Stats: None.

Miami	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
K. Dansby	7	6	1	0.0	0.0	0	0	0	0	0
K. Misi	6	5	1	0.0	0.0	0	0	0	0	0
K. Burnett	6	5	1	0.0	0.0	0	0	0	0	0
R. Jones	5	3	2	0.0	0.0	0	0	0	0	0
J. Odrick	4	4	0	1.0	2.0	0	0	0	0	0

Additional Stats: Sacks: P. Soliai 0.5, T. McDaniel 0.5.



Russell Wilson led Seattle to touchdown drives of 94, 97 and 80 yards, with the 97-yard drive to take the lead with 24 seconds remaining in the game and the 80-yard drive on the opening possession of the overtime period, giving Seattle the 23-17 victory over the Chicago Bears at Soldier Field. Chicago took the early lead after forcing a Marshawn Lynch fumble on the game's opening possession, which Kelvin Hayden recovered for Chicago. Jay Cutler connected with Earl Bennett on a 12-yard TD, giving Chicago the 7-0 lead. After a Seattle punt, the Bears drove to the Seattle 15-yard line, but on fourth-and-1, Seattle's defense held Michael Bush to no gain and forced the turnover on downs. Seattle later drove 94 yards and Lynch ran off-tackle for a 4-yard TD, tying the score at 7-7. The Seahawks added a Steven Hauschka 31-yard field goal for the 10-7 halftime lead. Chicago regained the lead in the third quarter as Cutler hit Matt Forte on a slant route for a 12-yard TD and the 14-10 lead. Neither team was able to score again until Seattle gained possession at its own 3-yard line with 3:40 remaining in the game. Wilson ran for 19 yards and passed for 80 on the 97-yard drive, connecting with Golden Tate for the 14-yard TD, giving Seattle the 17-14 lead with 24 seconds remaining. But Cutler evaded Seattle's rush and found a jumping Brandon Marshall who stepped out at the Seattle 30, allowing Robbie Gould to connect on a 46-yard FG as time expired to force overtime with the score tied 17-17. Receiving the ball first, Wilson led Seattle 80 yards, connecting with Sidney Rice on a 13-yard TD, giving Seattle the 23-17 final. Wilson's 71 yards rushing set a franchise record by a QB.

Seattle	0	10	0	7	6	23
Chicago	7	0	7	3	0	17

		Seattle		Chicago	
CHI	1 8:33	Bennett 12 pass Cutler (Gould kick) (6-49, 3:26)	0	7	
SEA	2 2:15	Lynch 4 run (Hauschka kick) (9-94, 5:05)	7	7	
SEA	2 0:05	Hauschka 31 FG (9-49, 1:31)	10	7	
CHI	3 3:10	Forte 12 pass Cutler (Gould kick) (11-94, 6:46)	10	14	
SEA	4 0:24	Tate 14 pass Wilson (Hauschka kick) (12-97, 3:16)	17	14	
CHI	4 0:00	Gould 46 FG (3-58, 0:24)	17	17	
SEA	OT 7:33	Rice 13 pass Wilson (12-80, 7:37)	23	17	

Att. 62,264

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	Chicago	Att	Yds	LG	TD
M. Lynch	19	87	20	1	M. Forte	21	66	10	0
R. Wilson	9	71	13	0	M. Bush	7	39	15	0
L. Washington	2	8	6	0	J. Cutler	4	27	8	0
R. Turbin	1	6	6	0					
M. Robinson	1	4	4	0					
TOTAL	32	176	20	1	TOTAL	32	132	15	0

PASSING

Seattle	A	C	Yds	TD	INT	RT	Chicago	A	C	Yds	TD	INT	RT
R. Wilson	37	23	293	2	0	104.9	J. Cutler	26	17	233	2	0	119.6
TOTAL	37	23	293	2	0	104.9	TOTAL	26	17	233	2	0	119.6

RECEIVING

Seattle	No	Yds	LG	TD	Chicago	No	Yds	LG	TD
S. Rice	6	99	28	1	B. Marshall	10	165	56	0
G. Tate	5	96	49	1	M. Forte	3	30	12t	1
D. Baldwin	4	46	20	0	E. Rodriguez	2	8	8	0
M. Robinson	2	17	13	0	E. Weems	1	18	18	0
M. Lynch	2	11	7	0	E. Bennett	1	12	12t	1
Z. Miller	2	7	7	0					
A. McCoy	1	11	11	0					
L. Washington	1	6	6	0					
TOTAL	23	293	49	2	TOTAL	17	233	56	2

TEAM STATISTICS

	Seattle	Chicago
Total First Downs	25	22
Third Down Eff.	8-15-53%	6-12-50%
Total Net Yards	459	358
Total Off. Plays	71	59
Avg. per Play	6.5	6.1
Net Yards Rushing	176	132
Total Rushing Plays	32	32
Net Yards Passing	283	226
Times Sacked/Yards Lost	2/10	1/7
Pass Atts-Comps-Ints	37-23-0	26-17-0
Punts-No. and Avg.	5-39.6	5-41.4
Penalties-No. and Yards	8-55	5-45
Fumbles-No. and Lost	2-1	3-0
Touchdowns	3	2
Field Goals Made-Att	1-1	1-1
Time of Possession	34:35	32:52

DEFENSE

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
B. Wagner	11	9	2	1.0	7.0	0	0	0	0	0
K. Chancellor	7	6	1	0.0	0.0	0	0	0	0	0
B. Browner	6	6	0	0.0	0.0	0	0	0	1	0
K. Wright	6	5	1	0.0	0.0	0	0	0	0	0
R. Sherman	5	5	0	0.0	0.0	0	0	1	0	0

Additional Stats: None.

Chicago	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
C. Tillman	9	8	1	0.0	0.0	0	0	2	1	0
B. Urlacher	8	8	0	0.0	0.0	0	0	1	1	0
N. Roach	5	5	0	0.0	0.0	0	0	0	0	0
L. Briggs	5	5	0	0.0	0.0	0	0	0	0	0
H. Melton	5	4	1	0.0	0.0	0	0	0	0	0

Additional Stats: Sacks: J. Peppers 1.0. FR: K. Hayden 1.



The Seahawks won their first shutout victory since 2009 behind eight takeaways and 284 yards rushing, beating the visiting Arizona Cardinals by a score of 58-0. It was the largest margin of victory in Seahawks history. Bobby Wagner and Richard Sherman each recorded two interceptions off of Cardinals John Skelton. Wagner's first came on the opening drive and he returned it 45 yards, setting up the first of Steven Hauschka's three field goals on the day. Sherman returned his first interception 19 yards for a touchdown. Chris Clemons and Jeron Johnson each recorded a sack-fumble, as Clemons recovered the fumble on his sack and Sherman recovered the fumble on Johnson's sack. Seattle's punt coverage forced two turnovers as Patrick Peterson muffed two punts, the first of which Malcolm Smith recovered in the end zone for a Seattle touchdown and the other Byron Maxwell recovered for Seattle and advanced to the Arizona 24-yard line, setting up Russell Wilson's lone TD pass to Zach Miller at the end of the first half, with a halftime score of 38-0. Marshawn Lynch ran for a season-high 128 yards and tied his career-high with three touchdowns on runs of 20, 4, and 33 yards. Rookie Robert Turbin ran for a career-high 108 yards on 20 carries. It was the first time the Seahawks had two rushers top 100 yards in the same game since October 16, 2005, vs. Houston (Alexander - 141, Morris - 104). Leon Washington rounded out the scoring with a 3-yard TD run in the fourth quarter, giving way to a final score of 58-0.

Arizona	0	0	0	0	-	0		
Seattle	10	28	13	7	-	58	Arizona	Seattle
SEA 1 9:59	Hauschka 31 FG (4-1, 2:01)					0		3
SEA 1 2:04	Lynch 20 run (Hauschka kick) (11-85, 6:14)					0		10
SEA 2 14:53	Lynch 4 run (Hauschka kick) (3-73, 1:11)					0		17
SEA 2 10:12	Sherman 19 INT return (Hauschka kick)					0		24
SEA 2 6:31	Smith fumble recovery in end zone (Hauschka kick)					0		31
SEA 2 0:06	Miller 24 pass Wilson (Hauschka kick) (2-24, 0:13)					0		38
SEA 3 11:08	Lynch 33 run (Hauschka kick) (7-86, 3:52)					0		45
SEA 3 7:43	Hauschka 28 FG (6-15, 2:36)					0		48
SEA 3 2:06	Hauschka 32 FG (6-26, 2:43)					0		51
SEA 4 2:32	Washington 3 run (Hauschka kick) (6-62, 2:51)					0		58

Att. 67,685

INDIVIDUAL STATISTICS

RUSHING

Arizona	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
W. Powell	5	20	9	0	M. Lynch	11	128	33t	3
C. Wells	6	18	6	0	R. Turbin	20	108	26	0
L. Stephens-Howling	2	5	4	0	L. Washington	7	38	14	1
J. Skelton	2	2	2	0	R. Wilson	3	12	6	0
R. Lindley	1	-2	-2	0	M. Flynn	1	-2	-2	0
TOTAL	16	43	9	0	TOTAL	42	284	33t	4

PASSING

Arizona	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
J. Skelton	22	11	74	0	4	18.2	R. Wilson	13	7	148	1	1	88.0
R. Lindley	17	8	59	0	0	55.8	M. Flynn	9	5	68	0	0	79.9
TOTAL	39	19	133	0	4	17.3	TOTAL	22	12	216	1	1	84.7

RECEIVING

Arizona	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
R. Housler	7	36	12	0	A. McCoy	3	105	67	0
A. Roberts	3	36	24	0	S. Rice	2	35	18	0
M. Floyd	2	30	18	0	D. Baldwin	2	29	27	0
W. Powell	2	13	8	0	Z. Miller	2	29	24t	1
E. Doucet	2	7	6	0	G. Tate	2	6	6	0
P. Peterson	1	7	7	0	M. Robinson	1	12	12	0
L. Fitzgerald	1	2	2	0					
L. Stephens-Howling	1	2	2	0					
TOTAL	19	133	24	0	TOTAL	12	216	67	1

TEAM STATISTICS

	Arizona	Seattle
Total First Downs	10	22
Third Down Eff.	4-14-29%	3-11-27%
Total Net Yards	154	493
Total Off. Plays	58	65
Avg. per Play	2.7	6.8
Net Yards Rushing	43	284
Total Rushing Plays	16	42
Net Yards Passing	111	209
Times Sacked/Yards Lost	3/22	1/7
Pass Atts-Comps-Ints	39-19-4	22-12-1
Punts-No. and Avg.	6-46.7	3-42.0
Penalties-No. and Yards	9-79	10-97
Fumbles-No. and Lost	5-4	0-0
Touchdowns	0	7
Field Goals Made-Att	0-0	3-3
Time of Possession	25:33	34:27

DEFENSE

Arizona	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
P. Lenon	13	7	6	0.0	0.0	0	1	0	0	
C. Campbell	8	5	3	0.0	0.0	0	0	0	0	
O. Groves	7	6	1	1.0	7.0	0	0	0	0	
S. Acho	6	4	2	0.0	0.0	0	0	0	0	
D. Carter	5	3	2	0.0	0.0	0	0	0	0	
Additional Stats: INT: P. Peterson 1.										
Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
B. Wagner	8	4	4	0.0	0.0	2	45	2	0	0
E. Thomas	5	2	3	0.0	0.0	0	0	0	0	0
W. Thurmond	3	0	0.0	0.0	0.0	0	2	0	0	0
K. Chancellor	3	2	1	0.0	0.0	0	1	0	0	0
Additional Stats: Sacks: C. Clemons 1.0, B. Irvin 1.0, J. Johnson 1.0. FF: C. Clemons 1, J. Johnson 1. FR: C. Clemons 1, R. Sherman 1. INT: R. Sherman 2.										



Russell Wilson ran for 92 yards and three touchdowns and passed for another and the Seahawks defense forced three turnovers as Seattle beat the Buffalo Bills at the Rogers Centre in Toronto, Canada by a score of 50-17. The Seahawks became the third team in NFL history and first since 1950 to score 50 points or more in back to back games, after posting 58 against the Arizona Cardinals the week before. Wilson scored the first two touchdowns on runs of 14 and 25 yards. C.J. Spiller ran for a 14-yard TD to bring the score to 14-7. In the second quarter, Steven Hauschka made a 19-yard FG and Wilson threw a TD pass to Zach Miller and Wilson added his third rushing TD on the following drive on a 13-yard score, giving Seattle the 31-7 lead. Ryan Fitzpatrick hit Stevie Johnson for a 20-yard touchdown and Ryan Lindell added a 41-yard field goal as time expired in the half with Seattle up, 31-17. In the second half, Seattle's defense forced turnovers on the Bill's first three possessions and converted them into 16 points. K.J. Wright and Earl Thomas each intercepted Fitzpatrick, as Wright's set up a 13-yard Marshawn Lynch TD and Thomas returned his 57 yards for a touchdown. Chris Clemons sacked Fitzpatrick, causing a fumble that Bruce Irvin recovered for Seattle, setting up Hauschka's second FG of the day. Hauschka added his third FG in the fourth quarter and Seattle's defense held the Bills scoreless the entire second half, giving Seattle the 50-17 final.

Seattle	14	17	16	3	—	50	
Buffalo	7	10	0	0	—	17	
						Seattle	Buffalo
SEA 1 10:00	Wilson 14 run (Hauschka kick) (10-76, 5:00)					7	0
SEA 1 5:46	Wilson 25 run (Hauschka kick) (5-58, 2:43)					14	0
BUF 1 0:34	Spiller 14 run (Lindell kick) (8-72, 5:12)					14	7
SEA 2 12:03	Hauschka 19 FG (7-65, 3:31)					17	7
SEA 2 10:10	Miller 4 pass Wilson (Hauschka kick) (3-58, 1:04)					24	7
SEA 2 5:31	Wilson 13 run (Hauschka kick) (5-62, 3:06)					31	7
BUF 2 1:10	St. Johnson 20 pass Fitzpatrick (Lindell kick) (9-82, 4:21)					31	14
BUF 2 0:00	Lindell 41 FG (6-43, 0:41)					31	17
SEA 3 12:18	Lynch 13 run (Hauschka kick blocked) (2-20, 0:40)					37	17
SEA 3 7:29	Hauschka 33 FG (4- -5, 0:22)					40	17
SEA 3 6:13	Thomas 57 INT return (Hauschka kick)					47	17
SEA 4 9:17	Hauschka 23 FG (17-88, 9:17)					50	17

Att. 40,770

INDIVIDUAL STATISTICS
RUSHING

Seattle	Att	Yds	LG	TD	Buffalo	Att	Yds	LG	TD
M. Lynch	10	113	54	1	C. Spiller	17	103	18	1
R. Wilson	9	92	25t	3	R. Fitzpatrick	3	8	4	0
R. Turbin	10	31	12	0	T. Choice	1	7	7	0
M. Robinson	1	29	29	0					
L. Washington	2	5	5	0					
TOTAL	32	270	54	4	TOTAL	21	118	18	1

PASSING

Seattle	A	C	Yds	TD	INT	RT	Buffalo	A	C	Yds	TD	INT	RT
R. Wilson	23	14	205	1	0	104.4	R. Fitzpatrick	38	21	217	1	2	58.8
							T. Thigpen	5	3	30	0	0	77.1
TOTAL	23	14	205	1	0	104.4	TOTAL	43	24	247	1	2	60.9

RECEIVING

Seattle	No	Yds	LG	TD	Buffalo	No	Yds	LG	TD
S. Rice	4	76	41	0	St. Johnson	8	115	25	1
G. Tate	3	64	44	0	S. Chandler	5	58	21	0
Z. Miller	3	26	14	1	T. Graham	3	32	15	0
M. Robinson	1	20	20	0	B. Smith	3	26	10	0
M. Lynch	1	14	14	0	C. Spiller	3	-2	6	0
D. Baldwin	1	8	8	0	D. Dickerson	1	10	10	0
R. Turbin	1	-3	-3	0	R. Martin	1	8	8	0
TOTAL	14	205	44	1	TOTAL	24	247	25	1

TEAM STATISTICS

	Seattle	Buffalo
Total First Downs	22	21
Third Down Eff.	5-11-45%	5-13-38%
Total Net Yards	466	333
Total Off. Plays	57	67
Avg. per Play	8.2	5.0
Net Yards Rushing	270	118
Total Rushing Plays	32	21
Net Yards Passing	196	215
Times Sacked/Yards Lost	2/9	3/32
Pass Atts-Comps-Ints	23-14-0	43-24-2
Punts-No. and Avg.	2-39.5	4-48.5
Penalties-No. and Yards	4-32	4-20
Fumbles-No. and Lost	0-0	1-1
Touchdowns	6	2
Field Goals Made-Att	3-3	1-1
Time of Possession	28:57	31:03

DEFENSE

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
B. Wagner	12	10	2	0.0	0.0	0	0	0	0	0
R. Sherman	6	5	1	0.0	0.0	0	0	0	0	0
C. Clemons	5	3	2	2.5	29.0	0	0	1	0	0
E. Thomas	5	3	2	0.0	0.0	1	57t	1	0	0
J. Jones	3	2	1	0.5	3.0	0	0	0	0	0

Additional Stats: INT: K.J. Wright 1. FR: B. Irvin 1.

Buffalo	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
G. Wilson	10	8	2	0.0	0.0	0	0	0	0	0
K. Sheppard	7	6	1	1.0	7.0	0	0	0	0	0
J. Byrd	5	3	2	0.0	0.0	0	0	0	0	0
N. Barnett	5	3	2	0.0	0.0	0	0	0	0	0

Additional Stats: None.





Russell Wilson tossed four touchdown passes and Marshawn Lynch rushed for a TD and caught another as the Seahawks continued their torrid scoring pace and qualified for the postseason after defeating the San Francisco 49ers 42-13. The Seahawks jumped out to a 14-0 lead behind Lynch's two first-quarter scores. The first capping a two-play drive on a 24-yard TD run and the next on a 9-yard reception. Seattle padded their lead to 21-0 following a blocked field goal by Red Bryant that was returned 90 yards for a TD by Richard Sherman. Forty Niners kicker David Akers connected on a 33 yard field goal before Wilson found Anthony McCoy for a 6-yard TD giving Seattle a 28-3 lead. Akers tacked on a 54-yard field goal just before half to make the score 28-6. Wilson connected with Doug Baldwin for two second half TD passes of 4 and 6 yards to stretch Seattle's lead to 42-6, before the Niners added a late TD for a 42-13 final.

San Francisco	0	6	0	7	—	13		
Seattle	14	14	7	7	—	42		
							SF Seattle	
SEA 1 1:38	Lynch 24 run (Hauschka kick) (2-35, 0:41)						0 7	
SEA 1 4:26	Lynch 9 pass Wilson (Hauschka kick) (9-86, 5:14)						0 14	
SEA 2 14:05	Sherman 90 return of blocked FG (Hauschka kick)						0 21	
SF 2 10:19	Akers 33 FG (4-1, 1:32)						3 21	
SEA 2 1:58	McCoy 6 pass Wilson (Hauschka kick) (13-60, 8:21)						3 28	
SF 2 0:31	Akers 54 FG (7-31, 1:27)						6 28	
SEA 3 3:22	Baldwin 4 pass Wilson (Hauschka kick) (15-68, 6:43)						6 35	
SEA 4 7:02	Baldwin 6 pass Wilson (Hauschka kick) (12-80, 7:50)						6 42	
SF 4 1:40	Walker 18 pass Kaepernick (Akers kick) (13-90, 5:22)						13 42	
Att. 68,161								

INDIVIDUAL STATISTICS

RUSHING

San Francisco	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
C. Kaepernick	7	31	8	0	M. Lynch	26	111	24t	1
F. Gore	6	28	18	0	R. Turbin	3	38	24	0
L. James	4	15	6	0	R. Wilson	6	29	9	0
A. Dixon	2	8	6	0	M. Robinson	1	1	1	0
					M. Flynn	3	-3	-1	0
TOTAL	19	82	18	0	TOTAL	39	176	24	1

PASSING

San Francisco	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
C. Kaepernick	36	19	244	1	1	72.0	R. Wilson	21	15	171	4	1	115.3
							S. Rice	1	0	0	0	0	39.6
TOTAL	36	19	244	1	1	72.0	TOTAL	22	15	171	4	1	111.9

RECEIVING

San Francisco	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
C. Crabtree	4	65	35	0	D. Baldwin	4	53	43	2
D. Walker	4	54	23	1	G. Tate	2	27	21	0
R. Moss	3	44	25	0	R. Turbin	2	20	11	0
G. Celek	2	41	35	0	M. Lynch	2	19	10	1
L. James	2	14	7	0	Z. Miller	2	15	11	0
B. Miller	2	-1	0	0	J. Kearse	1	17	17	0
V. Davis	1	27	27	0	S. Rice	1	14	14	0
M. Manningham	1	0	0	0	A. McCoy	1	6	6	1
TOTAL	19	224	35	1	TOTAL	15	171	43	4

TEAM STATISTICS

	San Francisco	Seattle
Total First Downs	17	22
Third Down Eff.	3-11-27%	11-13-85%
Total Net Yards	313	346
Total Off. Plays	56	62
Avg. per Play	5.6	5.6
Net Yards Rushing	82	176
Total Rushing Plays	19	39
Net Yards Passing	231	170
Times Sacked/Yards Lost	1/13	1/1
Pass Atts-Comps-Ints	36-19-1	22-15-1
Punts-No. and Avg.	3-51.7	1-41.0
Penalties-No. and Yards	6-58	4-45
Fumbles-No. and Lost	2-1	0-0
Touchdowns	1	6
Field Goals Made-Att	2-3	0-0
Time of Possession	24:51	35:09

DEFENSE

San Francisco	T	S	A	QB Yds.	Int.	Yds.	PD	FF	FR
N. Bowman	16	4	12	0.0	0.0	0	0	0	0
C. Rogers	6	4	2	0.0	0.0	0	0	1	0
P. Willis	6	2	4	0.0	0.0	1	2	1	0
A. Smith	6	1	5	0.0	0.0	0	0	0	0
Additional Stats: Sacks: I. Sopoaga 1.0.									
Seattle	T	S	A	QB Yds.	Int.	Yds.	PD	FF	FR
B. Wagner	9	4	5	0.0	0.0	0	0	0	0
K. Wright	7	5	2	1.0	13.0	0	0	0	0
R. Sherman	5	5	0	0.0	0.0	1	0	4	0
M. Smith	5	0	5	0.0	0.0	0	0	0	0
K. Chancellor	4	2	2	0.0	0.0	0	0	1	1
Additional Stats: FF: L. Hill 1.									



The Seahawks tied a franchise record winning five-straight games to finish the season after defeating the St. Louis Rams 20-13. Russell Wilson led Seattle to scoring drives on three of four second-half possessions, including a 1-yard TD run with 1:39 remaining for the go-ahead score, before ending the game with a kneel down. Steven Hauschka put Seattle up early in the second quarter with a 43-yard field goal. Austin Pettis scored when he coralled a tipped pass for a 2-yard TD and a Rams' 7-3 lead which held until halftime. Hauschka added another field goal to pull Seattle within 7-6 before the Rams extended the lead to 10-6 with a Greg Zuerlein 39-yard field goal. Seattle regained the lead, 13-10, when Russell Wilson tied Peyton Manning's rookie record with his 26th TD pass of the season finding Michael Robinson for a 10-yard scoring pass. The Rams tied the game with another field goal by Zuerlein early in the fourth quarter. Following a Rams punt with 5:11 remaining in the game, Seattle drove 90-yards in 3:32 seconds to take the 20-13 lead on Wilson's TD run. Rams Sam Bradford guided the Rams into scoring position in the waning moments of the game, but Richard Sherman coralled his eighth interception of the season with :33 to play allowing Seattle to run out the clock. In the game, Bobby Wagner led the team with 10 tackles setting a record for most tackles by a rookie in team history with 140.

St. Louis	0	7	3	3	—	13
Seattle	0	3	10	7	—	20

					St. Louis	Seattle
SEA 2	10:40	Hauschka 43 FG (5-17, 2:39)			0	3
STL 2	6:03	Pettis 2 pass Bradford (Zuerlein kick) (8-76, 4:37)			7	3
SEA 3	10:41	Hauschka 49 FG (7-55, 4:19)			7	6
STL 3	5:31	Zuerlein 39 FG (11-60, 5:10)			10	6
SEA 3	2:09	Robinson 10 pass Wilson (Hauschka kick) (6-65, 3:22)			10	13
STL 4	11:23	Zuerlein 25 FG (11-52, 5:46)			13	13
SEA 4	1:39	Wilson 1 run (Hauschka kick) (10-90, 3:32)			13	20

Att. 67,936

INDIVIDUAL STATISTICS

RUSHING

St. Louis	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
S. Jackson	11	52	15	0	M. Lynch	18	100	24	0
I. Pead	5	21	7	0	R. Wilson	10	58	15	1
S. Bradford	1	6	6	0	R. Turbin	2	-5	2	0
D. Richardson	2	0	0	0					
TOTAL	19	79	15	0	TOTAL	30	153	24	1

PASSING

St. Louis	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
S. Bradford	42	25	252	1	1	74.7	R. Wilson	19	15	250	1	0	136.3
TOTAL	42	25	252	1	1	74.7	TOTAL	19	15	250	1	0	136.3

RECEIVING

St. Louis	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
S. Jackson	7	45	12	0	G. Tate	3	105	44	0
D. Amendola	4	27	9	0	M. Robinson	3	33	19	1
B. Gibson	3	45	21	0	Z. Miller	3	18	9	0
L. Kendrick	3	33	15	0	D. Baldwin	2	19	12	0
A. Pettis	3	24	15	1	M. Lynch	2	14	8	0
C. Givens	2	54	37	0	A. McCoy	1	49	49	0
D. Richardson	2	14	11	0	R. Turbin	1	12	12	0
M. Mulligan	1	10	10	0					
TOTAL	25	252	37	1	TOTAL	15	250	49	1

TEAM STATISTICS

	St. Louis	Seattle
Total First Downs	20	17
Third Down Eff.	2-11-18%	5-12-42%
Total Net Yards	331	362
Total Off. Plays	61	55
Avg. per Play	5.4	6.6
Net Yards Rushing	79	153
Total Rushing Plays	19	30
Net Yards Passing	252	209
Times Sacked/Yards Lost	0/0	6/41
Pass Atts-Comps-Ints	42-25-1	19-15-0
Punts-No. and Avg.	5-48.6	5-36.6
Penalties-No. and Yards	14-98	10-80
Fumbles-No. and Lost	1-0	2-0
Touchdowns	1	2
Field Goals Made-Att	2-3	2-2
Time of Possession	27:11	32:49

DEFENSE

St. Louis	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
J. Dunbar	11	4	7	1.0	8.0	0	0	0	1	0
Q. Mikell	9	3	6	0.0	0.0	0	0	0	0	0
T. Johnson	7	5	2	0.0	0.0	0	0	1	0	0
C. Dahl	7	4	3	0.0	0.0	0	0	0	0	0
C. Long	5	3	2	3.0	26.0	0	0	0	0	0
Additional Stats: Sacks: W. Hayes 1.0, R. Quinn 1.0.										
Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
B. Wagner	10	5	5	0.0	0.0	0	0	0	0	0
K. Wright	9	3	6	0.0	0.0	0	0	0	0	0
Chancellor	7	3	4	0.0	0.0	0	0	0	0	0
R. Bryant	5	1	4	0.0	0.0	0	0	0	0	0
M. Smith	4	2	2	0.0	0.0	0	0	1	0	0
Additional Stats: INT: R. Sherman 1.										



The Seahawks did not face a 14-point deficit the entire regular season, but found themselves in a 14-0 hole with 2:26 to play in the first quarter at FedEx Field versus the Redskins in a Wild Card matchup. The Redskins scored on consecutive first-quarter drives behind two Robert Griffin III touchdown passes, each on 4-yard passes to Evan Royster and Logan Paulsen. The Redskins totaled 129 yards on those two drives, but the Seahawks defense rebuffed the Redskins after that limiting them to 74 total yards and zero points in the final three quarters. The Seahawks began to find their offensive rhythm in the second quarter. Two Steven Hauschka field goals sandwiched a Russell Wilson to Michael Robinson 4-yard touchdown pass to close the gap to 14-13 at the half. Seattle was in position to score on the opening drive of the second half when Barry Cofield's helmet forced a Marshawn Lynch fumble on the one-yard line and ended the Seahawks go-ahead attempt. With 7:08 remaining in the fourth quarter, Marshawn Lynch ran through tacklers on his way to a 27-yard TD run to give Seattle their first lead, 21-14, following a Wilson to Zach Miller two-point conversion. Seattle tacked on another field goal for a 24-14 lead after Griffin fumbled a snap at the Seahawks 5-yard line. On the play, Griffin left the game with an injured knee and did not return for the Redskins final drive. Seattle totaled a postseason franchise record 224 rushing yards and Lynch finished with 132, tying Shaun Alexander's postseason franchise record for rushing yards in a game.

Seattle	0	13	0	11	—	24
Washington	14	0	0	0	—	14

					Seattle	Washington
WASH 1	9:57	Royster 4 pass Griffin (Forbath kick) (9-80, 5:03)			0	7
WASH 1	2:26	Paulsen 4 pass Griffin (Forbath kick) (11-54, 5:58)			0	14
SEA 2	12:05	Hauschka 32 FG (12-66, 5:21)			3	14
SEA 2	4:38	Robinson 4 pass Wilson (Hauschka kick) (8-73, 5:08)			10	14
SEA 2	0:00	Hauschka 29 FG (10-63, 3:36)			13	14
SEA 4	7:08	Lynch 27 run (Wilson-Miller pass) (8-79, 3:45)			21	14
SEA 4	5:32	Hauschka 22 FG (4-1, 0:47)			24	14
Att. 84,325						

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	Washington	Att	Yds	LG	TD
M. Lynch	20	132	27t	1	A. Morris	16	80	18	0
R. Wilson	8	67	28	0	R. Griffin	5	21	9	0
R. Turbin	8	22	5	0	D. Young	1	3	3	0
M. Robinson	1	3	3	0	K. Cousins	1	0	0	0
TOTAL	37	224	28	1	TOTAL	23	104	18	0

PASSING

Seattle	A	C	Yds	TD	INT	RT	Washington A	C	Yds	TD	INT	RT
R. Wilson	26	15	187	1	0	92.9	R. Griffin	19	10	84	2	1 77.5
TOTAL	26	15	187	1	0	92.9	K. Cousins	10	3	31	0	0 40.0
							TOTAL	29	13	115	2	1 64.6

RECEIVING

Seattle	No	Yds	LG	TD	Washington	No	Yds	LG	TD
Z. Miller	4	48	22	0	P. Garcon	4	50	30	0
G. Tate	4	35	15	0	S. Moss	3	19	10	0
D. Baldwin	2	39	33	0	L. Hankerson	2	27	15	0
M. Robinson	2	23	19	1	L. Paulsen	2	15	11	1
S. Rice	1	27	27	0	E. Royster	1	4	4t	1
M. Lynch	1	9	9	0	J. Morgan	1	0	0	0
R. Turbin	1	6	6	0					
TOTAL	15	187	33	1	TOTAL	13	115	30	2

TEAM STATISTICS

	Seattle	Wash.
Total First Downs	22	15
Third Down Eff.	5-13-38%	5-11-45%
Total Net Yards	380	203
Total Off. Plays	68	54
Avg. per Play	5.6	3.8
Net Yards Rushing	224	104
Total Rushing Plays	37	23
Net Yards Passing	156	99
Times Sacked/Yards Lost	5/31	2/16
Pass Atts-Comps-Ints	26-15-0	29-13-1
Punts-No. and Avg.	3-34.7	4-48.3
Penalties-No. and Yards	4-30	3-15
Fumbles-No. and Lost	2-1	2-1
Touchdowns	2	2
Field Goals Made-Att	3-3	0-0
Time of Possession	34:20	25:40

DEFENSE

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
B. Wagner	9	5	4	0.0	0.0	0	0	0	0	0
K. Wright	8	3	5	0.0	0.0	0	0	1	0	0
A. Branch	5	3	2	1.0	4.0	0	0	0	0	0
Chancellor	5	0	5	0.0	0.0	0	0	0	0	0
Additional Stats: INT: E. Thomas 1. Sacks: Irvin 1.0. FR: McDonald 1.										
Wash.	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
L. Fletcher	15	5	10	0.5	5.0	0	0	1	0	0
R. Doughty	12	7	5	2.0	6.0	0	0	1	0	0
P. Riley	8	7	1	1.0	6.0	0	0	0	0	0
R. Jackson	7	2	5	0.0	0.0	0	0	0	0	0
D. Hall	6	2	4	0.0	0.0	0	0	1	0	0
J. Wilson	5	3	2	1.0	9.0	0	0	0	0	0
Additional Stats: Sacks: S. Bowen 0.5. FR: J. Jenkins 1. FF: B. Cofield 1.										



The Seahawks fought back from a 20-point fourth quarter deficit, scoring 21 fourth quarter points to take a one-point lead with 31 seconds remaining, but Matt Ryan completed two passes to move the Falcons into field goal range, allowing Matt Bryant to hit the 49-yard winning field goal with eight seconds left in a 30-28 Atlanta victory. The Falcons scored 20 unanswered points to start the game. Bryant kicked two first-half field goals and Ryan threw two touchdown passes for a 20-0 halftime lead. Seattle started the second half with a TD pass from Russell Wilson to Golden Tate. Atlanta responded with Jason Snelling scoring on a five-yard shovel pass from Ryan, with the score 27-7 at the end of the third. But in the fourth quarter, the Seahawks defense tightened up, forcing the first two Falcons' punts of the game and Earl Thomas recorded a key interception. Seattle went on a 21-0 run as Wilson scored a rushing TD and hit Zach Miller for a three-yard TD before Marshawn Lynch scored on a two-yard run. Ryan Longwell connected on the PAT, giving Seattle the one-point lead with 31 seconds left in the game. Atlanta took over on their 28-yard line with 25 seconds and Ryan completed two passes to Seattle's 31-yard line, setting up Bryant's game-winning 49-yard field goal. Seattle's last chance effort ended in Wilson's Hail Mary attempt being intercepted by Julio Jones in the end zone as time expired, giving Atlanta the 30-28 victory. Wilson's 385 passing yards were the most ever by a rookie in a postseason game.

Seattle	0	0	7	21	—	28
Atlanta	10	10	7	3	—	30

					Seattle	Atlanta
ATL	1	9:40	Bryant 39 FG (11-54, 5:20)		0	3
ATL	1	3:10	Gonzalez 1 pass Ryan (Bryant kick) (8-61, 2:41)		0	10
ATL	2	9:13	Bryant 37 FG (11-68, 6:18)		0	13
ATL	2	4:16	White 47 pass Ryan (Bryant kick) (3-88, 1:17)		0	20
SEA	3	9:47	Tate 29 pass Wilson (Longwell kick) (9-80, 5:13)		7	20
ATL	3	2:11	Snelling 5 pass Ryan (Bryant kick) (14-80, 7:36)		7	27
SEA	4	13:01	Wilson 1 run (Longwell kick) (8-80, 4:10)		14	27
SEA	4	9:13	Miller 3 pass Wilson (Longwell kick) (4-62, 1:50)		21	27
SEA	4	0:31	Lynch 2 run (Longwell kick) (7-61, 2:29)		28	27
ATL	4	0:08	Bryant 49 FG (3-41, 0:23)		28	30

Att. 70,366

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	Atlanta	Att	Yds	LG	TD
R. Wilson	7	60	17	1	M. Turner	14	98	33	0
M. Lynch	16	46	11	1	J. Rodgers	10	64	45	0
R. Turbin	4	18	7	0	M. Ryan	1	6	6	0
M. Robinson	1	-1	-1	0	J. Jones	1	-1	-1	0
TOTAL	28	123	17	2	TOTAL	26	167	45	0

PASSING

Seattle	A	C	Yds	TD	INT	RT	Atlanta	A	C	Yds	TD	INT	RT
R. Wilson	36	24	385	2	1	109.1	M. Ryan	35	24	250	3	2	93.8
TOTAL	36	24	385	2	1	109.1	TOTAL	35	24	250	3	2	93.8

RECEIVING

Seattle	No	Yds	LG	TD	Atlanta	No	Yds	LG	TD
Z. Miller	8	142	34	1	J. Jones	6	59	21	0
G. Tate	6	103	29t	1	T. Gonzalez	6	51	19	1
S. Rice	4	60	24	0	R. White	5	76	47t	1
M. Lynch	3	37	24	0	H. Douglas	2	29	22	0
R. Turbin	2	37	30	0	J. Rodgers	2	8	6	0
D. Baldwin	1	6	6	0	C. Coffman	1	16	16	0
					D. Davis	1	6	6	0
					J. Snelling	1	5	5t	1
TOTAL	24	385	34	2	TOTAL	24	250	47t	3

TEAM STATISTICS

	Seattle	Atlanta
Total First Downs	28	24
Third Down Eff.	3-8-38%	6-11-55%
Total Net Yards	491	417
Total Off. Plays	66	61
Avg. per Play	7.4	6.8
Net Yards Rushing	123	167
Total Rushing Plays	28	26
Net Yards Passing	368	250
Times Sacked/Yards Lost	2/17	0-0
Pass Atts-Comps-Ints	36-24-1	35-24-2
Punts-No. and Avg.	3-36.7	2-42.0
Penalties-No. and Yards	6-35	3-11
Fumbles-No. and Lost	1-1	0-0
Touchdowns	4	3
Field Goals Made-Att	0-0	3-3
Time of Possession	28:47	31:13

DEFENSE

	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
B. Wagner	8	7	1	0.0	0.0	1	4	1	0	0
K. Wright	8	5	3	0.0	0.0	0	0	1	0	0
B. Mebane	5	4	1	0.0	0.0	0	0	0	0	0
Chancellor	4	4	0	0.0	0.0	0	0	0	0	0
E. Thomas	4	3	1	0.0	0.0	1	-1	1	0	0

Additional Stats: None.

Atlanta	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Weathersp.	8	5	3	0.0	0.0	0	0	1	1	0
A. Dent	8	4	4	0.0	0.0	0	0	0	0	0
A. Samuel	5	5	0	0.0	0.0	0	0	2	0	0
W. Moore	5	3	2	0.0	0.0	0	0	0	0	0
S. Nicholas	5	3	2	0.0	0.0	0	0	0	0	0

Additional Stats: Sacks: V. Walker 1.0, J. Babineaux 1.0. FR: J. Babineaux 1. INT: J. Jones 1.

2012 STATISTICS

Day	Date	W/L	Score	Opponent	Attendance
Sun.	Sept. 9	L	20-16	at Arizona	60,032
Sun.	Sept. 16	W	27-7	Dallas	68,008
Mon.	Sept. 24	W	14-12	Green Bay	68,218
Sun.	Sept. 30	L	19-13	at St. Louis	53,193
Sun.	Oct. 7	W	16-12	at Carolina	72,676
Sun.	Oct. 14	W	24-23	New England	68,137
Thu.	Oct. 18	L	13-6	at San Francisco	69,732
Sun.	Oct. 28	L	28-24	at Detroit	63,497
Sun.	Nov. 4	W	30-20	Minnesota	67,584
Sun.	Nov. 11	W	28-7	N.Y. Jets	67,841
Sun.	Nov. 25	L	24-21	at Miami	51,295
Sun.	Dec. 2	W	23-17	OT at Chicago	62,264
Sun.	Dec. 9	W	58-0	Arizona	67,685
Sun.	Dec. 16	W	50-17	at Buffalo (in Toronto)	40,770
Sun.	Dec. 23	W	42-13	San Francisco	68,161
Sun.	Dec. 30	W	20-13	St. Louis	67,936

TEAM STATS

	Seahawks	Opponents
Total First Downs	311	295
Rushing	129	80
Passing	153	186
Penalty	29	29
3rd Down: Made/Att.	80/199	76/198
3rd Down Pct.	40.2	38.4
4th Down: Made/Att.	11/18	3/10
4th Down Pct.	61.1	30.0
Possession Avg.	31:36	28:24
Total Net Yards	5610	4899
Avg. Per Game	350.6	306.2
Total Plays	974	968
Avg. Per Play	5.8	5.1
Net Yards Rushing	2579	1649
Avg. Per Game	161.2	103.1
Total Rushes	536	368
Net Yards Passing	3031	3250
Avg. Per Game	189.4	203.1
Sacked/Yards Lost	33/203	36/247
Gross Yards	3234	3497
Att./Completions	405/259	564/327
Completion Pct.	64.0	58.0
Had Intercepted	10	18
Punts/Average	65/45.6	78/45.1
Net Punting Avg.	65/40.6	78/40.0
Penalties/Yards	110/890	102/902
Fumbles/Ball Lost	16/8	27/13
Touchdowns	49	25
Rushing	16	8
Passing	27	15
Returns	6	2

SCORE BY PERIODS

	Q1	Q2	Q3	Q4	OT	PTS
Seahawks	98	122	87	99	6	412
Opponents	51	84	42	68	0	245

PASSING

	Att.	Comp.	Yds.	Comp.%	TD	Int.	Lg	Sack/Lost	Rating
Wilson	393	252	3118	64.1	26	10	67	33/203	100.0
Flynn	9	5	68	55.6	0	0	27	0/0	79.9
Rice	2	1	25	50.0	0	0	25	0/0	95.8
Tate	1	1	23	100.0	1	0	23t	0/0	158.3
Seahawks	405	259	3234	64.0	27	10	67	33/203	100.6
Opponents	564	327	3497	58.0	15	18	56	36/247	71.8

SCORING

	TD	Rush	Pass	Return	K-PAT	FG	S	Pts.
Hauschka	0	0	0	0	46/48	24/27	0	118
Lynch	12	11	1	0			0	72
Rice	7	0	7	0			0	42
Tate	7	0	7	0			0	42
Wilson	4	4	0	0			0	24
Baldwin	3	0	3	0			0	18
McCoy	3	0	3	0			0	18
Miller	3	0	3	0			0	18
Robinson	2	0	2	0			0	12
Sherman	2	0	0	2			0	12
Washington	2	1	0	1			0	12
Edwards	1	0	1	0			0	6
J. Johnson	1	0	0	1			0	6
Smith	1	0	0	1			0	6
Thomas	1	0	0	1			0	6
Seahawks	49	16	27	6	46/48	24/27	0	412
Opponents	25	8	15	2	24/24	23/25	1	245

2-Pt Conversions: Seahawks 0-0, Opponents 0-1

RUSHING

	No.	Yds.	Avg.	Long	TD
Lynch	315	1590	5.0	77t	11
Wilson	94	489	5.2	25t	4
Turbin	80	354	4.4	26	0
Washington	23	83	3.6	14	1
Robinson	12	49	4.1	29	0
Tate	3	20	6.7	13	0
Obomanu	1	11	11.0	11	0
Rice	2	6	3.0	3	0
Flynn	4	-5	-1.3	-1	0
Ryan	2	-18	-9.0	0	0
Seahawks	536	2579	4.8	77t	16
Opponents	368	1649	4.5	74	8

RECEIVING

	No.	Yds.	Avg.	Long	TD
Rice	50	748	15.0	46t	7
Tate	45	688	15.3	51	7
Z. Miller	38	396	10.4	30	3
Baldwin	29	366	12.6	50	3
Lynch	23	196	8.5	27	1
Turbin	19	181	9.5	20	0
McCoy	18	291	16.2	67	3
Robinson	13	126	9.7	20	2
Edwards	8	74	9.3	16	1
Obomanu	4	58	14.5	36	0
Martin	4	42	10.5	15	0
Washington	4	31	7.8	9	0
Kearse	3	31	10.3	17	0
Moore	1	6	6.0	6	0
Seahawks	259	3234	12.5	67	27
Opponents	327	3497	10.7	56	15



2012 STATISTICS

INTERCEPTIONS

	No.	Yds.	Avg.	Long	TD
Sherman	8	57	7.1	29	1
Thomas	3	80	26.7	57t	1
Wagner	3	55	18.3	45	0
Browner	3	39	13.0	35	0
Wright	1	24	24.0	24	0
Seahawks	18	255	14.2	57t	2
Opponents	10	115	11.5	34	1

PUNTING

	No.	Yds.	Avg.	Net	TB	In	Lg	B
Ryan	65	2963	45.6	40.8	3	30	73	0
Seahawks	65	2963	45.6	40.8	3	30	73	0
Opponents	78	3515	45.1	40.0	2	30	66	1

PUNT RETURNS

	Ret.	FC	Yds.	Avg.	Long	TD
Washington	41	17	356	8.7	52	0
Browner	1	0	-1	-1.0	-1	0
Tate	0	1	0	-	-	0
Seahawks	42	18	355	8.5	52	0
Opponents	29	17	252	8.7	38	0

KICKOFF RETURNS

	No.	Yds.	Avg.	Long	TD
Washington	27	784	29.0	98t	1
Baldwin	1	3	3.0	3	0
Obomanu	1	0	0.0	0	0
Seahawks	29	787	27.1	98t	1
Opponents	50	1147	22.9	40	0

FIELD GOALS

	1-19	20-29	30-39	40-49	50+
Hauschka	1/1	7/7	10/10	5/5	1/4
Seahawks	1/1	7/7	10/10	5/5	1/4
Opponents	0/0	6/7	8/8	5/5	4/5

Hauschka: (50B,27G,47G,39G) (21G,25G) () (31G,30G) (22G,36G,44G) (34G) (52G,35G,51N) (23G, 61N) (40G) () () (31G) (31G,28G,32G) (19G,33G,23G) () (43G,49G)

Opponents: (21G,31G) () (29G,40G) (58G,48G,60G,24G) (32G) (25G,35G,35G) (38G,28G) () (36G, 55G) () (43G) (46G) () (41G) (21B,33G,54G) (51N,39G,25G)

Sacks: Clemons 11.5, Irvin 8, Jones 3, Mebane 3, J. Johnson 2, Scruggs 2, Wagner 2, Hill 1.5, Branch 1, Sherman 1, Wright 1.

Seahawks 36, Opponents 33

DEFENSE STATISTICS

Name	Tkl.	Solo	Asst.	QB	Yds.	QH	Int	PD	FF	FR
Wagner, B.	140	86	54	2.0	11.0	7	3	4	0	0
Wright, K.	96	66	30	1.0	13.0	3	1	5	1	0
Chancellor, K.	91	69	22	0.0	0.0	0	0	5	1	1
Sherman, R.	62	52	10	1.0	16.0	1	8	24	2	1
Thomas, E.	61	39	22	0.0	0.0	2	3	9	1	0
Mebane, B.	56	31	25	3.0	22.0	5	0	3	0	1
Hill, L.	47	31	16	1.5	13.0	3	0	0	1	0
Browner, B.	44	35	9	0.0	0.0	0	3	6	3	1
Clemons, C.	40	30	10	11.5	87.0	22	0	4	3	1
Trufant, M.	34	24	10	0.0	0.0	0	0	2	1	1
Branch, A.	30	16	14	1.0	4.0	5	0	2	0	1
McDonald, C.	25	17	8	0.0	0.0	0	0	1	0	0
Bryant, R.	24	14	10	0.0	0.0	0	0	3	0	0
Irvin, B.	17	10	7	8.0	60.0	19	0	0	1	1
Smith, M.	17	9	8	0.0	0.0	0	0	2	0	0
Morgan, M.	12	6	6	0.0	0.0	0	0	0	0	0
Jones, J.	11	8	3	3.0	15.0	6	0	4	0	1
Lane, J.	10	5	5	0.0	0.0	0	0	0	0	0
Maxwell, B.	6	6	0	0.0	0.0	0	0	3	0	0
Scruggs, G.	6	5	1	2.0	3.0	6	0	1	0	0
Farwell, H.	4	2	2	0.0	0.0	0	0	0	0	0
Johnson, J.	4	3	1	2.0	3.0	3	0	0	1	0
Maragos, C.	3	2	1	0.0	0.0	1	0	0	0	0
Thurmond, W.	3	3	0	0.0	0.0	0	0	1	0	0

SPECIAL TEAMS STATISTICS

Name	Tkl.	Solo	Asst.	FF	FR	BL
Farwell, H.	15	7	8	0	0	0
Robinson, M.	10	7	3	1	0	0
Maragos, C.	9	4	5	0	0	0
Johnson, J.	8	4	4	0	0	0
Maxwell, B.	8	4	4	1	1	0
Morgan, M.	7	5	2	0	0	0
Chancellor, K.	6	4	2	0	1	0
Lane, J.	5	3	2	0	0	0
Smith, M.	5	3	2	0	1	1
Thomas, E.	5	3	2	0	1	0
Hauschka, S.	3	2	1	0	0	0
Kearse, J.	3	2	1	0	0	0
Obomanu, B.	3	2	1	0	0	0
Wright, K.	3	3	0	0	0	0
Parker, R.	2	2	0	0	0	0
Baldwin, D.	1	1	0	0	0	0
Gresham, C.	1	1	0	0	0	0
Martin, C.	1	1	0	0	0	0
Turbin, R.	1	1	0	0	0	0
Wagner, B.	1	1	0	0	0	0
Bryant, R.	0	0	0	0	0	1



2012 PARTICIPATION

Date	9/9	9/16	9/24	9/30	10/7	10/14	10/18	10/28	11/4
Game	@Ari	Dal	GB	@StL	@Car	NE	@SF	@Det	Min
Baldwin, D.	wr	wr	in	wr	wr	wr	wr	in	WR
Barbre, A.	sus	sus	sus	sus					
Bradford, A.									
Branch, A.	LDT	LDT	LDT	LDT	LDT	LDT	LDT	LDT	LDT
Browner, B.	RCB	RCB	RCB	RCB	RCB	RCB	RCB	RCB	RCB
Bryant, R.	LDE	LDE	LDE	LDE	LDE	LDE	LDE	LDE	LDE
Butler, D.									
Carpenter, J.	in	in	in	LG	LG	LG	LG	LG	in
Chancellor, K.	SS	SS	SS	SS	SS	SS	SS	SS	SS
Clemons, C.	RDE	RDE	RDE	RDE	RDE	RDE	RDE	RDE	RDE
Edwards, B.	WR	wr	wr	wr	wr	wr	wr	in	in
Fangupo, H.									
Farwell, H.	sub	sub	sub	sub	sub	sub	sub	sub	sub
Flynn, M.	dnp	dnp	dnp	dnp	dnp	dnp	dnp	dnp	dnp
Giacomini, B.	RT	RT	RT	RT	RT	RT	RT	RT	RT
Gorrer, D.									
Gresham, C.	sub	sub	sub	sub	sub	sub	sub	sub	sub
Guy, W.	s	in	in	in	in	in	in	sub	in
Hauschka, S.	k	k	k	k	k	k	k	k	k
Hill, L.	OLB	OLB	OLB	OLB	OLB	lb	OLB	OLB	OLB
Howard, J.	in	in	in	in	in	in	in	in	in
Irvin, B.	de	de	de	de	de	de	de	de	de
Jeanpierre, L.	sub	sub	in	sub	sub	sub	sub	sub	c
Johnson, J.	s	s	s	s	s	s	s	s	s
Johnson, R.	ps	ps	ps	ps	ps	ps	ps	ps	ps
Jones, J.	de	de	de	de	de	de	de	in	in
Kearse, J.									WR
Lane, J.	sub	in	sub	sub	in	in	sub	sub	sub
Lumpkin, K.	in	in							
Lynch, M.	RB	RB	RB	RB	RB	RB	RB	RB	RB
McCoy, A.	te	te	te	TE	te	TE	te	TE	te
McDonald, C.	dt	dt	dt	dt	dt	in	dt	dt	dt
McGrath, S.									
McQuistan, P.	LG	LG	LG	RG	RG	RG	RG	RG	RG
Maragos, C.	sub	s	sub	sub	sub	sub	sub	sub	sub
Martin, C.	wr	in	wr	in	in	in	in	wr	WR
Maxwell, B.	in	sub	in	in	sub	sub	in	in	in
Mebane, B.	RDT	RDT	RDT	RDT	RDT	RDT	RDT	RDT	RDT
Miller, J.	TE	TE	TE	TE	TE	TE	TE	TE	te
Moffitt, Z.	in	RG	RG	in	in	in	in	in	LG
Moore, E.	te	te	te	te	TE	te	te	te	te
Morgan, M.	sub	lb	sub	lb	sub	sub	lb	sub	lb
Obomanu, B.	wr	wr	wr	wr	wr	wr	wr	wr	ir
Okung, R.	LT	in	LT	LT	LT	LT	LT	LT	LT
Omiyale, F.	t	LT	sub	t	t	sub	sub	sub	sub
Parker, R.									
Person, M.									in
Rice, S.	WR	WR	WR	WR	WR	WR	WR	WR	WR
Robinson, M.	FB	FB	FB	fb	fb	fb	FB	fb	fb
Ryan, J.	p	p	p	p	p	p	p	p	p
Scruggs, G.	in	de	de	in	in	de	de	de	de
Shead, D.	ps	ps	ps	ps	ps	ps	ps	ps	ps
Sherman, R.	LCB	LCB	LCB	LCB	LCB	LCB	LCB	LCB	LCB
Smith, M.	sub	sub	sub	lb	sub	sub	sub	sub	sub
Sweezy, J.	RG	g	g	g	sub	sub	in	sub	sub
Tate, G.	in	WR	WR	WR	WR	WR	WR	WR	WR
Thomas, E.	FS	FS	FS	FS	FS	FS	FS	FS	FS
Thurmond, W.	pup	pup	pup	pup	pup	pup	pup	pup	pup
Trufant, M.	cb	cb	CB	cb	cb	CB	cb	cb	cb
Turbin, R.	rb	rb	rb	rb	rb	rb	rb	rb	rb
Unger, M.	C	C	C	C	C	C	C	C	C
Wagner, B.	MLB	MLB	lb	MLB	MLB	MLB	MLB	MLB	MLB
Washington, L.	rb	rb	rb	rb	sub	rb	rb	rb	rb
Wilson, R.	QB	QB	QB	QB	QB	QB	QB	QB	QB
Wright, K.	OLB	OLB	OLB	OLB	OLB	OLB	OLB	OLB	OLB

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

2012 PARTICIPATION

11/11 NYJ wr	11/25 @Mia WR	12/2 @Chi wr	12/9 Ari wr	12/16 @Buf wr	12/23 SF WR	12/30 StL WR	G	S	IN	DNP
							14	4	2	0
							0	0	0	0
						sub	1	0	0	0
LDT	LDT	LDT	LDT	LDT	LDT	LDT	16	16	0	0
RCB	RCB	RCB	sus	sus	sus	sus	12	12	0	0
LDE	LDE	LDE	LDE	LDE	LDE	LDE	16	16	0	0
				in	in	in	1	0	1	1
	LG	LG	nfi	nfi	nfi	nfi	7	7	5	0
SS	SS	SS	SS	SS	SS	SS	16	16	0	0
RDE	RDE	RDE	RDE	RDE	RDE	RDE	16	16	0	0
							10	1	2	0
					dt		1	0	0	0
lb	sub	sub	lb	lb	sub	sub	16	0	0	0
dnp	dnp	dnp	qb	qb	qb	dnp	3	0	0	13
RT	RT	RT	RT	RT	RT	RT	16	16	0	0
							0	0	6	0
sub	sub	sub	sub	sub	sub	sub	16	0	0	0
in	sus	sus	sus	sus	exp	in	2	0	9	0
k	k	k	k	k	k	k	16	0	0	0
OLB	OLB	in	dnp	OLB	OLB	in	13	12	2	1
dt	in	in	in	in	in	dt	2	0	14	0
de	de	de	de	de	de	de	16	0	0	0
sub	sub	sub	c	c	c	sub	15	0	1	0
s	s	s	s	s	s	s	16	0	0	0
ps	ps	ps	in	in	in	in	0	0	4	0
de	de	de	de	de	ir	ir	12	0	2	0
wr	wr	in	wr	wr	wr	wr	7	1	1	-
sub	sub	sub	cb	RCB	RCB	RCB	13	3	3	0
							0	0	2	0
RB	RB	RB	RB	RB	RB	RB	16	16	0	0
TE	te	te	TE	te	te	te	16	5	0	0
in	dt	dt	dt	dt	dt	dt	14	0	2	0
							2	0	0	0
RG	LG	LG	LG	LG	LG	LG	16	16	0	0
s	sub	sub	sub	s	s	sub	16	0	0	0
	in	in	in	ir	ir	ir	4	1	8	0
sub	in	in	cb	cb	cb	cb	9	0	7	0
RDT	RDT	RDT	RDT	RDT	RDT	RDT	16	16	0	0
TE	TE	TE	TE	TE	TE	TE	16	15	0	0
LG	g	g	RG	RG	in	in	8	6	8	0
te	te	te	te	te	te	te	14	1	0	0
OLB	sub	sub	lb	lb	sub	lb	16	1	0	0
ir	ir	ir	ir	ir	ir	ir	8	0	1	0
LT	LT	LT	LT	LT	LT	LT	15	15	1	0
sub	sub	sub	t	t	t	sub	16	1	0	0
			in	cb	cb	in	2	0	1	0
in	in	in	in	in	in	in	0	0	8	0
WR	WR	WR	WR	WR	WR	WR	16	16	0	0
fb	fb	FB	fb	FB	fb	fb	16	6	0	0
p	p	p	p	p	p	p	16	0	0	0
in	in	de	de	de	de	de	11	0	5	0
ps	ps	ps	in	in	in	in	0	0	4	0
LCB	LCB	LCB	LCB	LCB	LCB	LCB	16	16	0	0
sub	lb	OLB	OLB	lb	lb	OLB	16	3	0	0
sub	in	in	g	g	RG	RG	13	3	3	0
WR	WR	WR	WR	WR	WR	WR	15	15	1	0
FS	FS	FS	FS	FS	FS	FS	16	16	0	0
in	in	cb	RCB	in	in	in	2	1	5	0
cb	cb	in	in	in	in	cb	12	2	4	0
rb	rb	rb	rb	rb	rb	rb	16	0	0	0
C	C	C	C	C	C	C	16	16	0	0
MLB	MLB	MLB	MLB	MLB	MLB	MLB	16	15	0	0
rb	sub	rb	rb	rb	sub	sub	16	0	0	0
QB	QB	QB	QB	QB	QB	QB	16	16	0	0
in	OLB	OLB	OLB	OLB	OLB	OLB	15	15	1	0



2012 OFFENSE

	9/9 @Ari	9/16 Dal	9/24 GB	9/30 @StL	10/7 @Car	10/14 NE	10/18 @SF
Points	16	27	14	13	16	24	6
1 Qtr	3	10	0	7	3	10	3
2 Qtr	0	3	7	0	3	0	3
3 Qtr	10	7	0	3	7	0	0
4 Qtr	3	7	7	3	3	14	0
OT	-	-	-	-	-	-	-
First Downs	18	20	14	19	17	17	13
Rush	5	9	6	11	7	4	6
Pass	9	8	4	8	10	11	5
Penalty	4	3	4	0	0	2	2
3rd Down Eff	5/16	5/14	2/11	2/9	7/14	4/12	4/13
Percent	31%	36%	18%	22%	50%	33%	31%
4th Down Eff	0/1	1/2	2/3	0/0	0/1	1/2	0/1
Percent	0%	50%	67%	-	0%	50%	0%
Total Net Yds	254	315	238	319	310	368	251
Plays	70	63	51	61	62	55	54
Avg	3.6	5.0	4.7	5.2	5.0	6.7	4.6
Net Yds Rush	115	182	127	179	98	85	136
Plays	33	41	29	34	35	26	29
Avg	3.5	4.4	4.4	5.3	2.8	3.3	4.7
Net Yds Pass	139	133	111	140	212	283	115
Sack/loss	3/14	2/18	1/19	2/20	2/9	2/10	2/7
Gross Yds	153	151	130	160	221	293	122
Att/Comp	34/18	20/15	21/10	25/17	25/19	27/16	23/9
Int	1	0	0	3	2	0	1
Avg	3.8	6.0	5.1	5.2	7.9	9.8	4.6
Punts/Avg	4/46.3	4/53.8	6/51.5	4/49.0	3/40.7	4/60.0	4/48.5
Blocked	0	0	0	0	0	0	0
Punt Ret/Yds	4/50	1/7	2/5	2/1	5/39	2/29	2/5
Kickoff Ret Yds	3/133	1/20	2/42	1/69	3/48	2/40	0/0
Int Ret/Yds	1/0	1/35	0/0	1/29	0/0	2/23	1/4
Penalties/Yds	13/90	5/35	14/118	5/55	7/65	4/35	3/20
Fumbles/Lost	2/1	0/0	0/0	0/0	1/1	3/2	1/0
Touchdowns	1	3	2	1	1	3	0
Rush	0	1	0	1	0	0	0
Pass	1	1	2	0	1	3	0
Returns	0	1	0	0	0	0	0
Defense	0	0	0	0	0	0	0
Safeties	0	0	0	0	0	0	0
1 Pt PAT/Att	1/1	3/3	2/2	1/1	1/1	3/3	0/0
2 Pt PAT/Att	0/0	0/0	0/0	0/0	0/0	0/0	0/0
FG/Att	3/4	2/2	0/0	2/2	3/3	1/1	2/3
Time of Poss	33:34	34:39	26:21	29:52	35:46	26:00	27:59
Take/Give Ratio	2/2	2/0	0/0	1/3	2/3	2/2	1/1
Avg Drive Start	Sea 38	Sea 31	Sea 24	Sea 27	Sea 36	Sea 24	Sea 15

2012 OFFENSE

10/28 @Det	11/4 Min	11/11 NYJ	11/25 @Mia	12/2 @Chi	12/9 Ari	12/16 @Buf	12/23 SF	12/30 StL
24	30	28	21	23	58	50	42	20
3	14	7	0	0	10	14	14	0
14	6	7	7	10	28	17	14	3
0	7	0	7	0	13	16	7	10
7	3	14	7	7	7	3	7	7
-	-	-	-	6	-	-	-	-
21	28	20	16	25	22	22	22	17
6	13	7	3	11	13	12	8	8
12	12	11	13	13	7	10	12	8
3	3	2	0	1	2	0	2	1
3/9	4/12	5/13	7/14	8/15	3/11	5/11	11/13	5/12
33%	33%	38%	50%	53%	27%	45%	85%	42%
1/1	3/3	1/1	0/0	1/1	0/1	1/1	0/0	0/0
100%	100%	100%	-	100%	0%	100%	-	-
369	385	363	312	459	493	466	346	362
54	71	67	56	71	65	57	62	55
6.8	5.4	5.4	5.6	6.5	7.6	8.2	5.6	6.6
133	195	174	96	176	284	270	176	153
19	45	43	27	32	42	32	39	30
7.0	4.3	4.0	3.6	5.5	6.8	8.4	4.5	5.1
236	190	189	216	283	209	196	170	209
0/0	1/8	4/22	2/8	2/10	1/7	2/9	1/1	6/41
236	198	211	224	293	216	205	171	250
35/25	25/17	20/13	27/21	37/23	22/12	23/14	22/15	19/15
1	0	0	0	0	1	0	1	0
6.7	7.3	7.9	7.4	7.3	9.1	7.8	7.4	8.4
3/48.3	4/48.8	6/42.5	7/40.0	5/39.6	3/42.0	2/39.5	1/41.0	5/36.6
0	0	0	0	0	0	0	0	0
3/29	2/21	3/40	2/30	2/1	5/39	3/20	2/17	2/22
4/68	1/19	1/17	2/122	0/0	1/18	3/66	2/63	3/62
1/0	1/0	1/0	1/10	0/0	4/64	2/81	1/0	1/9
2/10	4/49	7/45	10/59	8/55	10/97	4/32	4/45	10/80
1/1	1/0	3/2	0/0	2/1	0/0	0/0	0/0	2/0
3	4	4	3	3	7	6	6	2
1	1	1	0	1	4	4	1	1
2	3	3	2	2	1	1	4	1
0	0	0	1	0	0	0	0	0
0	0	0	0	0	2	1	1	0
0	0	0	0	0	0	0	0	0
3/3	3/4	4/4	3/3	2/2	7/7	5/6	6/6	2/2
0/0	0/0	0/0	0/0	0/0	0/0	0/0	0/0	0/0
1/2	1/1	0/0	0/0	1/1	3/3	3/3	0/0	2/2
25:17	36:00	36:11	31:59	34:35	34:27	28:57	35:09	32:49
1/2	2/0	3/2	1/0	0/1	8/1	3/0	2/1	1/0
Sea 23	Sea 32	Sea 30	Sea 27	Sea 20	Sea 42	Sea 42	Sea 28	Sea 26



2012 DEFENSE

	9/9 @Ari	9/16 Dal	9/24 GB	9/30 @StL	10/7 @Car	10/14 NE	10/18 @SF
Points	20	7	12	19	12	23	13
1 Qtr	3	0	0	3	0	7	3
2 Qtr	7	7	0	10	3	10	0
3 Qtr	3	0	6	3	7	3	7
4 Qtr	7	0	6	3	2	3	3
OT	-	-	-	-	-	-	-
First Downs	18	17	22	15	13	26	18
Rush	2	4	6	2	4	5	8
Pass	13	13	11	13	7	20	9
Penalty	3	0	5	0	2	1	1
3rd Down Eff	3/10	7/13	7/15	5/13	2/11	8/18	3/11
Percent	30%	54%	47%	38%	18%	44%	27%
4th Down Eff	0/0	0/0	0/0	1/1	0/1	0/1	0/0
Percent	-	-	-	100%	0%	0%	-
Total Net Yds	253	296	268	286	190	475	313
Plays	57	57	68	60	52	85	57
Avg	4.4	5.2	3.9	4.8	3.7	5.6	5.5
Net Yds Rush	43	49	84	75	82	87	175
Plays	20	16	21	27	19	26	32
Avg	2.2	3.1	4.0	2.8	4.3	3.3	5.5
Net Yds Pass	210	247	184	211	108	388	138
Sack/loss	1/5	1/4	8/39	2/12	4/33	1/7	2/2
Gross Yds	215	251	223	223	141	395	140
Att/Comp	36/20	40/23	39/26	31/17	29/12	58/36	23/14
Int	1	1	0	1	0	2	1
Avg	5.7	6.0	3.9	6.4	3.3	6.6	5.5
Punts/Avg	5/57.6	6/38.2	6/44.5	4/39.0	7/45.4	3/44.3	5/45.6
Blocked	0	1	0	0	0	0	0
Punt Ret/Yds	4/37	2/2	3/12	1/18	1/13	4/68	3/70
Kickoff Ret Yds	1/22	5/109	1/23	1/10	4/81	2/43	2/41
Int Ret/Yds	1/16	0/0	0/0	3/40	2/30	0/0	1/1
Penalties/Yds	10/102	5/47	10/127	6/37	3/25	6/80	5/40
Fumbles/Lost	2/1	4/1	2/0	0/0	3/2	0/0	0/0
Touchdowns	2	1	1	1	1	2	1
Rush	1	0	1	0	0	0	0
Pass	1	1	0	1	0	2	1
Returns	0	0	0	0	0	0	0
Defense	0	0	0	0	1	0	0
Safeties	0	0	0	0	1	0	0
1 Pt PAT/Att	2/2	1/1	0/0	1/1	1/1	2/2	1/1
2 Pt PAT/Att	0/0	0/0	0/1	0/0	0/0	0/0	0/0
FG/Att	2/2	0/0	2/2	4/4	1/1	3/3	2/2
Time of Poss	26:26	25:21	33:39	30:08	24:14	34:00	32:01
Take/Give Ratio	2/2	0/2	0/0	3/1	3/2	2/2	1/1
Avg Drive Start	Ari 28	Dal 19	GB 18	StL 32	Car 23	NE 33	SF 34

2012 DEFENSE

10/28 @Det	11/4 Min	11/11 NYJ	11/25 @Mia	12/2 @Chi	12/9 Ari	12/16 @Buf	12/23 SF	12/30 StL
28	20	7	24	17	0	17	13	13
7	7	7	0	7	0	7	0	0
7	10	0	7	0	0	10	6	7
0	3	0	0	7	0	0	0	3
14	0	0	17	3	0	0	7	3
-	-	-	-	0	-	-	-	-
26	16	11	23	22	10	21	17	20
3	10	4	9	7	2	7	3	4
23	4	5	12	11	6	14	12	13
0	2	2	2	4	2	0	2	3
12/16	3/10	2/11	4/9	6/12	4/14	5/13	3/11	2/11
75%	30%	18%	44%	50%	29%	38%	27%	18%
0/0	0/0	0/1	0/0	0/1	0/1	0/1	1/1	1/2
-	-	0%	-	0%	0%	0%	100%	50%
415	287	185	435	358	154	333	313	331
73	53	50	55	59	58	67	56	61
5.7	5.4	3.7	7.9	6.1	2.7	5.0	5.6	5.4
84	243	84	189	132	43	118	82	79
22	27	22	28	32	16	21	19	19
3.8	9.0	3.8	6.8	4.1	2.7	5.6	4.3	4.2
331	44	101	246	226	111	215	231	252
2/21	4/19	3/31	1/7	1/7	3/22	3/32	1/13	0/0
352	63	132	253	233	133	247	244	252
49/34	22/11	25/12	26/18	26/17	39/19	43/24	36/19	42/25
1	1	1	1	0	4	2	1	1
6.5	1.7	3.6	9.1	8.4	2.6	4.7	6.2	6.0
4/44.0	3/48.3	7/45.9	5/45.0	5/41.4	6/46.7	4/48.5	3/51.7	5/48.6
0	0	0	0	0	0	0	0	0
1/6	3/1	2/6	0/0	1/0	2/11	0/0	0/0	2/8
1/21	3/79	3/81	0/0	4/71	9/200	5/139	7/176	2/51
1/26	0/0	0/0	0/0	0/0	1/0	0/0	1/2	0/0
5/61	6/33	6/35	2/15	5/45	9/79	4/20	6/58	14/98
0/0	1/1	2/2	0/0	3/0	5/4	1/1	2/1	1/0
4	2	1	3	2	0	2	1	1
1	2	0	2	0	0	1	0	0
3	0	0	1	2	0	1	1	1
0	0	0	0	0	0	0	0	0
0	0	1	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0
4/4	2/2	1/1	3/3	2/2	0/0	2/2	1/1	1/1
0/0	0/0	0/0	0/0	0/0	0/0	0/0	0/0	0/0
0/0	2/2	0/0	1/1	1/1	0/0	1/1	2/3	2/3
34:43	24:00	23:49	28:01	32:52	25:33	31:03	24:51	27:11
2/1	0/2	2/3	0/1	1/0	1/8	0/3	1/2	0/1
Det 20	Min 20	NYJ 26	Mia 17	Chi 20	Ari 24	Buf 23	SF 30	StL 22



2012 STARTERS

OFFENSE

DATE	GAME	WR	LT	LG	C	RG	RT	TE	WR	QB	RB	FB	K
9/9	at Arizona	Rice	Okung	McQuistan	Unger	Sweezy	Giacomini	Miller	Edwards	Wilson	Lynch	Robinson	Hauschka
9/16	Dallas	Rice	Omiyale	McQuistan	Unger	Moffitt	Giacomini	Miller	Tate	Wilson	Lynch	Robinson	Hauschka
9/24	Green Bay	Rice	Okung	McQuistan	Unger	Moffitt	Giacomini	Miller	Tate	Wilson	Lynch	Robinson	Hauschka
9/30	at St. Louis	Rice	Okung	Carpenter	Unger	McQuistan	Giacomini	Miller	Tate	Wilson	Lynch	Moore (TE)	Hauschka
10/7	at Carolina	Rice	Okung	Carpenter	Unger	McQuistan	Giacomini	Miller	Tate	Wilson	Lynch	McCoy (TE)	Hauschka
10/14	New England	Rice	Okung	Carpenter	Unger	McQuistan	Giacomini	Miller	Tate	Wilson	Lynch	Robinson	Hauschka
10/18	at San Francisco	Rice	Okung	Carpenter	Unger	McQuistan	Giacomini	Miller	Tate	Wilson	Lynch	McCoy (TE)	Hauschka
10/24	at Detroit	Rice	Okung	Carpenter	Unger	McQuistan	Giacomini	Miller	Tate	Wilson	Lynch	McCoy (TE)	Hauschka
11/4	Minnesota	Rice	Okung	Moffitt	Unger	McQuistan	Giacomini	Tate(WR)	Baldwin	Wilson	Lynch	Kearse (WR)	Hauschka
11/11	N.Y. Jets	Rice	Okung	Moffitt	Unger	McQuistan	Giacomini	Miller	Tate	Wilson	Lynch	McCoy (TE)	Hauschka
11/25	at Miami	Rice	Okung	Carpenter	Unger	McQuistan	Giacomini	Miller	Tate	Wilson	Lynch	Baldwin (WR)	Hauschka
12/2	at Chicago	Rice	Okung	Carpenter	Unger	McQuistan	Giacomini	Miller	Tate	Wilson	Lynch	Robinson	Hauschka
12/9	Arizona	Rice	Okung	McQuistan	Unger	Moffitt	Giacomini	Miller	Tate	Wilson	Lynch	McCoy (TE)	Hauschka
12/16	at Buffalo	Rice	Okung	McQuistan	Unger	Moffitt	Giacomini	Miller	Tate	Wilson	Lynch	Robinson	Hauschka
12/23	San Francisco	Rice	Okung	McQuistan	Unger	Sweezy	Giacomini	Miller	Tate	Wilson	Lynch	Baldwin (WR)	Hauschka
12/30	St. Louis	Rice	Okung	McQuistan	Unger	Sweezy	Giacomini	Miller	Tate	Wilson	Lynch	Baldwin (WR)	Hauschka

DEFENSE

DATE	GAME	LDE	LDT	RDT	RDE	MLB	OLB	LCB	RCB	SS	FS	P
9/9	at Arizona	Bryant	Branch	Mebane	Clemons	Hill	Wagner	Sherman	Browner	Chancellor	Thomas	Ryan
9/16	Dallas	Bryant	Branch	Mebane	Clemons	Hill	Wagner	Sherman	Browner	Chancellor	Thomas	Ryan
9/24	Green Bay	Bryant	Branch	Mebane	Clemons	Hill	Trufant (CB)	Sherman	Browner	Chancellor	Thomas	Ryan
9/30	at St. Louis	Bryant	Branch	Mebane	Clemons	Hill	Wagner	Sherman	Browner	Chancellor	Thomas	Ryan
10/7	at Carolina	Bryant	Branch	Mebane	Clemons	Hill	Wagner	Sherman	Browner	Chancellor	Thomas	Ryan
10/14	New England	Bryant	Branch	Mebane	Clemons	Hill	Wagner	Sherman	Browner	Chancellor	Thomas	Ryan
10/18	at San Francisco	Bryant	Branch	Mebane	Clemons	Hill	Wagner	Sherman	Browner	Chancellor	Thomas	Ryan
10/28	at Detroit	Bryant	Branch	Mebane	Clemons	Hill	Wagner	Sherman	Browner	Chancellor	Thomas	Ryan
11/4	Minnesota	Bryant	Branch	Mebane	Clemons	Hill	Wagner	Sherman	Browner	Chancellor	Thomas	Ryan
11/11	N.Y. Jets	Bryant	Branch	Mebane	Clemons	Hill	Wagner	Sherman	Browner	Chancellor	Thomas	Ryan
11/25	at Miami	Bryant	Branch	Mebane	Clemons	Hill	Wagner	Sherman	Browner	Chancellor	Thomas	Ryan
12/2	at Chicago	Bryant	Branch	Mebane	Clemons	Hill	Wagner	Sherman	Browner	Chancellor	Thomas	Ryan
12/9	Arizona	Bryant	Branch	Mebane	Clemons	Hill	Wagner	Sherman	Browner	Chancellor	Thomas	Ryan
12/16	at Buffalo	Bryant	Branch	Mebane	Clemons	Hill	Wagner	Sherman	Thurmond	Chancellor	Thomas	Ryan
12/23	San Francisco	Bryant	Branch	Mebane	Clemons	Hill	Wagner	Sherman	Lane	Chancellor	Thomas	Ryan
12/30	St. Louis	Bryant	Branch	Mebane	Clemons	Hill	Wagner	Sherman	Lane	Chancellor	Thomas	Ryan

2012 3RD DOWN EFFICIENCY

Date	Team	Yards to Go										Total	Pct.
		1	2	3	4	5	6	7	8	9	10+		
9/9	Seahawks at Arizona	1/1	1/1	0/1	0/2	1/3	0/2	0/0	0/0	1/1	1/5	5/16	31%
		1/2	0/0	1/2	0/0	0/0	0/1	0/2	0/0	1/1	0/2	3/10	30%
9/16	Seahawks Dallas	2/2	0/1	2/3	1/1	0/1	0/1	0/1	0/0	0/1	0/3	5/14	36%
		1/1	0/1	0/1	0/0	0/1	2/2	0/0	1/2	1/1	2/4	7/13	54%
9/24	Seahawks Green Bay	0/1	0/0	0/0	1/2	0/2	1/2	0/2	0/0	0/0	0/2	2/11	18%
		1/2	0/0	0/1	1/1	2/3	1/2	0/0	0/0	0/0	2/6	7/15	47%
9/30	Seahawks at St. Louis	2/3	0/2	0/1	0/1	0/0	0/0	0/0	0/1	0/1	0/0	2/9	22%
		0/1	0/2	0/0	0/1	0/0	0/1	0/0	0/0	0/0	5/8	5/13	38%
10/7	Seahawks at Carolina	1/1	0/0	0/0	1/2	2/2	0/2	2/2	1/1	0/1	0/3	7/14	50%
		0/0	0/0	0/0	0/0	1/1	0/2	0/2	0/2	0/0	1/4	2/11	18%
10/14	Seahawks New England	2/3	0/0	0/2	1/2	0/1	0/0	0/0	0/0	1/1	0/3	4/12	33%
		2/3	0/1	0/1	1/1	0/0	2/2	1/4	0/1	0/0	2/5	8/18	44%
10/18	Seahawks at San Francisco	1/1	0/1	1/1	1/3	1/3	0/0	0/0	0/0	0/0	0/4	4/13	31%
		0/0	0/0	1/2	0/0	0/0	0/1	0/2	0/1	1/2	1/3	3/11	27%
10/28	Seahawks at Detroit	0/0	0/1	0/0	1/2	1/2	0/0	0/1	0/0	0/1	1/2	3/9	33%
		3/3	1/1	0/0	1/1	1/1	0/1	1/2	2/2	0/0	3/5	12/16	75%
11/4	Seahawks Minnesota	1/3	0/1	0/0	1/1	1/1	0/0	0/1	0/1	1/1	0/3	4/12	33%
		0/0	1/1	0/0	0/0	0/2	0/1	1/3	0/0	1/1	0/2	3/10	30%
11/11	Seahawks N.Y. Jets	0/1	2/4	0/1	0/1	1/2	0/1	1/1	1/1	0/0	0/1	5/13	38%
		1/3	0/1	0/0	0/0	0/0	0/2	0/1	0/2	1/1	0/1	2/11	18%
11/25	Seahawks at Miami	2/2	0/0	2/2	1/3	1/1	0/0	0/1	0/1	0/0	1/4	7/14	50%
		1/1	0/0	1/2	0/1	0/0	0/0	1/2	1/1	0/0	0/2	4/9	44%
12/2	Seahawks at Chicago	1/1	1/2	0/0	2/3	1/1	1/1	0/1	1/1	0/1	1/4	8/15	53%
		1/1	0/1	0/2	1/1	0/0	1/2	1/1	0/0	0/0	2/4	6/12	50%
12/9	Seahawks Arizona	0/1	0/1	0/1	1/1	0/1	0/2	0/0	0/0	0/0	2/4	3/11	27%
		0/0	1/2	0/0	0/0	0/0	0/3	0/1	0/0	1/3	2/5	4/14	29%
12/16	Seahawks at Buffalo	1/1	0/0	0/0	1/2	0/1	0/0	2/2	0/0	0/1	1/4	5/11	45%
		1/1	0/0	0/0	0/2	2/3	0/0	1/1	0/0	0/0	1/6	5/13	38%
12/23	Seahawks San Francisco	3/3	1/1	0/0	1/1	2/2	3/3	0/0	1/1	0/1	0/1	11/13	85%
		1/1	0/0	1/4	0/1	0/0	0/0	0/0	0/0	0/2	1/3	3/11	27%
12/30	Seahawks St. Louis	0/0	2/3	0/1	1/1	1/2	1/1	0/0	0/0	0/0	0/4	5/12	42%
		0/0	0/0	0/0	0/0	1/3	0/1	1/1	0/0	0/1	0/5	2/11	18%
Totals	Seahawks	17/24	7/18	5/13	14/28	12/25	6/15	5/12	4/7	3/10	7/47	80/199	40%
	Opponents	13/19	3/10	4/15	4/9	7/14	6/21	7/22	4/11	6/12	22/65	76/198	38%

2012 DRIVE CHART

Date	Team	Drive Ended By											Pts	Pts/Drv	Eff
		Drives	3/Out	TD	FG	FGA	Pnt	Dwn	TO	Saf	Clk				
9/9	Seattle	12	3	1	3	4	4	1	2	0	0	16	1.3	0.333	
	at Arizona	12	8	2	2	2	5	0	2	0	1	20	1.7	0.333	
9/16	Seattle	9	3	2	2	2	4	1	0	0	0	20	2.2	0.444	
	Dallas	10	4	1	0	0	6	0	1	0	2	7	0.7	0.100	
9/24	Seattle	10	5	2	0	0	6	1	0	0	1	14	1.4	0.200	
	Green Bay	9	2	1	2	2	6	0	0	0	0	12	1.3	0.333	
9/30	Seattle	10	3	1	2	2	4	0	3	0	0	13	1.3	0.300	
	at St. Louis	11	5	1	4	4	4	0	1	0	1	19	1.7	0.455	
10/7	Seattle	11	2	1	3	3	3	0	2	1	1	16	1.5	0.364	
	at Carolina	11	7	0	1	1	7	1	2	0	0	3	0.3	0.091	
10/14	Seattle	12	4	3	1	1	4	1	2	0	1	24	2.0	0.333	
	New England	12	2	2	3	3	3	1	2	0	1	23	1.9	0.417	
10/18	Seattle	10	3	0	2	3	4	1	1	0	1	6	0.6	0.200	
	at San Francisco	10	5	1	2	2	5	0	1	0	1	13	1.3	0.300	
10/28	Seattle	10	3	3	1	2	3	0	2	0	0	24	2.4	0.400	
	at Detroit	9	2	4	0	0	4	0	1	0	0	28	3.1	0.444	
11/4	Seattle	10	1	4	1	1	4	0	0	0	1	30	3.0	0.500	
	Minnesota	10	2	2	2	2	3	0	2	0	1	20	2.0	0.400	
11/11	Seattle	13	5	4	0	0	6	0	2	0	1	28	2.2	0.308	
	N.Y. Jets	11	6	0	0	0	7	1	2	0	1	0	0.0	0.000	
11/25	Seattle	9	4	3	0	0	6	0	0	0	0	14	1.6	0.333	
	at Miami	11	2	3	1	1	5	0	1	0	1	24	2.2	0.364	
12/2	Seattle	10	1	3	1	1	5	0	1	0	0	23	2.3	0.400	
	at Chicago	9	2	2	1	1	5	1	0	0	0	17	1.9	0.333	
12/9	Seattle	14	2	5	3	3	3	1	1	0	1	41	2.9	0.571	
	Arizona	13	6	0	0	0	6	1	6	0	0	0	0.0	0.000	
12/16	Seattle	10	2	5	3	3	2	0	0	0	0	43	4.3	0.800	
	at Buffalo	12	4	2	1	1	4	1	3	0	1	17	1.4	0.250	
12/23	Seattle	9	3	5	0	0	1	0	1	0	2	35	3.9	0.556	
	San Francisco	9	3	1	2	3	3	0	2	0	0	13	1.4	0.333	
12/30	Seattle	11	2	2	2	2	5	0	0	0	2	20	1.8	0.364	
	St. Louis	10	3	1	2	3	5	0	1	0	0	13	1.3	0.300	
Totals Seahawks		170	46	44	24	27	64	6	17	1	11	367	2.2	0.400	
Opponents		169	63	23	23	25	78	6	27	0	10	229	1.4	0.272	

INSIDE THE 20

Date	Team	Trips/Scores	TD	FG/Att	Points	Int	Fum	Downs	Clock
9/9	Seattle	3/4	1	2/2	13	0	0	1	0
	at Arizona	4/4	2	2/2	20	0	0	0	0
9/16	Seattle	3/3	1	2/2	13	0	0	0	0
	Dallas	0/0	0	0/0	0	0	0	0	0
9/24	Seattle	0/1	0	0/0	0	0	0	1	0
	Green Bay	2/2	1	1/1	9	0	0	0	0
9/30	Seattle	3/3	1	2/2	13	0	0	0	0
	at St. Louis	2/2	1	1/1	10	0	0	0	0
10/7	Seattle	3/3	1	2/2	13	0	0	0	0
	at Carolina	1/2	0	1/1	3	0	0	1	0
10/14	Seattle	3/3	2	1/1	17	0	0	0	0
	New England	4/6	1	3/3	16	1	0	0	1
10/18	Seattle	1/1	0	1/1	3	0	0	0	0
	at San Francisco	3/4	1	2/2	13	1	0	0	0
10/28	Seattle	3/3	2	1/1	17	0	0	0	0
	at Detroit	3/3	3	0/0	21	0	0	0	0
11/4	Seattle	5/6	4	1/1	30	0	0	0	1
	Minnesota	3/3	2	1/1	17	0	0	0	0
11/11	Seattle	2/2	2	0/0	14	0	0	0	0
	N.Y. Jets	0/1	0	0/0	0	1	0	0	0
11/25	Seattle	2/2	2	0/0	14	0	0	0	0
	at Miami	1/1	1	0/0	7	0	0	0	0
12/2	Seattle	4/4	3	1/1	23	0	0	0	0
	at Chicago	2/3	2	0/0	14	0	0	1	0
12/9	Seattle	5/5	2	3/3	23	0	0	0	0
	Arizona	0/0	0	0/0	0	0	0	0	0
12/16	Seattle	7/7	4	3/3	36	0	0	0	0
	at Buffalo	1/1	1	0/0	7	0	0	0	0
12/23	Seattle	4/4	4	0/0	28	0	0	0	0
	San Francisco	2/4	1	1/2	10	1	0	0	0
12/30	Seattle	3/3	2	1/1	17	0	0	0	0
	St. Louis	2/2	1	1/1	10	0	0	0	0
Totals	Seahawks	51/54	31	20/20	274	0	0	2	1
	Opponents	30/38	17	13/14	157	4	0	2	1



2012 SUPERLATIVES

OVERALL	11 - 5	WHEN SCORING...	
Home	8 - 0	First	9 - 4
Road	3 - 5	Less than 20 points	2 - 3
		20 or more points	9 - 2
BY MONTH			
September	2 - 2	When leading at halftime	9 - 2
October	2 - 2	When trailing at halftime	2 - 2
November	2 - 1	When leading after three quarters	9 - 2
December	5 - 0	When trailing after three quarters	2 - 2
January	0 - 0	When tied after three quarters	0 - 1
TURF		When outrushing opponents	9 - 3
Artificial	9 - 2	When plus in time of possession	9 - 2
Natural Grass	2 - 3	When minus in time of possession	2 - 3
INDOORS	1 - 3	When equal in time of possession	0 - 0
VS. CONFERENCE		When plus in takeaway/giveaway	7 - 1
vs. AFC	3 - 1	When minus in takeaway/giveaway	2 - 2
North	0 - 0	When equal in takeaway/giveaway	2 - 2
West	0 - 0		
East	3 - 1	With a 100-yard rusher	7 - 3
South	0 - 0	With a 100-yard receiver	2 - 0
vs. NFC	8 - 4	With a 300-yard passer	0 - 0
North	3 - 1		
West	3 - 3	Versus an opponent 100-yard rusher	2 - 1
East	1 - 0	Versus an opponent 100-yard receiver	3 - 2
South	1 - 0	Versus an opponent 300-yard passer	1 - 1

2012 WEEKLY RANKINGS

NFL							NFC						
Week	Offense			Defense			Week	Offense			Defense		
	Total	Rush	Pass	Total	Rush	Pass		Total	Rush	Pass	Total	Rush	Pass
1	29	13	30	3	5	11	1	14	7	15	3	3	7
2	28	7	32	6	2	14	2	14	3	16	3	1	8
3	29	6	32	4	2	10	3	14	2	16	3	2	8
4	29	6	32	2	2	9T	4	14	3	16	1	1	6T
5	27	7	31	1	2	3	5	13	3	16	1	2	3
6	29	7	31	4	2	13	6	15	3	16	4	2	7
7	30	8	31	5	6	8	7	15	4	16	3	3	5
8	30	8	31	5	5	13	8	15	4	16	3	2	7
9	29	7	31	4	11	7	9	15	4	16	2	6	4
10	27	7	32	4	12	4	10	14	4	16	2	6	2
11	26	6	32	3	12	3	11	14	4	16	2	6	2
12	27	8	31	5	12	3	12	14	4	15	3	6	2
13	24	7	30	4	12	5	13	13	4	14	2	5	3
14	21	4	29	3	10	4	14	12	4	15	2	4	2
15	16	3	27	3	10	3	15	11	3	13	2	4	1
16	16	2	27	4	11	5	16	11	2	13	2	5	3
17	17	3	27	4	10	6	17	12	3	13	2	5	3

Italics – bye week

2012 STANDINGS

NFC

	W	L	T	Pct.	Pts.	Opp.
EAST DIVISION						
Washington*	10	6	0	.625	436	388
N.Y. Giants	9	7	0	.563	429	344
Dallas	8	8	0	.500	376	400
Philadelphia	4	12	0	.250	280	444
NORTH DIVISION	W	L	T	Pct.	Pts.	Opp.
Green Bay*	11	5	0	.688	433	336
Minnesota*	10	6	0	.625	379	348
Chicago	10	6	0	.625	375	277
Detroit	4	12	0	.250	372	437
SOUTH DIVISION	W	L	T	Pct.	Pts.	Opp.
Atlanta*	13	3	0	.813	419	299
New Orleans	7	9	0	.438	461	454
Carolina	7	9	0	.438	357	363
Tampa Bay	7	9	0	.438	389	394
WEST DIVISION	W	L	T	Pct.	Pts.	Opp.
San Francisco*	11	4	1	.719	397	273
Seattle*	11	5	0	.688	412	245
St. Louis	7	8	1	.469	299	348
Arizona	5	11	0	.313	250	357

AFC

	W	L	T	Pct.	Pts.	Opp.
EAST DIVISION						
New England*	12	4	0	.750	557	331
Miami	7	9	0	.438	288	317
N.Y. Jets	6	10	0	.375	281	375
Buffalo	6	10	0	.375	344	435
NORTH DIVISION	W	L	T	Pct.	Pts.	Opp.
Baltimore*	10	6	0	.625	398	344
Cincinnati*	10	6	0	.625	391	320
Pittsburgh	8	8	0	.500	336	314
Cleveland	5	11	0	.313	302	368
SOUTH DIVISION	W	L	T	Pct.	Pts.	Opp.
Houston*	12	4	0	.750	416	331
Indianapolis*	11	5	0	.688	357	387
Tennessee	6	10	0	.375	330	471
Jacksonville	2	14	0	.125	255	444
WEST DIVISION	W	L	T	Pct.	Pts.	Opp.
Denver*	13	3	0	.813	481	289
San Diego	7	9	0	.438	350	350
Oakland	4	12	0	.250	290	443
Kansas City	2	14	0	.125	211	425

* Playoff teams

AFC Wild Card

HOUSTON 19, Cincinnati 13
BALTIMORE 24, Indianapolis 9

AFC Divisional

Baltimore 38, DENVER 35
NEW ENGLAND 41, Houston 28

AFC Championship

Baltimore 28, NEW ENGLAND 13

NFC Wild Card

GREEN BAY 24, Minnesota 10
Seattle 24, WASHINGTON 14

NFC Divisional

SAN FRANCISCO 45, Green Bay 31
ATLANTA 30, Seattle 28

NFC Championship

San Francisco 28, ATLANTA 24

Super Bowl XLVII

Baltimore 34, San Francisco 31





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1976 REVIEW (2-12)

Date	W/L	Score	Opponents	Att	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts	
09/12	L	30-24	St. Louis	58,441	Leypoldt	0	0	0	0	19-22	8-12	0	43	
09/19	L	31-7	at Washington	53,174	Smith	5	4	1	0	0	0	0	30	
09/26	L	37-21	San Francisco	59,108	Largent	4	0	4	0	0	0	0	24	
10/03	L	28-13	Dallas	62,027	McCullum	4	0	4	0	0	0	0	24	
10/10	L	28-20	at Green Bay (Mil)	54,983	McKinnis	4	4	0	0	0	0	0	24	
10/17	W	13-10	at Tampa Bay	43,812	Zorn	4	4	0	0	0	0	0	24	
10/24	L	41-14	Detroit	61,280	SEA	29	14	13	2	26-29	9-16	1	229	
10/31	L	41-6	at L.A. Rams	52,035	OPP	53	20	27	6	51-53	20-30	0	429	
11/07	W	31-13	Atlanta	57,985										
11/14	L	27-21	at Minnesota	45,087	Rushing					Att	Yds	Avg	LG	TD
11/21	L	51-27	New Orleans	61,865	Smith	119	537	4.5	53	4				
11/28	L	28-16	at N.Y. Giants	65,111	Zorn	52	246	4.7	19	4				
12/05	L	34-7	Chicago	60,510	Testerman	67	246	3.8	16	1				
12/12	L	27-10	at Philadelphia	37,949	Nelson	52	173	3.3	25	1				

Team Statistics

	Sea	Opp		No	Yds	Avg	LG	TD
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

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
Leyboldt	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)

Leyboldt: () () (—) (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 (QB/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 Leyboldt	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.	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
09/18	L	29-14	Baltimore	58,991	Largent	10	0	10	0	0	0	0	60
09/25	L	42-20	at Cincinnati	45,579	Leypoldt	0	0	0	0	33-37	9-18	0	60
10/02	L	24-13	Denver	53,108	Sims	8	5	3	0	0	0	0	48
10/09	L	31-0	at New England	45,929	Smith	6	4	2	0	0	0	0	36
10/16	W	30-23	Tampa Bay	54,783	Testerman	5	1	4	0	0	0	0	30
10/23	L	31-13	at Miami	29,855	SEA	37	12	23	2	33-37	9-18	0	282
10/30	W	56-17	Buffalo	61,180	OPP	43	21	19	3	42-43	23-31	2	373
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		No	Yds	Avg	LG	TD
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

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

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
Ferguson	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
Ferguson	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

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+
Leyboldt	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

Leyboldt: (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

EASTERN	AFC					
	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	AFC					
	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	AFC					
	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

OFFENSE

Pos.		Starts
WR	Duke Ferguson	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 Leyboldt	14
P	Herman Weaver	13
	Rick Engles	1

*Rookie or first-year player

NFC

EASTERN	NFC					
	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	NFC					
	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	NFC					
	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	By Quarters	1	2	3	4	OT	Tot
09/03	L	24-20	San Diego	55,778	SEA	85	115	50	95	0	345
09/10	L	21-10	at Pittsburgh	48,277	OPP	68	114	79	94	3	358
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

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	1345
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	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
09/02	L	33-16	San Diego	62,287	Herrera	0	0	0	0	43-46	19-23	0	100
09/09	L	19-10	at Miami	56,233	Smith	15	11	4	0	0	0	0	90
09/16	W	27-10	Oakland	61,602	Doornink	9	8	1	0	0	0	0	54
09/23	L	37-34	at Denver	74,879	Largent	9	0	9	0	0	0	0	54
09/30	L	24-6	Kansas City	61,169	McCullum	4	0	4	0	0	0	0	24
10/07	W	35-24	at San Francisco	44,592	SEA	46	24	20	2	43-46	19-23	1	378
10/14	L	20-10	at San Diego	50,077	OPP	46	23	21	2	42-46	18-29	0	372
10/21	W	34-14	Houston	60,705									
10/29	W	31-28	at Atlanta	52,566	Rushing								
11/04	L	24-0	L.A. Rams	62,048	Att	194	775	4.0	31	11			
11/11	W	29-24	at Cleveland	72,440	Yds	152	500	3.3	26	8			
11/18	W	38-24	New Orleans	60,055	Avg	46	279	6.1	41	2			
11/26	W	30-7	N.Y. Jets	59,977	LG	34	174	5.1	67	1			
12/02	L	37-21	at Kansas City	42,160	TD	44	168	3.8	18	2			
12/08	W	28-23	Denver	60,038									
12/16	W	29-24	at Oakland	53,177									

Team Statistics

	Sea	Opp	Receiving	No	Yds	Avg	LG	TD			
TOTAL FIRST DOWNS	315	350	Largent	66	1237	18.7	55	9			
Rushing	121	146	Doornink	54	432	8.0	41	1			
Passing	171	171	Smith	48	499	10.4	35	4			
Penalty	23	33	McCullum	46	739	16.1	65	4			
3rd Down: Made/Att.	104/243	88/224	Peets	25	293	11.7	28	1			
3rd Down Pct.	42.8	39.3	Raible	20	252	12.6	41	1			
4th Down: Made/Att.	14/23	13/21	Moore	14	128	9.1	24	0			
4th Down Pct.	60.9	61.9	SEA	292	3791	13.0	65	20			
TOTAL NET YARDS	5557	5834	OPP	317	3739	11.8	51	21			
Avg. Per Game	347.3	364.6									
Total Plays	1046	1078	Interceptions	No	Yds	Avg	LG	TD			
Avg. Per Play	5.3	5.4	Brown	6	46	9.2	23	0			
NET YARDS RUSHING	1967	2375	Simpson	4	72	18.0	41	0			
Avg. Per Game	122.9	148.4	Harris	2	30	15.0	25	0			
Total Rushes	500	533	SEA	17	284	16.7	91	1			
NET YARDS PASSING	3590	3459	OPP	18	185	10.3	34	1			
Avg. Per Game	224.4	216.2									
Sacked/Yards Lost	23/201	37/280	Punting	No	Yds	Avg	Net	TB	I20	LG	B
Gross Yards	3791	3739	Weaver	66	2651	40.2	33.4	3	11	60	3
Att./Completions	523/292	508/317	SEA	70	2687	38.4	33.1	4	11	60	3
Completion Pct.	55.8	62.4	OPP	69	2616	37.9	31.5	8	14	64	1
Had Intercepted	18	17									
PUNTS/AVERAGE	70/38.4	69/37.9	Punt Returns	No	FC	Yds	Avg	LG	TD		
NET PUNTING AVG.	33.1	31.5	T. Green	16	3	121	7.6	30	0		
PENALTIES/YARDS	104/903	117/1045	Moore	10	1	90	9.0	29	0		
FUMBLES/BALL LOST	31/18	39/16	SEA	34	6	281	8.3	30	0		
TOUCHDOWNS	46	46	OPP	42	12	289	6.9	27	0		
Rushing	24	23									
Passing	20	21	Kickoff Returns	No	Yds	Avg	LG	TD			
Returns	2	2	T. Green	20	437	21.9	31	0			
TOTAL POINTS	378	372	Moore	31	641	20.7	39	0			
			SEA	70	1444	20.6	39	0			
			OPP	70	1238	17.7	41	0			

By Quarters	1	2	3	4	OT	Tot	Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
SEA	78	114	87	99	--	378	Zorn	505	285	3661	56.4	7.25	20	4.0	18	3.6	65	23/201	77.6
OPP	63	116	84	109	--	372	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

LE	Carl Eller	8
	Dennis Boyd	4
	Ernie Price	4
LT	Robert Hardy*	16
RT	Manu Tuiaosopo*	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

K	Efen 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	By Quarters	1	2	3	4	OT	Tot		
09/07	L 34-13	San Diego	62,042	SEA	25	95	50	121	0	291		
09/14	W 17-16	at Kansas City	42,403	OPP	48	139	77	144	0	408		
09/21	L 37-31	New England	61,035									
09/28	W 14-0	at Washington	53,263	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
10/05	W 26-7	at Houston	46,860	Herrera	0	0	0	33-33	20-31	0	0	93
10/12	L 27-3	Cleveland	61,366	Jodat	6	5	1	0	0	0	0	36
10/19	W 27-17	at N.Y. Jets	52,496	Largent	6	0	6	0	0	0	0	36
10/26	L 33-14	at Oakland	50,185	McCullum	6	0	6	0	0	0	0	36
11/02	L 27-20	Philadelphia	61,047	Doornink	5	3	2	0	0	0	0	30
11/09	L 31-30	Kansas City	58,976	McCutcheon	4	3	1	0	0	0	0	24
11/17	L 19-17	Oakland	60,480	SEA	33	13	18	2	33-33	20-31	0	291
11/23	L 36-20	at Denver	73,274	OPP	47	17	28	2	45-47	25-33	3	408
11/27	L 51-7	at Dallas	57,540									
12/07	L 27-21	N.Y. Giants	51,617	Rushing	Att	Yds	Avg	LG	TD			
12/13	L 21-14	at San Diego	49,980	Jodat	155	632	4.1	26	5			
12/21	L 25-17	Denver	51,853	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			

Team Statistics	Sea	Opp	Interceptions	No	Yds	Avg	LG	TD			
TOTAL FIRST DOWNS	302	301	Brown	6	32	5.3	24	0			
Rushing	114	129	Harris	6	28	4.7	15	0			
Passing	166	147	Simpson	3	15	5.0	10	0			
Penalty	22	25	SEA	23	95	4.1	24	0			
3rd Down: Made/Att.	85/230	110/235	OPP	23	170	7.4	25	2			
3rd Down Pct.	37.0	46.8									
4th Down: Made/Att.	10/15	13/14	Receiving	No	Yds	Avg	LG	TD			
4th Down Pct.	66.7	92.9	Largent	66	1064	16.1	67	6			
TOTAL NET YARDS	4879	5177	McCullum	62	874	14.1	58	5			
Avg. Per Game	304.9	323.6	Sawyer	36	410	11.4	32	0			
Total Plays	1024	1038	Doornink	31	237	7.6	16	2			
Avg. Per Play	4.8	5.0	Jodat	26	190	7.3	14	1			
NET YARDS RUSHING	1783	2067	Moore	25	231	9.2	34	0			
Avg. Per Game	111.4	129.2	SEA	287	3494	12.2	67	18			
Total Rushes	456	550	OPP	267	3280	12.3	68	28			
NET YARDS PASSING	3096	3110									
Avg. Per Game	193.5	194.4	Punting	No	Yds	Avg	Net	TB	I20	LG	B
Sacked/Yards Lost	51/398	26/170	Weaver	67	2798	41.8	31.6	7	14	62	2
Gross Yards	3494	3280	SEA	70	2827	40.4	31.6	7	15	62	2
Att./Completions	517/287	462/267	OPP	66	2652	40.2	34.6	1	20	60	2
Completion Pct.	55.5	57.8									
Had Intercepted	23	23	Punt Returns	No	FC	Yds	Avg	LG	TD		
PUNTS/AVERAGE	70/40.4	66/40.2	Lewis	41	9	349	8.5	75	1		
NET PUNTING AVG.	31.6	34.6	SEA	41	9	349	8.5	75	1		
PENALTIES/YARDS	109/901	103/876	OPP	42	9	476	11.3	36	0		
FUMBLES/BALL LOST	38/15	33/11									
TOUCHDOWNS	33	47									
Rushing	13	17									
Passing	18	28									
Returns	2	2									
TOTAL POINTS	291	408									

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

EASTERN	AFC					
	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	AFC					
	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	AFC					
	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

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	Efen Herrera	16
P	Herman Weaver	16

*Rookie or first-year player

NFC

EASTERN	NFC					
	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	NFC					
	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	NFC					
	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	By Quarters	1	2	3	4	OT	Tot		
09/06	L	27-21	at Cincinnati	41,177	SEA	71	109	85	57	---	322		
09/13	W	13-10	Denver	58,513	OPP	58	140	75	115	---	388		
09/20	L	20-10	at Oakland	45,725									
09/27	L	20-14	Kansas City	59,255	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
10/04	L	24-10	at San Diego	51,463	Largent	10	1	9	0	0	0	0	60
10/11	L	35-17	at Houston	42,671	Herrera	0	0	0	0	23-25	12-17	0	59
10/18	L	32-0	N.Y. Giants	56,134	T. Brown	6	6	0	0	0	0	0	36
10/25	W	19-3	at N.Y. Jets	49,678	Doornink	5	1	4	0	0	0	0	30
11/01	L	34-24	at Green Bay	49,467	SEA	40	14	21	5	37-40	15-24	0	322
11/08	W	24-21	Pittsburgh	59,058	OPP	46	20	25	1	41-46	23-29	1	388
11/16	W	44-23	San Diego	58,628									
11/22	L	40-13	at Kansas City	49,002	Rushing	Att	Yds	Avg	LG	TD			
11/29	L	32-31	Oakland	57,147	T. Brown	141	531	3.8	43	6			
12/06	W	27-23	N.Y. Jets	53,105	Smith	83	253	3.0	21	3			
12/13	L	23-13	at Denver	74,527	Doornink	65	194	3.0	11	1			
12/20	W	42-21	Cleveland	51,435	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			

Team Statistics			Sea	Opp									
TOTAL FIRST DOWNS			295	371									
Rushing			103	175									
Passing			166	173	Receiving	No	Yds	Avg	LG	TD			
Penalty			26	23	Largent	75	1224	16.3	57	9			
3rd Down: Made/Att.			76/204	107/220	McCullum	46	567	12.3	36	3			
3rd Down Pct.			37.3	48.6	Smith	44	406	9.2	28	1			
4th Down: Made/Att.			8/19	4/10	Hughes	35	263	7.5	22	2			
4th Down Pct.			42.1	40.0	Doornink	27	350	13.0	80	4			
Possession Avg.			26:59	33:01	SEA	307	3727	12.1	80	21			
TOTAL NET YARDS			5021	5940	OPP	294	3394	11.5	90	25			
Avg. Per Game			313.8	371.3	Interceptions	No	Yds	Avg	LG	TD			
Total Plays			1001	1126	Harris	10	155	15.5	42	2			
Avg. Per Play			5.0	5.3	Easley	3	155	51.7	82	1			
NET YARDS RUSHING			1594	2806	SEA	21	397	18.9	82	3			
Avg. Per Game			99.6	175.4	OPP	15	257	17.1	46	1			
Total Rushes			440	588	Punting	No	Yds	Avg	Net	TB	I20	LG	B
NET YARDS PASSING			3427	3134	West	66	2578	39.1	36.1	2	16	56	0
Avg. Per Game			214.2	195.9	SEA	68	2665	39.2	36.2	2	16	56	0
Sacked/Yards Lost			37/300	36/260	OPP	55	2337	42.5	35.3	5	14	63	0
Gross Yards			3727	3394	Punt Returns	No	FC	Yds	Avg	LG	TD		
Att./Completions			524/307	502/294	Johns	16	4	177	11.1	34	0		
Completion Pct.			58.6	58.6	Lewis	15	2	100	6.7	23	0		
Had Intercepted			15	21	SEA	32	6	293	9.2	34	0		
PUNTS/AVERAGE			68/39.0	55/42.5	OPP	33	18	153	4.6	16	0		
NET PUNTING AVG.			36.2	35.3	Kickoff Returns	No	Yds	Avg	LG	TD			
PENALTIES/YARDS			106/823	104/944	Lewis	20	378	18.9	36	0			
FUMBLES/BALL LOST			41/23	43/27	Ivory	15	281	18.7	32	0			
TOUCHDOWNS			40	46	SEA	69	1278	18.5	36	0			
Rushing			14	20	OPP	67	1177	17.6	35	0			
Passing			21	25									
Returns			5	1									
TOTAL POINTS			322	388									

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 Tuiaosopo	5
	Mike White	5
RE	Manu Tuiaosopo	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	Efen 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	.665	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	By Quarters	1	2	3	4	OT	Tot		
09/12	L	21-7	Cleveland	55,907	SEA	9	37	28	53	0	127		
09/19	L	23-21	at Houston	43,117	OPP	26	70	23	28	0	147		
09/26			at New England	Cxl									
10/03			Kansas City	Cxl	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
10/10			at San Diego	Cxl	N. Johnson	0	0	0	13-14	10-14	0	43	
10/17			L.A. Raiders	Cxl	Largent	3	0	3	0	0	0	18	
10/24			San Diego	Cxl	T. Brown	2	2	0	0	0	0	12	
10/31			at Kansas City	Cxl	Carr	2	0	2	0	0	0	12	
11/07			Denver	Cxl	Walker	2	0	2	0	0	0	12	
11/14			at St. Louis	Cxl	SEA	14	4	9	1	13-14	10-14	0	127
11/21	W	17-10	at Denver	73,916	OPP	18	12	4	2	17-18	6-15	2	147
11/28	W	16-0	Pittsburgh	55,553	Rushing	Att	Yds	Avg	LG	TD			
12/05	L	28-23	at L.A. Raiders	42,170	Smith	63	202	3.2	19	0			
12/12	W	20-14	Chicago	52,826	Doornink	45	178	4.0	46	0			
12/19	L	16-0	New England	53,457	T. Brown	53	141	2.7	17	2			
12/26	L	24-10	at Cincinnati	55,330	Zorn	15	113	7.5	35	1			
01/02	W	13-11	Denver	43,145	Hughes	30	106	3.5	13	0			

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

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 shortened 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 Tuiaosopo	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	By Quarters	1	2	3	4	OT	Tot
09/04	L 17-13	at Kansas City	42,531	SEA	67	99	102	132	3	403
09/11	W 17-10	at N.Y. Jets	50,066	OPP	69	134	56	138	0	397
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 (AFC Wild Card Game)	60,753							
12/31	W 27-20	at Miami (AFC Divisional Playoff)	71,032							
01/08	L 30-14	at L.A. Raiders (AFC Championship)	88,734							

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

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 the 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 Tuiaosopolo	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	By	Quarters	1	2	3	4	OT	Tot
09/03	W	33-0	Cleveland	59,540	SEA		92	135	100	91	--	418
09/09	W	31-17	San Diego	61,314	OPP		60	86	62	74	--	282
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

12/22	W	13-7	L.A. Raiders (AFC Wild Card Game)	62,049
12/29	L	31-10	at Miami (AFC Divisional Playoff)	73,469

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

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	By Quarters	1	2	3	4	OT	Tot		
09/08	W	28-24	at Cincinnati	51,625	SEA	43	116	90	100	0	349		
09/15	W	49-35	at San Diego	54,420	OPP	47	78	63	112	3	303		
09/23	L	35-24	L.A. Rams	63,292									
09/29	L	28-7	at Kansas City	50,485	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
10/06	W	26-21	San Diego	61,300	Johnson	0	0	0	40-41	14-25	0	82	
10/13	W	30-26	Atlanta	60,430	Turner	13	0	13	0	0	0	78	
10/20	L	13-10	at Denver (OT)	74,899	Warner	9	8	1	0	0	0	54	
10/27	L	17-14	at N.Y. Jets	69,320	Largent	6	0	6	0	1-1	0	37	
11/03	W	33-3	L.A. Raiders	64,060	SEA	44	9	28	7	41-44	14-25	1 349	
11/10	W	27-3	at New Orleans	47,365	OPP	35	12	22	1	31-35	20-28	1 303	
11/17	L	20-13	New England	60,345									
11/25	L	19-6	at San Francisco	57,482	Rushing		Att	Yds	Avg	LG	TD		
12/01	W	24-6	Kansas City	52,655	Warner	291	1094	3.8	38	8			
12/08	W	31-13	Cleveland	58,477	Morris	55	236	4.3	21	0			
12/15	L	13-3	at L.A. Raiders	77,425	Hughes	40	128	3.2	9	0			
12/20	L	27-24	Denver	56,283	Krieg	35	121	3.5	17	1			
					SEA	462	1644	3.6	38	9			
					OPP	473	1837	3.9	43	12			

Team Statistics

	Sea	Opp		No	Yds	Avg	LG	TD
TOTAL FIRST DOWNS	299	290						
Rushing	96	90	Receiving					
Passing	179	179	Largent	79	1287	16.3	43	6
Penalty	24	21	Warner	47	307	6.5	27	1
3rd Down: Made/Att.	96/244	72/218	Turner	34	670	19.7	54	13
3rd Down Pct.	39.3	33.0	C. Young	28	351	12.5	32	2
4th Down: Made/Att.	10/17	9/13	Skansi	21	269	12.8	32	1
4th Down Pct.	58.8	69.2	Walker	19	285	15.0	28	2
POSSESSION AVG.	30:13	29:47	SEA	304	3820	12.6	54	28
TOTAL NET YARDS	5007	5160	OPP	273	3787	13.9	71	22
Avg. Per Game	312.9	322.5						
Total Plays	1090	1030	Interceptions					
Avg. Per Play	4.6	5.0	Harris	7	20	2.9	17	0
NET YARDS RUSHING	1644	1837	Brown	6	58	9.7	28	1
Avg. Per Game	102.8	114.8	Taylor	4	75	18.8	75	1
Total Rushes	462	473	SEA	24	272	11.3	75	3
NET YARDS PASSING	3363	3323	OPP	23	389	16.9	83	1
Avg. Per Game	210.2	207.7						
Sacked/Yards Lost	53/457	61/464	Punting					
Gross Yards	3820	3787	Finzer	68	2766	40.7	34.6	6 12 61 0
Att./Completions	575/304	496/273	Colquitt	12	481	40.1	34.3	2 3 55 0
Completion Pct.	52.9	55.0	West	11	420	38.2	28.3	3 0 52 0
Had Intercepted	23	24	SEA	91	3667	40.3	33.8	11 15 61 0
PUNTS/AVERAGE	91/40.3	97/42.1	OPP	97	4081	42.1	34.6	12 22 62 2
NET PUNTING AVG.	33.8	34.6						
PENALTIES/YARDS	102/827	106/840	Punt Returns					
FUMBLES/BALL LOST	34/18	39/20	Skansi	31	7	312	10.1	32 0
TOUCHDOWNS	44	35	Easley	8	0	87	10.9	25 0
Rushing	9	12	SEA	53	11	483	9.1	32 0
Passing	28	22	OPP	47	14	374	8.0	19 0
Returns	7	1						
TOTAL POINTS	349	303						

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	By Quarters	1	2	3	4	OT	Tot
09/07	W 30-0	Pittsburgh	61,461	SEA	69	96	80	121	0	366
09/14	W 23-17	Kansas City	61,068	OPP	60	103	52	78	0	293
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							

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

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

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 Fred 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	By Quarters	1	2	3	4	OT	Tot		
09/13	L	40-17	at Denver	75,999	SEA	79	132	95	65	0	371		
09/20	W	43-14	Kansas City	61,667	OPP	51	110	75	78	0	314		
09/27			at San Diego	Cxl									
10/04	W	24-20	Miami	19,448									
10/11	L	17-10	Cincinnati	31,739	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
10/18	W	37-14	at Detroit	8,310	N. Johnson	0	0	0	40-40	15-20	0	85	
10/25	W	35-13	at L.A. Raiders	52,735	Warner	10	8	2	0	0	0	0	60
11/01	W	28-17	Minnesota	61,134	Largent	8	0	8	0	0	0	0	48
11/09	L	30-14	at N.Y. Jets	60,452	Turner	6	0	6	0	0	0	0	36
11/15	W	24-13	Green Bay	60,693	SEA	46	13	31	2	44-46	17-22	0	371
11/22	W	34-3	San Diego	62,444	OPP	36	14	20	2	35-36	21-26	0	314
11/30	L	37-14	L.A. Raiders	62,802	Rushing								
12/06	L	13-9	at Pittsburgh	48,881	Warner	234	985	4.2	57	8			
12/13	W	28-21	Denver	61,759	J. Williams	113	500	4.4	48	1			
12/20	W	34-21	at Chicago	62,518	Krieg	36	155	4.3	17	2			
12/27	L	41-20	at Kansas City	20,370	SEA	496	2023	4.1	57	13			
					OPP	472	2201	4.7	91	14			

POSTSEASON

01/03	L	23-20	at Houston (OT)	49,662	Receiving						
			(AFC Wild Card Game)		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	

Team Statistics

	Sea	Opp		No	Yds	Avg	LG	TD			
TOTAL FIRST DOWNS	301	297									
Rushing	120	133									
Passing	154	148									
Penalty	27	16									
3rd Down: Made/Att.	92/189	85/196	Interceptions								
3rd Down Pct.	48.7	43.4	Easley	4	47	11.8	22	0			
4th Down: Made/Att.	4/9	4/10	Robinson	3	75	25.0	44	0			
4th Down Pct.	44.4	40.0	Jenkins	3	46	15.3	34	0			
POSSESSION AVG.	30:35	29:25	SEA	17	289	17.0	53	1			
TOTAL NET YARDS	4735	5159	OPP	21	146	7.0	32	0			
Avg. Per Game	315.7	343.9	Punt Returns								
Total Plays	937	954	Edmonds	20	4	251	12.6	40	0		
Avg. Per Play	5.1	5.4	SEA	32	8	322	10.1	40	0		
NET YARDS RUSHING	2023	2201	OPP	32	12	251	7.8	91	1		
Avg. Per Game	134.9	146.7	Punting								
Total Rushes	937	472	Rodriguez	47	1880	40.0	34.0	5	17	63	0
NET YARDS PASSING	2712	2958	SEA	61	2370	38.9	33.1	5	18	63	0
Avg. Per Game	180.8	197.2	OPP	63	2465	39.1	32.7	4	13	60	1
Sacked/Yards Lost	36/316	37/238	Kickoff Returns								
Gross Yards	3028	3196	Edmonds	27	564	20.9	43	0			
Att./Completions	405/237	445/255	Hollis	10	263	26.3	41	0			
Completion Pct.	58.5	57.3	SEA	64	1236	19.3	43	0			
Had Intercepted	21	17	OPP	67	1379	20.6	92	1			
PUNTS/AVERAGE	61/38.9	63/39.1	Field Goals								
NET PUNTING AVG.	33.1	32.7	N. Johnson	0-0	7-7	4-7	4-5	0-1			
PENALTIES/YARDS	79/668	104/890	Hagler	0-0	2-2	0-0	0-0	0-0			
FUMBLES/BALL LOST	32/16	38/21	SEA	0-0	9-9	4-7	4-5	0-1			
TOUCHDOWNS	46	36	OPP	0-0	7-7	9-9	5-8	0-2			
Rushing	13	14									
Passing	31	20									
Returns	2	2									
TOTAL POINTS	371	314									

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/LBs), 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	By Quarters	1	2	3	4	OT	Tot
09/04	W	21-14	at Denver	75,986	SEA	58	124	83	74	0	339
09/11	W	31-10	Kansas City	61,512	OPP	75	90	72	92	0	329
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 (AFC Divisional Playoff)	58,560							
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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

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/LLBs), 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 (PFV, 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

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

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	By Quarters	1	2	3	4	OT	Tot		
09/10	L	31-7	at Philadelphia	64,287	SEA	72	60	41	68	0	241		
09/17	L	34-24	Phoenix	60,444	OPP	81	80	86	77	3	327		
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	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
10/15	W	17-16	at San Diego	50,079	N. Johnson	0	0	0	27-27	15-25	0	72	
10/22	L	24-21	Denver (OT)	62,353	Williams	7	1	6	0	0	0	42	
10/29	W	10-7	San Diego	59,691	Blades	5	0	5	0	0	0	30	
11/05	L	20-10	at Kansas City	54,489	Skansi	5	0	5	0	0	0	30	
11/12	L	17-7	Cleveland	58,978	Warner	4	3	1	0	0	0	24	
11/19	L	15-3	at N.Y. Giants	75,014	SEA	28	5	21	2	28-28	15-25	0	241
11/26	L	41-14	at Denver	75,117	OPP	37	11	23	3	35-37	22-32	2	327
12/04	W	17-16	Buffalo	57,682	Rushing								
12/10	W	24-17	at Cincinnati	54,744	Warner	194	631	3.3	34	3			
12/17	W	23-17	L.A. Raiders	61,076	Williams	146	499	3.4	21	1			
12/23	L	29-0	Washington	60,294	Krieg	40	160	4.0	18	0			
					SEA	405	1392	3.4	34	5			
					OPP	520	2118	4.1	38	11			

Team Statistics

	Sea	Opp		No	Yds	Avg	LG	TD
TOTAL FIRST DOWNS	290	293	Receiving					
Rushing	86	119	Blades	77	1063	13.8	60	5
Passing	180	158	Williams	76	657	8.6	51	6
Penalty	24	16	Skansi	39	488	12.5	26	5
3rd Down: Made/Att.	85/211	89/213	Largent	28	403	14.4	33	3
3rd Down Pct.	40.3	41.8	Clark	25	260	10.4	28	1
4th Down: Made/Att.	8/17	5/16	Warner	23	153	6.7	24	1
4th Down Pct.	47.1	31.3	SEA	316	3583	11.3	60	21
POSSESSION AVG.	29:20	30:40	OPP	252	3332	13.2	69	23
TOTAL NET YARDS	4596	5215	Interceptions					
Avg. Per Game	287.3	325.9	Robinson	5	24	4.8	20	0
Total Plays	1010	997	Harper	2	15	7.5	15	0
Avg. Per Play	4.6	5.2	SEA	9	57	6.3	20	0
NET YARDS RUSHING	1392	2118	OPP	23	248	10.8	30	2
Avg. Per Game	87.0	132.4	Punting					
Total Rushes	405	520	Rodriguez	75	2995	39.9	32.9	8
NET YARDS PASSING	3204	3097	SEA	75	2995	39.9	32.9	8
Avg. Per Game	200.3	193.6	OPP	74	2902	39.2	33.9	7
Sacked/Yards Lost	46/379	32/235	Punt Returns					
Gross Yards	3583	3332	Hollis	18	7	164	9.1	21
Att./Completions	559/316	445/252	Jefferson	12	10	87	7.3	19
Completion Pct.	56.5	56.6	SEA	30	17	251	8.4	21
Had Intercepted	23	9	OPP	41	12	334	8.1	49
PUNTS/AVERAGE	76/39.4	74/39.2	Punt Returns					
NET PUNTING AVG.	32.9	33.9	Hollis	18	7	164	9.1	21
PENALTIES/YARDS	79/738	118/809	Jefferson	12	10	87	7.3	19
FUMBLES/BALL LOST	43/14	26/13	SEA	30	17	251	8.4	21
TOUCHDOWNS	28	37	OPP	41	12	334	8.1	49
Rushing	5	11	Punt Returns					
Passing	21	23	Hollis	18	7	164	9.1	21
Returns	2	3	Jefferson	12	10	87	7.3	19
TOTAL POINTS	241	327	SEA	30	17	251	8.4	21
			OPP	41	12	334	8.1	49

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/LBs), 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	By Quarters	1	2	3	4	OT	Tot
09/09	L	17-0	at Chicago	64,400	SEA	50	94	60	96	6	306
09/16	L	17-13	L.A. Raiders	61,889	OPP	50	112	53	68	3	286
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

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 (QB), Rod Perry (DBs), Russ Purnell (TEs/Asst. Sp. Teams), Frank Raines (Strength & Cond.), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/LBs), 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)

Largest 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 (S), FS Eugene Robinson (S)

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	By Quarters	1	2	3	4	OT	Tot		
09/06	L	21-3	Cincinnati	57,350	SEA	20	53	34	30	3	140		
09/13	L	26-7	at Kansas City	75,125	OPP	63	87	74	85	3	312		
09/20	W	10-6	at New England	42,327									
09/27	L	19-17	Miami	59,374	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
10/04	L	17-6	at San Diego	36,783	Kasay	0	0	0	0	14/14	14/22	0	56
10/11	L	27-0	at Dallas	62,311	Kane	3	0	3	0	0/0	0/0	0	18
10/18	L	19-0	L.A. Raiders	56,904	Warren	3	3	0	0	0/0	0/0	0	18
10/25	L	23-10	at N.Y. Giants	67,399	Williams	3	1	2	0	0/0	0/0	0	18
11/01			BYE		SEA	14	4	9	1	14/14	14/22	0	140
11/08	L	16-3	Washington	53,616	OPP	32	14	11	7	29/32	29/36	2	312
11/15	L	20-3	at L.A. Raiders	46,862									
11/22	L	24-14	Kansas City	49,867	Rushing		Att	Yds	Avg	LG	TD		
11/30	W	16-13	Denver (OT)	51,612	Warren	223	1017	4.6	52	3			
12/06	L	20-14	at Pittsburgh	47,015	Williams	114	339	3.0	14	1			
12/13	L	20-17	Philadelphia (OT)	47,492	Gelbaugh	16	79	4.9	22	0			
12/20	L	10-6	at Denver	72,570	SEA	402	1596	4.0	52	4			
12/27	L	31-14	San Diego	49,324	OPP	513	1922	3.7	66t	14			

Team Statistics	Seattle	Opp	Receiving	No	Yds	Avg	LG	TD			
TOTAL FIRST DOWNS	208	247	Williams	74	556	7.5	27	2			
Rushing	77	96	Kane	27	369	13.7	31	3			
Passing	114	129	J. Jones	21	190	9.0	30	0			
Penalty	17	22	L. Clark	20	290	14.5	33	1			
3rd Down: Made/Att.	59/222	75/230	Blades	19	256	13.5	37	1			
3rd Down Pct.	26.6	32.6	SEA	230	2323	10.1	57	9			
4th Down: Made/Att.	5/17	6/9	OPP	251	2978	11.9	72t	11			
4th Down Pct.	29.4	66.7									
POSSESSION AVG.	29:01	30:59	Interceptions	No	Yds	Avg	LG	TD			
TOTAL NET YARDS	3374	4583	E. Robinson	7	126	18.0	49	0			
Avg. Per Game	210.9	286.4	Harper	3	74	24.7	41	0			
Total Plays	945	987	SEA	20	324	16.2	69	0			
Avg. Per Play	3.6	4.6	OPP	23	231	10.0	40	4			
NET YARDS RUSHING	1596	1922	Punting	No	Yds	Avg	Net	TB	I20	LG	B
Avg. Per Game	99.8	120.1	Tuten	108	4760	44.1	38.7	8	29	65	0
Total Rushes	402	513	SEA	108	4760	44.1	38.7	8	29	65	0
NET YARDS PASSING	1778	2661	OPP	96	4015	41.8	36.8	10	23	65	0
Avg. Per Game	111.1	166.3									
Sacked/Yards Lost	67/545	46/317	Punt Returns	No	FC	Yds	Avg	LG	TD		
Gross Yards	2323	2978	Warren	34	25	252	7.4	16	0		
Att./Completions	476/230	428/251	SEA	38	27	283	7.4	16	0		
Completion Pct.	48.3	58.6	OPP	56	26	416	7.4	86t	1		
Had Intercepted	23	20									
PUNTS/AVERAGE	108/44.1	96/41.8	Kickoff Returns	No	Yds	Avg	LG	TD			
NET PUNTING AVG.	38.7	36.8	Warren	28	524	18.7	34	0			
PENALTIES/YARDS	111/918	100/776	Mayes	19	311	16.4	29	0			
FUMBLES/BALL LOST	37/18	25/11	SEA	50	885	17.7	34	0			
TOUCHDOWNS	14	32	OPP	36	685	19.0	64	0			
Rushing	4	14									
Passing	9	11									
Returns	1	7									
TOTAL POINTS	140	312									

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)

Largest 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	By Quarters	1	2	3	4	OT	Tot
09/05	L	18-12	at San Diego	58,039	SEA	72	64	45	99	0	280
09/12	L	17-13	L.A. Raiders	58,836	OPP	65	104	66	76	3	314
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							

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

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

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	Coe Nash	16
RT	Cortez Kennedy	16
RE	Natu Tuatagaloa	15
RLB	Terry Wooden	16
MLB	Rod Stephens	13
FLB	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	By Quarters	1	2	3	4	OT	Tot
09/04	W	28-7	at Washington	52,930	SEA	53	74	49	111	0	287
09/11	W	38-9	at L.A. Raiders	47,319	OPP	48	98	65	109	3	323
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

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

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

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)

Largest 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 (S)

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	By Quarters	1	2	3	4	OT	Tot
09/03	L	34-10	Kansas City	47,564	SEA	79	77	88	119	0	363
09/10	L	14-10	at San Diego	54,420	OPP	90	128	48	94	6	366
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							

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

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

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 Shelton (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

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	By Quarters	1	2	3	4	OT	Tot
09/01	L	29-7	at San Diego	58,780	SEA	53	117	57	90	--	317
09/08	L	30-20	Denver	43,671	OPP	85	111	64	116	--	376
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							

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Peterson	0	0	0	27/27	28/34	0	111	
Smith	8	8	0	0	0	0	54	
Galloway	8	0	7	1	0	0	48	
Warren	5	5	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

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

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 (QB), 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)

Largest 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	By Quarters	1	2	3	4	OT	Tot
08/31	L	41-3	N.Y. Jets	53,893	SEA	44	126	92	103	0	365
09/07	L	35-14	Denver	55,859	OPP	101	111	93	51	6	362
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							

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.

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

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 (QB), 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	By Quarters	1	2	3	4	OT	Tot
09/06	W	38-0	at Philadelphia	66,418	SEA	107	91	75	99	0	372
09/13	W	33-14	Arizona	57,678	Opp	71	73	61	105	0	310
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							

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	0	72
Watters	9	9	0	0	0	0	0	56
Pritchard	3	0	3	0	0	0	0	20
Springs	3	0	0	3	0	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

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

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

Largest 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	By Quarters	1	2	3	4	OT	Tot
09/12	L	28-20	Detroit	66,238	SEA	86	104	70	78	0	338
09/19	W	14-13	at Chicago	66,944	OPP	53	109	59	71	6	298
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

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

Largest 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	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
09/03	L 23-0	at Miami	72,949	Lindell	0	0	0	0	25/25	15/17	0	70
09/10	L 37-34	St. Louis	64,869	Watters	9	7	2	0	0	0	0	54
09/17	W 20-10	New Orleans	59,513	Jackson	6	0	6	0	0	0	0	36
09/24	W 20-12	at San Diego	47,233	Dawkins	5	0	5	0	0	0	0	30
10/02	L 24-17	at Kansas City	82,893	Heppner, TM	0	0	0	0	8/8	6/9	0	26
10/08	L 26-3	at Carolina	72,192	SEA	37	10	21	6	33/33	21/26	1	320
10/15	L 37-24	Indianapolis	63,593	OPP	46	20	23	3	45/45	28/33	0	405
10/22	L 31-3	at Oakland	57,490	2-Point PATs: SEA 0-4. OPP 0-1.								
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

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	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	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
09/09	W	9-6	at Cleveland	72,318	Alexander	16	14	2	0	0	0	0	96
09/23	L	27-3	Philadelphia	62,826	Lindell	0	0	0	0	33/33	20/32	0	93
09/30	L	38-14	at Oakland	54,629	Jackson	8	0	8	0	0	0	0	48
10/07	W	24-15	Jacksonville	54,524	Mili	2	0	2	0	0	0	0	12
10/14	W	34-21	Denver	61,837	8 w/ one	8	1	3	4	0	0	0	48
10/21			BYE		SEA	34	15	15	4	33/33	20/32	1	301
10/28	L	24-20	Miami	59,108	OPP	34	9	20	5	31/31	29/36	0	324
11/04	L	27-14	at Washington	82,352	2-Point PATs: Fauria 1-1. SEA 1-1. OPP 1-3.								
11/11	W	34-27	Oakland	67,231									
11/18	W	23-20	at Buffalo	60,836	Rushing								
11/25	L	19-7	at Kansas City	77,357	Alexander	309	1318	4.3	88t	14			
12/02	W	13-10	San Diego (OT)	55,466	Watters	72	318	4.4	40	1			
12/09	L	20-7	at Denver	74,524	Hasselbeck	40	141	3.5	17	0			
12/16	W	29-3	Dallas	63,366	Strong	17	55	3.2	12	0			
12/23	L	27-24	at N.Y. Giants	78,119	Graham	12	43	3.6	19	0			
12/30	W	25-22	at San Diego	51,412	SEA	469	1936	4.1	88t	15			
01/06	W	21-18	Kansas City	58,460	OPP	427	1721	4.0	57	9			

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

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 (OBs)

Captains: LB Chad Brown, QB Matt Hasselbeck, LB Levon Kirkland, FS Marcus Robertson, C Robbie Tobeck, RB Ricky Watters

Largert 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	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
09/08	L	31-17	at Oakland	53,260	Alexander	18	16	2	0	0	0	0	108
09/15	L	24-13	Arizona	63,104	Lindell	0	0	0	0	38/38	23/29	0	107
09/22	L	9-6	at N.Y. Giants	78,551	Robinson	5	0	5	0	0	0	0	30
09/29	W	48-23	Minnesota	65,212	Jackson	4	0	4	0	0	0	0	24
10/6			BYE		Stevens	3	0	3	0	0	0	0	18
10/14	L	28-21	San Francisco	66,420	SEA	41	17	19	5	38/38	23/29	0	355
10/20	L	37-20	at St. Louis	65,931	OPP	43	18	21	4	39/39	22/26	0	369
10/27	W	17-14	at Dallas	63,854	2-Point PATs: SEA 1-2. OPP 3-4.								
11/03	L	14-3	Washington	64,325	Rushing								
11/10	W	27-6	at Arizona	29,252	Alexander	295	1175	4.0	58t	16			
11/17	L	31-9	Denver	65,495	Hasselbeck	40	202	5.1	21	1			
11/24	W	39-32	Kansas City	56,250	Morris	32	153	4.8	24	0			
12/01	L	31-24	at San Francisco	67,594	Strong	23	94	4.1	9	0			
12/08	L	27-20	Philadelphia	59,862	Evans	17	53	3.1	8	0			
12/15	W	30-24	at Atlanta (OT)	69,551	Robinson	8	56	7.0	20	0			
12/22	W	30-10	St. Louis	63,953	SEA	430	1740	4.0	58t	17			
12/29	W	31-28	at San Diego (OT)	52,159	OPP	500	2441	4.9	58t	18			

Team Statistics				Sea	Opp									
TOTAL FIRST DOWNS				347	356	Receiving	No	Yds	Avg	LG	TD			
Rushing				104	140	Robinson	78	1240	15.9	83	5			
Passing				208	191	Jackson	62	877	14.1	48	4			
Penalty				35	25	Alexander	59	460	7.8	80t	2			
3rd Down: Made/Att.				93/216	100/215	Engram	50	619	12.4	38	0			
3rd Down Pct.				43.1	46.5	Mili	43	508	11.8	49	2			
4th Down: Made/Att.				6/21	6/13	Stevens	26	252	9.7	29	3			
4th Down Pct.				28.6	46.2	Strong	22	120	5.5	12	2			
POSSESSION AVG.				28:55	31:05	SEA	361	4257	11.8	83	19			
TOTAL NET YARDS				5818	5852	OPP	321	3596	11.2	64t	21			
Avg. Per Game				363.6	365.8	Punting	No	Yds	Avg	Net	TB	I20	LG	B
Total Plays				1050	1083	Feagles	61	2542	41.7	37.0	4	22	58	0
Avg. Per Play				5.5	5.4	SEA	61	2542	41.7	37.0	4	22	58	0
NET YARDS RUSHING				1740	2441	OPP	65	2538	39.0	33.0	7	20	59	0
Avg. Per Game				108.8	152.6	Punt Returns	No	FC	Yds	Avg	LG	TD		
Total Rushes				430	500	Engram	21	23	224	10.7	61t	1		
NET YARDS PASSING				4078	3411	SEA	25	23	256	10.2	61t	1		
Avg. Per Game				254.9	213.2	OPP	17	19	202	11.9	89t	1		
Sacked/Yards Lost				33/179	28/185	Interceptions	No	Yds	Avg	LG	TD			
Gross Yards				4257	3596	Tongue	5	118	23.6	46t	1			
Att./Completions				587/361	555/321	Lucas	3	67	22.3	40	0			
Completion Pct.				61.5	57.8	Springs	3	0	0.0	0	0			
Had Intercepted				16	19	Simmons	2	19	9.5	15	0			
PUNTS/AVERAGE				61/41.7	65/39.0	6 players with	1							
Net Punting Avg.				37.0	33.0	SEA	19	245	12.9	46t	1			
PENALTIES/YARDS				100/792	99/816	OPP	16	119	7.4	22t	1			
FUMBLES/LOST				23/12	22/11	Kickoff Returns	No	Yds	Avg	LG	TD			
TOUCHDOWNS				41	43	Morris	34	821	24.1	97t	1			
Rushing				17	18	J. Williams	21	354	16.9	46	0			
Passing				19	21	SEA	74	1533	20.7	97t	1			
Defensive				3	1	OPP	73	1591	21.8	95t	2			
Returns				2	3	Field Goals	1-19	20-29	30-39	40-49	50+			
FIELD GOALS				23/29	22/26	Lindell	1/1	9/9	8/10	4/5	1/4			
TOTAL POINTS				355	369	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

Largest 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

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

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	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
09/07	W	27-10	New Orleans	52,250	J. Brown	0	0	0	0	48/48	22/30	0	114
09/14	W	38-0	at Arizona	23,127	Alexander	16	14	2	0	0	0	0	96
09/21	W	24-23	St. Louis	65,841	Jackson	9	0	9	0	0	0	0	54
10/05	L	35-13	at Green Bay	70,365	Engram	7	0	6	1	0	0	0	42
10/12	W	20-19	San Francisco	66,437	K. Robinson	5	0	4	1	0	0	0	30
10/19	W	24-17	Chicago	65,671	Mili	4	0	4	0	0	0	0	24
10/26	L	27-24	at Cincinnati	52,131	SEA	48	17	27	4	48/48	22/30	1	404
11/02	W	23-16	Pittsburgh	66,507	OPP	36	9	24	3	34/35	25/31	0	327
11/09	L	27-20	at Washington	80,728	2-Point PATs: SEA 0-0. OPP 1-1.								
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)							
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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

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	12.5	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

Largest 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

	W	L	T	Pct.	Pts.	Opp.
EAST						
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						
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						
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						
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

	W	L	T	Pct.	Pts.	Opp.
EAST						
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						
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						
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						
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	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
09/12	W	21-7	at New Orleans	64,900	Alexander	20	16	4	0	0	0	0	120
09/19	W	10-6	at Tampa Bay	65,089	J. Brown	0	0	0	0	40/40	23/25	0	109
09/26	W	34-0	San Francisco	66,709	Jackson	7	0	7	0	0	0	0	44
10/03			BYE		Stevens	3	0	3	0	0	0	0	20
10/10	L	33-27	St. Louis (OT)	66,940	Rice	3	0	3	0	0	0	0	18
10/17	L	30-20	at New England	68,756	Engram	2	0	2	0	0	0	0	12
10/24	L	25-17	at Arizona	35,695	SEA	43	17	23	3	40/40	23/25	0	371
10/31	W	23-17	Carolina	66,214	OPP	42	17	24	1	38/39	27/32	1	373
11/07	W	42-27	at San Francisco	64,423	2-Point Conversions: SEA 2-3, OPP 0-2.								
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 (NFC Wild Card Game)	65,397									
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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

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
Largest Award: FB Mack Strong
Pro Bowl: RB Shaun Alexander (2), G Steve Hutchinson (2), T Walter Jones (5)

OFFENSE

Pos.	Player	Starts
WR	Darrell Jackson	16
	Jerry Rice	9
	Koren Robinson	8
	Bobby Engram	7
	Walter Jones	16
LT	Steve Hutchinson	16
	Robbie Tobeck	16
C	Chris Gray	16
RG	Chris Terry	8
	Floyd Womack	8
TE	Jerramy Stevens	5
	Itula Mili	4
	Matt Hasselbeck	14
QB	Trent Dilfer	2
	Shaun Alexander	16
RB	Mack Strong	13
FB	Josh Brown	16
K		

DEFENSE

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

	W	L	T	Pct.	Pts.	Opp.
EAST						
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						
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						
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						
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

	W	L	T	Pct.	Pts.	Opp.
EAST						
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						
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						
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						
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	By Quarters	1	2	3	4	OT	Tot
09/11	L	26-14	at Jacksonville	65,204	SEA	93	148	121	87	3	452
09/18	W	21-18	Atlanta	66,030	OPP	44	80	83	61	3	271
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

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

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 (QB)

Captains: WR Alex Bannister, QB Matt Hasselbeck, DE Grant Wistrom

Largest 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)

	AFC					
	W	L	T	Pct.	Pts.	Opp.
EAST						
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						
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						
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						
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					
	W	L	T	Pct.	Pts.	Opp.
EAST						
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

OFFENSE

Pos.		Starts
WR	Bobby Engram	13
	Joe Jurevicius	11
	Darrell Jackson	6
	Peter Warrick	5
	Walter Jones	15
LT	Sean Locklear	1
	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

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

P	Tom Rouen	12
K	Josh Brown	16

* Rookie or first-year player

NFC

	W	L	T	Pct.	Pts.	Opp.
NORTH						
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						
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						
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	By Quarters	1	2	3	4	OT	Tot		
09/10	W	9-6	at Detroit	60,535	SEA	103	73	52	107	0	335		
09/17	W	21-10	Arizona	67,470	OPP	67	104	54	116	0	341		
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	SEA	37	8	26	3	36/36	25/31	0	345
11/27	W	34-24	Green Bay	68,256	OPP	39	12	23	4	36/36	23/33	0	341
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									

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	0	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.

POSTSEASON

01/06	W	21-20	Dallas (NFC Wild Card Game)	68,058	Hasselbeck	18	110	6.1	19	0	
01/14	L	27-24	at Chicago (OT) (NFC Divisional Playoff)	62,184	SEA	484	1923	4.0	37	8	
					OPP	441	2029	4.6	95t	12	

Team Statistics

	Sea	Opp		No	Yds	Avg	LG	TD			
TOTAL FIRST DOWNS	312	277	Jackson	63	956	15.2	72t	10			
Rushing	112	102	Branch	53	725	13.7	38t	4			
Passing	167	160	Hackett	45	610	13.6	47	4			
Penalty	33	15	Strong	29	159	5.5	13	0			
3rd Down: Made/Att.	85/224	80/219	Engram	24	290	12.1	25	1			
3rd Down Pct.	37.9	36.5	Stevens	22	231	10.5	26	4			
4th Down: Made/Att.	2/8	6/12	Burleson	18	192	10.7	36	2			
4th Down Pct.	25.0	50.0	SEA	292	3369	11.5	72t	26			
POSSESSION AVG.	29:48	30:12	OPP	299	3538	11.8	71t	23			
TOTAL NET YARDS	4977	5285	Punting	No	Yds	Avg	Net	TB	I20	LG	B
Avg. Per Game	311.1	330.3	Plackemeier	84	3778	45.0	37.3	15	25	72	0
Total Plays	1045	986	TEAM	86	3827	44.5	37.0	15	26	72	0
Avg. Per Play	4.8	5.4	OPP	88	3773	42.9	36.9	5	25	61	0
NET YARDS RUSHING	1923	2029	Punt Returns	No	FC	Yds	Avg	LG	TD		
Avg. Per Game	120.2	126.8	Burleson	34	7	322	9.5	90t	1		
Total Rushes	484	441	TEAM	49	16	424	8.7	90t	1		
NET YARDS PASSING	3054	3256	OPP	39	12	343	8.8	40	0		
Avg. Per Game	190.9	203.5	Interceptions	No	Yds	Avg	LG	TD			
Sacked/Yards Lost	49/315	41/282	Hamlin	3	63	21.0	37	0			
Gross Yards	3369	3538	Boulware	2	1	0.5	1	0			
Att./Completions	512/292	504/299	Tapp	1	25	25.0	25t	1			
Completion Pct.	57.0	59.3	Babineaux	1	20	20.0	20	0			
Had Intercepted	22	12	SEA	12	124	10.3	37	1			
PUNTS/AVERAGE	86/44.5	88/42.9	OPP	22	141	6.4	39	1			
NET PUNTING AVG.	37.0	36.9	Kickoff Returns	No	Yds	Avg	LG	TD			
PENALTIES/YARDS	94/700	118/950	Burleson	26	643	24.7	50	0			
FUMBLES/BALL LOST	21/12	34/14	SEA	69	1548	22.4	50	0			
TOUCHDOWNS	37	39	OPP	61	1499	24.6	51	0			
Rushing	8	12	Field Goals	1-19	20-29	30-39	40-49	50+			
Passing	26	23	J. Brown	0/0	10/10	5/7	7/9	3/5			
Defensive	2	4	TEAM	0/0	10/10	5/7	7/9	3/5			
Returns	1	0	OPP	1/1	1/3	11/12	10/12	0/5			
FIELD GOALS	25/31	23/33									
TOTAL POINTS	335	341									

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 (QB)

Captains: LS J.P. Darche, T Walter Jones, LB Lofa Tatupu

Largest Award: FB Mack Strong

Pro Bowl: T Walter Jones (7), LB Julian Peterson (1, 3 overall), FB Mack Strong (2), LB Lofa Tatupu (2)

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

OFFENSE

Pos.		Starts
WR	Darrell Jackson	13
	Deion Branch	13
	Nate Burleson	7
	Bobby Engram	6
	D.J. Hackett	4
LT	Walter Jones	16
	Floyd Womack	8
LG	Chris Spencer	5
	Rob Sims*	3
	Robbie Tobeck	8
C	Chris Spencer	8
	Chris Gray	15
RG	Floyd Womack	1
	Sean Locklear	10
RT	Tom Ashworth	6
	Jerramy Stevens	6
TE	Itula Mili	2
	Matt Hasselbeck	12
QB	Seneca Wallace	10
	Shaun Alexander	8
RB	Maurice Morris	8
	Mack Strong	10

DEFENSE

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

K	Josh Brown	16
P	Ryan Plackemeier*	16

* Rookie or first-year player

NFC

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	By Quarters	1	2	3	4	OT	Tot
09/09	W	20-6	Tampa Bay	68,044	SEA	76	136	73	108	0	393
09/16	L	23-20	at Arizona	64,542	OPP	62	95	39	92	3	291
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

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	1393
OPP	32	16	15	1	27/28	22/27	2	2291

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 (QB)

Captains: QB Matt Hasselbeck, FB Mack Strong, LB Lofa Tatupu, S Deon Grant, K Josh Brown, LB Niko Koutouvides

Largest 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

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	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
09/07	L	34-10	at Buffalo	71,194	Mare	0	0	0	0	30/30	24/27	0	102
09/14	L	33-30	San Francisco (OT)	67,951	Duckett	8	8	0	0			0	48
09/21	W	37-13	St. Louis	68,012	Carlson	5	0	5	0			0	30
9/28			BYE		Branch	4	0	4	0			0	24
10/05	L	44-6	at N.Y. Giants	79,529	five tied with 12								
10/12	L	27-17	Green Bay	68,302	SEA	32	10	18	4	30/30	24/27	0	294
10/19	L	20-10	at Tampa Bay	64,811	OPP	40	13	25	2	39/39	37/41	0	392
10/26	W	34-13	at San Francisco	67,504	2-Pt. Conversions: SEA 0-2, OPP 1-1.								
11/02	L	26-7	Philadelphia	68,055									
11/09	L	21-19	at Miami	64,862	Rushing								
11/16	L	26-20	Arizona	67,616	J. Jones	158	698	4.4	33	2			
11/23	L	20-17	Washington	67,771	Morris	132	574	4.3	45	0			
11/27	L	34-9	at Dallas	63,253	Duckett	62	172	2.8	29	8			
12/07	L	24-21	New England	68,077	Weaver	30	130	4.3	15	0			
12/14	W	23-20	at St. Louis	56,123	Wallace	16	78	4.9	23	0			
12/21	W	13-3	N.Y. Jets	68,181	SEA	417	1768	4.2	45	10			
12/28	L	34-21	at Arizona	63,874	OPP	457	1899	4.2	51t	13			

Team Statistics	Sea	Opp	Receiving	No	Yds	Avg	LG	TD			
TOTAL FIRST DOWNS	265	324	Carlson	55	627	11.4	33	5			
Rushing	104	98	Engram	47	489	10.4	37	0			
Passing	142	207	Robinson	31	400	12.9	90t	2			
Penalty	19	19	Branch	30	412	13.7	63	4			
3rd Down: Made/Att.	62/198	94/222	Weaver	20	222	11.1	62t	2			
3rd Down Pct.	31.3	42.3	Morris	19	136	7.2	13t	2			
4th Down: Made/Att.	10/12	8/13	J. Jones	14	66	4.7	17	0			
4th Down Pct.	83.3	61.5	SEA	262	2831	10.8	90t	18			
POSSESSION AVG.	26:30	33:30	OPP	366	4342	11.9	63	25			
TOTAL NET YARDS	4385	6048	Punting	No	Yds	Avg	Net	TB	I20	LG	B
Avg. Per Game	274.1	378.0	Ryan	78	3557	45.6	37.9	12	22	63	1
Total Plays	927	1058	SEA	90	4007	44.5	36.9	12	24	63	1
Avg. Per Play	4.7	5.7	OPP	68	3009	44.3	38.2	3	20	68	0
NET YARDS RUSHING	1768	1899	Punt Returns	No	FC	Yds	Avg	LG	TD		
Avg. Per Game	110.5	118.7	Forsett	23	9	227	9.9	29	0		
Total Rushes	417	457	SEA	35	17	353	10.1	30	0		
NET YARDS PASSING	2617	4149	OPP	44	8	444	10.1	63t	1		
Avg. Per Game	163.6	259.3	Interceptions	No	Yds	Avg	LG	TD			
Sacked/Yards Lost	36/214	35/193	Wilson	4	135	33.8	75t	1			
Gross Yards	2831	4342	Grant	2	31	15.5	31	0			
Att./Completions	474/262	566/366	Babineaux	1	35	35.0	35t	1			
Completion Pct.	55.3	64.7	Tatupu	1	16	16.0	16	0			
Had Intercepted	15	9	Trufant	1	0	0.0	0	0			
PUNTS/AVERAGE	90/44.5	68/44.3	SEA	9	217	24.1	75t	2			
NET PUNTING AVG.	90/36.9	68/38.2	OPP	15	233	15.5	86t	1			
PENALTIES/YARDS	79/601	81/671	Kickoff Returns	No	Yds	Avg	LG	TD			
FUMBLES/BALL LOST	20/12	26/11	Wilson	69	1753	25.4	61	0			
TOUCHDOWNS	32	40	SEA	77	1948	25.3	61	0			
Rushing	10	13	OPP	47	1205	25.6	58	0			
Passing	18	25	Field Goals	1-19	20-29	30-39	40-49	50+			
Defensive	4	1	Mare	0/0	7/7	9/10	5/6	3/4			
Returns	0	1	TEAM	0/0	7/7	9/10	5/6	3/4			
FIELD GOALS	24/27	37/41	OPP	0/0	15/15	8/8	11/14	3/4			
TOTAL POINTS	294	392									

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 (QB), 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

Largest 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
	Mike Wahle	10
LG	Floyd Womack	6
	Chris Spencer	11
C	Steve Vallos	5
	Floyd Womack	4
RG	Mansfield Wrotto	8
	Sean Locklear	9
RT	Ray Willis	9
	John Carlson*	7
TE	Seneca Wallace	8
	Matt Hasselbeck	7
QB	Julius Jones	10
	Maurice Morris	6
RB	Leonard Weaver	6

DEFENSE

LE	Darryl Tapp	9
	Patrick Kerney	7
LT	Brandon Mebane	16
	Rocky Bernard	15
RE	Lawrence Jackson*	14
	Leroy Hill	12
MLB	Lofa Tatupu	15
	Julian Peterson	15
OLB	Marcus Trufant	16
	Josh Wilson	12
RCB	Kelly Jennings	4
	Deon Grant	16
FS	Brian Russell	16

SPECIAL TEAMS

K	Olindo Mare	16
P	Jon Ryan	15

* Rookie or first-year player

AFC

	W	L	T	Pct.	Pts.	Opp.
EAST						
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						
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						
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						
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

	W	L	T	Pct.	Pts.	Opp.
EAST						
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						
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						
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						
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	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
9/13	W	28-0	St. Louis	67,610	Mare	0	0	0	0	28/28	24/26	0	100
9/20	L	23-10	at San Francisco	69,732	Carlson	7	0	7	0			0	42
9/27	L	25-29	Chicago	67,938	Forsett	5	4	1	0			0	30
10/4	L	34-17	at Indianapolis	66,112	Jones	4	2	2	0			0	24
10/11	W	41-0	Jacksonville	67,228	2 players with								18
10/18	L	27-3	Arizona	67,588	SEA	30	7	20	3	28/28	24/26	0	280
11/1	L	38-17	at Dallas	80,886	OPP	46	17	27	2	44/44	22/31	0	390
11/8	W	32-20	Detroit	67,003	2-Pt. Conversions: SEA 0-2, OPP 2-2.								
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	Rushing								
12/6	W	20-17	San Francisco	67,761	Jones	177	663	3.7	62t	2			
12/13	L	34-7	at Houston	70,380	Forsett	114	619	5.4	35	4			
12/20	L	24-7	Tampa Bay	67,011	James	46	125	2.7	10	0			
12/27	L	48-10	at Green Bay	70,429	Hasselbeck	26	119	4.6	23	0			
1/3/10	L	17-13	Tennessee	67,002	SEA	395	1566	4.0	62t	7			
					OPP	428	1776	4.1	80t	17			

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	297	305
Rushing	80	80
Passing	184	204
Penalty	33	21
3rd Down: Made/Att.	75/223	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

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

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

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	By Quarters	1	2	3	4	OT	Tot
9/12	W	31-6	San Francisco	67,044	SEA	55	73	86	96	0	310
9/19	L	31-14	at Denver	75,130	OPP	89	141	93	84	0	407
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	W	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							

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

POSTSEASON

1/8	W	41-36	New Orleans (NFC Wild Card Game)	66,336
1/16	L	35-24	at Chicago (NFC Divisional Playoff)	62,265

Team Statistics	Sea	Opp	Receiving	No	Yds	Avg	LG	TD			
TOTAL FIRST DOWNS	260	313	Williams	65	751	11.6	68	2			
Rushing	81	91	Butler	36	385	10.7	63t	4			
Passing	159	206	Forsett	33	252	7.6	21	0			
Penalty	20	16	Stokley	31	354	11.4	36	0			
3rd Down: Made/Att.	76/214	94/238	Carlson	31	318	10.3	37	1			
3rd Down Pct.	35.5	39.5	Obomanu	30	494	16.5	87t	4			
4th Down: Made/Att.	6/17	8/19	Lynch TM	21	138	6.6	22	0			
4th Down Pct.	35.3	42.1	SEA	324	3536	10.9	87t	14			
POSSESSION AVG.	27:33	32:27	OPP	339	4240	12.5	69t	31			
TOTAL NET YARDS	4765	5897	Punting	No	Yds	Avg	Net	TB	I20	LG	B
Avg. Per Game	297.8	368.6	Ryan	78	3254	41.7	37.3	1	27	63	0
Total Plays	964	1074	Ryan	78	3254	41.7	37.3	1	27	63	0
Avg. Per Play	4.9	5.5	OPP	81	3521	43.5	36.0	7	30	63	1
NET YARDS RUSHING	1424	1903	Punt Returns	No	FC	Yds	Avg	LG	TD		
Avg. Per Game	89.0	118.9	Washington	22	8	249	11.3	84	0		
Total Rushes	385	452	SEA	42	14	468	11.1	84	0		
NET YARDS PASSING	3341	3994	OPP	35	23	327	9.3	89t	1		
Avg. Per Game	208.8	249.6	Interceptions	No	Yds	Avg	LG	TD			
Sacked/Yards Lost	35/195	37/246	Thomas	5	68	13.6	34	0			
Gross Yards	3536	4240	Babineaux	2	37	18.5	20	0			
Att./Completions	544/324	585/339	5 players with	1							
Completion Pct.	59.6	57.9	SEA	12	168	14.0	34	2			
Had Intercepted	20	12	OPP	20	261	13.1	39t	1			
PUNTS/AVERAGE	78/41.7	81/43.5	Kickoff Returns	No	Yds	Avg	LG	TD			
NET PUNTING AVG.	78/37.3	81/36.0	Washington	57	1461	25.6	101t	3			
PENALTIES/YARDS	101/890	91/706	SEA	65	1558	24.0	101t	3			
FUMBLES/BALL LOST	18/11	22/10	OPP	50	1099	22.0	79	0			
TOUCHDOWNS	33	47	Field Goals	1-19	20-29	30-39	40-49	50+			
Rushing	13	13	Mare	2/2	10/12	7/7	5/7	1/2			
Passing	14	31	SEA	2/2	10/12	7/7	5/7	1/2			
Defensive	2	2	OPP	0/0	14/15	8/8	3/6	0/1			
Returns	4	1									
FIELD GOALS	25/30	25/30									
TOTAL POINTS	310	407									

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

Largest Award: CB Roy Lewis

Pro Bowl: None

OFFENSE

Pos.	Starts
WR	14
	Mike Williams
	Deon Butler
	Ben Obomanu
LT	10
	Russell Okung*
	Tyler Polumbus
LG	5
	Ben Hamilton
	Mike Gibson
	Chester Pitts
C	16
RG	12
	Chris Spencer
	Stacy Andrews
RT	15
	Sean Locklear
TE	13
	John Carlson
QB	14
	Matt Hasselbeck
RB	12
	Marshawn Lynch
FB	4
	Michael Robinson

DEFENSE

LE	16
	Chris Clemons
LT	12
	Brandon Mebane
RT	11
	Colin Cole
RE	8
	Kentwan Balmer
	Red Bryant
OLB	16
	David Hawthorne
MLB	16
	Lofa Tatupu
OLB	16
	Aaron Curry
LCB	16
	Marcus Trufant
RCB	14
	Kelly Jennings
SS	16
	Lawyer Milloy
FS	16
	Earl Thomas*

SPECIAL TEAMS

P	16
	Jon Ryan
K	16
	Olindo Mare
LS	16
	Clint Gresham*

* Rookie or first-year player

EAST	AFC					
	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

EAST	NFC					
	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	394	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



2011 REVIEW (7-9)

Date	W/L	Score	Opponents	Att	By Quarters	1	2	3	4	OT	Tot
9/11	L	33-17	at San Francisco	69,732	SEA	61	58	90	112	0	321
9/18	L	24-0	at Pittsburgh	63,663	OPP	62	103	40	107	3	315
9/25	W	13-10	Arizona	66,199							
10/2	L	30-28	Atlanta	66,266							
10/9	W	36-25	at N.Y. Giants	78,650							
10/16			BYE								
10/23	L	6-3	at Cleveland	66,350							
10/30	L	34-12	Cincinnati	66,004							
11/6	L	23-13	at Dallas	81,510							
11/13	W	22-17	Baltimore	66,522							
11/20	W	24-7	at St. Louis	56,400							
11/27	L	23-17	Washington	66,007							
12/1	W	31-14	Philadelphia	67,039							
12/12	W	30-13	St. Louis	66,577							
12/18	W	38-14	at Chicago	61,542							
12/24	L	19-17	San Francisco	66,697							
1/1	L	23-20	at Arizona (OT)	61,798							

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Hauschka	0	0	0	0	34/34	25/30	0	109
Lynch	13	12	1	0			0	78
Baldwin	4	0	4	0			0	24
Tate	3	0	3	0			0	18
Browner	2	0	0	2			0	12
Obomanu	2	0	2	0			0	12
Rice	2	0	2	0			0	12
Robinson	2	0	1	1			0	12
SEA	35	15	15	5	34/34	25/30	1	321
OPP	33	10	18	5	31/32	28/37	0	315

2-Point Conversions: SEA 0-1, OPP 1-1.

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	265	310
Rushing	89	96
Passing	153	174
Penalty	23	40
3rd Down: Made/Att.	77/228	77/221
3rd Down Pct.	33.8	34.8
4th Down: Made/Att.	7/15	7/11
4th Down Pct.	46.7	63.6
POSSESSION AVG.	28:07	31:53
TOTAL NET YARDS	4860	5315
Avg. Per Game	303.8	332.2
Total Plays	1003	1049
Avg. Per Play	4.8	5.1
NET YARDS RUSHING	1756	1797
Avg. Per Game	109.8	112.3
Total Rushes	444	473
NET YARDS PASSING	3104	3518
Avg. Per Game	194.0	219.9
Sacked/Yards Lost	50/340	33/232
Gross Yards	3444	3750
Att./Completions	509/299	543/324
Completion Pct.	58.7	59.7
Had Intercepted	14	22
PUNTS/AVERAGE	95/46.6	81/44.6
NET PUNTING AVG.	95/39.3	81/37.7
PENALTIES/YARDS	138/1047	96/907
FUMBLES/BALL LOST	22/9	18/9
TOUCHDOWNS	35	33
Rushing	15	10
Passing	15	18
Defensive	4	2
Returns	1	3
FIELD GOALS	25/30	28/37
TOTAL POINTS	321	315

Rushing	Att	Yds	Avg	LG	TD
Lynch	285	1204	4.2	47	12
Washington	53	248	4.7	48t	1
Forsett	46	145	3.2	22t	1
Jackson	40	108	2.7	13	1
SEA	444	1756	4.0	48t	15
OPP	473	1797	3.8	39	10

Receiving	No	Yds	Avg	LG	TD
Baldwin	51	788	15.5	55t	4
Obomanu	37	436	11.8	55	2
Tate	35	382	10.9	33	3
Rice	32	484	15.1	52t	2
Lynch	28	212	7.6	26	1
SEA	299	3444	11.5	61t	15
OPP	324	3750	11.6	68t	18

Interceptions	No	Yds	Avg	LG	TD
Browner	6	220	36.7	94t	2
Sherman	4	45	11.3	33	0
Chancellor	4	27	6.8	9	0
Hawthorne	3	111	37.0	77t	1
SEA	22	462	21.0	94t	4
OPP	14	187	13.4	75t	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Ryan	95	4431	46.6	39.3	8	34	77	0
SEA	95	4431	46.6	39.3	8	34	77	0
OPP	81	3616	44.6	37.7	5	18	66	2

Punt Returns	No	FC	Yds	Avg	LG	TD
Washington	41	16	464	11.3	37	0
SEA	42	16	464	11.0	37	0
OPP	47	20	541	11.5	63	2

Kickoff Returns	No	Yds	Avg	LG	TD
Washington	43	1084	25.2	54	0
SEA	46	1142	24.8	54	0
OPP	48	1249	26.0	102t	1

Field Goals	1-19	20-29	30-39	40-49	50+
Hauschka	2/2	5/6	9/10	7/8	2/4
SEA	2/2	5/6	9/10	7/8	2/4
OPP	1/1	10/12	4/4	9/12	4/8

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Jackson	450	271	3091	60.2	6.87	14	3.1	13	2.9	61t	42/294	79.2
Whitehurst	56	27	298	48.2	5.32	1	1.8	1	1.8	38	8/46	62.9
SEA	509	299	3444	58.7	6.77	15	2.9	14	2.8	61t	50/340	77.6
OPP	543	324	3750	59.7	6.91	18	3.3	22	4.1	68t	33/232	74.8

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Hawthorne	115	72	43	2.0	3	6	0	1
Chancellor	94	73	21	1.0	4	12	1	1
Thomas	92	67	25	0	2	6	1	2
Hill	89	68	21	4.0	0	0	1	0
Wright	61	46	15	2.0	0	2	1	1
Mebane	56	40	16	0	0	1	0	0
Browner	54	51	3	0	6	23	0	0

Record (finish): 7-9 (3rd, NFC West)

Head Coach: Pete Carroll (14-18, .438)

Assistants: Darrell Bevell (Off. Coord.), Gus Bradley (Def. Coord.), Kippy Brown (Wide Receivers), Luke Butkus (Quality Control/Off. Line), Tom Cable (Asst. Head Coach/Off. Line), Dave Canales (Quality Control/Offense), Chris Carlisle (Head Strength & Cond.), Monday Gee (Asst. Strength & Cond.), Pat McPherson (Tight Ends), Ken Norton, Jr. (Linebackers), Kris Richard (Defensive Backs/CBs), Pat Ruel (Asst. Offensive Line), Robert Saleh (Quality Control/Defense), Brian Schneider (Special Teams), Rocky Seto (Asst. Defensive Backs/S), Carl Smith (Quarterbacks), Sherman Smith (Running Backs), Jeff Ulbrich (Asst. Special Teams), Todd Wash (Defensive Line), Jamie Yanchar (Asst. Strength & Cond.).

Captains: QB Tarvaris Jackson, CB Marcus Trufant, FB/ST Michael Robinson, RB/ST Leon Washington

Largest Award: DE Red Bryant

Pro Bowl: CB Brandon Browner, S Kam Chancellor, RB Marshawn Lynch, FB Michael Robinson, S Earl Thomas

EAST	AFC					
	W	L	T	Pct.	Pts.	Opp.
New England	13	3	0	.813	513	342
N.Y. Jets	8	8	0	.500	377	363
Miami	6	10	0	.375	329	313
Buffalo	6	10	0	.375	372	434
NORTH	W	L	T	Pct.	Pts.	Opp.
Baltimore	12	4	0	.750	378	266
Pittsburgh*	12	4	0	.750	325	227
Cincinnati*	9	7	0	.563	344	323
Cleveland	4	12	0	.250	218	307
SOUTH	W	L	T	Pct.	Pts.	Opp.
Houston	10	6	0	.625	381	278
Tennessee	9	7	0	.563	325	317
Jacksonville	5	11	0	.313	243	329
Indianapolis	2	14	0	.125	243	430
WEST	W	L	T	Pct.	Pts.	Opp.
Denver	8	8	0	.500	309	390
San Diego	8	8	0	.500	406	377
Oakland	8	8	0	.500	359	433
Kansas City	7	9	0	.438	338	212

* Wild Card teams

OFFENSE

Pos.	Starts
WR	Mike Williams 10
	Sidney Rice 9
	Ben Obomanu 7
LT	Russell Okung* 12
	Paul McQuistan 4
LG	Robert Gallery 12
	Paul McQuistan 3
C	Max Unger 15
RG	John Moffitt* 9
	Lemuel Jeanpierre 4
RT	James Carpenter* 8
	Breno Giacomini 8
TE	Zach Miller 15
QB	Tarvaris Jackson 14
RB	Marshawn Lynch 15
FB	Michael Robinson 5

DEFENSE

LE	Chris Clemons 16
LT	Alan Branch 15
RT	Brandon Mebane 16
RE	Red Bryant 16
OLB	Leroy Hill 16
MLB	David Hawthorne 14
OLB	K.J. Wright 14
LCB	Richard Sherman* 10
	Marcus Trufant 4
RCB	Brandon Browner 16
SS	Kam Chancellor 15
FS	Earl Thomas 16

SPECIAL TEAMS

P	Jon Ryan 16
K	Steven Hauschka 16
LS	Clint Gresham 16

*Rookie or first-year player

EAST	NFC					
	W	L	T	Pct.	Pts.	Opp.
N.Y. Giants	9	7	0	.563	394	400
Philadelphia	8	8	0	.500	396	328
Dallas	8	8	0	.500	369	347
Washington	5	11	0	.313	288	367
NORTH	W	L	T	Pct.	Pts.	Opp.
Green Bay	15	1	0	.938	560	359
Detroit*	10	6	0	.625	474	387
Chicago	8	8	0	.500	353	341
Minnesota	3	13	0	.188	340	449
SOUTH	W	L	T	Pct.	Pts.	Opp.
New Orleans	13	3	0	.813	547	339
Atlanta*	10	6	0	.625	402	350
Carolina	6	10	0	.375	406	429
Tampa Bay	4	12	0	.250	287	494
WEST	W	L	T	Pct.	Pts.	Opp.
San Francisco	13	3	0	.813	380	229
Arizona	8	8	0	.500	312	348
Seattle	7	9	0	.438	321	315
St. Louis	2	14	0	.125	193	407

2012 REVIEW (11-5, 1-1 PLAYOFFS)

Date	W/L Score	Opponents	Att	By Quarters	1	2	3	4	OT	Tot		
9/9	L 20-16	at Arizona	60,032	SEA	98	122	87	99	6	412		
9/16	W 27-7	Dallas	68,008	OPP	51	84	42	68	0	245		
9/24	W 14-12	Green Bay	68,218									
9/30	L 19-13	at St. Louis	53,193	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
10/7	W 16-12	at Carolina	72,676	Hauschka	0	0	0	0	46/48	24/27	0	118
10/14	W 24-23	New England	68,137	Lynch	12	11	1	0			0	72
10/18	L 13-6	at San Francisco	69,732	Rice	7	0	7	0			0	42
10/28	L 28-24	at Detroit	63,497	Tate	7	0	7	0			0	42
11/4	W 30-20	Minnesota	67,584	Wilson	4	4	0	0			0	24
11/11	W 28-7	N.Y. Jets	67,841	Baldwin	3	0	3	0			0	18
11/18		BYE		McCoy	3	0	3	0			0	18
11/25	L 24-21	at Miami	51,295	Miller	3	0	3	0			0	18
12/2	W 23-17	at Chicago (OT)	62,264	SEA	49	16	27	6	46/48	24/27	0	412
12/9	W 58-0	Arizona	67,685	OPP	25	8	15	2	24/24	23/25	1	245
12/16	W 50-17	at Buffalo (in Toronto)	40,770	2-Point Conversions: SEA 0-0, OPP 0-1.								

Date	W/L Score	Opponents	Att	Rushing	Att	Yds	Avg	LG	TD
12/23	W 42-13	San Francisco	68,161	Lynch	315	1590	5.0	77t	11
12/30	W 20-13	St. Louis	67,936	Wilson	94	489	5.2	25t	4
				Turbin	80	354	4.4	26	0
1/6	W 24-14	at Washington (NFC Wild Card Game)	84,325	Washington	23	83	3.6	14	1
1/13	L 30-28	at Atlanta (NFC Divisional Playoff)	70,366	SEA	536	2579	4.8	77t	16
				OPP	368	1649	4.5	74	8

POSTSEASON

Team Statistics	Sea	Opp	Receiving	No	Yds	Avg	LG	TD			
TOTAL FIRST DOWNS	311	295	Rice	50	748	15.0	46t	7			
Rushing	129	80	Tate	45	688	15.3	51	7			
Passing	153	186	Miller	38	396	10.4	30	3			
Penalty	29	29	Baldwin	29	366	12.6	50	3			
3rd Down: Made/Att.	80/199	76/198	SEA	259	3234	12.5	67	27			
3rd Down Pct.	40.2	38.4	OPP	327	3497	10.7	56	15			
4th Down: Made/Att.	11/18	3/10	Interceptions								
4th Down Pct.	61.1	30.0	Sherman	8	57	7.1	29	1			
POSSESSION AVG.	31:36	28:24	Thomas	3	80	26.7	57t	1			
TOTAL NET YARDS	5610	4899	Wagner	3	55	18.3	45	0			
Avg. Per Game	350.6	306.2	Browner	3	39	13.0	35	0			
Total Plays	974	968	SEA	18	255	14.2	57t	2			
Avg. Per Play	5.8	5.1	OPP	10	115	11.5	34	1			
NET YARDS RUSHING	2579	1649	Punting								
Avg. Per Game	161.2	103.1	Ryan	65	2963	45.6	40.8	3	30	73	0
Total Rushes	536	368	SEA	65	2963	45.6	40.8	3	30	73	0
NET YARDS PASSING	3031	3250	OPP	78	3515	45.1	40.0	2	30	66	1
Avg. Per Game	189.4	203.1	Punt Returns								
Sacked/Yards Lost	33/203	36/247	Washington	41	17	356	8.7	52	0		
Gross Yards	3234	3497	SEA	42	18	355	8.5	52	0		
Att./Completions	405/259	564/327	OPP	29	17	252	8.7	38	0		
Completion Pct.	64.0	58.0	Kickoff Returns								
Had Intercepted	10	18	Washington	27	784	29.0	98t	1			
PUNTS/AVERAGE	65/45.6	78/45.1	SEA	29	787	27.1	98t	1			
NET PUNTING AVG.	65/40.8	78/40.0	OPP	50	1147	22.9	40	0			
PENALTIES/YARDS	110/890	102/902	Field Goals								
FUMBLES/BALL LOST	16/8	27/13	1-19	20-29	30-39	40-49	50+				
TOUCHDOWNS	49	25	Hauschka	1/1	7/7	10/10	5/5	1/4			
Rushing	16	8	SEA	1/1	7/7	10/10	5/5	1/4			
Passing	27	15	OPP	0/0	6/7	8/8	5/5	4/5			
Defensive	5	2									
Returns	1	0									
FIELD GOALS	24/27	23/25									
TOTAL POINTS	412	245									

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Wilson	393	252	3118	64.1	7.93	26	6.6	10	2.5	67	33/203	100.0
Flynn	9	5	68	55.6	7.56	0	0.0	0	0.0	27	0/0	79.9
SEA	405	259	3234	64.0	7.99	27	6.7	10	2.5	67	33/203	100.6
OPP	564	327	3497	58.0	6.20	15	2.7	18	3.2	56	36/247	71.8

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Wagner	140	86	54	2.0	3	4	0	0
Wright	96	66	30	1.0	1	5	1	0
Chancellor	91	69	22	0.0	0	5	1	1
Sherman	62	52	10	1.0	8	24	2	1
Thomas	61	39	22	0.0	3	9	1	0
Mebane	56	31	25	3.0	0	3	0	1
Hill	47	31	16	1.5	0	0	1	0

Record (finish): 11-5 (2nd, NFC West)

Head Coach: Pete Carroll (25-23, .521)

Assistants: Darrell Bevell (Off. Coord.), Gus Bradley (Def. Coord.), Kippy Brown (Wide Receivers), Tom Cable (Asst. Head Coach/Off. Line), Dave Canales (Quality Control/Offense), Chris Carlisle (Head Strength & Cond.), Nate Carroll (Def. Asst.), Keith Carter (Quality Control/Offense), Mondray Gee (Asst. Strength & Cond.), Pat McPherson (Tight Ends), Marquand Manuel (Asst. Special Teams), Ken Norton, Jr. (Linebackers), Kris Richard (Defensive Backs), Pat Ruel (Asst. Offensive Line), Robert Saleh (Quality Control/Defense), Brian Schneider (Special Teams), Rocky Seto (Defensive Passing Game Coord.), Carl Smith (Quarterbacks), Sherman Smith (Running Backs), Todd Wash (Defensive Line), Jamie Yanchar (Asst. Strength & Cond.).

Captains: C Max Unger, DE Red Bryant, LB/ST Heath Farwell, FB/ST Michael Robinson

Largest Award: QB Russell Wilson

Pro Bowl: RB Marshawn Lynch, T Russell Okung, S Earl Thomas, C Max Unger, RS/RB Leon Washington, QB Russell Wilson

All-Pro: RB Marshawn Lynch, CB Richard Sherman, S Earl Thomas, C Max Unger

EAST	AFC					
	W	L	T	Pct.	Pts.	Opp.
New England	12	4	0	.750	557	331
Miami	7	9	0	.438	288	317
N.Y. Jets	6	10	0	.375	281	375
Buffalo	6	10	0	.375	344	435
NORTH	W	L	T	Pct.	Pts.	Opp.
Baltimore	10	6	0	.625	398	344
Cincinnati*	10	6	0	.625	391	320
Pittsburgh	8	8	0	.500	336	314
Cleveland	5	11	0	.313	302	368
SOUTH	W	L	T	Pct.	Pts.	Opp.
Houston	12	4	0	.750	416	331
Indianapolis*	11	5	0	.688	357	387
Tennessee	6	10	0	.375	330	471
Jacksonville	2	14	0	.125	255	444
WEST	W	L	T	Pct.	Pts.	Opp.
Denver	13	3	0	.813	481	289
San Diego	7	9	0	.438	350	350
Oakland	4	12	0	.250	290	443
Kansas City	2	14	0	.125	211	425

* Wild Card teams

OFFENSE

Pos.	Starts
WR	Sidney Rice 16
	Golden Tate 15
LT	Russell Okung 15
LG	James Carpenter 7
	Paul McQuistan 7
	John Moffitt 2
C	Max Unger 16
RG	Paul McQuistan 9
	John Moffitt 4
	J.R. Sweezy* 3
RT	Breno Giacomini 16
TE	Zach Miller 15
QB	Russell Wilson* 16
RB	Marshawn Lynch 16
FB	Michael Robinson 6

DEFENSE

LE	Red Bryant 16
LT	Alan Branch 16
RT	Brandon Mebane 16
RE	Chris Clemons 16
OLB	Leroy Hill 12
	Malcolm Smith 3
MLB	Bobby Wagner* 15
OLB	K.J. Wright 15
LCB	Richard Sherman 16
RCB	Brandon Browner 12
	Jeremy Lane* 3
SS	Kam Chancellor 16
FS	Earl Thomas 16

SPECIAL TEAMS

P	Jon Ryan 16
K	Steven Hauschka 16
LS	Clint Gresham 16

*Rookie or first-year player

EAST	NFC					
	W	L	T	Pct.	Pts.	Opp.
Washington	10	6	0	.625	436	388
N.Y. Giants	9	7	0	.563	429	344
Dallas	8	8	0	.500	376	400
Philadelphia	4	12	0	.250	280	444
NORTH	W	L	T	Pct.	Pts.	Opp.
Green Bay	11	5	0	.688	433	336
Minnesota*	10	6	0	.625	379	348
Chicago	10	6	0	.625	375	277
Detroit	4	12	0	.250	372	437
SOUTH	W	L	T	Pct.	Pts.	Opp.
Atlanta	13	3	0	.813	419	299
Carolina	7	9	0	.438	357	363
New Orleans	7	9	0	.438	461	454
Tampa Bay	7	9	0	.438	389	394
WEST	W	L	T	Pct.	Pts.	Opp.
San Francisco	11	4	1	.719	397	273
Seattle*	11	5	0	.688	412	245
St. Louis	7	8	1	.469	299	348
Arizona	5	11	0	.313	250	357

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 Offensive Asst.	2008 2009	Air Force Academy
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	2009-12	North Dakota State
Brasher, Tommy	Defensive Line	1992-98	Arkansas
Bratkowski, Bob	Wide Receivers Offensive Coord./WRs Offensive Coordinator	1992-94 1995-97 1998	Washington State
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	2010-11	Illinois
Cable, Tom	Asst. Head Coach/Offensive Line	2011-	Idaho
Canales, Dave	Quality Control/Offense Asst. QBs/Off. Quality Control	2010-12 2013-	Azusa Pacific
Carlisle, Chris	Head Strength & Conditioning	2010-	Chadron State
Carroll, Nate	Defensive Assistant Offensive Assistant	2010-12 2013-	Southern California
Carroll, Pete	Exec. VP & Head Coach	2010-	Pacific
Carter, Keith	Quality Control/Offense	2012-	UCLA
Casullo, Bob	Special Teams Coordinator	2005-06	Brockport St. (N.Y.) College
Catlin, Tom	Asst. Head Coach/LBs/Def. Coord. Asst. Head Coach/Defense Asst. Head Coach Quality Control	1983-91 1992 1993 1994-95	Oklahoma
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 Tight Ends	2008 2009	Manchester College
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 Linebackers	1999, 2001-02 2000	Pacific Lutheran
Flores, Tom	Head Coach	1992-94	Pacific
Gee, Monday	Asst. Strength & Conditioning	2010-	Michigan State
Gilbertson, Keith	Defensive Asst. Tight Ends Offensive Consultant Asst. Offensive Line Wide Receivers	1996 1997-98 2005 2006-07 2008	Central Washington
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 Asst. Head Coach/Off. Coord.	2000-06 2007-08	San Francisco State

Name	Responsibility	Years	College
Hawkins, Ralph	Defensive Backs	1983-88	Maryland
Headlee, Tom	Quality Control/Defense	2006-09	Washington State
Holland, Johnny	Asst. Special Teams & Strength Linebackers	2000 2001-02	Texas A&M
Holloway, 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. Defensive Asst.	1995-96 1997	New Mexico
Jamison, John	Special Teams Asst.	2005-08	California
Johnson, Jim	Linebackers	1998	Missouri
Johnston, Kent	Strength & Conditioning	1999-2003	Stephen F. Austin
Jones, Travis	Defensive Line	2013-	Georgia
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 Offensive Line	2001-03 2004-07	California
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 Tight Ends	1999 2000-08	Bemidji (Minn.) State
Lopez, Clayton	Defensive Quality Control Defensive Asst./Secondary	1999-2001 2002-2003	Nevada
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
Manuel, Marquand	Assistant Special Teams Defensive Assistant	2012 2013-	Florida
Marmie, Larry	Defensive Asst./Secondary	2006-09	Eastern Kentucky
Marshall, John	Linebackers Defensive Coordinator	2003-05 2006-08	Oregon
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 Special Teams	2001-03 2004	Connecticut
Mitchell, Stump	Running Backs	1999-2007	Citadel
Moore, Steve	Wide Receivers Offensive Coordinator/WRs	1983-85 1986-88	UC-Santa Barbara
Mora, Jim E.	Defensive Line	1978-81	Occidental
Mora, Jim L.	Asst. Head Coach/Secondary Head Coach	2007-08 2009	Washington
Moyer, Paul	Special Assignments DBs/Asst. Special Teams	1990-91 1992-94	Arizona State
Mudd, Howard	Offensive Line	1978-82 1993-97	Hillsdale
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 Defensive Coordinator/LBs	1976-77 1978-80	William and Mary
Perry, Rod	Defensive Backs	1989-91	Colorado



Name	Responsibility	Years	College
Phair, Mike	Asst. Linebackers	2008	Arizona State
	Asst. Defensive Line	2009	
	Defensive Asst.	2010	
Prince, Robert	Wide Receivers	2009	Humboldt State
	Offensive Coordinator/OL	1983-85	
Prochaska, Ray	Special Assignments	1986	Nebraska
Purnell, Russ	TEs/Asst. Special Teams	1987-91	Whittier
	TEs/Special Teams	1992-94	
	Asst. Head Coach/Def. Line	2009	
Quinn, Dan	Defensive Line	2010	Salisbury State
	Defensive Coordinator	2013-	
	Strength & Conditioning	1990-94	
Raines, Frank	Off. Asst./Quality Control	2003-07	George Mason
Reynolds, Gary	Defensive Coordinator	2003-05	Texas A&M
Rhodes, Ray	Special Projects/Defense	2006-07	Tulsa
	QB/WRs/TEs	1976-77	
	Offensive Coord./QB/WRs/TEs	1978-79	
Rhome, Jerry	Offensive Coord./QB/WRs	1980-82	Tulsa
	Asst. Defensive Backs	2010	
	Defensive Backs	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	
	Defensive Asst.	2001	
Rollins, Zerick	Defensive Line/Quality Control	2002-05	Texas A&M
	Linebackers	2006-09	
	Asst. Offensive Line	2010-	
Ruel, Pat	Quality Control/Defense	2011-	Miami
Saleh, Robert	Special Teams Coordinator	2010-	Northern Michigan
Schneider, Brian	Quality Control/Defense	2010	Colorado State
Seto, Rocky	Asst. Defensive Backs/Safeties	2011	Southern California
	Defensive Passing Game Coord.	2012-	
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
	Asst. Head Coach/TEs	1995-96	
	Asst. Head Coach/Offensive Line	1997	
	Offensive Line	1998	
Smith, Sherman	Running Backs	2010-	Miami (Ohio)
	Offensive Line	2008-09	
Solari, Mike	Coaching Asst./Special Teams	2013-	San Diego State
Sorensen, Nick	Asst. Strength & Cond.	1999-2002	Virginia Tech
Springer, Rod	Offensive Line	1985-91	Tarrleton State
Stephenson, Kent	Special Teams	1979-82	Northern Iowa
Tillman, Rusty	Special Teams/TEs	1983-86	Northern Arizona
	Special Teams/LBs	1987-91	
	Defensive Coordinator/LBs	1992-94	
	Asst. Special Teams	2010-11	
	Offensive Line	2010	
Ulbrich, Jeff	Special Assignments	1982-91	Hawaii
Valero, Art	Defensive Line	2011-12	Boise State
Vitt, Joe	Asst. Strength & Conditioning	2010-	Towson State
Wash, Todd	Offensive Quality Control	1998	North Dakota State
Yanchar, Jamie	Offensive Asst.	1997	Louisville
Yarber, Eric	Quarterbacks	2001-07	Idaho
Zorn, Jim			Cal Poly-Pomona

ALL-TIME ROSTER

A

Player	Position	Years	GP	GS	College
Abramowitz, Sid	T	1984	4	0	Tulsa
Adams, Jamar	S	2008-09	7	0	Michigan
Adams, Phillip	CB	2011	1	0	South Carolina State
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

Babin, Jason	DE	2007-08	4	0	Western Michigan
Babineaux, Jordan	CB	2004-10	99	29	Southern Arkansas
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
Baldwin, Doug	WR	2011-	30	5	Stanford
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
Barbre, Allen	G	2010-11	7	0	Missouri-Southern
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
Berry, Ray	LB	1993	8	2	Baylor

B

Player	Position	Years	GP	GS	College
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
Bigby, Atari	S	2010	15	2	Central Florida
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
Bradford, Allen	LB	2012-	1	0	Southern California
Bradley, Ed	LB	1976	14	14	Wake Forest
Branch, Alan	DT	2011-12	31	31	Michigan
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	2010-11	32	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
Browner, Brandon	CB	2011-	28	28	Oregon State
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-	49	40	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	2009-11	35	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
Byrd, Dominique	TE	2011	1	0	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	2008-11	47	38	Notre Dame
Carpenter, James	T	2011-	16	16	Alabama
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-	47	31	Virginia Tech
Charlton, Ike	CB	2000-01	31	1	Virginia Tech
Childs, Jason	G	1993	*0	0	North Dakota
Chukwurah, Patrick	DE	2012	^1	0	Wyoming
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-	48	48	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	2009-10	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
Cout, 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	23	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	2009-11	35	30	Wake Forest
Curtis, Mike	LB	1976	14	14	Duke

D

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	2010-11	16	0	Arizona State
Davis, Fred	CB	1987	1	1	Western Carolina



D

Player	Position	Years	GP	GS	College
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
Durham, Kris	WR	2011	3	0	Georgia
Dyson, Andre	CB	2005	10	5	Utah

E

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, Braylon	WR	2012	10	1	Michigan
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

Fairbanks, Don	DE	1987	3	3	Colorado
Fanaika, Paul	G	2010-11	3	0	Arizona State
Fanning, Mike	DE	1984	16	0	Notre Dame
Farrell, Sean	G	1992	6	0	Penn State
Farwell, Heath	LB	2011-	27	0	San Diego 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
Ferguson, 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
Flynn, Matt	QB	2012	3	0	Louisiana State
Foley, Glenn	QB	1999	2	1	Boston College
Forsett, Justin	RB	2008-11	62	7	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
Gallery, Robert	G	2011	12	12	Iowa
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-	31	24	Louisville
Gibson, Mike	G	2009-11	20	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
Gorrer, Danny	CB	2012	*0	0	Texas A&M
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-	48	0	Texas Christian
Griffith, Justin	FB	2009	13	12	Mississippi State
Griffith, Russell	P	1987	2	0	Weber State
Guy, Winston	S	2012-	2	0	Kentucky



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
Hargrove, Anthony	DL	2011	15	0	Georgia Tech
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
Hauschka, Steven	K	2011-	32	0	North Carolina State
Hawthorne, David	LB	2008-11	61	41	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	2007-10	54	8	Auburn
Hicks, Mark	LB	1983	10	1	Arizona State
Hill, James	TE	2000	10	0	Abilene Christian
Hill, Leroy	LB	2005-12	97	89	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, Jaye	DT	2012-	2	0	Florida
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, Bruce	DE	2012-	16	0	West Virginia
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, Tarvaris	QB	2011	15	14	Alabama State
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-	31	5	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	2006-10	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, Gregory	CB	1981-83, 86	56	3	Oklahoma State
Johnson, Jeron	S	2011-	23	0	Boise 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, Rishaw	G	2012-	*0	0	California Univ. (Pa.)
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, Jason	DE	2012	12	0	Eastern Michigan
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					
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
Kearse, Jermaine	WR	2012-	7	1	Washington

K

Player	Position	Years	GP	GS	College
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, Jarriel	T	2011	1	0	South Carolina
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
Konz, Jameson	LB	2010-11	1	0	Kent State
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

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
Lane, Jeremy	CB	2012-	13	3	Northwestern St. (La.)
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
Levingston, Pep	DT	2011	4	0	LSU
Lewis, D.D.	LB	2002-06, 08-09	74	20	Texas
Lewis, Roy	CB	2009-11	33	1	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
Lockette, Ricardo	WR	2011	2	0	Fort Valley State
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
Longwell, Ryan	K	2012	^1	0	California
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
Lumpkin, Kregg	RB	2012	*0	0	Georgia
Lurtsema, Bob	DE/DT	1976-77	27	25	Western Michigan
Lynch, Marshawn	RB	2010-	43	41	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-	34	14	Southern California
McCoy, Matt	LB	2010-11	18	1	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
McDonald, Clinton	DT	2011-	29	1	Memphis
McElroy, Vann	S	1990	10	0	Baylor
McEndoo, Jason	C	1998	1	0	Washington State
McGrath, Mark	WR	1981	6	0	Montana State
McGrath, Sean	TE	2012-	2	0	Henderson St. (Ark.)
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
McQuistan, Paul	G/T	2011-	32	26	Weber State
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
Maragos, Chris	S	2011-	27	0	Wisconsin
Mare, Olindo	K	2008-10	48	0	Syracuse
Marinero, Ed	FB	1977	2	0	Cornell
Martin, Amos	LB	1977	2	0	Louisville
Martin, Charly	WR	2012-	4	1	West Texas A&M
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, Byron	CB	2011-	18	0	Clemson
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-	91	85	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
Miller, Zach	TE	2011-	31	30	Arizona State
Milloy, Lawyer	S	2009-10	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
Mitz, Alonzo	DE	1986-89	40	7	Florida
Moffitt, John	G	2011-	17	15	Wisconsin
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, Evan	TE	2012	14	1	Stanford
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
Morgan, Mike	LB	2011-	21	1	Southern California

M

Player	Position	Years	GP	GS	College
Morrah, Cameron	TE	2009-12	26	6	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
Moten, Adrian	LB	2011-	2	0	Maryland
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

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

O'Brien, Mike	S	1979	3	0	California
Obomanu, Ben	WR	2006-11	66	13	Auburn
O'Callaghan, John	TE	1987	1	0	San Diego State
Okeafor, Chike	DE	2003-04	32	32	Purdue
Okung, Russell	T	2010-	37	37	Oklahoma State
Olds, Bill	FB	1976	1	1	Nebraska
Omiyale, Frank	T	2012	16	0	Tennessee Tech
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

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
Parker, Ron	CB	2011-	4	0	Newberry College
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
Person, Mike	T	2012-	*0	0	Montana State
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	2010-11	19	7	Colorado
Ponder, Willie	WR	2006	6	0	S.E. Missouri State
Porter, Rufus	LB	1988-94	98	67	Southern
Portis, Josh	QB	2011-12	*0	0	California Univ. (Pa.)
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
Rice, Sidney	WR	2011-	25	25	South Carolina
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-	41	15	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-	79	0	Regina

S

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
Scruggs, Greg	DE	2012-	11	0	Louisville

S

Player	Position	Years	GP	GS	College
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
Shead, DeShawn	CB	2012-	*0	0	Portland State
Sherman, Richard	CB	2011-	32	26	Stanford
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, Malcolm	LB	2011-	28	3	Southern California
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	2005-10	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
Sweezy, J.R.	G	2012-	13	3	North Carolina State

T

Tafoya, Joe	DE	2005-06	28	1	Arizona
Tapp, Darryl	DE	2006-09	65	30	Virginia Tech
Tate, Golden	WR	2010-	42	20	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	2004-10	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-	48	48	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-	21	5	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	2003-12	136	125	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
Turbin, Robert	RB	2012-	16	0	Utah State
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-	48	48	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
Vobora, David	LB	2011	6	0	Idaho

W

Wagner, Bobby	LB	2012-	16	15	Utah State
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	2010-12	48	1	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
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



W

Player	Position	Years	GP	GS	College
White, Tracy	LB	2003-04	20	2	Howard
Whitehurst, Charlie	QB	2010-11	9	4	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, Eddie	FB	2011	2	0	Idaho
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	2010-11	26	23	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	2005-10	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
Wilson, Russell	QB	2012-	16	16	Wisconsin
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, Al	DT	2011	2	0	LSU
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
Wright, K.J.	LB	2011-	31	27	Mississippi State
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
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*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 290.

NFC WEST (40-26)

ARIZONA CARDINALS (13-15)

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
9/25/11	-	W	13-10	66,199
1/1/12	-	*L	@ 20-23	61,798
9/9/12	-	L	@ 16-20	60,032
12/9/12	-	W	58-0	67,685

Franchise moved from St. Louis in 1988.

Points: Arizona 558 (19.9)
Seattle 690 (24.6)

ST. LOUIS RAMS (18-11)

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

11/20/11	-	W	@ 24-7	56,400
12/12/11	-	W	30-13	66,577
9/30/12	-	L	@ 13-19	53,193
12/30/12	-	W	20-13	67,936

Moved from L.A. Coliseum to Anaheim Stadium in 1980. Moved from Anaheim to St. Louis in 1995.

Points: St. Louis 593 (20.4)
Seattle 649 (22.4)

SAN FRANCISCO 49ERS (14-14)

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
9/11/11	-	L	@ 17-33	69,732
12/24/11	-	L	17-19	66,697
10/18/12	-	L	@ 6-13	69,732
12/23/12	-	W	42-13	68,161

Points: San Francisco 564 (20.1)
Seattle 659 (23.5)

NFC EAST (9-14)

DALLAS COWBOYS (5-9)

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
11/6/11	-	L	@ 13-23	81,510
9/16/12	-	W	27-7	68,008

Points: Dallas 357 (25.5)
Seattle 247 (17.6)

* Overtime + at Husky Stadium

NEW YORK GIANTS (6-9)

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
10/9/11	—	W	@	36-25	78,650

Points: N.Y. Giants 374 (24.9)
Seattle 259 (17.3)

PHILADELPHIA EAGLES (6-7)

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
12/1/11	—	W		31-14	67,039

Points: Philadelphia 257 (19.8)
Seattle 273 (21.0)

WASHINGTON REDSKINS (4-11)

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
11/27/11	—	L		17-23	66,007

Points: Washington 294 (19.6)
Seattle 222 (14.8)

NFC NORTH (13-9)

CHICAGO BEARS (10-4)

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

CHICAGO BEARS (10-4), continued

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
12/18/11	—	W	@	38-14	61,542
12/2/12	—	*W	@	23-17	62,264

Points: Chicago 290 (20.7)
Seattle 284 (21.9)

DETROIT LIONS (7-5)

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
10/28/12	—	L	@	24-28	63,497

Points: Detroit 241 (20.1)
Seattle 293 (24.4)

GREEN BAY PACKERS (6-8)

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
11/1/06	—	L	@	17-23	69,928
11/27/06	—	W		34-24	68,256
10/12/08	—	L		17-27	68,302
12/27/09	—	L	@	10-48	70,429
9/24/12	—	W		14-12	68,218

1981 & 1999 games played at Green Bay.
1976, 1978 & 1990 played in Milwaukee.

Points: Green Bay 364 (26.0)
Seattle 288 (20.6)

MINNESOTA VIKINGS (7-5)

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
11/4/12	—	W		30-20	67,584

Played in Metropolitan Stadium from 1961-81. Moved into the Metrodome in 1982.

Points: Minnesota 297 (24.8)
Seattle 295 (24.6)

* Overtime + at Husky Stadium

NFC SOUTH (10-8)

ATLANTA FALCONS (8-5)

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
10/2/11	—	L	28-30	66,266

Played at Atlanta-Fulton County Stadium from 1966-91. Moved into Georgia Dome in 1992.

Points: Atlanta 323 (24.8)
Seattle 348 (26.8)

CAROLINA PANTHERS (3-2)

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
10/7/12	—	W	@ 16-12	72,676

Points: Carolina 82 (16.4)
Seattle 83 (16.6)

NEW ORLEANS SAINTS (5-6)

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)

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)

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	61-29	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)

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

KANSAS CITY (18-32), continued

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	—	L	@	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)

OAKLAND RAIDERS (23-28)

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
11/1/89	—	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

OAKLAND (23-28), continued

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)

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
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

* Overtime + at Husky Stadium

SAN DIEGO (26-23), continued

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 (5-7)

BUFFALO BILLS (7-5)

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
12/16/12	-	W	%@	50-17	40,770

Points: Buffalo 286 (23.8)
Seattle 295 (24.6)

MIAMI DOLPHINS (3-8)

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
11/25/12	-	L	@	21-24	51,295

Moved from the Orange Bowl into Joe Robbie Stadium in 1987.

Points: Miami 237 (21.5)
Seattle 187 (17.0)

NEW ENGLAND PATRIOTS (8-8)

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
10/14/12	-	W		24-23	68,137

Points: New England 321 (20.1)
Seattle 295 (18.4)

NEW YORK JETS (10-8)

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
11/11/12	-	W		28-7	67,841

Moved from Shea Stadium into Giants Stadium in 1984.

Points: N.Y. Jets 330 (18.3)
Seattle 324 (18.0)

AFC NORTH (5-7)

BALTIMORE RAVENS (2-2)

12/27/97	-	L	@	24-31	54,395
11/23/03	-	*L	@	41-44	69,477
12/23/07	-	W		27-6	68,164
11/13/11	-	W		22-17	66,522

Points: Baltimore 98 (24.5)
Seattle 114 (28.5)

CINCINNATI BENGALS (9-9)

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
10/30/11	-	L		12-34	66,004

Points: Cincinnati 388 (21.6)
Seattle 350 (19.4)

CLEVELAND BROWNS (11-6)

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

* Overtime + at Husky Stadium % Toronto

CLEVELAND (11-6), continued

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
10/23/11	—	L	@	3-6	66,350

Franchise suspended in 1996 and reactivated in 1999.

Points: Cleveland 277 (16.3)
Seattle 366 (21.5)

PITTSBURGH STEELERS (8-8)

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
9/18/11	—	L	@	0-24	63,663

Points: Pittsburgh 242 (15.1)
Seattle 279 (17.4)

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

* Overtime + at Husky Stadium

INDIANAPOLIS (4-6), continued

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
11/13/96	—	W		23-16	60,320
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)

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)

NFC East (13-27)

- Arizona (1-5)
- Dallas (2-5)
- New York Giants (3-6)
- Philadelphia (3-5)
- Washington (4-6)

AFC Central (29-17)

- Baltimore (0-1)
- Cleveland (10-4)
- Cincinnati (8-7)
- Jacksonville (3-1)
- Tennessee (8-4)

NFC Central (21-13)

- Chicago (5-2)
- Detroit (4-4)
- Green Bay (4-4)
- Minnesota (4-2)
- Tampa Bay (4-1)

AFC West (80-110)

- Denver (17-32)
- Kansas City (17-30)
- Oakland (22-26)
- San Diego (24-22)

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
2011	7	9	0	.438	321	315	3rd	4-4-0	3-5-0	3-3-0	1-3-0	6-6-0	---
2012	11	5	0	.688	412	245	2nd	8-0-0	3-5-0	3-3-0	3-1-0	8-4-0	1-1-0
280	300	0	.483	12,053	12,378			170-121-0	110-179-0	121-139-0	162-185-0	118-115-0	9-12-0

*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 --			OT	Post-season	Pre-season
	Total	Home	Road			
* Arizona	13-15	9-6	4-9	0-3	0-0	9-5
Arizona	13-13	9-5	4-8	0-3	0-0	7-2
St. Louis	0-2	0-1	0-1	0-0	0-0	2-2
Atlanta	8-5	4-3	4-2	1-0	0-1	2-0
^ Baltimore	2-2	2-0	0-2	0-1	0-0	0-0
Buffalo	7-5	5-3	2-2	0-0	0-0	2-0
Carolina	3-2	2-0	1-2	0-0	1-0	0-0
Chicago	10-4	4-2	6-2	1-0	0-2	2-1
Cincinnati	9-9	4-4	5-5	0-1	0-1	1-0
Cleveland	11-6	7-3	4-3	0-1	0-0	0-0
Dallas	5-9	3-3	2-6	0-0	1-0	3-2
Denver	18-34	13-13	5-21	1-5	1-0	2-7
Detroit	7-5	5-2	2-3	0-0	0-0	5-2
+ Green Bay	6-8	3-2	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	5-0
Miami	3-8	2-2	1-6	0-0	1-2	0-1
Minnesota	7-5	5-2	2-3	0-0	0-0	7-6
New England	8-8	3-4	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	6-9	4-3	2-6	1-0	0-0	0-0
N.Y. Jets	10-8	5-3	5-5	0-0	0-0	0-0
@Oakland	23-28	14-10	9-18	0-1	1-1	8-3
Oakland	12-15	8-4	4-11	0-0	0-0	7-3
Los Angeles	11-13	6-6	5-7	0-1	1-1	0-0
Philadelphia	6-7	3-5	3-2	0-1	0-0	0-0
Pittsburgh	8-8	6-1	2-7	0-0	0-1	0-0
% St. Louis	18-11	11-4	7-7	0-1	0-1	2-6
St. Louis	17-7	10-2	7-5	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	14-14	8-7	6-7	0-1	0-0	13-15
Tampa Bay	7-4	3-2	4-2	0-0	0-0	3-0
= Tennessee	9-5	6-2	3-3	1-0	0-1	3-0
Tennessee	3-1	2-0	1-1	0-0	0-0	2-0
Houston	6-4	4-1	2-3	1-0	0-1	1-0
Washington	4-11	1-6	3-5	0-1	2-0	0-0
TOTALS	280-300	170-120	110-180	9-18	8-12	92-66

* 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)

PRESEASON RESULTS

1976

Preseason (1-5)

Sun.	8/1	L	27-20	San Francisco 49ers	60,825
Sat.	8/7	L	27-16	Chicago Bears (Spokane, Washington)	14,484
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 (Hall of Fame Game, Canton, Ohio)	22,250
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 (at St. Louis, Missouri)	48,746
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 (American Bowl, Tokyo, Japan)	48,827
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
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

*Played at Husky Stadium



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

2011					
Preseason (2-2)					
Thurs.	8/11	W	24-17	at San Diego Chargers	55,318
Sat.	8/20	L	7-20	Minnesota Vikings	65,599
Sat.	8/27	L	20-23	at Denver Broncos	72,347
Fri.	9/2	W	20-3	Oakland Raiders	65,418

2012					
Preseason (4-0)					
Sat.	8/11	W	27-17	Tennessee Titans	65,589
Sat.	8/18	W	30-10	at Denver Broncos	74,012
Fri.	8/24	W	44-14	at Kansas City Chiefs	63,870
Thurs.	8/30	W	21-3	Oakland Raiders	66,157

FRANCHISE HISTORY

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, in 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, in the second round. **10/8** Efen 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 Efen 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 Tuiaasopo, 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 Efen 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 playoff 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.

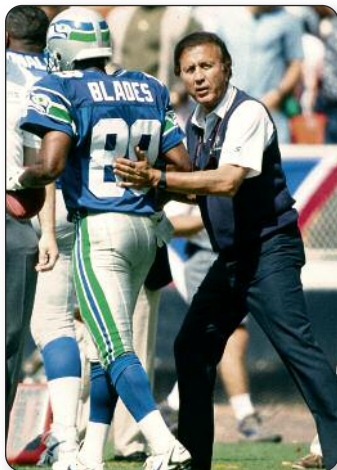


1990 — **4/22** Seahawks trade four draft choices to the New England Patriots, including two first-round choices, to move up and select University of Miami defensive tackle Cortez Kennedy with the third overall choice. Seahawks also receive a second-round choice from the Patriots which they use to select 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 1980s. **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 WFLA 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**

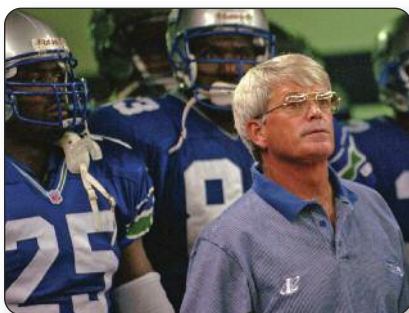


Nate Odomes, two-time Pro Bowl cornerback of the Buffalo Bills signs as a free agent. **2/28** Odomes' Buffalo teammate and fellow two-time Pro Bowler, tackle Howard Ballard signs as a free agent. **4/24** Texas A&M University defensive tackle Sam Adams is the Seahawks first-round draft choice. Adams is the eighth player picked in 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

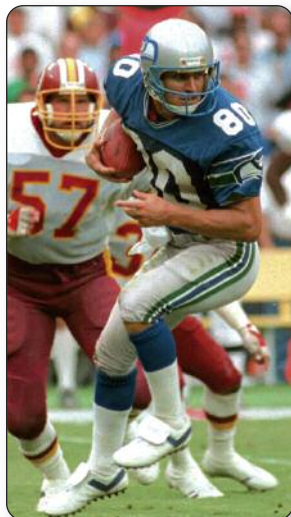
Stadium, closing out a 6-10 season. Chris Warren finishes the season with a franchise record 1,545 rushing yards, a total that leads the AFC. **12/29** Tom Flores, Seahawks general manager/head coach from 1992-94, is relieved of his duties. Flores, who joined the organization in 1989 as president/general 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 the 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 six 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 eight, 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 retention 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 responsibility 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 touchdowns 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 post-season 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

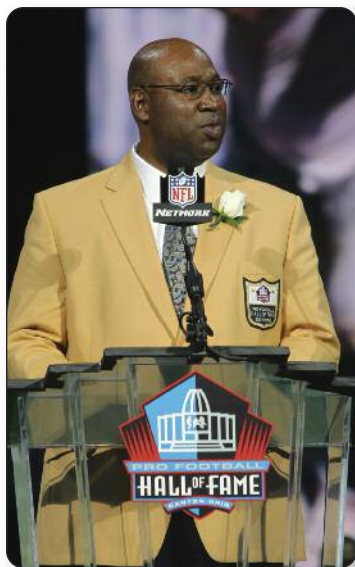
director to vice president of communications/broadcasting. **6/8** Original Seahawks employee Gary Wright/VP Administration retires after 32 years with the club. **8/4** The first wave of employees staffed the Virginia Mason Athletic Center. **8/18** Seahawks Football Operations and team practices began 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 (QB), 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. **1/20** Hired Darrell Bevell as offensive coordinator. **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. **7/25** NFL and the NFL Players Association agree to a 10-year Collective Bargaining Agreement ending the 136-day lockout. **7/29** Free Agency opened and the Seahawks signed, among others, G Robert Gallery, WR Sidney Rice, QB Tarvaris Jackson and FB Michael Robinson. **10/9** CB Brandon Browner set a club record at the New York Giants with a 94-yard interception return for a TD with 1:08 remaining in the game. **10/13** Traded LB Aaron Curry to the Oakland Raiders for draft choices in 2012 and 2013. **10/23** Red Bryant blocked two field goal attempts at Cleveland setting a club record for most in a single game. **11/13** Steven Hauschka tied a club record connecting on five field goal attempts in a 22-17 win over the Baltimore Ravens. **11/20** Chris Clemons was named NFC Defensive Player of the Week after setting a career high with 3.0 sacks and two forced fumbles at St. Louis. **12/1** David Hawthorne was named NFC Defensive Player of the Week for his performance versus the Philadelphia Eagles on NFL Network's Thursday Night Football. He returned an interception 77 yards for a score. It was one of four interceptions in the game by Seattle's defense. **12/12** Doug Baldwin was awarded the NFL Special Teams Player of the Week versus the St. Louis Rams at CenturyLink Field. Not only did he lead team with seven catches for 93 yards and TD, he took a reverse handoff on the opening kickoff and returned it 37 yards. He also downed the Seahawks first punt of the game at the Rams' own 6-yard line. After that drive ended in a punt, he blocked the attempt which resulted in a 17-yard return by Michael Robinson for touchdown. **12/18** Brandon Browner set a club record at Chicago with at least one interception in four consecutive games, including a second touchdown return of the season from 42 yards which also set a club record for most interception return yards in a season with 220. Red Bryant returned an interception 20 yards for his first career touchdown in a 38-14 Seahawks victory.



2012 — 2/4 Cortez Kennedy was voted into the Pro Football Hall of Fame in his fourth year of eligibility. Kennedy spent his entire 11-year career with Seattle after being selected third overall in the 1990 NFL Draft. **2/14** Added Keith Carter (quality control/offense) and former Seahawks safety Marquand Manuel (special teams assistant) to the coaching staff. **3/4** Re-signed RB Marshawn Lynch to a multi-year contract. **3/13** Reached a contract agreement to re-sign DE Red Bryant - the son-in-law of Seahawks Ring of Honor member Jacob Green. **3/20** Signed free agent QB Matt Flynn to a multi-year contract. **3/29** The Seahawks and Tribune Television Northwest (KCPQ channel 13 and FOX affiliate in Seattle) reach a multi-year agreement to be the flagship television partner of the Seahawks. Q13 will broadcast all preseason game broadcasts, pre and postgame shows, and other team-related content. **4/3** Nike unveils the new NFL uniform design in New York, and Kam Chancellor represents the Seahawks in the fashion show. Along

with the new uniform, the Seahawks unveil a new tweaked logo that freshens up the team colors. The new team colors are college navy, action green and wolf grey. **4/26** Selected DE Bruce Irvin with the 15th overall selection in the 2012 NFL Draft. **4/27** Drafted Russell Wilson in the third round (No.75 overall) of the NFL Draft. **8/4** Cortez Kennedy was inducted into the Pro Football Hall of Fame in Canton, Ohio. **9/24** Seattle topped Green Bay 14-12 on Monday Night Football with a game-winning Hail Mary as time expired. Russell Wilson connected with Golden Tate on a 24-yard completion. The play was called a touchdown on the field by replacement referees and upheld after a booth review. That was be the final game with replacement officials; regular officiating crews returned the following week. **11/25** Leon Washington tied an NFL record with his eighth-career kickoff return for a touchdown at Miami. **12/2** Russell Wilson led Seattle to a go-ahead TD drive at Chicago with :24 remaining only to have the Bears tie the game with a field goal as time expired. Seattle won the toss and Wilson again led Seattle on a game-winning TD drive on the first possession. **12/16** Seattle scored 50 or more points for the second consecutive game becoming the first team since 1950 to accomplish the feat (58-0 vs. Arizona on 12/9 and 50-17 at Buffalo on 12/16). **12/30** Seattle finished the season with a perfect home record with a 20-13 victory over St. Louis. In that game, Russell Wilson tied Peyton Manning's NFL rookie record with his 26th TD pass.

2013 — 1/6 Seattle won their first road playoff game since 1983 with a 24-14 come-from-behind victory at Washington. **1/17** Named Dan Quinn defensive coordinator after Gus Bradley accepted the head coaching position with the Jacksonville Jaguars. **2/13** Named Travis Jones defensive line coach. Named Nick Sorenson coaching assistant/special teams. **3/12** Traded a 2013 first-round and seventh-round draft choice and a 2014 third-round draft choice to Minnesota for WR Percy Harvin. **4/1** Traded QB Matt Flynn to the Oakland Raiders for a conditional draft choice. **4/22** Signed SS Kam Chancellor to multi-year extension. Named Eric Mastalar chief commercial officer. **6/7** New remodeled and expanded Pro Shop opens at CenturyLink Field. **6/20** Tag Ribary promoted to Director of Team Operations and Trent Kirchner promoted to Director of Pro Personnel. **6/28** Cortez Kennedy named Team Ambassador.



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, 2008-10	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, 2008-10	73
6 Efren Herrera, 1978-81	64
7 Rian Lindell, 2000-02	58
8 Steven Hauschka, 2011-	49
9 John Leypoldt, 1976-77	17
10 Kris Heppner, 2000	6

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, 2008-10	83
7 Rian Lindell, 2000-02	78
8 Steven Hauschka, 2011-	57
9 John Leypoldt, 1976-77	30
10 Kris Heppner, 2000	9

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, 2008-10	89
8 Steven Hauschka, 2011-	80
9 John Leypoldt, 1976-78	59
10 Wilson Alvarez, 1981	14

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 Steven Hauschka, 2011-	82
9 John Leypoldt, 1976-78	59
10 Wilson Alvarez, 1981	15

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 Marshawn Lynch, 2010-	765
8 Maurice Morris, 2002-08	604
9 Dan Doornink, 1979-85	463
10 Julius Jones, 2008-10	347

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 Marshawn Lynch, 2010-	3,367
8 Maurice Morris, 2002-08	2,612
9 Dan Doornink, 1979-85	1,530
10 Jim Zorn, 1976-84	1,494

RUSHING TOUCHDOWNS

Player, Seasons	No.
1 Shaun Alexander, 2000-07	100
2 Curt Warner, 1983-89	55
3 Chris Warren, 1990-97	44
4 Marshawn Lynch, 2010-	29
5 Sherman Smith, 1976-82	28
6 Ricky Watters, 1998-01	22
7 Derrick Fenner, 1989-91	19
David Sims, 1977-79	19
9 Jim Zorn, 1976-84	17
John L. Williams, 1986-93	17

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 Tarvaris Jackson, 2011	450
9 Kelly Stouffer, 1988-92	437
10 John Friesz, 1995-98	416

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

PASSING COMPLETIONS, continued

6 Warren Moon, 1997-98	458
7 Seneca Wallace, 2003-09	333
8 Tarvaris Jackson, 2011	271
9 Russell Wilson, 2012-	252
10 John Friesz, 1995-98	228

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 Russell Wilson, 2012-	3,118
9 Tarvaris Jackson, 2011	3,091
10 John Friesz, 1995-98	2,971

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 Russell Wilson, 2012-	26
8 Seneca Wallace, 2003-09	25
9 John Friesz, 1995-98	16
10 Tarvaris Jackson, 2011	14

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 Tarvaris Jackson, 2011	42
10 Stan Gelbaugh, 1992-96	36

QUARTERBACK RATING (MINIMUM 100 ATTEMPTS)

Player, Seasons	No.
1 Russell Wilson, 2012-	100.0
2 Seneca Wallace, 2003-09	83.1
3 Dave Krieg, 1980-91	82.3
4 Matt Hasselbeck, 2001-10	82.2
5 Warren Moon, 1997-98	81.3
6 Brock Huard, 1999-01	80.1
7 Tarvaris Jackson, 2011	79.2
8 John Friesz, 1995-98	78.3
9 Jon Kitna, 1997-00	76.3
10 Trent Dilfer, 2001-04	72.5

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 Marcus Trufant, 2003-12	21
6 Darryl Williams, 1996-99	20
Shawn Springs, 1997-03	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, 2003-12	370
7 Keith Simpson, 1978-85	338
8 Brandon Browner, 2011-	259
9 Robert Blackmon, 1990-96	246
10 Dwayne Harper, 1988-93	242

INTERCEPTION RETURN FORTD

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, 2007-09	3
6 John Harris, 1978-85	2
Jacob Green, 1980-91	2
Terry Taylor, 1984-88, 1994	2
Darryl Williams, 1996-99	2
Darrin Smith, 1998-99	2
Shawn Springs, 1997-03	2
Reggie Tongue, 2000-03	2
Anthony Simmons, 1998-04	2
Lofa Tatupu, 2005-10	2
Marcus Trufant, 2003-12	2
Brandon Browner, 2011-	2

PUNTS

Player, Seasons	No.
1 Rick Tuten, 1991-97	554
2 Jon Ryan, 2008-	404
3 Jeff Feagles, 1998-02	385
4 Jeff West, 1981-85	299
5 Herman Weaver, 1977-80	257
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 Jon Ryan, 2008-	18,273
3 Jeff Feagles, 1998-02	16,227
4 Jeff West, 1981-85	11,511
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 Jon Ryan, 2008-	141
3 Jeff Feagles, 1998-02	133
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 Jon Ryan, 2008-	33
3 Jeff Feagles, 1998-02	30
4 Jeff West, 1981-85	28
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 Leon Washington, 2010-12	104
3 Chris Warren, 1990-97	94
4 Bobby Joe Edmonds, 1986-88	89
5 Joey Galloway, 1995-99	79

PUNT RETURNS continued

6 Paul Johns, 1981-84	74
7 Charlie Rogers, 1999-01	73
8 Bobby Ingram, 2001-08	70
9 Kelvin Martin, 1993-94	65
10 Will Lewis, 1980-81	57

FAIR CATCHES

Player, Seasons	No.
1 Bobby Ingram, 2001-08	67
2 Chris Warren, 1990-97	60
3 Leon Washington, 2010-12	41
4 Charlie Rogers, 1999-01	40
5 Kelvin Martin, 1993-94	35
6 Jimmy Williams, 2005-06	31
7 Bobby Joe Edmonds, 1986-88	26
8 Paul Johns, 1981-84	23
Joey Galloway, 1995-99	23
10 Ronnie Harris, 1994-98	22

PUNT RETURN YARDS

Player, Seasons	No.
1 Nate Burleson, 2006-09	1,288
2 Leon Washington, 2010-12	1,069
3 Bobby Joe Edmonds, 1986-88	1,010
4 Charlie Rogers, 1999-01	925
5 Paul Johns, 1981-84	843
6 Joey Galloway, 1995-99	823
7 Chris Warren, 1990-97	819
8 Bobby Ingram, 2001-08	773
9 Kelvin Martin, 1993	550
10 Paul Skansi, 1984-91	500

PUNT RETURN TD'S

Player, Seasons	No.
1 Joey Galloway, 1995-99	4
2 Paul Johns, 1981-84	2
Bobby Ingram, 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 Leon Washington, 2010-12	127
5 Bobby Joe Edmonds, 1986-88	101
6 Chris Warren, 1990-97	86
7 Randall Morris, 1984-88	82
8 Josh Wilson, 2007-09	80
9 Al Hunter, 1977-80	78
10 Josh Scobey, 2005-07	76

KICKOFF RETURN YARDS

Player, Seasons	No.
1 Steve Broussard, 1995-98	3,900
2 Leon Washington, 2010-12	3,329
3 Charlie Rogers, 1999-01	3,214
4 Maurice Morris, 2002-08	2,843
5 Bobby Joe Edmonds, 1986-88	2,228
6 Josh Wilson, 2007-09	1,965
7 Chris Warren, 1990-97	1,794
8 Al Hunter, 1977-80	1,717
9 Josh Scobey, 2005-07	1,641
10 Randall Morris, 1984-88	1,621

KICKOFF RETURN TD'S

Player, Seasons	No.
1 Leon Washington, 2010-12	4
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, 2001-10	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, 2003-12	638

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 Chris Clemons, 2010-	33.5
9 Rocky Bernard, 2002-08	29.0
10 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 Chris Clemons, 2010-	246.5
9 Rocky Bernard, 2002-08	182.0
10 Julian Peterson, 2006-08	178.0

**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
Michael Robinson, 2010-	1
Malcolm Smith, 2011-	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 15 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 Flores, 1981-82	1
Terry Wooden, 1990-96	1
Red Bryant, 2008-	1

BLOCKED FIELD GOALS

Player, Seasons	No.
1 Joe Nash, 1982-96	8
Craig Terrill, 2004-10	8
3 Red Bryant, 2008-	4
4 Jeff Bryant, 1982-93	3
5 Dennis Boyd, 1977-79, 1981-82	2
Jacob Green, 1980-91	2
Mike White, 1981-82	2
8 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
Richard Sherman, 2011-	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
Leon Washington, 2010-12	4
8 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

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 Jodet	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
2011	Marshawn Lynch	15	13	12	1	0	0/0	78
2012	Marshawn Lynch	16	12	11	1	0	0/0	72

*Led NFL; + Led AFC; # Tied AFC; ^ Led NFC

KICK SCORING

		G	PATs	FGs	Pts.
1976	John Leyboldt	11	19-22	8-12	43
1977	John Leyboldt	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
2011	Steven Hauschka	16	34-34	25-30	109
2012	Steven Hauschka	16	46-48	24-27	118

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 Jodet	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
2011	Marshawn Lynch	15	285	1204	4.2	47	12
2012	Marshawn Lynch	16	315	1,590	5.0	77t	11

! 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



PASSING (CONTINUED)

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
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^A	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^A	9	98.2^A
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
2011	Tarvaris Jackson	15/14	450	271	3091	60.2	14	13	79.2
2012	Russell Wilson	16/16	393	252	3118	64.1	26	10	100.0

RECEIVING

		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	18
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
2011	Doug Baldwin	16	51	788	15.5	55t	4
2012	Sidney Rice	16	50	748	15.0	46t	7

* 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
2011	Doug Baldwin	16	788	51	15.5	55t	4
2012	Sidney Rice	16	748	50	15.0	46t	7

* 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



INTERCEPTIONS (CONTINUED)

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
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
2011	Brandon Browner	16	6	220	36.7	94t	2*
2012	Richard Sherman	16	8	57	7.1	29	1

* Led NFL; + Led AFC; # Tied AFC; ! Tied NFC

PUNTING

		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
2011	Jon Ryan	16	95	4431	46.6	39.3	77	8	34*	0
2012	Jon Ryan	16	65	2963	45.6	40.8	73	3	30	0

* Led NFL; + Led AFC; # Tied AFC; ! Tied NFC



PUNT RETURNS

		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
2011	Leon Washington	16	41	16	464	11.3	37	0
2012	Leon Washington	16	41	17	356	8.7	52	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

KICKOFF RETURNS, continued

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*
2011	Leon Washington	16	43	1084	25.2	54	0
2012	Leon Washington	16	27	784	29.0	98t	1

* Led NFL; + Led AFC

DEFENSIVE STATISTICS

TACKLES

Includes solo and assists

		G	No.			G	No.
1976	Dave Brown	14	111	1995	Terry Wooden	16	135
1977	Terry Beeson	14	134	1996	Dean Wells	16	107
1978	Terry Beeson	16	153	1997	Chad Brown	15	104
1979	Terry Beeson	16	114	1998	Chad Brown	16	150
1980	Michael Jackson	15	136	1999	Chad Brown	15	117
1981	Michael Jackson	16	140	2000	Anthony Simmons	16	147
1982	Michael Jackson	8	64	2001	Anthony Simmons	16	123
1983	Bruce Scholtz	16	104	2002	Reggie Tongue	16	93
1984	Shelton Robinson	16	93	2003	Anthony Simmons	13	100
1985	Fredd Young	16	118	2004	Marcus Trufant	16	93
1986	Fredd Young	15	121	2005	Lofa Tatupu	16	105
1987	Fredd Young	13	101	2006	Lofa Tatupu	16	123
1988	Eugene Robinson	16	114	2007	Lofa Tatupu	16	109
1989	Eugene Robinson	16	102	2008	Lofa Tatupu	15	94
1990	Nesby Glasgow	16	83	2009	David Hawthorne	16	116
1991	Terry Wooden	16	100	2010	David Hawthorne	16	105
1992	Eugene Robinson	16	94	2011	David Hawthorne	15	115
1993	Eugene Robinson	16	111	2012	Bobby Wagner	16	140
1994	Rod Stephens	16	128				

SACKS

		G	No.			G	No.
1976	Steve Niehaus	14	9.5	1996	Michael McCrary	16	13.5+
1977	Alden Roche	12	3.5	1997	Michael Sinclair	16	12.0
1978	Bill Gregory	16	9.0	1998	Michael Sinclair	16	16.5*
1979	Manu Tuiaosopopo	16	8.0	1999	Phillip Daniels	16	9.0
1980	Jacob Green	14	6.5	2000	Chad Brown	16	6.0
1981	Jacob Green	16	12.0		Lamar King	14	6.0
1982	Jeff Bryant	9	3.0	2001	John Randle	15	11.0
	Jacob Green	9	3.0	2002	John Randle	12	7.0
1983	Jacob Green	16	16.0	2003	Chike Okeafor	16	8.0
1984	Jeff Bryant	16	14.5	2004	Chike Okeafor	16	8.5
1985	Jacob Green	16	13.5	2005	Bryce Fisher	16	9.0
1986	Jacob Green	16	12.0	2006	Julian Peterson	16	10.0
1987	Jacob Green	12	9.5	2007	Patrick Kerney	16	14.5^
1988	Jacob Green	16	9.0	2008	Brandon Mebane	16	5.5
1989	Rufus Porter	16	10.5		Darryl Tapp	16	5.5
1990	Jacob Green	16	12.5	2009	Patrick Kerney	14	5.0
1991	Rufus Porter	15	10.0	2010	Chris Clemons	16	11.0
1992	Cortez Kennedy	16	14.0	2011	Chris Clemons	16	11.0
1993	Michael Sinclair	9	8.0	2012	Chris Clemons	16	11.5
1994	Michael Sinclair	12	4.5				
1995	Antonio Edwards	13	6.5				
	Cortez Kennedy	16	6.5				

* Led NFL; + Led AFC; ^ Led NFC

SPECIAL TEAMS TACKLES

		G	No.			G	No.
1976	Don Dufek	14	15	1994	Dean Wells	15	16
1977	Peter Cronan	14	11	1995	Mack Strong	16	19
	Charles McShane	14	11	1996	Jay Bellamy	16	34
1978	Cornell Webster	15	12	1997	Tim Hauck	16	22
1979	Don Dufek	13	18	1998	Kerry Joseph	16	14
1980	Don Dufek	8	13	1999	James Logan	16	18
1981	Mike Tice	16	11	2000	Isaiah Kacyvenski	16	15
1982	Eric Lane	9	6	2001	Isaiah Kacyvenski	16	21
	Ken McAlister	9	6	2002	Terreal Bierria	14	16
1983	Don Dufek	14	18	2003	Alex Bannister	16	18
1984	Sam Merriman	16	21	2004	Niko Koutouvides	16	16
1985	John Kaiser	16	14	2005	Josh Scobey	16	23
1986	Eric Lane	15	16	2006	Kevin Bentley	14	14
1987	David Hollis	11	10		Niko Koutouvides	16	14
1988	Rufus Porter	16	16	2007	Niko Koutouvides	15	20
1989	Rufus Porter	16	13	2008	Jordan Babineaux	14	14
1990	James Jones	16	15		C.J. Wallace	12	14
1991	David Daniels	16	12	2009	Lance Laury	16	21
	Rod Stephens	16	12	2010	Matt McCoy	14	19
	Chris Warren	16	12	2011	Heath Farwell	11	21
1992	Tracy Johnson	16	18	2012	Heath Farwell	16	15
1993	Michael Bates	16	22				

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 68,218	Green Bay	CenturyLink Field	September 24, 2012	W	14-12
10 68,193	Arizona	CenturyLink Field	December 9, 2007	W	42-21

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 84,325*	Washington	FedEx Field	January 6, 2013	W	24-14
4 82,893	Kansas City	Arrowhead Stadium	October 2, 2000	L	24-17
5 82,352	Washington	FedEx Field	November 4, 2001	L	27-14
6 81,510	Dallas	Cowboys Stadium	November 6, 2011	L	23-13
7 80,886	Dallas	Cowboys Stadium	November 1, 2009	L	38-17
8 80,728	Washington	FedEx Field	November 9, 2003	L	27-20
9 79,529	N.Y. Giants	Giants Stadium	October 5, 2008	L	44-6
10 78,847	Kansas City	Arrowhead Stadium	October 23, 1994	L	38-23

* Playoff Game



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

REGULAR SEASON, continued

Year	Aug.	Sept.	Oct.	Nov.	Dec.	Jan.	Record
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
2011		1-2	1-3	2-2	3-1	0-1	7-9
2012		2-2	2-2	2-1	5-0		11-5
Total	0-1	63-69	65-79	74-78	74-68	4-5	280-300

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
2011		1-2	1-3	2-2	3-1	0-1	7-9	
2012		2-2	2-2	2-1	5-0	1-1	12-6*	1-1
Total	0-1	63-69	65-79	74-78	77-70*	10-15*	289-312*	9-12

* includes playoffs



RECORD BY STARTING QUARTERBACK

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
2011	Tarvaris Jackson	7-7
	Charlie Whitehurst	0-2
2012	Russell Wilson	11-5

BY WINNING %

Quarterback	Record	Win %
Glenn Foley	1-0	1.000
Russell Wilson	11-5	.688
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
Tarvaris Jackson	7-7	.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
Charlie Whitehurst	1-3	.250
Stan Gelbaugh	1-8	.111
Gale Gilbert	0-2	.000
Brock Huard	0-4	.000
Charlie Frye	0-1	.000



Quarterback Jeff Kemp, 1987-91

PRIME TIME RECORD (37-26)

MONDAY NIGHT FOOTBALL (18-8)

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
December 12, 2011	W	30-13	vs. St. Louis
September 24, 2012	W	14-12	vs. Green Bay

THURSDAY-SUNDAY NIGHT (19-18)

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	at Tampa Bay
Thursday, November 27, 2008*	FOX	L	34-9	at Dallas
Sunday, January 2, 2011	NBC	W	16-6	vs. St. Louis
Thursday, December 1, 2011	NFL Net.	W	31-14	vs. Philadelphia
Thursday, October 18, 2012	NFL Net.	L	13-6	at San Francisco
Sunday, December 23, 2012	NBC	W	42-13	vs. San Francisco

*Thanksgiving Day Game

RECORDS BY TELEVISION NETWORK

NFL Network (1-2) ESPN (19-8) NBC (4-4) ABC (13-9) TNT (0-2) FOX (0-1)

ALL-TIME HONORS

CAPTAINS

Offense

1976 Norm Evans, T
 1977 Norm Evans, T
 1978 Norm Evans, T
 1979 Steve Largent, WR
 1980 Steve Largent, WR
 1981 Steve Largent, WR
 1982 Steve Largent, WR
 1983 Steve Largent, WR
 1984 Charle Young, TE
 1985 Steve Largent, WR
 1986 Steve Largent, WR
 1987 Steve Largent, WR
 Curt Warner, RB
 1988 Steve Largent, WR
 1989 Steve Largent, WR
 1990 Dave Krieg, QB
 1991 Dave Krieg, QB
 1992 John L. Williams, FB
 1993 John L. Williams, FB

1994 Ray Donaldson, C

1995 Rick Mirer, QB
 1996 Rick Mirer, QB
 Chris Warren, RB
 1997 John Friesz, QB
 1998 Warren Moon, QB
 Kevin Glover, C
 1999* Jon Kitna, QB
 Ricky Watters, RB

Defense

Mike Curtis, LB
 Eddie McMillan, S
 Dennis Boyd, DT
 Dennis Boyd, DE
 Keith Simpson, S
 Keith Simpson, CB
 Keith Simpson, CB
 Dave Brown, CB
 Dave Brown, CB
 Dave Brown, CB
 Dave Brown, CB
 Kenny Easley, S

Jacob Green, DE
 Eugene Robinson, S
 Jacob Green, DE
 Jacob Green, DE
 Jacob Green, DE
 Eugene Robinson, S
 Eugene Robinson, S

Eugene Robinson, S

Eugene Robinson, S
 Winston Moss, LB
 Terry Wooden, LB
 Winston Moss, LB
 Darryll Williams, S
 Michael Sinclair, DE
 Chad Brown, LB
 Cortez Kennedy, DT

Special Teams

Ed Bradley, LB
 Steve Preece, S
 Autry Beamon, S
 Autry Beamon, S

Don Dufek, S
 Don Dufek, S
 Eric Lane, RB
 Eric Lane, RB
 Eric Lane, RB
 Eric Lane, RB
 Paul Moyer, S

Game-to-Game

Game-to-Game
 Game-to-Game
 Game-to-Game
 Game-to-Game
 James Jones, TE
 Tracy Johnson, FB
 Trey Junkin, TE
 Tracy Johnson, FB
 Trey Junkin, TE
 Trey Junkin, TE
 Rick Tuten, P

Jay Bellamy, S
 Jay Bellamy, S

Fabien Bowens, WR
 James Logan, LB

Season captains discontinued in 1999 and 2000

2001 **Offense** Matt Hasselbeck, QB
Defense Chad Brown, LB
 2002 **Offense** Trent Dilfer, QB
Defense Chad Brown, LB
 2003 Matt Hasselbeck, QB
 2004 Matt Hasselbeck, QB
 2005 Matt Hasselbeck, QB
 Shaun Alexander, RB*
 2006 Matt Hasselbeck, QB
 Walter Jones, T
 2007 Matt Hasselbeck, QB
 Mack Strong, FB
 2008 Matt Hasselbeck, QB
 Walter Jones, T
 2009 Matt Hasselbeck, QB
 Walter Jones, T
 2010 Matt Hasselbeck, QB
 2011 Tarvaris Jackson, QB

Robbie Tobeck, C
 Levon Kirkland, LB
 Robbie Tobeck, C
 Chad Eaton, DT
 John Randle, DT
 Anthony Simmons, LB
 Grant Wistrom, DE
 Lofa Tatupu, LB*
 Lofa Tatupu, LB
 Ken Hamlin, FS
 Lofa Tatupu, LB
 Deon Grant, SS
 Deon Grant, SS
 Deon Grant, SS
 Deon Grant, SS
 Lofa Tatupu, LB
 Deon Grant, SS
 Lofa Tatupu, LB
 Marcus Trufant, CB

Ricky Watters, RB
 Marcus Robertson, S
 Mack Strong, FB
 Marcus Robertson, S
 Alex Bannister, WR
 Alex Bannister, WR
 Alex Bannister, WR
 Josh Scobey, KR*
 J.P. Darche, LS
 Jimmy Williams, CB
 Josh Brown, K
 Niko Koutouvides, LB
 Lance Laury, LB
 D.D. Lewis, LB
 Lance Laury, LB
 Olindo Mare, K
 Roy Lewis, CB
 M. Robinson/
 L. Washington
 H. Farwell/M. Robinson

2012 Max Unger, C

Red Bryant, DE

* 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	2001 Mack Strong	FB
1990 Jacob Green	DE	2002 Mack Strong	FB
1991 Rufus Porter	LB	2003 Trent Dilfer	QB
1992 Jeff Bryant	DE	2004 Mack Strong	FB
Joe Nash	DT	2005 Mack Strong	FB
1993 Eugene Robinson	S	2006 Mack Strong	FB
1994 Brian Blades	WR	2007 Bobby Engram	WR
1995 Terry Wooden	LB	2008 Mike Holmgren	Coach
1996 Cortez Kennedy	DT	2009 Matt Hasselbeck	QB
1997 Winston Moss	LB	2010 Roy Lewis	CB
1998 Michael Sinclair	DE	2011 Red Bryant	DE
1999 Chad Brown	LB	2012 Russell Wilson	QB
2000 Ricky Watters	RB		



2012 Steve Largent Award Winner Russell Wilson

MAN OF THE YEAR

1976	Norm Evans	T	1996	Todd Peterson	K
1980	Jim Zorn	QB	1997	Rick Tuten	P
1981	Manu Tuiasosopo	DT	1998	Sam Adams	DT
1982	Dave Brown	CB	1999	Jon Kitna	QB
1983	Paul Johns	WR	2000	Jon Kitna	QB
1984	Jeff West	P	2001	Brock Huard	QB
1985	Mike Tice	TE	2002	Trent Dilfer	QB
1986	Mike Tice	TE	2003	Matt Hasselbeck	QB
1987	Mike Tice	TE	2004	Mack Strong	FB
1988	Steve Largent	WR	2005	Shaun Alexander	RB
1989	Norm Johnson	K	2006	Marcus Trufant	CB
1990	Jacob Green	DE	2007	Bobby Engram	WR
1991	Eugene Robinson	S	2008	Patrick Kerney	DE
1992	Eugene Robinson	S	2009	Josh Wilson	CB
1993	Eugene Robinson	S	2010	Roy Lewis	CB
1994	Brian Blades	WR	2011	John Carlson	TE
1995	Eugene Robinson	S	2012	Russell Okung	T

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		<i>Discontinued in 1999</i>	

AP ALL-PRO

	1st Team	2nd Team		1st Team	2nd Team
1978		Steve Largent Jim Zorn	1996		Cortez Kennedy Chad Brown
1979		Steve Largent	1998		
1983	Kenny Easley	Curt Warner	2001	Walter Jones	
1984	Norm Johnson Joe Nash Kenny Easley	Steve Largent Dave Brown	2003	Steve Hutchinson	
1985	Steve Largent Kenny Easley		2004	Walter Jones	Shaun Alexander
1986	Bobby Joe Edmunds	Curt Warner	2005	Shaun Alexander Steve Hutchinson Walter Jones Mack Strong	
1987	Fredd Young	Steve Largent Curt Warner	2006		Walter Jones
1992	Cortez Kennedy		2007	Walter Jones Patrick Kerney Lofa Tatupu	
1993	Cortez Kennedy	Eugene Robinson	2008		Walter Jones
1994	Cortez Kennedy	Chris Warren Rick Tuten Chris Warren	2010		Leon Washington
1995			2012	Marshawn Lynch Richard Sherman Earl Thomas Max Unger	

PRO BOWL

Year	Player	Nominations	Year	Player	Nominations
1978	Steve Largent, WR	1	2004	Shaun Alexander, RB	2
1979	Steve Largent, WR	2		Steve Hutchinson, G	2
1981	Steve Largent, WR	3		Walter Jones, T	5
1982	Kenny Easley, S	1	2005	Shaun Alexander, RB, starter	3
1983	Kenny Easley, S, starter	2		Matt Hasselbeck, QB, starter	2
	Curt Warner, RB, starter	1		Steve Hutchinson, G, starter	3
1984	Dave Brown, CB	1		Walter Jones, T, starter	6
	Kenny Easley, S, unanimous	3		Mack Strong, FB, starter	1
	Norm Johnson, K	1		Lofa Tatupu, LB	1
	Dave Krieg, QB	1		Robbie Tobeck, C	1
	Steve Largent, WR	4	2006	Walter Jones, T	7
	Joe Nash, DT, starter	1		Julian Peterson, LB	1, 3 total
	Fredd Young, special teams	1		Mack Strong, FB	2
1985	Kenny Easley, S, starter	4		Lofa Tatupu, LB	2
	Steve Largent, WR, starter	5	2007	Matt Hasselbeck, QB	3
	Fredd Young, special teams	2		Walter Jones, T	8
1986	Bobby Joe Edmonds, KR	1		Patrick Kerney, DE	1, 2 total
	Jacob Green, DE	1		Julian Peterson, LB	2, 4 total
	Steve Largent, WR, starter	6		Lofa Tatupu, LB	3
	Curt Warner, RB, starter	2		Marcus Trufant, CB	1
	Fredd Young, LB, starter	3	2008	Walter Jones, T	9
1987	Kenny Easley, S, starter	5		Julian Peterson, LB	3, 5 total
	Jacob Green, DE	2	2011	Brandon Browner, CB	1
	Steve Largent, WR, starter	7		Kam Chancellor, S	1
	Curt Warner, RB, starter	3		Marshawn Lynch, RB	1, 2 total
	Fredd Young, LB, starter	4		Michael Robinson, FB	1
1988	Dave Krieg, QB	2		Earl Thomas, S, starter	1
	Rufus Porter, special teams	1	2012	Marshawn Lynch, RB	2, 3 total
1989	Brian Blades, WR	1		Russell Okung, T, starter	1
	Dave Krieg, QB	3		Earl Thomas, S, starter	2
	Rufus Porter, special teams	2		Max Unger, C, starter	1
1990	John L. Williams, FB	1		Leon Washington, RS/KR	1, 2 total
1991	Cortez Kennedy, DT	1		Russell Wilson, QB	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			



RETIRED JERSEYS

- #12 Seattle's fans, the 12th Man (1984)
- #80 WR Steve Largent (1995)
- #71 T Walter Jones (2010)
- #96 DT Cortez Kennedy (2012)

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)
- 2011 Cortez Kennedy, 1990-00 (elected in fourth 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 (*AP, 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)
- 2006 Josh Brown, K (*Pro Football Weekly* Golden Toe Award)
- 2012 Pete Carroll, Head Coach (Kansas City NFL 101 Club)
- Bruce Irvin, DE (*Pro Football Weekly* All-Rookie Team)
- Marshawn Lynch, RB (*Pro Football Weekly* All-NFL Team)
- Michael Robinson, FB (*Sports Illustrated* All-Pro)
- John Schneider, General Manager (*Sports Illustrated* Executive of the Year)
- Richard Sherman, CB (*Pro Football Weekly* All-NFL Team, *Sporting News* All-Pro, *Sports Illustrated* All-Pro)

NFL/NATIONAL HONORS (CONT.)

- 2012 Earl Thomas, S (*Pro Football Weekly* All-NFL Team, *Sporting News* All-Pro)
 Bobby Wagner, LB (*Pro Football Weekly* All-Rookie Team, *Sports Illustrated* Defensive Rookie of the Year)
 Russell Wilson, QB (*Pepsi Max* NFL Rookie of the Year, *Sports Illustrated* Offensive Rookie 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)
 2012 Russell Wilson, QB (December)

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 and 12)
 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)
 2011 Chris Clemons, DE (Week 11), David Hawthorne, LB (Week 13), Doug Baldwin*, WR/ST (Week 14)
 2012 Chris Clemons, DE (Week 3), Richard Sherman, CB (Week 10), Leon Washington, RB/ST (Week 12), Russell Wilson*, QB (Week 13), Red Bryant, DE/ST (Week 16)

*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

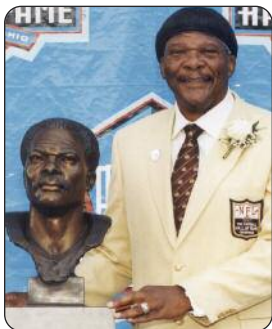
Alworth (41). Still ranks 18th in total touchdowns with 101 (has one rushing), 11th with 40 100-yard games, and is 34th in combined yards with 13,396.

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. Third 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, behind 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.

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.

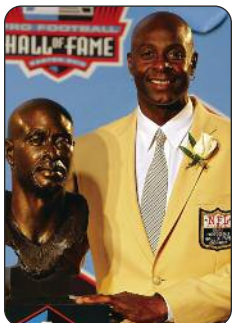
Pro Career: John Randle, a Little All-America from Texas A&I, signed as an undrafted free agent with the Minnesota Vikings in 1990. He embarked on an impressive streak from 1992-01 of 183 games played and 140 starts before a knee injury forced him out of a game. In the 1993 season, Randle registered 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.

CORTEZ KENNEDY, DT 1990-2000



Pro Football Hall of Fame: Cortez Kennedy was elected to the Pro Football Hall of Fame on Saturday, February 4, 2012, the day before Super Bowl XLVI. Kennedy was formally inducted in Canton, Ohio, on Saturday, August 4, along with Jack Butler, Dermontti Dawson, Chris Doleman, Curtis Martin and Willie Roaf. Kennedy follows only Steve Largent to enter the Hall of Fame representing the Seahawks. He was presented into the Hall of Fame by Dixie Fraley Keller, the widow of long-time agent, financial advisor and friend, Robert Fraley.

Pro Career: The Seattle Seahawks used the third overall selection of the 1990 NFL Draft on All-America defensive tackle Cortez Kennedy from the University of Miami. The move proved to be wise as Kennedy became a fixture on the Seahawks defensive line for 11 seasons. Extremely durable, he did not miss a single game until his eighth season. In his rookie season, Kennedy played in all 16 games, two of which were starts. He produced impressive numbers including a season-high 10 tackles and a sack against the Miami Dolphins. For

his efforts, he was named to the NFL's All-Rookie team. The following season Kennedy moved into a full-time starting role at right defensive tackle for the Seahawks and responded by earning his first Pro Bowl berth. In 1992, despite the Seahawks finishing with a disappointing 2-14 record, Kennedy was named the NFL's Defensive Player of the Year. It marked just the third time in league history that a player from a losing team won the Associated Press Defensive Player of the Year Award. He led Seattle that season with a career-high 14 sacks, the most of any interior lineman, and also recorded a career-best 92 tackles, recovered one fumble and batted down two passes. Although he was often double- or even triple-teamed Kennedy managed to lead or rank near the top in tackles each season. In 1996, he was voted to a team record sixth consecutive Pro Bowl and also was named the team's MVP and the winner of the Steve Largent Award given to the player that best exemplified the spirit, dedication and integrity of the Seahawks. He added two more Pro Bowls following the 1998 and 1999 seasons. Kennedy recorded one of his finest seasons in 1999. A 10-year veteran, he started all 16 games, recorded 73 tackles, 6.5 sacks and intercepted two passes to help the Seahawks reach the playoffs for the first time since 1988. In all, he registered 58 sacks, intercepted three passes and scored one touchdown on a fumble recovery during his 167-game career. He twice led the team in sacks (1992 and 1995). Aside from his eight Pro Bowls, Kennedy was named first-team All-NFL in 1992, 1993 and 1994, selected second-team All-Pro twice, All-AFC four times and was named to the NFL's All-Decade Team of the 1990s. On September 17, 2006, Kennedy became the 10th member inducted into the Seahawks Ring of Honor.

Seahawks Records: Kennedy ranks among the top-10 in many Seahawks categories, including: eighth in games played (167), seventh in games started (153), fourth in forced fumbles (13), eighth in tackles (668), fourth in sacks (58.0), fourth in sack yardage (390.5) and second in Pro Bowl nominations (8).

Personal: Born on August 23, 1968, Kennedy attended Northwest Mississippi Community College before transferring to Miami. Prepped at Rivercrest High School in Wilson, Ark.



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. Third 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)
 Longest: 74 vs. San Diego (11/27/77)

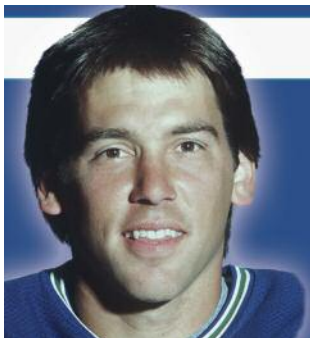
Yards: *261 vs. Detroit (10/18/87)
 Most TDs: 3, 3 times, last vs. Detroit (10/18/87)

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 numer-

ous 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 former Seahawks QB 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)

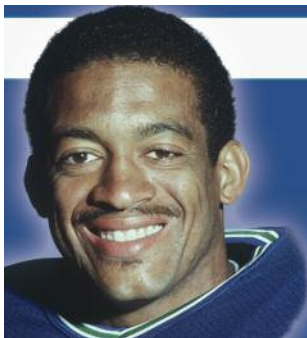
Most TDs: 4, 4 times, last vs. New England (9/21/80)

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 1976-86. 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 No. 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).

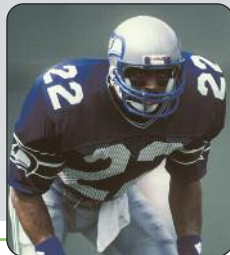
BROWN'S NFL RECORD

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

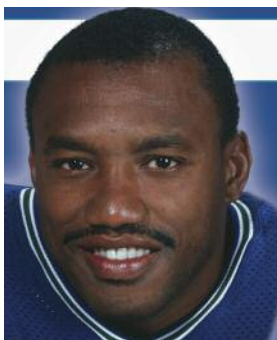
Denver Broncos, a game the 2-14 Seahawks won in overtime. Prior to moving to the Seahawks, he was the play-by-play voice of the University of Washington in both football and basketball. He came to Seattle after calling play-by-play for the University of the Pacific. Gross' legacy remains; the Seahawks 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 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 Seahawks took an active roll in seeing the project through to completion 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.



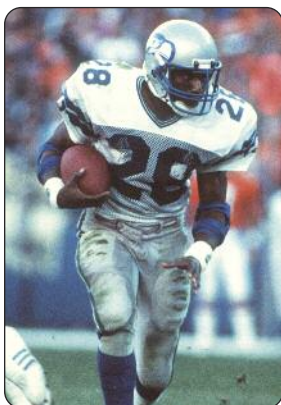
CURT WARNER



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 1983-89 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. He 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

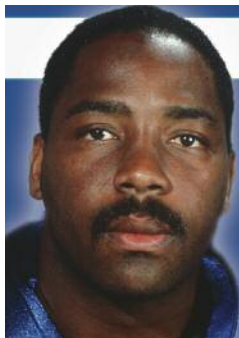
	Club	G/S	Att.	Rushing			Receiving					
				Yds.	Avg.	LG	TD	No.	Yds.	Avg.	LG	TD
1983	Seattle	16/16	335	1,449	4.3	60	13	42	325	7.7	28	1
1984	Seattle	1/1	10	40	4.0	9	0	1	19	19.0	19	0
1985	Seattle	16/16	291	1,094	3.8	38	8	47	307	6.5	27	1
1986	Seattle	16/16	319	1,481	4.6	60	13	41	342	8.3	26	0
1987	Seattle	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 (1980-91). 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 fifth-most games (178), third-most starts (176), most fumble recoveries (17), fifth-most tackles (718), 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**



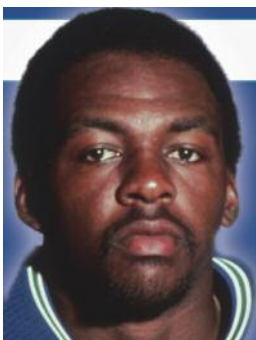
GREEN'S ADDITIONAL STATISTICS

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 1983-85, 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

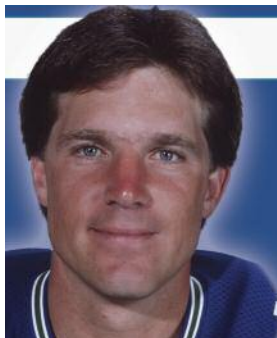
EASLEY'S SINGLE-GAME HIGHS

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 (1980-91) 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	57.5	*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	55.7	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	53	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)

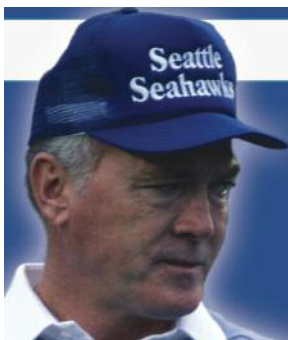
Completions: 33 vs. Atlanta (10/13/85)

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

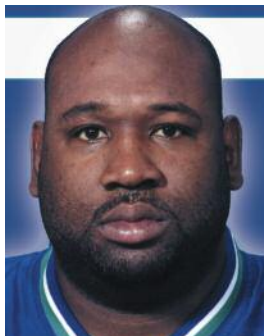
Chuck Knox was the ninth member inducted to the Ring. He spent nine of his 22 illustrious seasons at the helm of the Seahawks from 1983-91, during which time he led Seattle to 80 wins en route to becoming the winningest coach in club history. Compared to 63 losses, his winning percentage of .559 is tops 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

	Club	Regular Season			Postseason	
		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 September 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 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 eighth on the club's all-time list in games played (167), seventh in 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 (in games played)

- 11 Marshawn Lynch, 2011
- 9 Shaun Alexander, 2005
- 8 David Sims, 1978

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 Leyboldt, vs. Buffalo 10/30/77
- 7 Norm Johnson, vs. San Diego 9/15/85
- Steven Hauschka, vs. Arizona 12/9/12
- 6 By 13 Times (Last: Steven Hauschka, vs. San Francisco 12/23/12)

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 Leyboldt, vs. Buffalo 10/30/77
- 7 Norm Johnson, vs. San Diego 9/15/85
- Steven Hauschka, vs. Arizona 12/9/12
- 6 By 12 Times (Last: Steven Hauschka, vs. San Francisco 12/23/12)

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
Steven Hauschka, vs. Arizona 12/9/12
6 10 Times (Last: Steven Hauschka,
vs. San Francisco 12/23/12)

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 9 Players (Last: Steven Hauschka,
vs. Baltimore 11/13/11)

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
Steven Hauschka, 2011

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
Steven Hauschka, vs. Baltimore
11/13/11
4 18 Times (Last: Olindo Mare, at New
Orleans 11/21/10)

Most Field Goals, One Quarter

- 3 Nine Times (Last: Steven Hauschka vs.
Baltimore 11/13/11 - 2nd)

Most Consecutive Games Scoring Field Goals

- 14 Steven Hauschka, 2011-12
12 Todd Peterson, 1997-98
11 Olindo Mare, 2009

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

- 61 Steven Hauschka, vs. Atlanta 10/2/11
60 Efrén 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

Highest Field Goal %, Career**(Minimum 25 atts.)**

- 87.95 Olindo Mare, 2008-10 (73-83)
85.96 Steven Hauschka, 2011-12 (49-57)
81.81 Todd Peterson, 1995-99 (126-154)

**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)
Steven Hauschka, 2012 (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
Steven Hauschka, vs. Baltimore 11/13/11
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 11 Players

Most Safeties, Season

- 2 Rod Stephens, 1993 (ties NFL record)
- 1 By 11 Players
(Last: Anthony Hargrove, 2011)

Most Safeties, Game

- 1 By 13 Players (Last: Anthony Hargrove, at NY Giants 10/9/11)

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
- 1,590 Marshawn Lynch, 2012

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
- 10 Marshawn Lynch, 2012
- 8 Chris Warren, 1995

Most Consecutive Games, 100 or More Yards, Rushing

- 4 Shaun Alexander, 2005
- Marshawn Lynch, 2012 (2 Times)
- 3 Shaun Alexander, 2004, 2005
- Marshawn Lynch, 2011
- 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)
- vs. Arizona 12/9/12
(Marshawn Lynch 128 and Robert Turbin 108)

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)
- 4.84 Jim Zorn, 1976-84 (308-1,494)

Highest Average Gain, Season (100 or More Attempts)

- 5.38 Justin Forsett, 2009 (115-619)
- 5.08 Shaun Alexander, 2005 (370-1,880)
- 5.05 Marshawn Lynch, 2012 (315-1,590)

Highest Average Gain, Game (10 or More Attempts)

- 11.64 Marshawn Lynch, vs. Arizona 12/9/12 (11-128)
- 11.30 Marshawn Lynch, at Buffalo 12/16/12 (10-113)
- 8.86 Sherman Smith, vs. Atlanta 11/7/76 (14-124)

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
- Russell Wilson, 2012

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 13Times (Last: Russell Wilson, at Buffalo 12/16/12)

Most Consecutive Games Rushing for Touchdown

- 9 Shaun Alexander, 2005
- 7 Chris Warren, 1993-94
- David Sims, 1978
- 6 Shaun Alexander, 2003-04
- Marshawn Lynch, 2011

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)

- 100.0 Russell Wilson, 2012
- 98.2 Matt Hasselbeck, 2005
- 95.0 Dave Krieg, 1983

Highest Pass Rating, Rookie, Season (100 attempts)

- 100.0 Russell Wilson, 2012
- 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
- 393 Russell Wilson, 2012

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
- 252 Russell Wilson, 2012
- 208 Jim Zorn, 1976

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
- 16 Russell Wilson, at Miami 11/25/12
- 15 Jim Zorn, vs. Cleveland 10/12/80
- Matt Hasselbeck, vs. Detroit 11/8/09

COMPLETION PERCENTAGE**Highest Completion %, Career (500 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)
- 64.12 Russell Wilson, 2012 (393-252)

Highest Completion %, Rookie, Season (Qualifiers)

- 64.12 Russell Wilson, 2012 (393-252)
- 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

- 3,118 Russell Wilson, 2012
- 2,833 Rick Mirer, 1993
- 2,571 Jim Zorn, 1976

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 SixTimes (Last: Tarvaris Jackson, 2011)

Most Consecutive Games, 300 or More Yards Passing

- 2 Matt Hasselbeck, 6Times
 Jim Zorn, 2Times

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 (300 Attempts)**

- 7.93 Russell Wilson, 2012- (393-3,118)
 7.31 Dave Krieg, 1980-91 (3,576-26,132)
 7.19 Trent Dilfer, 2001-04 (356-2,560)

Highest Average Gain, Season (100 Attempts)

- 8.80 Dave Krieg, 1983 (243-2,139)
 8.31 Trent Dilfer, 2001 (122-1,014)
 7.93 Russell Wilson, 2012 (393-3,118)

Highest Avg. Gain, Rookie, Season (Qualifiers)

- 7.93 Russell Wilson, 2012 (393-3,118)
 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 6Times
 (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 21 Times (Last: Russell Wilson, vs. San Francisco 12/23/12)

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 (500 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 (100 Attempts)

- 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)

- 6.62 Russell Wilson,
 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 (300 att.)**

- 2.52 Seneca Wallace, 2003-09 (556-14)
- 2.54 Russell Wilson, 2012- (393-10)
- 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

- 2.54 Russell Wilson, 2012 (393-10)
- 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, 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 (13th 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
- 788 Doug Baldwin, 2011
- 715 Daryl Turner, 1984

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
- 8 Dave Brown, 1984
- Darryl Williams, 1997
- Richard Sherman, 2012

Most Interceptions By, Rookie, Season

- 5 Michael Boulware, 2004
- Earl Thomas, 2010
- 4 John Harris, 1978
- Richard Sherman, 2011
- 3 By 6 Players (Last: Bobby Wagner, 2012)

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
- Brandon Browner, 2011
- 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

- 220 Brandon Browner, 2011
- 179 Dave Brown, 1984
- 172 Darryl Williams, 1997

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

- 94 Brandon Browner, at NY Giants 10/9/11 (TD)
- 91 Sammy Green, vs. San Francisco 10/7/79 (TD)
- 90 Dave Brown, vs. Kansas City 11/4/84 (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 8 Times (Last: Brandon Browner, 2011)

Most Touchdowns, Game

- 2 Dave Brown, vs. Kansas City 11/4/84 (Ties NFL record)

PUNTING**Most Punts, Career**

- 554 Rick Tuten, 1991-97
- 404 Jon Ryan, 2008-12
- 385 Jeff Feagles, 1998-02

Most Punts, Season

- 108 Rick Tuten, 1992
- 95 Jeff West, 1984
- Jon Ryan, 2011
- 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

- 77 Jon Ryan, at San Francisco 9/11/11
- 73 Rick Tuten, at Buffalo 10/15/95
- Jon Ryan, vs. Green Bay 9/24/12
- 72 Ryan Plackemeier, vs. San Diego 12/24/06

AVERAGE YARDAGE**Highest Avg., Punting, Career (100 Punts)**

- 45.23 Jon Ryan, 2008-12 (404-18,273)
- 43.80 Rick Tuten, 1991-97 (554-24,266)
- 42.14 Jeff Feagles, 1998-02 (395-16,225)

Highest Avg., Punting, Season

- 46.64 Jon Ryan, 2011 (95-4,431)
- 46.23 Jon Ryan, 2009 (88-4,069)
- 45.60 Jon Ryan, 2008 (78-3,557)

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)
 53.33 Jon Ryan, vs. Cincinnati 10/30/11 (6-320)

Highest Net Punting Avg., Season

- 40.8 Jon Ryan, 2012
 39.3 Jon Ryan, 2011
 38.7 Rick Tuten, 1992
 Jon Ryan, 2009

INSIDE THE 20**Most Punts Inside the 20, Career**

- 147 Rick Tuten, 1991-97
 141 Jon Ryan, 2008-12
 133 Jeff Feagles, 1998-02

Most Punts Inside the 20, Season

- 34 Jeff Feagles, 1999
 Jon Ryan, 2011
 33 Rick Tuten, 1994
 30 Ryan Plackemeier, 2007
 Jon Ryan, 2012

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
 Jon Ryan, at Miami 11/25/12
 5 6Times (Last: Jon Ryan, at Oakland 10/31/10)

TOUCHBACKS**Most Touchbacks, Career**

- 45 Rick Tuten, 1991-97
 33 Jon Ryan, 2008-12
 30 Jeff Feagles, 1998-2002

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 4 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
 104 Leon Washington, 2010-12
 94 Chris Warren, 1990-97

Most Punt Returns, Season

- 58 Nate Burleson, 2007
 41 Will Lewis, 1980
 Leon Washington, 2011
 Leon Washington, 2012
 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
 Leon Washington, at St. Louis 11/20/11
 6 5Times (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
 1,078 Leon Washington, 2010-12
 1,010 Bobby Joe Edmonds, 1986-88

Most Yards Gained, Season

- 658 Nate Burleson, 2007
 464 Leon Washington, 2011
 419 Bobby Joe Edmonds, 1986

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, 1999-2001 (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, 1999-2001
 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
 3,329 Leon Washington, 2010-12
 3,214 Charlie Rogers, 1999-2001

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)
 98 Leon Washington, at Miami
 11/25/12 (TD)

HIGHEST AVERAGE**Highest Avg., Career (50 Returns)**

- 26.21 Leon Washington, 2010-12 (127-3,329)
 25.76 Josh Wilson, 2007-08 (83-2,138)
 23.99 Charlie Rogers, 1999-2001 (134-3,214)

Highest Avg., Season (1 per game)

- 29.04 Leon Washington, 2012 (27-784)
 26.93 Steve Broussard, 1998 (29-781)
 25.63 Leon Washington, 2010 (57-1,461)

Highest Avg., Game (Minimum 3 Returns)

- 63.25 Leon Washington, vs. San Diego
 9/26/10 (4-253)
 44.33 Leon Washington, at Arizona
 9/9/12 (3-133)
 42.75 Charlie Rogers, vs. Buffalo
 12/23/00 (4-171)

TOUCHDOWNS**Most Touchdowns, Career**

- 4 Leon Washington, 2010-12
 1 Zachary Dixon, 1983-84
 James Jefferson, 1989-93
 Jon Vaughn, 1993-94
 Steve Broussard, 1995-98
 Charlie Rogers, 1999-2001
 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
 Leon Washington, 2012

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
Leon Washington, at Miami 11/25/12

COMBINED KICK RETURNS**Most Combined Kick Returns, Career**

- 231 Leon Washington, 2010-12 (104-P, 127-K)
- 207 Charlie Rogers, 1999-2001 (73-P, 134-K)
- 190 Bobby Joe Edmonds, 1986-88 (89-P, 101-K)

Most Combined Kick Returns, Season

- 92 Charlie Rogers, 2000 (26-P, 66-K)
- 85 Nate Burleson, 2007 (58-P, 27-K)
- 84 Leon Washington, 2011 (41-P, 43-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**

- 4,398 Leon Washington, 2010-12 (1,069-P, 3,329-K)
- 4,139 Charlie Rogers, 1999-2001 (925-P, 3,214-K)
- 3,900 Steve Broussard, 1995-98 (3,900-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)
Leon Washington, 2010-12 (4-K)
- 3 Nate Burleson, 2006-09 (2-P, 1-K)
- 2 Paul Johns, 1981-84 (2-P)
Charlie Rogers, 1999-2001 (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 19 Times (Last: Leon Washington, 2012 [1-K])

Most Touchdowns, Game

- 2 Leon Washington, vs. San Diego 9/26/10
- 1 24 Times (Last: Leon Washington at Miami 11/25/12)

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, 1997-2004

Most Opponents' Fumbles Recovered, Season

- 5 Nesby Glasgow, 1989
- 4 12 Times (Last: Michael Sinclair, 2000)

Most Opponents' Fumbles Recovered, Game

- 3 Darryl Williams, at Kansas City, 10/4/98
- 2 7 Times (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, 1991-2001 (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, 1991-2001
- 63.0 Jeff Bryant, 1982-93

**Unofficially 116.0. Sacks did not become 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
- Chris Clemons, vs. Green Bay 9/24/12

FORCED FUMBLES**Most Forced Fumbles, Career**

- 28 Jacob Green, 1980-91
- 24 Michael Sinclair, 1991-2001
- 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 26Times (Last: Malcolm Smith, vs. Dallas 9/16/12)

Most Blocked Field Goals, Career

- 8 Joe Nash, 1982-96
- Craig Terrill, 2004-10
- 4 Red Bryant, 2008-12
- 2 By 4 Players

Most Blocked Field Goals, Season

- 3 Joe Nash, 1989
- Craig Terrill, 2010
- Red Bryant, 2011
- 2 Mike White, 1982
- Joe Nash, 1984
- Craig Terrill, 2006

Most Blocked Field Goals, Game

- 2 Red Bryant, at Cleveland 10/23/11
- 1 Many Times (Last: Red Bryant, San Francisco 12/23/12)

Most Blocked PATs, Career

- 3 Mike White, 1981-82
- 2 By 3 Players

Most Blocked PATs, Season

- 2 Mike White, 1981
- 1 By 12 Players (Last: Red Bryant, 2011)

Most Blocked PATs, Game

- 1 12Times (Last: Red Bryant, vs. Washington 11/27/11)

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)
- Red Bryant, 2008-12 (4 FG, 1 PAT)

Most Blocked Kicks (Field Goals and PATs), Season

- 4 Red Bryant, 2011 (3 FG, 1 PAT)
- 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

- 2 Red Bryant, at Cleveland 10/23/11
- Red Bryant, Washington 11/27/11
- 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
- Michael Robinson, vs. St. Louis 12/12/11

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 11/1/01

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
- 11 2012
- 10 1986, 2003, 2007

Most Consecutive Games Won, One Season

- 11 2005
- 8 1984
- 5 1986, 1999, 2007, 2012

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, 2012
- 3 2002

Most Consecutive Home Games Won

- 12 2004-06
- 10 2002-04
- 8 1983-84, 2012

Most Consecutive Road Games Won

- 5 1979-80, 2005
- 4 1984

Most Shutout Games Won or Tied, Season

- 3 1984
- 2 1986, 2009
- 1 10 Times (Last: 2012)

Most Consecutive Shutout Games Won or Tied, Season

- 2 1984
- 1 15 Times (Last: 2012)

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 9 Times (Last: 2011)

Most Consecutive Shutout Games, Lost or Tied, Season

- 2 1992
- 1 9 Times (Last: 2011)

Most Consecutive Overtime Games Lost, Season

- 1 18 Times (Last: 2011)

SCORING**POINTS****Most Points, Season**

- 452 2005
- 418 1984
- 412 2012

Fewest Points, Season

- 127 1982 (9 games)
- 140 1992 (NFL record for 16-game season)
- 229 1976 (14 games)

Most Points, Game

- 58 vs. Arizona 12/9/12
- 56 vs. Buffalo 10/30/77
- 51 vs. Kansas City 11/27/83 (OT)

Fewest Points, Game

- 0 11 Times (Last: at Pittsburgh 9/18/11)

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

- 9 Seattle (3) at Cleveland (6) 10/23/11
- 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

- 58 vs. Arizona 12/9/12
- 45 vs. Kansas City 11/4/84
- 42 at Philadelphia 12/5/05

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
- 38 vs. Arizona 12/9/12
- 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 5 Times (Last: vs. Arizona 12/9/12 [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
vs. Arizona 12/9/12
- 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
at Chicago 12/2/12
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
vs. Arizona 12/9/12
- 6 13 Times (Last: vs. San Francisco
12/23/12)

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
vs. Arizona 12/9/12
- 6 12 Times (Last: vs. San Francisco
12/23/12)

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. Cincinnati
10/30/11)

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 11/14/10
- 5 9 Times (Last: vs. Baltimore 11/13/11)

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, 2011



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
- vs. Baltimore 11/13/11
- 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 8Times (Last: Seattle [3] vs. Arizona [4] 9/25/05)

Most Consecutive Games Scoring Field Goals

- 19 2002-03
- 15 1990-91
- 14 2011-12

SAFETIES**Most Safeties, Season**

- 4 1993 (Ties NFL record)
- 1 14Times (Last: 2011)

Most Safeties, Game

- 1 19Times (Last: at NY Giants 10/9/11)

Most Safeties, Both Teams, Game

- 2 Seattle (0) vs. Denver (2) 1/2/83
- Seattle (1) vs. Cleveland (1) 11/14/93
- 1 ManyTimes (Last: Seattle [0] at Carolina [1] 10/7/12)

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 3Times (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 6Times (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
- 3 2012
- 2 14Times (Last: 2010)

Most Consecutive Games, 300 or More Yards Gained

- 9 1997, 2012
- 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)
- 5.76 2012 (974-5,610)
- 5.54 2002 (1,050-5,818)

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
- 536 2012

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**

- 2,579 2012
- 2,457 2005
- 2,394 1978

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**

- 4.81 2012 (536-2,579)
- 4.73 2005 (519-2,457)
- 4.57 1995 (477-2,178)

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 11 Times (Last: at Buffalo 12/16/12)

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, 2012

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)
- 63.95 2012 (405-259)
- 62.88 2007 (590-371)

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, 2012
- 12 2001

Most Passes Had Intercepted, Game

- 6 vs. Detroit 10/24/76
- vs. Kansas City 12/9/84
- 5 3Times (Last: vs. Tampa Bay 11/28/99)

PUNTING**Most Punts, Season**

- 108 1992
- 95 1984, 2011
- 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 5Times (Last: vs. Philadelphia 11/2/08)

Fewest Punts, Game

- 1 14Times (Last: vs. San Francisco 12/23/12)

AVERAGE YARDAGE**Highest Average Distance, Punting, Season**

- 46.64 2011 (95-4,431)
- 46.06 2009 (89-4,100)
- 45.58 2012 (65-2,963)

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 ManyTimes (Last: vs. San Francisco 9/14/08)

Most Consecutive Punts Without A Block

- 612 1980-88
- 521 1989-93
- 402 2008-12

INSIDE THE 20**Most Punts Inside Opponents' 20-Yard Line, Season**

- 34 1999, 2011
- 33 1994
- 30 2007, 2012

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
- at Miami 11/25/12
- 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
- at St. Louis 11/20/11
- 6 ManyTimes (Last: at NY Giants 10/9/11)

Fewest Punt Returns, Game

- 0 ManyTimes (Last: at Dallas 11/6/11)

FAIR CATCHES**Most Fair Catches, Season**

- 27 1992
- 26 2004
- 24 1999

Fewest Fair Catches, Season

- 4 1977
- 5 1978
- 6 3Times (Last: 1983)

Most Fair Catches, Game

- 5 6Times (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), 2012
 46 2011
 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 7 Times (Last: at Chicago 12/2/12)

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)
 787 2012
 885 1992

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 8 Times (Last: at Chicago 12/2/12)

AVERAGE YARDAGE**Highest Average, Kickoff Returns, Season**

27.14 2012 (29-787)
 25.29 2008 (77-1,948)
 24.83 2011 (46-1,142)

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 7 Times (Last: 2012)

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
 at Miami 11/25/12

FUMBLES**Most Fumbles, Season**

43 1989
 41 1981
 38 1980

Fewest Fumbles, Season

16 2012
 18 2005, 2010
 19 2004

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
 8 2012
 9 1995, 2001, 2004, 2011

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, 2012
- 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, 2011

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)
- 18 2012 (10 ints, 8 fums)
- 21 2001 (12 ints, 9 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

PENALTIES**Fewest Penalties, Season**

- 59 1982 (9 games), 2007
- 66 2001
- 76 1977

Most Penalties, Season

- 138 2011
- 128 1984
- 117 1998

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
- 1,047 2011
- 918 1992

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**

- 31:36 2012
- 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
 17:04 at Cleveland 10/23/11
 17:10 vs. San Francisco 9/25/88
 vs. Arizona 10/18/09

DEFENSIVE RECORDS**SCORING****Fewest Points Allowed, Season**

147 1982 (9 games)
 245 2012[^]
 261 1991
 271 2005

Most Points Allowed, Season

429 1976
 408 1980
 407 2010

Fewest Points Allowed, Game

0 17 Times (Last: vs. Arizona 12/9/12)

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, 2012

Most Touchdowns Allowed, Season

53 1976
 48 1983
 47 1980, 2010

Fewest Touchdowns Allowed, Game

0 Many Times (Last: vs. Arizona 12/9/12)

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, 2012
 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 13 Times (Last: at St. Louis 11/20/11)

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
 23 at Detroit 10/28/12
 22 San Diego 9/26/10

Fewest First Downs Allowed, Penalty, Season

12 1991
 13 1982 (9 games)
 15 2006

Most First Downs Allowed, Penalty, Season

40 2011
 33 1979
 30 1996

Most First Downs Allowed, Penalty, Game

7 at Kansas City 10/17/96
 5 8 Times (Last: vs. Green Bay 9/24/12)

OFFENSIVE PLAYS**Fewest Opponents Plays Allowed, Season**

600 1982 (9 games)
 950 1990
 954 1987

[^] Led NFL

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)
368 2012
413 1990

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
vs. Baltimore 11/13/11

Most Opponents Plays Allowed, Rushing, Game

63 vs. L.A. Rams 11/4/79
61 vs. Cincinnati 10/11/87
60 2Times (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
58 New England 10/14/12
55 at Houston 11/7/93

**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 5Times (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, 2012

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)
- 462 2011
- 455 1998

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
- 146 vs. Philadelphia 12/1/11

Most TDs Returning Interceptions, Season

- 8 1998 (2nd in NFL history)
- 7 1984 (3rd in NFL history)
- 4 2011

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
at Chicago 12/18/11

Most TDs Returning Interceptions, Both Teams, Game

- 4 Seattle (4) vs. Kansas City (0) 11/4/84 (NFL record)
- 2 9 Times (Last: Seattle [2] at Chicago [0] 12/18/11)

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 4 Times (Last: at St. Louis 11/20/11)

AVERAGE YARDAGE**Highest Opponent Average, Punting, Season**

- 47.22 2009 (82-3,872)
- 46.47 2007 (93-4,322)
- 45.06 2012 (78-3,515)

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)

- 59.5 at San Francisco 9/11/11 (5-298)
- 58.3 at Pittsburgh 9/18/11 (3-175)
- 56.6 at Denver 11/25/84 (5-283)

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, 2011

Most Opponent Punts Blocked, Game

- 2 vs. Buffalo 10/14/84
at New England 9/21/86
- 1 23Times (Last: vs. Dallas 9/16/12)

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, 2012
- 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 ManyTimes (Last: at St.Louis 10/3/10)

PUNT RETURNS**Fewest Opponent Punt Returns, Season**

- 17 2002
- 19 1982 (9 games)
- 29 1990, 2003, 2012

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
- 541 2011

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
- 136 vs. Cincinnati 10/30/11
- 133 vs. Oakland 11/15/98

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, 2011
- 1 13Times (Last: 2010)

Most Touchdowns Allowed, Punt Returns, Game

- 2 at Baltimore 12/7/97
- 1 17Times (Last: vs. Cincinnati 10/30/11)

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 9Times (Last: at Miami 11/25/12)

Most Opponent Kickoff Returns, Game

- 10 vs. Kansas City 9/20/87
vs. Oakland 10/26/97
- 9 4Times (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 9Times (Last: at Miami 11/25/12)

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

26.02 2011 (48-1,249)

25.64 2008 (47-1,205)

24.80 1977 (50-1,240)

Longest Return Allowed, Game

102 at San Francisco 9/11/11 (TD)

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, 2011

Most TDs Allowed, Kickoff Returns, Game

1 11 Times (Last: at San Francisco 9/11/11)

FUMBLES**Fewest Opponent Fumbles, Season**

17 1995, 1999

18 1982 (9 games), 2011

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**

28:24 2012

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 INDIVIDUAL RECORDS**SCORING****POINTS****Most Points, Game**

24 Terrell 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

(4TDs)

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 Terrell 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 8Times (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 8Times (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 7Times (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)
David Akers, at San Fran 9/1/11 (2nd)

Longest Field Goal

- 60 Greg Zuerline, at St. Louis 9/30/12
- 58 Greg Zuerline, at St. Louis 9/30/12
- 57 Nick Lowery, at Kansas City 9/14/80
Steve Cox, at Washington 9/28/86

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 8 Players (Last: Greg Zuerline, at St. Louis 9/30/12)

SAFETIES**Most Safeties, Game**

- 1 Many Times (Last: Kenny Onatolu at Carolina 10/7/12)

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 Terrell Middleton, at Green Bay (Milwaukee), 10/15/78
Willis McGahee, vs. Buffalo 11/28/04
Jamal Lewis, at Cleveland 11/4/07
- 3 8Times (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
- 58 Tom Brady, vs. New England 10/14/12
- 55 Warren Moon, at Houston 11/7/93

COMPLETIONS**Most Passes Completed, Game**

- 42 Vinny Testaverde, at N.Y. Jets 12/6/98
- 36 Warren Moon, at Houston 11/7/93
Tom Brady, vs. New England 10/14/12
- 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 Rivers, 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)
- 12.48 Damon Huard, vs. Kansas City 10/29/06 (25-312)

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 ManyTimes (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 15Times (Last: Vince Young, vs. Philadelphia 12/1/11)

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 7Times (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 ManyTimes (Last: Captain Munnerlyn at Carolina 10/7/12)

PUNTING**Most Punts, Game**

- 11 Chris Norman, at Denver 10/20/85 (OT)
- Ruben Rodriguez, vs. Denver 11/30/92 (OT)
- 10 6Times (Last: Donnie Jones, at St. Louis 11/20/11)

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)**

- 59.60 Andy Lee, at San Francisco 9/11/11 (5-298)
 58.33 Daniel Sepulveda, at Pittsburgh 9/18/11 (3-175)
 56.60 Chris Norman, vs. Denver 11/25/84 (5-283)

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 22 Times (Last: Andy Lee, vs. San Francisco 12/24/11)

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 17 Times (Last: Brandon Tate, vs. Cincinnati 10/30/11)

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

- 102 Ted Ginn, at San Francisco 9/11/11 (TD)
 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)
 44.0 Ted Ginn, at San Francisco 9/11/11 (4-176)

TOUCHDOWNS**Most Touchdowns, Game**

- 1 By 11 Players (Last: Tedd Ginn, at San Francisco 9/11/11 [102 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
 268 Ted Ginn, at San Francisco 9/11/11
 228 Glyn Milburn, at Denver 12/10/95 (95-P, 133-K)

TOUCHDOWNS**Most Touchdowns, Game**

- 2 Jermaine Lewis, at Baltimore 12/7/97
 Ted Ginn, at San Francisco 9/11/11
 1 25 Times (Last: Brandon Tate, vs. Cincinnati 10/30/11)



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 7Times (Last: Novorro Bowman, vs. San Francisco 12/23/12)

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 3Times (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 9Times (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: Muhammad Wilkerson, vs. N.Y. Jets 11/11/12)

BLOCKED KICKS

Most Blocked Punts, Game

- 1 16Times (Last: Andre King, vs. Cleveland 11/30/03)

Most Blocked Field Goals, Game

- 1 19Times (Last: Calais Campbell, at Arizona 9/9/12)

Most Blocked PATs, Game

- 1 10Times (Last: Alex Carrington, at Buffalo 12/16/12)

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 6Times (Last: Jessie Small, at Philadelphia 9/10/89)

Longest Return of Blocked Field Goal

- 58 Dave Waymer, vs. New Orleans 10/16/88 (TD)

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
- Marcus Trufant, 2003-07, 2010, 2012
- 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
- Leroy Hill, 2005-07, 2012
- 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
- Marcus Trufant, 2003-07, 2010, 2012
- Leroy Hill, 2005-07, 2010, 2012
- 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 (8TD)
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 (2TD)
- Steve Largent, at Houston 1/3/88 (2TD)
(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 Chicago, 1/16/11
- 10 Josh Brown, vs. Carolina, 1/22/06 (2
FG, 4 PAT)
- 10 Steven Hauschka at Washington, 1/6/13
(3 FG, 1 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)
- Marshawn Lynch, 2010, 2012 (3-R)

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
- Marshawn Lynch, 2012

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)
- Ryan Longwell, at Atlanta 1/13/13 (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 4Times (Last: Steven Hauschka, at
Washington 1/6/13)
- 2 9Times (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

- 3 Steven Hauschka, at Washington 1/6/13
- 2 11 Times (Last: Olindo Mare, vs. New Orleans 1/8/11)

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)
- 59 Marshawn Lynch, 2010, 2012 (4 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)

YARDS GAINED**Most Yards Gained, Career**

- 564 Shaun Alexander, 2003-07 (9 games)
- 301 Marshawn Lynch, 2010, 2012 (4 games)
- 249 Curt Warner, 1983, 1988 (4 games)

Most Yards Gained, Game

- 132 Shaun Alexander, vs. Carolina 1/22/06
- Marshawn Lynch, at Washington 1/6/13
- 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
- Marshawn Lynch, 2010, 2012
- 1 Dan Doornink, 1983-84
- Curt Warner, 1983

Most Consecutive Games, 100 or More Yards Rushing

- 1 Dan Doornink, 1984
- Curt Warner, 1983
- Shaun Alexander, 2005
- Marshawn Lynch, 2010
- Marshawn Lynch, 2012

Longest Run From Scrimmage

- 67 Marshawn Lynch, vs. New Orleans 1/8/11
- 32 Mack Strong, vs. Washington 1/14/06
- 27 Shaun Alexander, vs. Pittsburgh 2/5/06
- Marshawn Lynch, at Washington 1/6/13

AVERAGE GAIN**Highest Average Gain, Career (Min. 30 Attempts)**

- 5.27 Marshawn Lynch, 2010, 2012, 4 games (59-311)
- 4.13 Dan Doornink, 1983-84, 5 games (39-161)
- 3.84 David Hughes, 1983-84, 5 games (31-119)

Highest Average Gain, Game (Min. 20 attempts)

- 6.60 Marshawn Lynch, at Washington 1/6/13 (20-132)
- 4.34 Dan Doornink, vs. L.A. Raiders 12/22/84 (29-126)
- 4.30 Curt Warner, vs. Denver 12/24/83 (23-99)

TOUCHDOWNS**Most Touchdowns, Career**

- 8 Shaun Alexander, 2003-07 (9 games)
- 3 Marshawn Lynch, 2010, 2012 (4 games)
- 2 Curt Warner, 1983, 1988 (4 games)

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

- 2 Marshawn Lynch, 2012
- 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)
- 62 Russell Wilson, 2012 (2 games)

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)
- 39 Russell Wilson, 2012 (2 games)

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)
- 66.7 Russell Wilson, at Atlanta 1/13/13 (36-24)
- 62.9 Matt Hasselbeck, vs. New Orleans 1/8/11 (35-22)

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)
- 572 Russell Wilson, 2012 (2 games)

Most Yards Gained, Game

- 385 Russell Wilson, at Atlanta 1/13/13
- 341 Matt Hasselbeck, vs. St. Louis 1/8/05
- 305 Matt Hasselbeck, at Green Bay 1/4/04 (OT)

Most games, 300 or More Yards Passing, Career

- 2 Matt Hasselbeck, 2003-07, 2010
- 1 Russell Wilson, 2012

Most Consec. Games, 300 or More Yards Passing, Career

- 2 Matt Hasselbeck, 2003-04
- 1 Russell Wilson, 2012

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)

- 10.69 Russell Wilson, at Atlanta 1/13/13
- 8.27 Matt Hasselbeck, vs. Washington 1/14/06 (26-215)
- 7.93 Matt Hasselbeck, vs. St. Louis 1/8/05 (43-341)

TOUCHDOWNS**Most Touchdown Passes, Career**

- 18 Matt Hasselbeck, 2003-07, 2010 (11 games)
- 9 Dave Krieg, 1983-84, 1987-88 (7 games)
- 3 Russell Wilson, 2012 (2 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 6Times (Last: Russell Wilson at Atlanta 1/13/13)

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
- 9 Darrell Jackson, vs. Washington 1/14/06

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
- 142 Zach Miller, at Atlanta 1/13/13
- 137 John L. Williams, at Cincinnati 12/31/88

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)
- D.J. Hackett, 2005-07 (5 games)
- Zach Miller, 2012 (2 games)
- Golden Tate, 2010, 2012 (4 games)

Most Consecutive Games, 100 or More Yards Receiving, Career

- 2 Steve Largent, 1984, 1987
- Darrell Jackson, 2004-05
- 1 John L. Williams, 1988
- D.J. Hackett, 2007
- Zach Miller, 2012
- Golden Tate, 2012

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)

- 18.87 Steve Largent, 1983-84, 1987-88, 7 games (23-434)
- 15.83 Zach Miller, 2012, 2 games (12-190)
- 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)

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
- John Carlson, vs. New Orleans 1/8/11
- Mike Williams, 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
- Earl Thomas, 2010, 2012, 2 games

Most Interceptions, Game

- 2 John Harris, at Miami 12/29/84
- 1 Many Times

YARDS GAINED

Most Yards Gained, Career

- 78 Marcus Trufant, 2003-05, 2007, 2010, 2012 (11 games)
- 76 Kelly Herndon, 2005 (3 games)
- 57 Jordan Babineaux, 2004-10 (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, 2003-05, 2007, 2010, 2012 (11 games)
- 1 Jordan Babineaux 2004-2010 (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 3Times (Last: Peter Warrick, vs. Pittsburgh 2/5/06)

YARDS GAINED

Most Yards Gained, Career

- 99 Nate Burleson, 2006-09 (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)
- 11.00 Leon Washington, 2010, 2012, 4 games (5-55)

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, 2006-09 (4 games)
- 11 Maurice Morris, 2003-07 (7 games)
- 12 Leon Washington, 2010, 2012 (4 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)
- 305 Leon Washington, 2010, 2012 (4 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)
- 25.42 Leon Washington, 2010, 2012, 4 game (12-305)
- 23.29 David Hughes, 1983-84, 5 games (7-163)

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**

- 4 Matt Hasselbeck, 2003-07, 2010 (11 games)
- 2 John L. Williams, 1987-88 (2 games)
- Koren Robinson, 2003-04 (2 games)
- Marshawn Lynch, 2010, 2012 (4 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 Many Times

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 Many Times

YARDS GAINED**Longest Return**

- 19 Marshawn Lynch, at Washington 1/6/13
- 12 Lofa Tatupu, at Green Bay 1/12/08
- 5 Marcus Trufant, vs. Carolina 1/22/06

TOUCHDOWNS**Most Touchdowns**

None

TACKLES**Most Tackles, Career**

- 71 Leroy Hill, 2005-07, 2012 (9 games)
- 66 Lofa Tatupu, 2005-07, 2010 (9 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**TEAM POSTSEASON RECORDS****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, 2012
- 1 1987, 1988, 1999, 2003, 2004,

Most Games Won

- 2 1983, 2005
- 1 1984, 2006, 2007, 2010, 2012

Most Consecutive Games Won

- 2 1983, 2005
- 1 1984, 2006, 2007, 2010, 2012

Most Consecutive Games Lost

- 6 1984-04
- 1 1983, 2005, 2006, 2007, 2010, 2012

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

- 14 at Washington 1/6/13 (Trailed 14-0, Won 24-14)
- 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: 28 at Atlanta 1/13/13
- 25 vs. Washington 1/5/08
- 24 at Chicago 1/16/11

Most Points, Each Quarter

- 1st: 14 at Green Bay 1/12/08
- 10 vs. Carolina 1/22/06
- 7 5Times (Last: vs. New Orleans 1/8/11)
- 2nd: 17 vs. New Orleans 1/8/11
- 14 at Chicago 1/14/06
- 13 at Washington 1/6/13
- 3rd: 14 at Green Bay 1/4/04
- 10 at Chicago 1/14/07
- vs. New Orleans 1/8/11
- 7 8Times (Last: vs. Dallas 1/6/07)
- 4th: 22 vs. Washington 1/5/08
- 21 at Chicago 1/16/11
- at Atlanta 1/13/13
- 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
- at Atlanta 1/13/13
- 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 8Times (Last: at Washington 1/6/13)

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)
- Seattle (4) at Atlanta (3) 1/13/13

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
- at Atlanta 1/13/13
- 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
- at Washington 1/6/13

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
- 7 (4) at Atlanta (3) 1/13/13
- 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)

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
- Seattle (1) at Washington (2) 1/6/13
- 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**

- 3 at Washington 1/6/13
- 2 10Times (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)
- Seattle (3) at Washington (0) 1/6/13
- Seattle (0) at Atlanta (3) 1/13/13

Most Field Goals Attempted, Game

- 3 at Miami 12/31/83
vs. Carolina 1/22/06
vs. Pittsburgh 2/5/06
at Washington 1/6/13
- 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**

- 28 at Atlanta 1/13/13
- 27 vs. Carolina 1/22/06
- 24 vs. St. Louis 1/8/05

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

- 52 Seattle (28) at Atlanta (24) 1/13/13
- 51 Seattle (19) vs. New Orleans (32) 1/8/11
- 46 Seattle (24) vs. St. Louis (22) 1/8/05

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)
at Washington 1/6/13
- 9 at Atlanta 1/13/13
- 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

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**

- 19 at Atlanta 1/13/13
- 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

Fewest First Downs, Passing, Game

- 4 vs. L.A. Raiders 12/22/84
- 6 at Miami 12/29/84
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
Seattle (19) at Atlanta (16) 1/13/13
- 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

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**

- 491 at Atlanta 1/13/13
- 415 vs. New Orleans 1/8/11
- 413 vs. St. Louis 1/8/05

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

- 908 Seattle (491) at Atlanta (417) 1/13/13
- 889 Seattle (415) vs. New Orleans (474)
1/8/11
- 809 Seattle (413) vs. St. Louis (396) 1/8/05

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

- 224 at Washington 1/6/13
- 205 vs. L.A. Raiders 12/22/84
- 151 at Miami 12/31/83

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

- 328 Seattle (224) at Washington (104) 1/6/13
- 318 Seattle (137) vs. Pittsburgh (181) 2/5/06
- 310 Seattle (205) at L.A. Raiders (105) 12/22/84

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)
- 6.05 at Washington 1/6/13 (37-224)
- 5.50 vs. Pittsburgh 2/5/06 (25-137)

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
- at Atlanta 1/13/13

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 7 Times (Last: Seattle [1] at Washington [0] 1/6/13)

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
- 26 at Washington 1/6/13

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 (26) at Miami (26) 12/31/83
- Seattle (29) at Washington (29) 1/6/13

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
- 28 Seattle (15) at Washington (13) 1/6/13
- 30 Seattle (15) at Miami (15) 12/31/83

Highest Completion %, Game (Min. 20 Attempts)

- 66.67 at Atlanta 1/13/13 (24-36)
- 62.86 vs. New Orleans 1/8/11 (22-35)
- 62.79 vs. St. Louis 1/8/05 (27-43)

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)

NETYARDS GAINED**Most Yards Gained, Game**

- 368 at Atlanta 1/13/13
- 341 vs. St. Louis 1/8/05
- 291 at Green Bay 1/4/04 (OT)

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
- 618 Seattle (368) at Atlanta (250) 1/13/13

Fewest Yards Gained, Both Teams, Game

- 181 Seattle (46) at L.A. Raiders (135) 12/22/84
- 255 Seattle (156) at Washington (99) 1/6/13
- 298 Seattle (102) at L.A. Raiders (196) 1/8/84

TIMES SACKED**Most Times Sacked, Game**

- 6 vs. Miami 1/9/00
- 5 at Washington 1/6/13
- 4 at L.A. Raiders 1/8/84

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
- Seattle (5) at Washington (2) 1/6/13

Fewest Times Sacked, Both Teams, Game

- 1 Seattle (1) at Miami (0) 12/31/83
- 2 Seattle (2) at Miami (0) 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
- Seattle (2) at Atlanta (0) 1/13/13

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 at Atlanta 1/13/13

Most Touchdowns, Both Teams, Game

- 6 Seattle (4) vs. New Orleans (2) 1/8/11
- 5 Seattle (3) at Chicago (2) 1/16/11
- Seattle (2) at Atlanta (3) 1/13/13
- 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
- Seattle (2) vs. Pittsburgh (1) 2/5/06
- Seattle (2) at Atlanta (1) 1/13/13

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 at Washington 1/6/13 at Atlanta 1/13/13
- 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

- 5 Seattle (3) at Atlanta (2) 1/13/13
- 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

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
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
Seattle (2) at Atlanta (0) 1/13/13
- 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

- 1 at Atlanta 1/13/13
- 2 vs. Denver 12/24/83
vs. L.A. Raiders 12/22/84
vs. Washington 1/5/08
at Washington 1/6/13
- 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
- 5 Seattle (1) at Atlanta (4) 1/13/13
- 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
- 37 at Atlanta 1/13/13
- 38 vs. L.A. Raiders 12/22/84

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 1/8/11
at Atlanta 1/13/13

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 Orleans (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 5 Times (Last: Seattle [4] at Washington
[3] 1/6/13)



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 4Times (Last: Seattle [30] at Washington [15] 1/6/13)

FUMBLES**Most Fumbles, Game**

- 2 vs. St. Louis 1/8/05
- at Washington 1/6/13
- 1 9Times (Last: at Atlanta 1/13/13)

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
- Seattle (2) at Washington (2) 1/6/13
- 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
- Seattle (1) at Atlanta (0) 1/13/13

Most Fumbles Lost, Game

- 1 6Times (Last: at Atlanta 1/13/13)

Fewest Fumbles Lost, Game

- 0 ManyTimes (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 4Times (Last: vs. Washington 1/6/13 (1 opp, 1-own))

Most Own Fumbles Recovered, Game

- 2 vs. St. Louis 1/8/05
- 1 8Times (Last: at Washington 1/6/13)

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 5Times (Last: at Chicago 1/16/11)
- 1 6Times (Last: at Washington 1/6/13 [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 2Times (Last: Seattle [1] vs. St. Louis [1] 1/8/05 [2 Ints])

POSTSEASON DEFENSE**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
- at Washington 1/6/13

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 5Times (Last: at Washington 1/6/13)

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
- 15 at Washington 1/6/13
- 18 vs. Miami 1/9/00

Most First Downs Allowed, Game

- 32 vs. New Orleans 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
- at Washington 1/6/13

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 Orleans 1/8/11
- 18 at Houston 1/3/88 (OT)
- 16 vs. Washington 1/5/08
- at Atlanta 1/13/13

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**

- 54 at Washington 1/6/13
- 56 at Miami 12/31/83
- 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 Orleans 1/8/11
- 23 at Washington 1/6/13
- 25 vs. L.A. Raiders 12/22/84

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
- 203 at Washington 1/6/13
- 240 vs. L.A. Raiders 12/22/84
- 284 vs. Dallas 1/6/07

Most Net Yards Allowed, Game

- 474 vs. New Orleans 1/8/11
- 437 at Houston 1/3/88 (OT)
- at Chicago 1/16/11
- 417 at Atlanta 1/13/13

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 8 Times (Last: at Atlanta 1/13/13)
- 1 5 Times (Last: vs. St. Louis 1/8/05)

PASSING**Fewest Net Yards Allowed, Passing, Game**

- 91 at Cincinnati 12/31/88
- 99 at Washington
- 135 vs. L.A. Raiders 12/22/84

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
- at Atlanta 1/13/13
- 2 6 Times (Last: at Washington 1/6/13)

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)
- at Atlanta 1/13/13
- 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
at Atlanta 1/13/13
- 5 vs. Miami 1/9/00
- 7 vs. New Orleans 1/8/11

INTERCEPTIONS BY**Most Passes Intercepted By, Game**

- 2 7 Times (Last: at Atlanta 1/13/13)

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
at Washington 1/6/13

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
at Atlanta 1/13/13
- 1 at L.A. Raiders 1/8/84
vs. Washington 1/14/06
vs. Carolina 1/22/06
at Green Bay 1/12/08

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

Fewest Yards Allowed, Punt Returns, Game

- 0 vs. Washington 1/5/08
at Atlanta 1/13/13
- 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)
at Washington 1/6/13 (1-Fum)
- 2 8 Times (Last: at Atlanta 1/13/13, 1-Fum and 1 Int)

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



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.

2012 SEASON

08/11	Tennessee	Steve August (Former Seahawks T)
08/30	Oakland	2012 USA Olympians
09/16	Dallas	Shawn Springs (Former Seahawks CB)
9/24	Green Bay	Trent Dilfer (Former Seahawks QB)
10/14	New England	Walter Jones (Former Seahawks T)
11/4	Minnesota	Detlef Shrempf (Former NBA and Sonics All-Star)
11/11	N.Y. Jets	Joe Moser (WWII Veteran - Buchenwald survivor)
12/9	Arizona	Jon Kitna (Former Seahawks QB)
12/23	San Francisco	Sam Adams (Former Seahawks DT)
12/30	St. Louis	Sigi Schmid (Sounders FC Head Coach)



JOE MOSER

2010 SEASON

08/14	Tennessee	Frank Beede (Former Seahawk; National Teacher of the Year)
08/21	Green Bay	J.R. Celski (Olympic speed-skater)
09/12	San Francisco	Chad Brown (Former Seahawks LB)
09/26	San Diego	Nate McMillan (Former Sonic and 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 SF Giants pitcher)
01/02	St. Louis	Brian Blades (Former Seahawks WR)
01/08	New Orleans	Walter Jones (Former Seahawks T)

2011 SEASON

08/20	Minnesota	Chip Hanauer (Hydroplane driver)
09/02	Oakland	Greg Haugen (Former lightweight boxing champion)
09/25	Arizona	Chris Warren (Former Seahawks RB)
10/02	Atlanta	Jason Terry (Former Franklin H.S. and NBA guard)
10/30	Cincinnati	Felix Hernandez (Seattle Mariners pitcher)
11/13	Baltimore	George Hickman (Former Tuskegee airman)
11/27	Washington	Rufus Porter (Former Seahawks LB)
12/01	Philadelphia	Bill Russell (Former Boston Celtic and Hall of Fame center)
12/12	St. Louis	Cortez Kennedy (Former Seahawks and Hall of Fame DT)
12/24	San Francisco	Shawn Kemp (Former NBA and Sonics All-Star)

ALL-TIME 12TH MAN FLAG RAISERS

2003 SEASON

10/12	San Francisco	12 Original Season Ticket Holders
10/19	Chicago	Cortez Kennedy (Hall of Fame 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 Tuiaosopo (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 (Hall of Fame 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 (Former 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 (Former 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

Sea Gals



The 2013 Sea Gals

Thirty-four women make up the 2013 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 27th 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 Junior Sea Gals has become a popular program for girls ages 7 – 14. The Sea Gals work directly with these young ladies to develop character, team building, and dance skills.

The Sea Gals have a "Show Group," a one-hour variety show that includes colorful costume changes, character dance

rouines, singing and crowd participation for all ages. The Show Group has performed 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.



Sea Gals Director Sherri Thompson

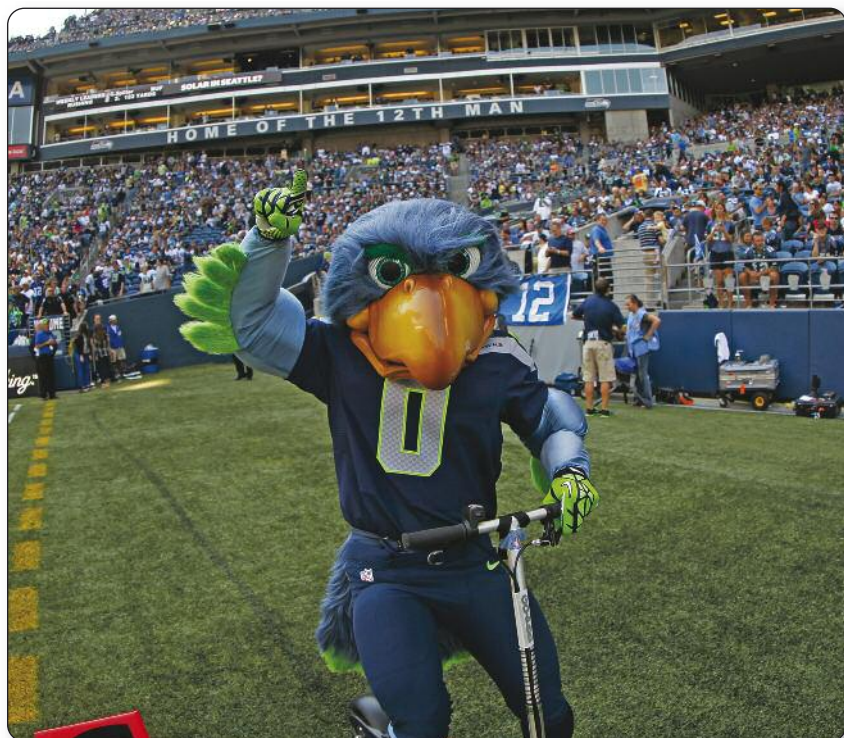
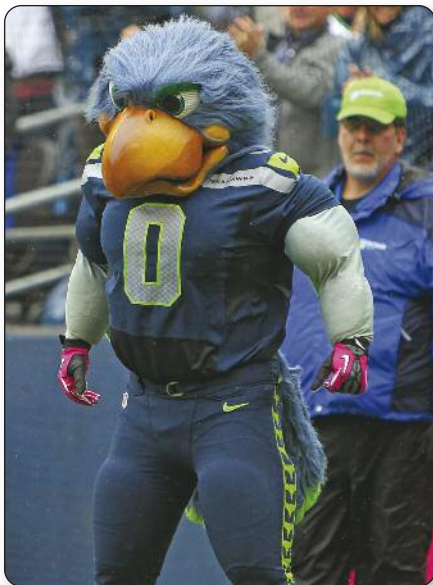
BLITZ

As the Seahawks mascot, Blitz does his part to make sure CenturyLink Field is the loudest, most exciting stadium in the NFL. Always the entertainer, Blitz has been known to jump off the roof of CenturyLink Field, fly with the Blue Angels and skydive with Red Bull.

When Blitz isn't busy with fans at CenturyLink Field, he can be found at Generation 12 Kid's Club and Play60 events throughout the Pacific Northwest. Blitz is the life of any party – you will often find him at community events, birthday parties and everything in between. To request Blitz for your event, visit www.seahawks.com/community/appearancerequests.com



BLITZ
#10



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.



KIDS CLUB

The Seattle Seahawks Generation 12 Kids Club offers fans (12 years-and-under) the opportunity to connect with the team. Members enjoy benefits including a membership kit, exclusive events, member-only e-blasts, contests, and special mailings throughout the year. For more information and to sign up, fans may visit Seahawks.com.



AMERICAN FAMILY INSURANCE TOUCHDOWN CITY

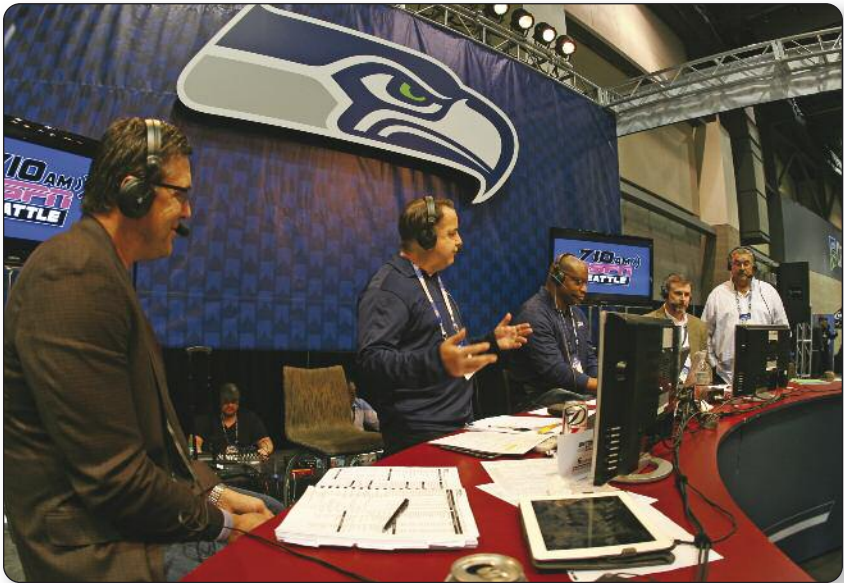
The Seattle Seahawks are dedicated to providing the fans with a unique game-day experience.

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. Featuring more than 30 exhibits including inflatable games that test your football skills and knowledge, 710 ESPN's pregame broadcast stage, Seahawks Alumni autographs, face and hair painting booths, energizing performances by the Sea Gals and Blue Thunder, and a Seahawks Pro Shop Kiosk, Touchdown City has something for fans of all ages and interest.



Touchdown City offers the best NFL pre-game football viewing experience at the Linebacker Lounge. The Linebacker Lounge features HD broadcasts of four of the day's top NFL match-ups on a custom designed four-sided, 15 ft x 20 ft ceiling suspended video panel display. The video "cube", provides fans a 360 degree viewing opportunity throughout the Linebacker Lounge.

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 2013

Just as the Seattle Seahawks are entering 2013 with renewed energy, the Sea Hawks Booster Club enters the season with some energy of their own.

MEMBERSHIP

There is strength in numbers and the Sea Hawks are always looking to attract a new legion of members. The Sea Hawks will be actively recruiting through membership drives, as well as an increased visibility in the media, in the stands, and in the community.

BENEFITS

Benefits of a Sea Hawks membership include: Monthly club meetings and get-togethers, access to Sea Hawks "tailgate zone" prior to all home games, opportunity to attend the annual Sea

Hawks picnic at Seahawks Headquarters and the Sea Hawks Banquet which includes a sneak peak of the NFL Films Seahawks Annual Highlight Video and dining with Seahawk players and staff, and exclusive offers not available to the general public to the Seahawks Pro Shop.

CHARITY EVENTS

Since their inception in 1976, the Sea Hawks have been involved in helping charities throughout the community. This year the Sea Hawks will again support the Boyer Children's Clinic, Ronald McDonald House, and many other Seahawks supported charity events.

The Sea Hawks expect to do great things in 2013. For more information, please visit www.seahawks.org.





Located inside CenturyLink Field, the newly renovated and expanded Seahawks Pro Shop features official sideline product and the best selection of Seahawks merchandise available.

Re-opened on June 7, 2013 after four months of renovations, the CenturyLink Field Pro Shop grew in size from 3,000 to 7,400 square feet, allowing for a 40 percent increase in product selection. The new store now provides not only the six permanent points of sale that the old store had, but it also features up to 20 mobile point-of-sale devices, expediting checkouts for all customers.

During the season, fans are encouraged to come meet their favorite players at 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.



Both the renovated stadium Pro Shop and the Pike Street location feature the full line of Seahawks jerseys and apparel, as well as the full line of Sounders FC merchandise.



SEAHAWKS ALUMNI

KEEPING THE SEAHAWKS LEGACY ALIVE



Seahawks alumni continue to make their mark off the playing field by staying involved in the community and 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 2012. Those visits included community celebrations, check presentations and everything in between.

Former players like Charle Young (TE, 1983-85), Sam Adkins (QB, 1977-82), Manu Tuiaosopo (DT, 1979-83), Craig Terrill (DT, 2004-10), and Mack Strong (FB, 1993-2007) all participated in community events that left lasting impressions on everyone involved.

Seahawks Ring of Honor inductee Jacob Green (DE, 1980-91) continues to stay active in the community, namely by hosting the Jacob Green Charity Golf Classic and supporting charitable causes such as the Fred Hutchinson Cancer Center, Child Advocates, Inc., the American Heart Association, The Boys and Girls Club, and many others.

Green is the Seahawks' all-time sack leader with 116.0 and his daughter, Janelle, is married to current Seahawks defensive end, Red Bryant.

After a 15-year NFL career, Jon Kitna (QB, 1997-2000) returned to the Pacific Northwest and is beginning his first season as the head football coach at his former high school, Lincoln H.S., in Tacoma. Kitna has always invested in the lives of kids in the various cities he's played (Seattle, Cincinnati, Detroit, Dallas) and has spoken of his excitement to have a positive impact on high school boys in the years to come.

Kitna, whom Lincoln H.S. hired as a math teacher during the latter part of the 2011-12 school year, started 124 games in his career and retired with 29,745 passing yards and 169 touchdown passes.

In addition to staying involved in the community, Seahawks alumni have also proven to be very successful in the realms of business and politics.

Steve Largent (WR, 1976-89), one of two Seahawks players in the NFL Hall of Fame made his mark in national politics as a U.S. Congressman in the 1st District of the State of Oklahoma where he served from 1994 to 2001. In 2003, Largent was named President and CEO of CTIA-The Wireless Association®, an international nonprofit membership organization, where he currently holds the same title.

Largent's 13,089 yards and 100 touchdowns made him an instant choice for the Hall of Fame 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.

Steve Raible (WR, 1976-81) is an original member of the Seahawks and is entering his 32nd season broadcasting Seahawks games for 710 ESPN Radio and 97.3 KIRO FM.



CORTEZ KENNEDY

TELEVISION

Seahawks Broadcasting is the Emmy® Award winning in-house production and syndication unit of the Seattle Seahawks. Now in its 16th 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 High Definition (1999).

SEAHAWKS TELEVISION NETWORK

Kick off the 2013 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 8	at San Diego Chargers	7:00 p.m. PDT	Q13 FOX
Saturday, August 17	Denver Broncos	7:00 p.m. PDT	Q13 FOX
Friday, August 23	at Green Bay Packers	5:00 p.m. PDT	CBS
Thursday, August 29	Oakland Raiders	7:00 p.m. PDT	Q13 FOX

CURT MENEFFEE - PLAY-BY-PLAY

Curt Menefee begins his fifth 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 called play-by-play for NFL and NFL Europe League games on FOX Sports and FSN.

BROCK HUARD - ANALYST

Former Seahawks QB and local sports radio personality, Brock Huard, joins the Seahawks for his first season in the Seahawks broadcast booth as the preseason television analyst. The former University of Washington star and Puyallup High School All-American has been calling college football for ESPN since August 2008, working as a college football analyst for ESPN and ABC's Saturday games, and is also a studio analyst for the networks. Since 2009, Huard has co-hosted a sports radio morning show on 710 ESPN Seattle, the *Brock and Danny Show*. After a standout high school career at Puyallup and a record-setting stint at the UW, Huard went on to play six years in the NFL, including four spent with the Seahawks, from 1999-2001 and 2004.

"SEAHAWKS ALL-ACCESS"

Join former Seahawks QB Warren Moon and ROOT Sports' Angie Mentink for "Seahawks All-Access" each week, beginning with training camp. As the title implies, "All-Access" gives the Seahawks fan a perspective on the club not seen anywhere else through in-depth analysis and exclusive footage. Catch "Seahawks All-Access" each Thursday night on ROOT Sports.

"SEAHAWKS SATURDAY NIGHT"

"Seahawks Saturday Night" returns for its second season in primetime at 10:30pm on Q13 FOX and 9:30pm on JOEtv. The half-hour program will feature total access to players, coaches, practices and games including a player "mic'd up" every week to get a real feel for what's happening on the field, an exclusive one-on-one with Coach Carroll and "The Real Rob Report" (a behind the scenes feature shot by Pro Bowl full-back Michael Robinson) to round out the show.



SEAHAWKS BROADCASTING

SEAHAWKS RADIO NETWORK

Seahawks Radio can be found on 710 ESPN Seattle, the flagship station for the 2012 season, and 97.3 KIRO FM. 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, Dave Wyman, Craig Terrill and Mack Strong with executive producer Matt Johnson. Steve Raible and Warren Moon follow with the call in the booth with Jen Mueller providing sideline reports, and the broadcast day concludes with a post-game show featuring exclusive interviews with Seahawks players from the locker room. 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 every Thursday from 12:00-2:00 p.m, and also streams live on Seahawks.com. 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 32nd season in the radio booth, his 10th 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 also co-authored the book, "Tales from the Seahawks Sideline" with former Tacoma News Tribune beat writer, Mike Sando, who is currently working for ESPN. 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 p.m..

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.

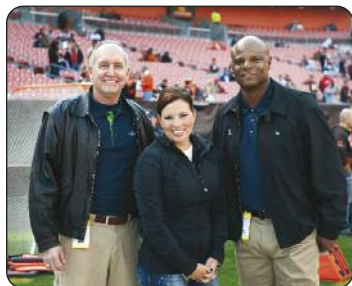
A graduate of Georgia Tech and a member of the school's athletic Hall of Fame, Steve lives in Seattle with his wife, Sharon.

WARREN MOON - ANALYST

Hall of Fame quarterback, Warren Moon, returns to the Seahawks radio team for his 10th 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-12 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), 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.



Seahawks broadcast team: Raible (left), Moon (right) and Jen Mueller (middle), who begins her fifth season as the sideline reporter.

TELEVISION NETWORK

PRESEASON TELECASTS

WASHINGTON

	Station	Network
Seattle	KCPQ - 13	FOX
Spokane	KAYU - 28	FOX
Tri-Cities	KFFX - 11	FOX
Yakima	KCYU - 41	FOX

IDAHO

	Station	Network
Boise	KIVI - 6	ABC
Twin Falls	KSAW - 52	ABC
Sun Valley	KSAW - 52	ABC

OREGON

	Station	Network
Bend	KFXO - 39	FOX
Eugene	KEVU - 23	MyTV
Eugene	KLSR - 34	FOX
Medford	KMVU - 26	FOX
Portland	KPTV - 12	FOX

HAWAII

Honolulu	KHNL - 13	NBC
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ALASKA

	Station	Network
Anchorage	KYUR - 13	ABC
Fairbanks	KATN - 2	ABC
Juneau	KJUD - 8	ABC

SEAHAWKS ALL-ACCESS

Northwest Region	ROOT Sports	Cable
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SEAHAWKS PRESS PASS

Northwest Region	ROOT Sports	Cable
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SEAHAWKS SATURDAY NIGHT

Seattle	KCPQ - 13	FOX
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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	KAPS	660 AM
Mt. Vernon	KAPS	102.1 FM
Olympia	KGY	1240 AM
Olympia	KAYO	96.9 FM
Omak	KNCW	92.7 FM
Port Angeles	KONP	1450 AM
Seattle	ESPN	710 AM
Seattle	KIRO	97.3 FM
Shelton	KMAS	1030 AM
Spokane	KHTQ	94.5 FM
Tri-Cities	KONA	610 AM
Walla Walla	KUJ	1420 AM
Wenatchee	KPQ	560 AM
Yakima	KIT	1280 AM
Yakima	KQMY	99.3 FM

ALASKA

Anchorage	KUDO	1080 AM
Anchorage	KZND	94.7 FM
Cordova	KLAM	1450 AM

ALASKA, CONTINUED

Juneau	KINY	800 AM
Kodiak Island	KVOK	560 AM
Kodiak Island	KVOK	98.7 FM

BRITISH COLUMBIA

	Station	Frequency
Vancouver	TEAM	1040 AM

IDAHO

Boise	KTIK	1350 AM
Boise	KTIK	93.1 FM
Lewiston	KCLK	1430 AM
Pocatello	KSEI	930 AM
St. Maries	KOFE	1240 AM

MONTANA

Kalispell	KSAM	1240 AM
Missoula	KGRZ	1450 AM
Missoula	KYLT	1340 AM

OREGON

Astoria	KCRX	102.3 FM
Bend	KWLZ	96.5 FM
La Grande	KUBQ	98.7 FM
Lebanon	KGAL	1580 AM
Medford	KTMT	580 AM
Newport	KCUP	1230 AM
Ontario	KSRV	1380 AM
Pendleton	KTIK	1240 AM
Portland	KUFO	970 AM
Portland	KXL	101.1 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 Seahawks Stadium, renamed Qwest Field on June 2, 2004. After seven seasons, the stadium was renamed CenturyLink Field on June 23, 2011.

The CenturyLink Field stadium complex includes CenturyLink Field and its adjacent 200,000 sq. ft. event center, which contains a state-of-the-art portable music theater that can host acts such as Paul Simon and then put on a consumer show just 24 hours later. The facility hosted 165 events that attracted more than two million attendees in 2011, including U2 with more than 70,000 fans in attendance, the largest attended event since the stadium opened in 2002.

Facility operators, First & Goal Inc. (FGI), have mastered the facility turn that

includes dozens of concerts, SuperCross, while meeting the venue requirements of the NFL, MLS, NCAA Football, including sport specific field-of-play markings.

FGI completed an unprecedented resource conservation project that reduces the facility's electricity and water usage by 21%. The project included the installation of: a vast rooftop solar array, performance monitoring and other smart technologies, including high-efficiency lighting and mechanical system upgrades and ultra-low flow water fixtures, an LED stadium arch lighting system, and six electrical vehicle charging stations. The project was led by Seattle-based McKinstry. The project will reduce annual utility costs by 21 percent and carbon emissions by 1,346 metric tons per year; the equivalent of removing 260 cars from roadways.

In 2012, new features at the stadium include a new artificial grass surface from FieldTurf and new Mitsubishi Electric's Diamond Vision video displays that will introduce fans to a new viewing experience.

CENTURYLINK FIELD FACTS & FIGURES

- CenturyLink Field and Event Center and the WaMu Theater host over 200 events per year, covering 300 days a year
- FGI employs over 800 staff for the 10 Seahawks game days and over 400 staff for the 18 Sounders FC matches each season
- 67,000 fixed seats – can be expanded to 72,000
- 1,400 seats for people with disabilities and their companions – compared to 70 at the Kingdome
- 63 restrooms (799 toilets/364 urinals) – twice as many as the Kingdome
- 100% of urinals are retrofitted with low-flow fixtures, saving more than 58,618 gal. of water during every home game
- 12 elevators – compared to three at the Kingdome
- Over 800 televisions
- 50 Concession stands/47 Beer Concessions – twice as many per person as the Kingdome
- 100% of the concrete from the Kingdome was processed and recycled (50% built into CenturyLink Field)
- There is a 2,000 car garage – part of 6,500 spaces near CenturyLink Field.
- ECOtality installed six electric vehicle chargers - four in north lot and two in the garage
- Events hosted in the CenturyLink Field Event Center have generated over \$1.5M for Common School Fund
- High output T8 light fixtures with motion sensors were installed in the parking garage, stairwells, and corridors of the stadium.

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 1976-86.





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 community
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



SEAHAWKS.COM

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 subscription notifies on-line users of breaking news, upcoming events, changes to the site and numerous downloadable wallpapers.

Fans are able to read game previews, post-game summaries, player spotlights, community event articles and all other Seahawks news from Seahawks beat writer Clare Farnsworth (right) and web writer Tony Drovetto. The site also includes exclusive game day coverage with in-depth analysis, inside photos and scoring updates. Tony Ventrella (pictured below) is your online host for videos from practice and game day.

Fans may also tune in for live video streaming of Head Coach Pete Carroll's weekly news conferences every Monday and Wednesday during the season.

Fans are encouraged to follow the Seahawks on twitter: @Seahawks and @PeteCarroll, and in other forms of social media listed at the right.



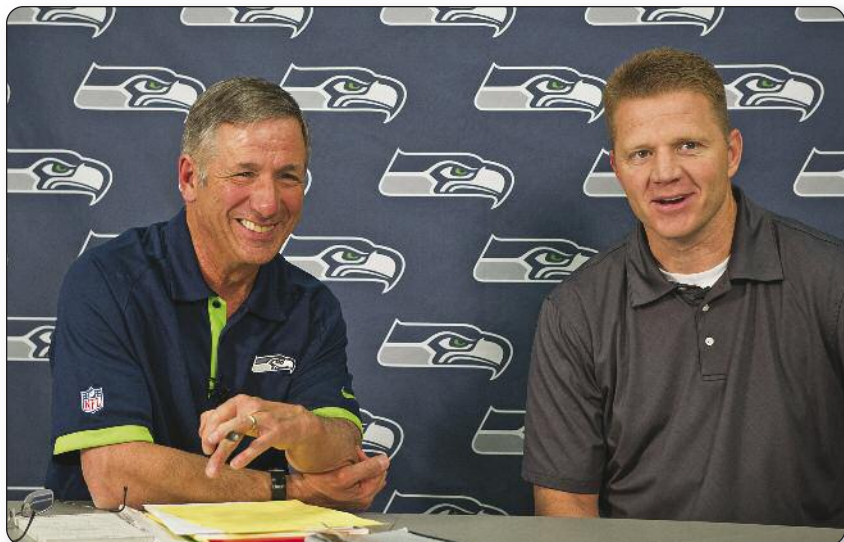
On Facebook:
facebook.com/seahawks

On Twitter:
 @Seahawks, @winSeahawks,
 @liveSeahawks, @PeteCarroll,
 @SeahawksProShop

On Pinterest:
Pinterest.com/SeattleSeahawks

On Google+: +Seahawks

On Instagram: @Seahawks





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 percent hotel/motel room tax and a 1 percent 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 Souders*).

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 officially 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.

2013-2014 KEY DATES

2013

August 4 – Hall of Fame Game, Canton, Ohio (Dallas vs. Miami).

August 8-11 – First preseason weekend

August 27 – Clubs must reduce rosters to a maximum of 75 players

August 31 – Roster cut-down to maximum of 53 players

September 1 – Clubs may establish a practice squad of eight players

September 5, 8-9 – 2013 Kickoff Weekend

October 29 – Trading deadline

December 29 – Regular season ends

2014

Saturday, January 4 – AFC and NFC Wild Card Playoffs (NBC)

Sunday, January 5 – AFC and NFC Wild Card Playoffs (CBS and FOX)

Saturday, January 11 – AFC and NFC Divisional Playoffs (CBS and FOX)

Sunday, January 12 – AFC and NFC Divisional Playoffs (CBS and FOX)

Sunday, January 19 – AFC and NFC Championship Games (CBS and FOX)

Sunday, January 26 – AFC-NFC Pro Bowl (NBC)

Sunday, February 2 – Super Bowl XLVIII in New York/New Jersey (FOX)

2013 PRESEASON SCHEDULE

NFL/HALL OF FAME GAME –
AUGUST 4

Dallas vs. Miami (NBC, 8/4)

WEEK 1 – AUGUST 8-11

Cincinnati at Atlanta (ESPN, 8/8)

Arizona at Green Bay

Baltimore at Tampa Bay

Buffalo at Indianapolis

Chicago at Carolina

Dallas at Oakland

Denver at San Francisco

Houston at Minnesota

Kansas City at New Orleans

Miami at Jacksonville

New England at Philadelphia

NY Giants at Pittsburgh

NY Jets at Detroit

St. Louis at Cleveland

Seattle at San Diego

Washington at Tennessee

WEEK 2 – AUGUST 15-19

San Diego at Chicago (ESPN, 8/15)

Tampa Bay at New England (FOX, 8/16)

Indianapolis at NY Giants (FOX, 8/18)

Pittsburgh at Washington (ESPN, 8/19)

Atlanta at Baltimore

Carolina at Philadelphia

Dallas at Arizona

Denver at Seattle

Detroit at Cleveland

Green Bay at St. Louis

Jacksonville at NY Jets

Miami at Houston

Minnesota at Buffalo

Oakland at New Orleans

San Francisco at Kansas City

Tennessee at Cincinnati

WEEK 3 – AUGUST 22-25

Carolina at Baltimore (ESPN, 8/22)

Seattle at Green Bay (CBS, 8/23)

St. Louis at Denver (CBS, 8/24)

New Orleans at Houston (FOX, 8/25)

Minnesota at San Francisco (NBC, 8/25)

Atlanta at Tennessee

Buffalo at Washington

Chicago at Oakland

Cincinnati at Dallas

Cleveland at Indianapolis

Kansas City at Pittsburgh

New England at Detroit

NY Jets at NY Giants

Philadelphia at Jacksonville

San Diego at Arizona

Tampa Bay at Miami

WEEK 4 – AUGUST 29-30

Arizona at Denver

Baltimore at St. Louis

Cleveland at Chicago

Detroit at Buffalo

Green Bay at Kansas City

Houston at Dallas

Indianapolis at Cincinnati

Jacksonville at Atlanta

New Orleans at Miami

NY Giants at New England

Oakland at Seattle

Philadelphia at NY Jets

Pittsburgh at Carolina

San Francisco at San Diego

Tennessee at Minnesota

Washington at Tampa Bay



2013 NFL SCHEDULE

GAMES GROUPED BY START TIMES AND LISTED ALPHABETICALLY BY HOME TEAM.
ALL TIMES TEAM LOCAL TIMES.

THURSDAY, SEPTEMBER 5 (FIRST WEEKEND)

1. Baltimore at Denver 6:30p (Mt)

SUNDAY, SEPTEMBER 8

2. New England at Buffalo 1:00p (ET)
3. Seattle at Carolina 1:00p (ET)
4. Cincinnati at Chicago 12:00p (CT)
5. Miami at Cleveland 1:00p (ET)
6. Minnesota at Detroit 1:00p (ET)
7. Oakland at Indianapolis 1:00p (ET)
8. Kansas City at Jacksonville 1:00p (ET)
9. Atlanta at New Orleans 12:00p (CT)
10. Tampa Bay at N.Y. Jets 1:00p (ET)
11. Tennessee at Pittsburgh 1:00p (ET)
12. Arizona at St. Louis 3:25p (CT)
13. Green Bay at San Francisco 1:25p (PT)
14. N.Y. Giants at Dallas 7:30p (CT)

MONDAY, SEPTEMBER 9

15. Philadelphia at Washington 7:10p (ET)
16. Houston at San Diego 7:20p (PT)

THURSDAY, SEPTEMBER 12 (SECOND WEEKEND)

17. N.Y. Jets at New England 8:25p (ET)

SUNDAY, SEPTEMBER 15

18. St. Louis at Atlanta 1:00p (ET)
19. Cleveland at Baltimore 1:00p (ET)
20. Carolina at Buffalo 1:00p (ET)
21. Minnesota at Chicago 12:00p (CT)
22. Washington at Green Bay 12:00p (CT)
23. Tennessee at Houston 12:00p (ET)
24. Miami at Indianapolis 1:00p (ET)
25. Dallas at Kansas City 12:00p (CT)
26. San Diego at Philadelphia 1:00p (ET)
27. Detroit at Arizona 1:05p (MT)
28. New Orleans at Tampa Bay 4:05p (ET)
29. Denver at N.Y. Giants 4:25p (ET)
30. Jacksonville at Oakland 1:25p (PT)
31. San Francisco at Seattle 5:30p (PT)

MONDAY, SEPTEMBER 16

32. Pittsburgh at Cincinnati 8:40p (ET)

THURSDAY, SEPTEMBER 19 (THIRD WEEKEND)

33. Kansas City at Philadelphia 8:25p (ET)

SUNDAY, SEPTEMBER 22

34. Houston at Baltimore 1:00p (ET)
35. Green Bay at Cincinnati 1:00p (ET)
36. N.Y. Giants at Carolina 1:00p (ET)
37. St. Louis at Dallas 12:00p (CT)
38. Cleveland at Minnesota 12:00p (CT)
39. Tampa Bay at New England 1:00p (ET)
40. Arizona at New Orleans 12:00p (CT)
41. San Diego at Tennessee 12:00p (CT)
42. Detroit at Washington 1:00p (ET)
43. Atlanta at Miami 4:05p (ET)
44. Buffalo at N.Y. Jets 4:25p (ET)
45. Indianapolis at San Francisco 1:25p (PT)

THIRD WEEKEND, CONTINUED

46. Jacksonville at Seattle 1:25p (PT)
47. Chicago at Pittsburgh 8:30p (ET)

MONDAY, SEPTEMBER 23

48. Oakland at Denver 6:40p (MT)

THURSDAY, SEPTEMBER 26 (FOURTH WEEKEND)

(Byes: Carolina, Green Bay)

49. San Francisco at St. Louis 7:25p (CT)

SUNDAY, SEPTEMBER 29

50. Baltimore at Buffalo 1:00p (ET)
51. Cincinnati at Cleveland 1:00p (ET)
52. Chicago at Detroit 1:00p (ET)
53. Seattle at Houston 12:00p (CT)
54. Indianapolis at Jacksonville 1:00p (ET)
55. N.Y. Giants at Kansas City 12:00p (CT)
56. Pittsburgh at Minnesota (London) 6:00p (BST)
57. Arizona at Tampa Bay 1:00p (ET)
58. N.Y. Jets at Tennessee 3:05p (CT)
59. Philadelphia at Denver 2:25p (MT)
60. Washington at Oakland 1:25p (PT)
61. Dallas at San Diego 1:25p (PT)
62. New England at Atlanta 8:30p (ET)

MONDAY, SEPTEMBER 30

63. Miami at New Orleans 7:40p (CT)

THURSDAY, OCTOBER 3 (FIFTH WEEKEND)

(Byes: Minnesota, Pittsburgh, Tampa Bay, Washington)

64. Buffalo at Cleveland 8:25p (ET)

SUNDAY, OCTOBER 6

65. New Orleans at Chicago 12:00p (CT)
66. New England at Cincinnati 1:00p (ET)
67. Detroit at Green Bay 12:00p (CT)
68. Seattle at Indianapolis 1:00p (ET)
69. Baltimore at Miami 1:00p (ET)
70. Philadelphia at N.Y. Giants 1:00p (ET)
71. Jacksonville at St. Louis 12:00p (CT)
72. Kansas City at Tennessee 12:00p (CT)
73. Carolina at Arizona 1:05p (MT)
74. Denver at Dallas 3:25p (CT)
75. San Diego at Oakland 1:25p (PT)
76. Houston at San Francisco 5:30p (PT)

MONDAY, OCTOBER 7

77. N.Y. Jets at Atlanta 8:40p (ET)

**THURSDAY, OCTOBER 10
(SIXTH WEEKEND)***(Byes: Atlanta, Miami)*

78. N.Y. Giants at Chicago 7:25p (CT)

SUNDAY, OCTOBER 13

79. Green Bay at Baltimore 1:00p (ET)
 80. Cincinnati at Buffalo 1:00p (ET)
 81. Detroit at Cleveland 1:00p (ET)
 82. St. Louis at Houston 12:00p (CT)
 83. Oakland at Kansas City 12:00p (CT)
 84. Carolina at Minnesota 12:00p (CT)
 85. Pittsburgh at N.Y. Jets 1:00p (ET)
 86. Philadelphia at Tampa Bay 1:00p (ET)
 87. Jacksonville at Denver 2:05p (MT)
 88. Tennessee at Seattle 1:05p (PT)
 89. New Orleans at New England 4:25p (ET)
 90. Arizona at San Francisco 1:25p (PT)
 91. Washington at Dallas 7:30p (CT)

MONDAY, OCTOBER 14

92. Indianapolis at San Diego 5:40p (PT)

**THURSDAY, OCTOBER 17
(SEVENTH WEEKEND)***(Byes: New Orleans, Oakland)*

93. Seattle at Arizona 5:25p (MT)

SUNDAY, OCTOBER 20

94. Tampa Bay at Atlanta 1:00p (ET)
 95. St. Louis at Carolina 1:00p (ET)
 96. Cincinnati at Detroit 1:00p (ET)
 97. San Diego at Jacksonville 1:00p (ET)
 98. Houston at Kansas City 12:00p (CT)
 99. Buffalo at Miami 1:00p (ET)
 100. New England at N.Y. Jets 1:00p (ET)
 101. Dallas at Philadelphia 1:00p (ET)
 102. Chicago at Washington 1:00p (ET)
 103. San Francisco at Tennessee 3:05p (CT)
 104. Cleveland at Green Bay 3:25p (CT)
 105. Baltimore at Pittsburgh 4:25p (ET)
 106. Denver at Indianapolis 8:30p (ET)

MONDAY, OCTOBER 21

107. Minnesota at N.Y. Giants 8:40p (ET)

**THURSDAY, OCTOBER 24
(EIGHTH WEEKEND)***(Byes: Baltimore, Chicago, Houston, Indianapolis, San Diego, Tennessee)*

108. Carolina at Tampa Bay 8:25p (ET)

SUNDAY, OCTOBER 27

109. Dallas at Detroit 1:00p (ET)
 110. San Francisco at Jacksonville (London) 5:00p (GMT)
 111. Cleveland at Kansas City 12:00p (CT)
 112. Miami at New England 1:00p (ET)
 113. Buffalo at New Orleans 12:00p (CT)
 114. N.Y. Giants at Philadelphia 1:00p (ET)
 115. Pittsburgh at Oakland 1:05p (PT)
 116. N.Y. Jets at Cincinnati 4:05p (ET)
 117. Atlanta at Arizona 1:25p (MT)
 118. Washington at Denver 2:25p (MT)
 119. Green Bay at Minnesota 7:30p (CT)

MONDAY, OCTOBER 28

120. Seattle at St. Louis 7:40p (CT)

**THURSDAY, OCTOBER 31
(NINTH WEEKEND)***(Byes: Arizona, Denver, Detroit, Jacksonville, N.Y. Giants, San Francisco)*

121. Cincinnati at Miami 8:25p (ET)

SUNDAY, NOVEMBER 3

122. Kansas City at Buffalo 1:00p (ET)
 123. Atlanta at Carolina 1:00p (ET)
 124. Minnesota at Dallas 12:00p (CT)
 125. New Orleans at N.Y. Jets 1:00p (ET)
 126. Tennessee at St. Louis 12:00p (CT)
 127. San Diego at Washington 1:00p (ET)
 128. Philadelphia at Oakland 1:05p (PT)
 129. Tampa Bay at Seattle 1:05p (PT)
 130. Baltimore at Cleveland 4:25p (ET)
 131. Pittsburgh at New England 4:25p (ET)
 132. Indianapolis at Houston 7:30p (CT)

MONDAY, NOVEMBER 4

133. Chicago at Green Bay 7:40p (CT)

**THURSDAY, NOVEMBER 7
(TENTH WEEKEND)***(Byes: Cleveland, Kansas City, New England, N.Y. Jets)*

134. Washington at Minnesota 7:25p (CT)

SUNDAY, NOVEMBER 10

135. Seattle at Atlanta 1:00p (ET)
 136. Cincinnati at Baltimore 1:00p (ET)
 137. Detroit at Chicago 12:00p (CT)
 138. Philadelphia at Green Bay 12:00p (CT)
 139. St. Louis at Indianapolis 1:00p (ET)
 140. Oakland at N.Y. Giants 1:00p (ET)
 141. Buffalo at Pittsburgh 1:00p (ET)
 142. Jacksonville at Tennessee 12:00p (CT)
 143. Carolina at San Francisco 1:05p (PT)
 144. Houston at Arizona 2:25p (MT)
 145. Denver at San Diego 1:25p (PT)
 146. Dallas at New Orleans 7:30p (CT)

MONDAY, NOVEMBER 11

147. Miami at Tampa Bay 8:40p (ET)

**THURSDAY, NOVEMBER 14
(ELEVENTH WEEKEND)***(Byes: Dallas, St. Louis)*

148. Indianapolis at Tennessee 7:25p (CT)

SUNDAY, NOVEMBER 17

149. N.Y. Jets at Buffalo 1:00p (ET)
 150. Baltimore at Chicago 12:00p (CT)
 151. Cleveland at Cincinnati 1:00p (ET)
 152. Oakland at Houston 12:00p (CT)
 153. Arizona at Jacksonville 1:00p (ET)
 154. San Diego at Miami 1:00p (ET)
 155. Washington at Philadelphia 1:00p (ET)
 156. Detroit at Pittsburgh 1:00p (ET)
 157. Atlanta at Tampa Bay 1:00p (ET)
 158. Kansas City at Denver 2:05p (MT)
 159. San Francisco at New Orleans 3:25p (CT)
 160. Minnesota at Seattle 1:25p (PT)
 161. Green Bay at N.Y. Giants * 8:30p (ET)

MONDAY, NOVEMBER 18

162. New England at Carolina 8:40p (ET)

**Sunday Night Games in Weeks 10-16 Subject to Change*

**THURSDAY, NOVEMBER 21
(TWELFTH WEEKEND)***(Byes: Buffalo, Cincinnati, Philadelphia, Seattle)*

163. New Orleans at Atlanta 8:25p (ET)

SUNDAY, NOVEMBER 24

164. N.Y. Jets at Baltimore 1:00p (ET)
 165. Pittsburgh at Cleveland 1:00p (ET)
 166. Tampa Bay at Detroit 1:00p (ET)
 167. Minnesota at Green Bay 12:00p (CT)
 168. Jacksonville at Houston 12:00p (CT)
 169. San Diego at Kansas City 12:00p (CT)
 170. Carolina at Miami 1:00p (ET)
 171. Chicago at St. Louis 12:00p (CT)
 172. Indianapolis at Arizona 2:05p (MT)
 173. Tennessee at Oakland 1:05p (PT)
 174. Dallas at N.Y. Giants 4:25p (ET)
 175. Denver at New England * 8:30p (ET)

MONDAY, NOVEMBER 25

176. San Francisco at Washington 8:40p (ET)

**THURSDAY, NOVEMBER 28
(THIRTEENTH WEEKEND)**

177. Green Bay at Detroit 12:30p (ET)
 178. Oakland at Dallas 3:30p (CT)
 179. Pittsburgh at Baltimore 8:30p (ET)

SUNDAY, DECEMBER 1

180. Tampa Bay at Carolina 1:00p (ET)
 181. Jacksonville at Cleveland 1:00p (ET)
 182. Tennessee at Indianapolis 1:00p (ET)
 183. Denver at Kansas City 12:00p (CT)
 184. Chicago at Minnesota 12:00p (CT)
 185. Miami at N.Y. Jets 1:00p (ET)
 186. Arizona at Philadelphia 1:00p (ET)
 187. Atlanta at Buffalo (Toronto) 4:05p (ET)
 188. St. Louis at San Francisco 1:05p (PT)
 189. New England at Houston 3:25p (CT)
 190. Cincinnati at San Diego 1:25p (PT)
 191. N.Y. Giants at Washington * 8:30p (ET)

MONDAY, DECEMBER 2

192. New Orleans at Seattle 5:40p (PT)

**THURSDAY, DECEMBER 5
(FOURTEENTH WEEKEND)**

193. Houston at Jacksonville 8:25p (ET)

SUNDAY, DECEMBER 8

194. Minnesota at Baltimore 1:00p (ET)
 195. Indianapolis at Cincinnati 1:00p (ET)
 196. Cleveland at New England 1:00p (ET)
 197. Oakland at N.Y. Jets 1:00p (ET)
 198. Carolina at New Orleans 12:00p (CT)
 199. Detroit at Philadelphia 1:00p (ET)
 200. Miami at Pittsburgh 1:00p (ET)
 201. Buffalo at Tampa Bay 1:00p (ET)
 202. Kansas City at Washington 1:00p (ET)
 203. Tennessee at Denver 2:05p (MT)
 204. St. Louis at Arizona 2:25p (MT)
 205. N.Y. Giants at San Diego 1:25p (PT)
 206. Seattle at San Francisco 1:25p (PT)
 207. Atlanta at Green Bay * 7:30p (CT)

MONDAY, DECEMBER 9

208. Dallas at Chicago 7:40p (CT)

**THURSDAY, DECEMBER 12
(FIFTEENTH WEEKEND)**

209. San Diego at Denver 6:25p (MT)

SUNDAY, DECEMBER 15

210. Washington at Atlanta 1:00p (ET)
 211. Chicago at Cleveland 1:00p (ET)
 212. Houston at Indianapolis 1:00p (ET)
 213. Buffalo at Jacksonville 1:00p (ET)
 214. New England at Miami 1:00p (ET)
 215. Philadelphia at Minnesota 12:00p (CT)
 216. Seattle at N.Y. Giants 1:00p (ET)
 217. New Orleans at St. Louis 12:00p (CT)
 218. San Francisco at Tampa Bay 1:00p (ET)
 219. Arizona at Tennessee 12:00p (CT)
 220. N.Y. Jets at Carolina 4:05p (ET)
 221. Kansas City at Oakland 1:05p (PT)
 222. Green Bay at Dallas 3:25p (CT)
 223. Cincinnati at Pittsburgh * 8:30p (ET)

MONDAY, DECEMBER 16

224. Baltimore at Detroit 8:40p (ET)

**SUNDAY, DECEMBER 22
(SIXTEENTH WEEKEND)**

225. Miami at Buffalo 1:00p (ET)
 226. New Orleans at Carolina 1:00p (ET)
 227. Minnesota at Cincinnati 1:00p (ET)
 228. Denver at Houston 12:00p (CT)
 229. Tennessee at Jacksonville 1:00p (ET)
 230. Indianapolis at Kansas City 12:00p (CT)
 231. Cleveland at N.Y. Jets 1:00p (ET)
 232. Chicago at Philadelphia 1:00p (ET)
 233. Tampa Bay at St. Louis 12:00p (CT)
 234. Dallas at Washington 1:00p (ET)
 235. N.Y. Giants at Detroit 4:05p (ET)
 236. Arizona at Seattle 1:05p (PT)
 237. Pittsburgh at Green Bay 3:25p (CT)
 238. Oakland at San Diego 1:25p (PT)
 239. New England at Baltimore * 8:30p (ET)

MONDAY, DECEMBER 23

240. Atlanta at San Francisco 5:40p (PT)

**SUNDAY, DECEMBER 29
(SEVENTEENTH WEEKEND)**

241. Carolina at Atlanta 1:00p (ET)
 242. Green Bay at Chicago 12:00p (CT)
 243. Baltimore at Cincinnati 1:00p (ET)
 244. Philadelphia at Dallas 12:00p (CT)
 245. Jacksonville at Indianapolis 1:00p (ET)
 246. N.Y. Jets at Miami 1:00p (ET)
 247. Detroit at Minnesota 12:00p (CT)
 248. Buffalo at New England 1:00p (ET)
 249. Tampa Bay at New Orleans 12:00p (CT)
 250. Washington at N.Y. Giants 1:00p (ET)
 251. Cleveland at Pittsburgh 1:00p (ET)
 252. Houston at Tennessee 12:00p (CT)
 253. San Francisco at Arizona 2:25p (MT)
 254. Denver at Oakland 1:25p (PT)
 255. Kansas City at San Diego 1:25p (PT)
 256. St. Louis at Seattle 1:25p (PT)

* - Sunday Night Game In Week 17 TBD

* - Sunday Night Games In Weeks 11-16 Subject To Change. Sunday Night Game In Week 17 TBD.

ADMINISTRATION

Chairman	Paul G. Allen
President	Peter McLoughlin
Executive Vice President of Football Operations & Head Coach	Pete Carroll
Executive Vice President/General Manager	John Schneider
Vice President/Finance & Chief Financial Officer	Karen Beckman
Senior Vice President/General Counsel	Lance Lopes
Vice President/Sales & Marketing	Chuck Arnold
Vice President/Community Relations.....	Mike Flood
Vice President/Human Resources & Administration	Cindy Kelley
Vice President/GM Facility Operations & Services.....	Adam Link
Chief Commercial Officer	Eric Mastalir
Vice President/Communications, Broadcasting & Web Content	Dave Pearson
Vice President/Information Technology	Chip Suttles
Vice President/Football Administration	Matt Thomas
Director of Human Resources	Sarita Carter
Director of Hospitality & Events	Sarah Tompkins
Human Resources Manager.....	Eric Heuston
Human Resources Administrative Assistant	Robin Houlbjerg
Team Ambassador.....	Cortez Kennedy
Executive Assistant/President.....	Alicia Nickell
Executive Assistant.....	Kim Lindbeck
Director of Security	Rick Ninomiya
Security Assistants	Randy Jackson, Aaron Miyasato
Receptionist.....	Jill Quinn
Office Assistant	Tricia del Mundo



Human Resources & Administration (seated l-r) Tricia del Mundo, Kim Lindbeck, Karen Beckman, Robin Houlbjerg, Jill Quinn (standing l-r) Sarah Tompkins, Lance Lopes, Alicia Nickell, Peter McLoughlin, Cindy Kelley, Eric Heuston, Sarita Carter





Finance: (seated l-r) Faruk Punjani, Heidi Karim, Alex Cariveau, Deepthi Krishnan, Skye Henderson (middle row l-r) Sayreen Kara, Heather Stamp, Tina Godfrey, Jennifer DeArment, Michelle Wright, Ping Chen, Karen Beckman (back row l-r) Peter Fonfara, Ben Draeger

FINANCE

Director of Finance	Peter Fonfara
Director of Business Strategy & Analytics	Jeff Dunn
Financial Reporting Manager	Ping Chen
Senior Financial Analyst	Deepthi Krishnan
Senior Accountant	Alex Cariveau, Skye Henderson, Sayreen Kara
Accounting Manager	Faruk Punjani
Revenue Accountant	Michelle Wright
Payroll Accountant	Ben Draeger
A/P Supervisor	Tina Godfrey
Purchasing Coordinator/Accounts Payable	Heather Stamp
A/P Coordinator	Jennifer DeArment
Administrative Assistant	Heidi Karim

INFORMATION TECHNOLOGY

Director of IT	Sterling Monroe
Application Developer	Monte Happ, Joseph Nicoletti
Senior Systems Administrator	Allen Olson, Steve Steensma
DBA/Systems Administrator	Robert Ullman
Information Technology Specialist	Nick Johnson



I.T.: (l-r) Rob Ullman, Monte Happ, Sterling Monroe, Chip Suttles, Allen Olson, Nick Johnson, Joseph Nicoletti, Steve Steensma



Communications & Broadcasting: (l-r) Kory Kemp, Suzanne Lavender, Brian O'Connell, Dave Pearson, Matt Johnson, Julie Barber, Lane Gammel, Rich Gonzales

COMMUNICATIONS & BROADCASTING

Director of Communications	Lane Gammel
Director of Corporate Communications	Suzanne Lavender
Assistant Director of Broadcasting	Brian O'Connell
Communications Manager	Rich Gonzales
Media Services Manager	Julie Barber
Communications Assistant	Kory Kemp
Executive Producer	Matt Johnson





Suite Sales & Service and Corporate Hospitality: (l-r) Eric Engberg, Emily Schultz, Mike Naehr, Becca Rollins, Eric Mastalir, Melanie Kermin, Amy Sprangers

SUITE SALES & SERVICE

Managing Director of Suite Sales & Service Amy Sprangers
 Director of Suite Sales Eric Engberg, Mike Naehr
 Suite Sales Manager Becca Rollins
 Suite Services Manager Melanie Kermin
 Suite Service Coordinator Emily Schultz



Community Outreach & Fan Development: (front l-r) Keli Imus, Jessica Hancock, Sandy Gregory (back l-r) Connie Cate, Thomas Buren, Paul Johns, Mike Flood, Tiffany Green, Armando Mejia

COMMUNITY OUTREACH & FAN DEVELOPMENT

Director of Community Outreach Sandy Gregory
 Director of Sea Gals Sherri Thompson
 Assistant Director of Fan Development Paul Johns
 Assistant Director of Community Outreach Connie Cate
 Fan Development International Outreach Manager Armando Mejia
 Fan Development Coordinator Thomas Buren, Jessica Hancock
 Community Outreach Coordinator Tiffany Green, Keli Imus
 Managing Director/A Better Seattle & Community Initiatives Kelly Creeden





Corporate Partnerships: (front l-r) Jodi Hutchinson, Courtney Haeg, Gina Martinez Todd (2nd row l-r) Glen Iwasaki, Peter Bach (3rd row l-r) Brad Posten, Bill Smith, Shaun Angell (4th row l-r) Luke Grothkopp, Molly Brady, Katie Waldin (5th row l-r) Eric Mastalir, Tiffany Bessey (6th row l-r) Mike Hettick, Allison Smyrl (back row l-r) John Pleas, Brian Jones

CORPORATE PARTNERSHIPS

Director of Sales	Luke Grothkopp, Brian Jones
.....	John Pleas, Gina Martinez Todd
Corporate Partnership Services Manager	Lisa Young
Corporate Partnership Sales Manager	Mike Hettick
Account Manager	Shaun Angell, Brad Posten, Bill Smith,
.....	Allison Smyrl, Katie Waldin
Business Analyst	Peter Bach
Creative Manager	Glen Iwasaki
Corporate Partnership Digital Media Coordinator	Molly Brady
Corporate Partnership Media Coordinator	Tiffany Bessey
Account Coordinator	Jodi Hutchinson
Administrative Assistant	Courtney Haeg





Marketing & Gameday Production: (seated l-r) Jeff Richards, John Weaver, Heidi Dettmer (standing l-r) Rick Crawford, Chuck Arnold, Ashley Hjalseth, Shellie Roberts, Liz MacCool, David Glass, Stacey Terry, Mark Tamar

MARKETING & GAMEDAY PRODUCTION

Director of Event Presentation & Fan Engagement	Mark Tamar
Director of Marketing	Jeff Richards
Creative Director	John Weaver
Graphic Design Coordinator	Ashley Hjalseth
CRM Development Manager	Stacey Terry
Marketing Manager	Heidi Dettmer
Marketing Research and Analysis Manager	Justin Mitchell
Email Marketing & Research Coordinator	Liz MacCool
Marketing Research & Analysis Manager	Justin Mitchell
Director of Production Services & Game Presentation	Rick Crawford
Production Services Manager	David Glass
Game Presentation Manager	Shellie Roberts
Lead Editor	Sean Tabler



Digital & Emerging Media: (l-r) Huy Nguyen, Kenton Olson, Brian Pan, Tony Drovetto, Clare Farnsworth, Tony Ventrella

DIGITAL & EMERGING MEDIA

Director of Digital & Emerging Media	Kenton Olson
Digital Media Manager	Shane Evans, Huy Nguyen
Digital Media Video Producer	Brian Pan
Digital Media Host	Tony Ventrella
Digital Media Writer	Clare Farnsworth, Matt Gaschk
Digital Media Content Coordinator	Tony Drovetto



Box Office, Ticket Sales & Service: (front l-r) Lindsay Walker, Grace McCoy, Janice Presting (2nd row l-r) Steve Lund, Christina Hengtgen, Sean Twohy (3rd row l-r) Erin Johnson, Don Repp (4th row l-r) Chris Lawrence, Emily Sikma, Chuck Arnold, Casey Shaw (back row) Will Brantley

BOX OFFICE, TICKET SALES & SERVICE

Director of Ticket Sales & Service	Chris Lawrence
Ticket Sales Manager	Casey Shaw, Ian Winklmann
Box Office Manager	Erin Johnson
Box Office Manager - FGI	Don Repp
Assistant Box Office Manager - FGI	Christina Hengtgen
Box Office Coordinator	Grace McCoy, Janice Presting
Ticket Services & Fan Relations Manager	Lindsay Walker
Customer Sales Representatives	Chris Baretta, Chris Carra, Gary Boyle
.....	Will Brantley, Steve Lund, Patrick Rooney, Sean Twohy
Customer Relationship Representatives	Nari Kalafian, Karen Kelly,
.....	Mikaela Peterson, Emily Sikma,
Administrative Assistant	Chelsy West



Retail Operations: (l-r) Marcos Sepulveda, Tara Cote, Melanie Hoshino, Mike Smyth, Adam Compton, Vikki Knopf, Sue Harris, Nate Oziel

RETAIL OPERATIONS

Director of Retail Operations Sue Harris
 Retail Operations Manager Vikki Knopf
 Retail Promotions/Merchandising Manager Adam Compton
 Pro Shop Manager Tara Cote, Melanie Hoshino
 Pro Shop Assistant Manager Mike Smyth
 Warehouse Coordinator Nate Oziel, Marcos Sepulveda

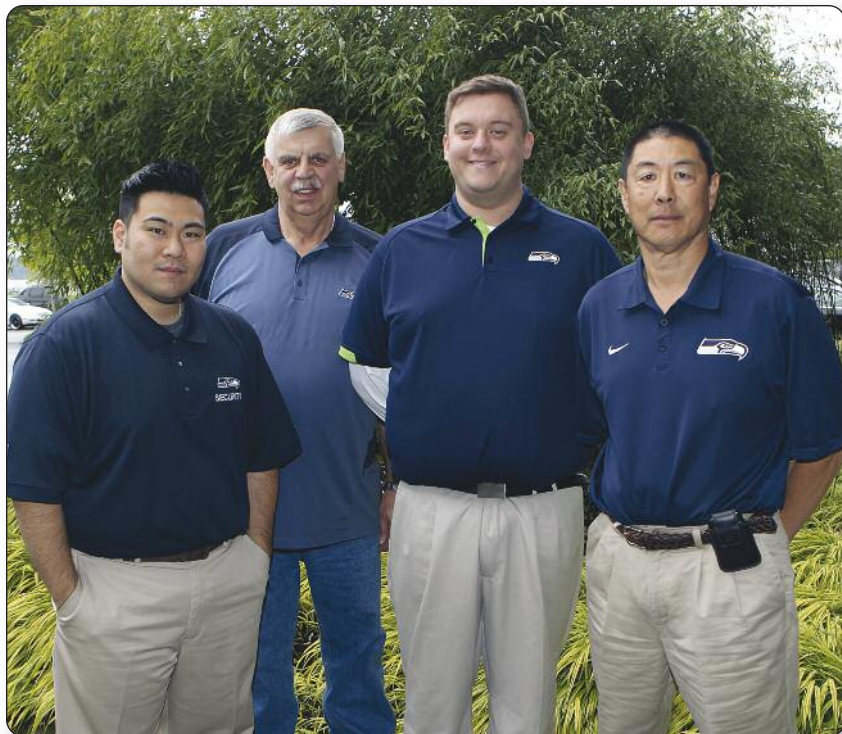


Food Services: (l-r) Nick Acord, Pedro Flores, Mac McNabb, Ernesto De La Torre, Stu McNabb

FOOD SERVICES

Executive Chef Mac McNabb
 Cooks Nick Acord, Ernesto De La Torre, Pedro Flores, Stu McNabb





Security: (l-r) Aaron Miyasato, Dale Cramer, Randy Jackson, Rick Ninomiya

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/Football Administration	Char Kores
Director of Player Health & Performance	Sam Ramsden
Associate Head Athletic Trainer	Donald Rich
Assistant Athletic Trainer	C.J. Neumann, David Stricklin
Physical Therapist	Michael Tankovich
Senior Director of Player Development	Maurice Kelly
Director of Video	Brad Campbell
Assistant Director of Video	John Mallory
Video Assistant	James Churchill, Darryl Jacobsen
Equipment Manager	Erik Kennedy
Assistant Equipment Manager	Drew Bley, Derin Lazuta
Football Operations Coordinator	Matt Capurro
External Relations/Assistant to the Head Coach	Ben Malcolmson
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, Michael Tankovich, Sam Ramsden, Donald Rich, C.J. Neumann, Adam Barta



Physicians: (l-r) Ashwin Rao, Stan Herring, Mike McAdam, Jonathan Drezner, Ed Khalfayan



Football Administration: (l-r) Matt Capurro, Dawn Beres, William Saguilla, Teresa Widner, Char Kores, Mo Kelly, Jeremy Young



Football Video: (l-r) Brad Clark, Darryl Jacobsen, James Churchill, Brad Campbell, John Mallory, Aaron Menard



Equipment: (l-r) Drew Bley, Erik Kennedy, Derin Lazuta

FIELDS & FACILITIES

Director of Fields & Facilities	John Wright
Fields & Grounds Manager	Sean Vanos
Fields/Maintenance Coordinator	Duc Dinh
Fields Assistant	Sergio Pedroza
Horticulturist/Fields Assistant.....	Eric Sterner
VMAC Facilities Manager	Dale Cramer



Fields & Facilities: (kneeling l-r) Tim Hardman, Devon Moore, Sam Town, Raul Rios (standing l-r) Sergio Pedroza, Christian Reinke, Sean Vanos, John Wright, Eric Sterner, Duc Dinh

EVENT SERVICES/ADMINISTRATION

Director of Guest Services Tom Pitzer
Guest Services Manager Chad Scarbrough
Director of Sales & Marketing Sarah E. Vetting
Event Sales & Service Coordinator Monica Alfieri
Event Services Manager Don Meucci
Front Desk Administrator Ronson Bailey
Administrative Assistant Afton Rupert
Receptionist/Administrative Assistant Alyssa Marsh



Administration: (l-r) Alyssa Marsh, Ronson Bailey, Sarah E. Vetting, Adam Link, Monica Alfieri, Afton Rupert



Security: (l-r) Chris Arnold, Jamie Reed, Ron Pawliuk, James McDevitt, Dan Stone, Lisa Salinas, Mark Jansen, Daryl Niles



SECURITY

Director of Security Daryl Niles
 Security Manager Chris Arnold
 FTSO Mark Jansen, James McDevitt, Ron Pawliuk, Jamie Reed,
 Lisa Salinas, Dan Stone, Michael Turner

EVENT OPERATIONS

Director of Event Operations Morgan Littlefield
 Senior Event Manager James Kraman
 Event Managers Sam Clarke, J. Lee Cook, Kristine Sowers
 Senior Manager, Technical Production and Conversion Tom Emanuel
 Conversion Adrian Allen, Vincent Cooper, Tami Grimm, Mike Knuth,
 Isacc Lima, Andrew Okamoto, Frank Wilkerson



Event Operations: (seated l-r) Kristine Sowers, James Kraman, Morgan Littlefield (standing l-r) Tom Pitzer, Chad Scarbrough, Tom Emanuel, Don Meucci, Sam Clarke



Facility Operations: (seated l-r) Mike Foster, Cliff Barnes, Mike Apple, Dan Rynne, Jacob Davis, Rein Van Spanckeren (standing l-r) John Holt, Steve Scheeler, Fred Mori, Roberta Kranz, David Zehner, Lance Juett, Bill McNabb



Conversion: (front row l-r) Vincent Cooper, Morgan Littlefield, Isacc Lima, Tami Grimm (back row l-r) J. Lee Cook, Mike Knuth, Andrew Okamoto, Frank Wilkerson

FACILITY OPERATIONS

Facility Operations Manager Jacob Davis, Roberta Kranz
 Facility Lead Mike Apple
 BOEs John Holt, Dan Rynne, Steve Scheeler, Rein Van Spanckeren
 Electrician Cliff Barnes
 Maintenance Lead Dennis Holmstrom
 Utility Workers Karleen Brigham, Lance Juett,
 Ron Lewis, Bill McNabb, Fred Mori, William Noble, David Zehner
 Dock Master Mike Foster
 Fields Supervisor Sam Town
 Fields Crew Tim Hardman, Devon Moore, Raul Rios



Technical Services: (l-r) Dave Pinney, Michael Scerra, Mike Tremel

TECHNICAL SERVICES

Director of Technical Operations Mike Tremel
 Technical Services Manager Dave Pinney
 Technical Operations Engineer Michael Scerra



INDEX

12th Man Flag.....	406-407
A Better Seattle	6
Allen, Jody.....	19
Allen, Paul G.....	18
Alumni.....	414
Arnold, Chuck.....	24
Beckman, Karen	24
Ben's Fund.....	6
Biographies, 2013 Draft Choices.....	139-150
Biographies, Assistant Coaches	39-62
Biographies, Free Agents.....	151-156
Biographies, Pro Football Hall of Fame Inductees.....	344-349
Biographies, Veteran Players.....	64-138
Blitz.....	409
Blue Thunder.....	410
Board of Advisors	32
Board of Directors.....	19
Boeing Classic	16
Broadcasting.....	415-417
Career Top 10	320-325
Carroll, Pete.....	34-38
CenturyLink Field	418-419
Community Outreach	2-16
Courage House.....	10
Fan Information.....	405-425
Flood, Mike	25
Foundations.....	15
Franchise History	297-318
Game Summaries, 2012	158-175
High School Coach of the Year.....	8
Hometown Huddle.....	7
Honors, All-Time	338-343
Husky Stadium	424
Kelley, Cindy.....	25
Key Dates.....	425
Kids Club.....	410
Kingdome	423
Link, Adam.....	25
Lopes, Lance.....	24
Lystedt Law.....	9
Mastalir, Erc.....	25-26
McCloughan, Scot.....	27
McLoughlin, Peter.....	20-21
Make-A-Wish	8
Military Support	5
Pearson, Dave.....	26
Play 60.....	12-13
Preseason Results.....	293-296
Prime Time Record	337

Pro Bowl.....	341
Pro Shop.....	413
Records, Attendance.....	373
Records, Defensive.....	382-386
Records, Head Coaches.....	37
Records, Individual.....	362-373
Records, Opponent Individual.....	386-390
Records, Postseason.....	391-404
Records, Team.....	373-382
Records, QB Wins/Losses.....	336
Review, All-Time.....	193-267
Ring of Honor.....	350-359
Roster, Coaches, All-Time.....	268-270
Roster, Players, All-Time Alphabetical.....	271-284
Schedule, 2013 NFL.....	425-428
Schneider, John.....	22-23
Sea Gals.....	408
Sea Hawks Fan Club.....	412
Series Breakdowns.....	285-290
Spirit of 12 Partners.....	4
Staff Directory.....	429-443
Standings, 2012 NFL Regular Season.....	191
State of Football.....	9
Statistics, 2012 Seahawks Team and Individual Game-by-Game.....	176-190
Stats for Kids.....	11
Suttles, Chip.....	26
Touchdown City.....	411
Versus NFL.....	292
Virginia Mason Athletic Center.....	420-421
Web Site.....	422
Women's Association.....	10
Yearly Leaders.....	326-332
Yearly Results.....	291

CREDITS

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