



2015 MEDIA GUIDE



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2015

PRESEASON

	Friday, Aug. 14	Denver Broncos	7:00 p.m.	Q13 FOX
	Friday, Aug. 21	at Kansas City Chiefs	5:00 p.m.	Q13 FOX
	Saturday, Aug. 29	at San Diego Chargers	5:00 p.m.	CBS
	Thursday, Sept. 3	Oakland Raiders	7:00 p.m.	Q13 FOX

REGULAR SEASON

	Sunday, Sept. 13	at St. Louis Rams	10:00 a.m.	FOX
	Sunday, Sept. 20	at Green Bay Packers	5:30 p.m.	NBC
	Sunday, Sept. 27	Chicago Bears	1:25 p.m.	CBS
	Monday, Oct. 5	Detroit Lions	5:30 p.m.	ESPN
	Sunday, Oct. 11	at Cincinnati Bengals	10:00 a.m.	FOX
	Sunday, Oct. 18	Carolina Panthers	1:05 p.m.	FOX
	Thursday, Oct. 22	at San Francisco 49ers	5:25 p.m.	CBS/NFLN
	Sunday, Nov. 1	at Dallas Cowboys	1:25 p.m.	FOX
	Sunday, Nov. 8	Bye Week		
	Sunday, Nov. 15	Arizona Cardinals	5:30 p.m.	NBC
	Sunday, Nov. 22	San Francisco 49ers	1:25 p.m.	FOX
	Sunday, Nov. 29	Pittsburgh Steelers	1:25 p.m.	CBS
	Sunday, Dec. 6	at Minnesota Vikings	10:00 a.m.	FOX
	Sunday, Dec. 13	at Baltimore Ravens	5:30 p.m.	NBC
	Sunday, Dec. 20	Cleveland Browns	1:05 p.m.	FOX
	Sunday, Dec. 27	St. Louis Rams	1:25 p.m.	FOX
	Sunday, Jan. 3	at Arizona Cardinals	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.



PASSION

FOOTBALL IS OUR PASSION

CHARACTER

CHARACTER IS OUR COMMITMENT

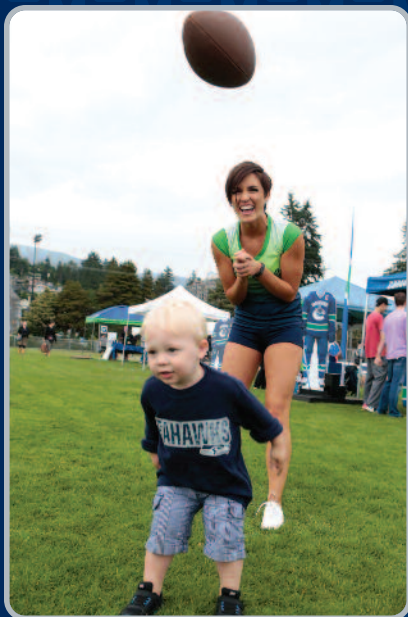
WE ARE 12

OUR FOCUS IS THE 12s

EXCELLENCE

EXCELLENCE IS OUR GOAL







Throughout the past four decades, the Seahawks have supported thousands of community causes with a focus on the healthy development of youth through academics, athletics and programs that develop character. The outreach has also extended to other causes that are vital to the 12s, including military, health and wellness and social responsibility.

In concert with the NFL, the team has broadened their focus to raise awareness and funds to help fight childhood obesity through NFL PLAY 60, battling breast cancer with A Crucial Catch and demonstrating appreciation for the military with the Salute to Service campaign.

2014 was a record setting year as incoming requests doubled following the Super Bowl season:

Appearances	5,300
Charitable Items Donated	3,224
Charities Supported	2,226 unique community organizations
Events Attended	1,086



SEAHAWKS GAMEDAY INITIATIVES

Fans helped raise more than \$1 million for community groups and charities through Seahawks gameday initiatives in 2014.

SPIRIT OF 12 PARTNERS

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. Last year's Spirit of 12 Partners raised \$527,870, the highest total since the program began in 2004. 2014's partners included Boys & Girls Clubs Washington State Association, Camp Fire Snohomish County, Girl Scouts of Western Washington, Treehouse and YMCA. 2014's junior partners were Bike Works and Encompass.



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.

In the 10-year history of the program, more than \$3.1 million has been raised for the Spirit of 12 Partners. Over 11,784 volunteers have participated in the program distributing over 329,000 programs to Seahawks fans.



LEGION OF YOUTH, POWERED BY BOEING



Legion of Youth is a unique community program designed to provide a Seahawks gameday experience to community organizations that serve youth throughout the Northwest. Legion of Youth recognizes students who may need a positive boost, are committed to their school work, demonstrate leadership or are active in the community. More than 1,000 tickets were distributed to 10 nonprofit organizations.



GAMEDAY DRIVES



This year's gameday drives, including Stuff the Bus, Tackle Hunger Food Drive, Cell Phones for Soldiers (above), Toys for Tots and others, raised more than \$111,687 in cash donations and record in-kind contributions. More than 3,000 students at six Seattle Public Schools received school supplies and the two

food drives combined generated food and cash to provide almost 200,000 meals.

School Supplies	52,535 items
Food	4,900 lbs.
Cell Phones	200 cell phones
Toys	630 toys
Cash	\$111,687
Charities	18



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. During the 2014 season, the Stats for Kids Programs generated more than \$419,160. These programs included the following:

POWER OF "12"



Washington Toyota Dealers.

For every false start at CenturyLink Field, \$500 was donated to Communities in Schools Seattle. The program was sponsored by Western Wash-



Camp Fire

SPECIAL KICKS - FIELD GOALS & PUNTS

A donation was made to Campfire Snohomish County for every field goal and punt downed inside the 20 yard-line by more than 70 local businesses, foundations and fans.

"FIRST DOWNS"

Each time the Seahawks secured a first down at home, \$512 was donated to the Spirit of 12 Partners. The program was sponsored by Outerwall.

GAMEDAY LOCKER RENTAL PROGRAM

The program generated \$18,670. Donations were distributed to five local charities including Alliance for Pioneer Square, Boys & Girls Club of King County (YouthForce), International District Emergency Center, Seattle Police Foundation and the Nutrition Hub program of United Way of King County.



SEAHAWKS MILITARY SUPPORT

The Seahawks are deeply committed to honoring America's service members by hosting military men and women at home games, team practices and by visiting local bases. Throughout the season, members of the Military Sea Hawks Color Guard represented all branches of the military during the National Anthem at home games.



Military Appreciation Day

As part of Military Appreciation Day, Major Scott Smiley, the U.S. Army's first blind active duty officer, raised the "12" Flag prior to kick-off between the Seahawks and N.Y. Giants on Nov. 9, 2014. Major Smiley grew up in the Tri-Cities and after his graduation from West Point was seriously injured in a roadside car bomb six months after his deployment to Iraq. Since his recovery, Major Smiley received his Master of Business Administration from Duke University, taught leadership and has com-

manded a Warrior Transition Unit at West Point and currently serves in Spokane as part of the Gonzaga ROTC. Although legally blind, Major Smiley has learned to surf, sky dive and summited Mt. Rainier and Denali. He is the author of the book *Hope Unseen*. Many Seahawks suite owners hosted more than 100 service members to watch the game as part of the Suites to Service Members program.



Change of Command

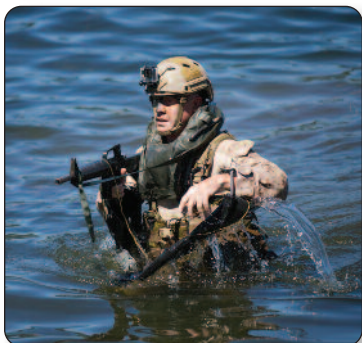
On September 9, the Seahawks and USAA held a ceremony to transfer the team's honorary unit designation from the 446th Airlift Wing based at McChord Air Force Base to the U.S. Coast Guard 13th District. This is the third year of the program. The ceremony mirrors a deep-rooted military tradition, the change of command ceremony, where an out-

going commander formally transitions responsibility and authority of a unit to a new commander. As the 2014 honorary unit, the U.S. Coast Guard 13th District received an official "12" flag to represent Seahawks fans across the world and support the team's overall Salute to Service efforts.



Heroes of 12 Seat Program

Starting in the 2015 season, six stadium seats will be camouflaged and designated to honor local military members at each home game.



Training Camp Demonstration

On July 31, 2014, at the end of the team's training camp practice, U.S. Marines conducted fly over passes with five military helicopters adjacent to the Seahawks training facility on Lake Washington. The demonstration included 12 Marines who fast roped from a helicopter into the water and then swam to the shores of VMAC and were greeted by Seahawks players and coaches. More than 150 U.S. Marines participated in the demonstration.



A BETTER SEATTLE

Founded and led by Head Coach Pete Carroll, ABS is an initiative working to reduce and prevent youth gang violence in the greater Seattle area. ABS funds and supports the deployment of YMCA of Seattle's Alive & Free professional trained street outreach workers who serve 370 youth impacted by gangs, violence and the juvenile justice system in South King County.

- 12 street outreach workers
- 370 youth served
- 120 youth successfully completed warrant reduction program
- 25 youth attained GED/re-engaged in school

In a partnership between the Seahawks and Starbucks, Starbucks donated 25 cents to ABS per transaction for customers who paid with their Seahawks Starbucks Card between September 2-21, 2014. Seahawks

Head Coach Pete Carroll and a select group of Seahawks players served as "guest baristas" at 10 local Starbucks stores to help promote the partnership.

www.ABetterSeattle.com



SEAHAWKS STATE OF WA LICENSE PLATES

In May of 2013, Washington State Governor Jay Inslee signed the official bill authorizing Seahawks specialty license plates. Net proceeds from Seahawks plate sales ben-

efit InvestED, a Seattle-based nonprofit that provides funding to support the efforts of secondary schools throughout Washington state with small amounts of short-term, item-specific, need-based funding – items such as shoes, coats, glasses, sports equipment, and academic fees.



- More than 13,300 Seahawks plates sold in first year (second most popular specialty plate in Washington)
- \$215,000 raised
- 6,143 students served
- 646 schools in 221 communities

SEAHAWKS LEGENDS PROGRAM

In the spring of 2013, the NFL launched the Legends Program, the newest step in a series of programs designed to help former NFL players connect with each other, their former teams and the NFL while further emphasizing some of the league-sponsored resources available to them. The program will

include bolstered outreach to NFL alumni for team and league initiatives like homecoming festivities, community events and the "Heads Up Football" initiative with USA Football that was created to teach proper tackling techniques to youth players.



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 more than 35 wishes. During 2014, the Seahawks fulfilled seven wishes.

HIGH SCHOOL COACH OF THE WEEK AND YEAR

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 \$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.

Marysville-Pilchuck's Brandon Carson (pictured right, holding trophy) was named Washington's NFL High School Coach of the Year. Carson was named NFL High School Coach of the Week in early November after securing a win in his team's first return to the field since the school's tragic shooting that took place back on Oct. 24. He led Marysville-Pilchuck to an 11-2 record overall, seeing the Tomahawks into the Washington Interscholastic Activities Association (WIAA) 3A state playoff, where the team earned convincing wins over Mountlake Terrace and Columbia River in the bracket's first and sec-

ond rounds before falling to Bellevue High School, 20-10, in the state semifinals at the Tacoma Dome.

In the days following the school tragedy, Seattle head coach Pete Carroll extended an invitation to Marysville-Pilchuck's football team to come practice at Seahawks headquarters. Carson and his team jumped at the opportunity, traveling to Renton's Virginia Mason Athletic Center to practice and meet a few of the coaches and players.



THE STATE OF FOOTBALL

"State of Football" display at CenturyLink Field honors the rich tradition and legacy of high school football in the state of Washington. The wall features replica helmets from every Washington State high school football program. On hand to help with the official unveiling back in 2004 and to represent their state high schools were Seahawks alumni Marcus Trufant and Michael Jackson, plus Jack Thompson and Mike Alcantera, all who 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.



SEAHAWKS TACKLING

The Seahawks coaching staff led by Assistant Head Coach/Defense Rocky Seto and Head Coach Pete Carroll produced an instructional video to educate coaches, players and fans outside of the organization about the team's methods of tackling. The philosophy takes the head out of the play and increases safety, all while maintaining the toughness and physicality that makes the game great.

NOTE: Like any athletic activity, no tackling technique can completely eliminate the risk of injury.



THE LYSTEDT LAW

On May 14th 2009, Governor Christine Gregoire signed the nation's toughest youth athlete return-to-play law. House Bill 1824, known as the Zackery Lystedt Law, requires medical clearance of youth athletes suspected of sustaining a concussion, before sending them back in the game, practice or training. The law is the most comprehensive return-to-play law in the United States for athletes under 18.

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 permit-

ted 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. Dr. Herring is a member of the NFL Head, Neck and Spine Medical Committee and is Medical Director of Spine Care for UW Medicine.

In October 2010, Dr. Herring and NFL Commissioner Goodell spoke at the "Keep Youth Sports Safe" conference at the Seattle Seahawks' offices. At the conference, Commissioner Goodell met Zack Lystedt and his family and pledged that the League will continue to support promotion and adoption of the Lystedt Law until all 50 states pass a similar law or take action to keep youth sports safe from the risks of concussion. **As of February 2014, all 50 states have passed laws to address concussions in youth sports.**



HEADS UP FOOTBALL

The Seattle Seahawks in conjunction with WIAA, USA Football and the Washington State Football Coaches Association (WSFCA) rolled out the Heads Up Football program throughout the state. Heads Up Football® is USA Football's national initiative to help make the sport of football better and safer. The key components of the USA Football Heads Up program include the following:

- Coaching Certification
- Concussion Recognition and Response

- Proper Equipment Fitting
- Heads Up Tackling
- Heads Up Blocking
- Heat Preparedness and Hydration
- Sudden Cardiac Arrest

Throughout 2014, the Seahawks hosted two Player/Safety Clinics at VMAC and a stop on the USA Football's Protection Tour at CenturyLink Field. In the first year of the program, 173 coaches were certified in the State of Washington.

HIGH SCHOOL ATHLETE OF THE WEEK

For 10 weeks during the 2014 High School fall sports season, CenturyLink, Q13 FOX/ Joe TV and the Seattle Seahawks honored one Washington State high school student-athlete per week for their performance on the field and their commitment to the classroom and community.

Each winner received a \$1,200 Sports

Authority gift card from CenturyLink and the Seahawks for their school's Athletic Department along with media recognition, tickets and sideline passes to a Seahawks game, a customized football, and a customized 2014 Seahawks jersey. CenturyLink and the Seahawks will give a total of \$12,000 to high schools over the course of the program.

WE DAY SEATTLE

In spring 2013, Coach Carroll and A Better Seattle partnered with Free the Children co-founders, Marc and Craig Kielburger, to bring their signature youth program, We Act & We Day, to the U.S. and Seattle for the first time. Tied to a year-long We Act program, We Day brings together hundreds of thousands of youth and educators with world-renowned speakers, cultural icons and musicians to celebrate the power of youth to create positive change. Students earn their way to We Day by completing one local and one global action on any issue of their choice. Since launching in



Washington, We Day has now expanded to California, Minnesota and Illinois.

Carroll and multiple Seahawks players annually join 15,000 students from around Washington State to participate in the inspirational event at KeyArena. In the first two years, students raised over \$778,000 for local and global initiatives and volunteered over 1.2 million hours of service. www.WeDay.com





Fuel Up to PLAY 60

The Washington State Dairy Council and the Seahawks have teamed up to bring healthy changes to schools around Washington. This program is designed to empower students of all ages to eat healthfully and to be active at least 60 minutes a day. Students can earn points and prizes by tracking their healthy eating and physical activity online.

More than 900,000 students are enrolled in over 1,900 schools in Washington State. For more information on this innovative program, go to www.EatSmart.org.



Hometown Huddle

In this league-wide day of community service, all 32 NFL teams partner with their local United Way to focus on projects that help kid's lead healthy and successful lives. Volunteers spent the day at Cascade Middle School renovating the student lounge while Seahawks players, members of the Sea Gals and Blitz offered mini lessons in the classrooms, led students in PLAY 60 activities and shared tips for healthy eating. Now in its 16th year, Hometown Huddle is just one of the many programs the Seahawks partner with United Way to make a difference in the community.

Play 60 Challenge

Through a partnership with the NFL and the American Heart Association, 57 groups across Washington State and over 6,000 students participated in this four-week program, challenging youth to be active 60 minutes a day, four consecutive weeks. All groups received incentive kits and five sites received health and fitness grants to continue their fitness programs.

Play 60 Tuesdays

Throughout the regular season, Seahawks players, members of the Sea Gals and Blitz visit elementary schools as part of the "PLAY 60 Tuesdays" program sponsored by Moda Health. This hour-long program encourages students to focus on 60 minutes of daily activity, healthy eating habits, teamwork and character development.

NFL Flag

In partnership with USA Football, the Seahawks are committed to helping grow NFL FLAG, a program of NFL PLAY 60. NFL FLAG provides opportunities for boys and girls ages 5-17 to play non-contact football and learn lessons about sportsmanship and teamwork, while also getting their 60 minutes of daily physical activity. In the first year, 40 teams registered with more than 11,000 participants throughout the Northwest.



SEAHAWKS PLAY 60

Gatorade Jr. Training Camps

During the summer months the Seahawks and Gatorade team up to host free, two-hour camps for boys and girls ages 7-14. The camps feature Seahawks players and area high school coaches who teach basic football skills to all participants. Camps are held throughout the Northwest. In 2014, 1,610 youth participated in seven camps.



Family Football Fest

Families are invited to participate in the Seahawks Family Football Fest at CenturyLink Field for a behind-the-scenes tour of the Seahawks locker room, on-field football activities, a timed 40-yard dash, Sea Gals clinic, and more. More than 2,408 fans attended the one-day event.

Seahawks 12K Run

The Seattle Seahawks, The Landing and the City of Renton held the 6th Annual Seahawks 12K Run at The Landing on April 19, 2015. 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. For the second straight year, more than 12,000 runners turned out to participate in the event, which benefited A Better Seattle.



Youth Fitness Zone

The Seahawks joined the efforts of City of Renton, Renton School District and Renton Rotary as well as many other community and individual supporters to build Meadow Crest Playground, an accessible playground for the City of Renton. The grant was designated as a contribution for the purchase of the wheelchair accessible Sway Fun® Glider.



SEAHAWKS WOMEN'S ASSOCIATION



Women's Association

The Seahawks Women's Association is a 501c3 comprised of spouses and significant others of the Seahawks players, coaches and staff with a mission to participate in events that raise awareness for women and children in the community.

BREAST CANCER AWARENESS

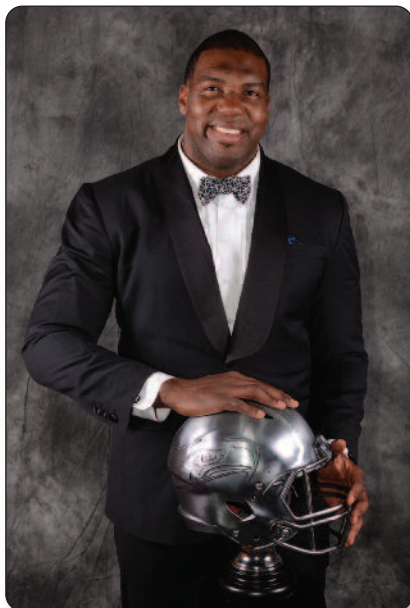
To date, the NFL has raised more than \$4.5 million for the American Cancer Society through A Crucial Catch campaign. Beginning in 2012, money raised through A Crucial Catch supports the American Cancer Society's Community Health Advocates National Grants for Empowerment (CHANGE) program, which hit the parts of the country deemed most at risk (low screening rates/high mortality rates) within 100 miles of an NFL city.

A \$50,000 grant was awarded to "System Partner" HealthPoint to increase breast cancer screening in King County.



During the month of October, 10% of all sales of "pink" themed items sold at the team's retail stores was designated for Cierra Sisters, a total of \$36,475.

SEAHAWKS COURAGE HOUSE



In 1999, the Seahawks designated Childhaven as the official Seahawks Courage House. The Seahawks Courage House assists abused or neglected children five years old or younger and prepares them for success in school and in life. The Seahawks were the ninth NFL team to participate in the Courage House National Support Network. Today there are 23 NFL teams involved in the network.

As part of their on-going support, the Seahawks partner each year on the Childhaven Dinner and Auction. Last year the event raised over \$837,000 and Russell Okung was honored as the team's Ed Block Courage Award winner for 2014, as voted on by his teammates after returning from a toe injury that held him out of eight games during 2013 to start 15 of 15 games played and help lead the NFL's leading rushing offense in 2014. The award is presented to the player who exemplifies commitment to the principles of sportsmanship and courage.



FOOTBALL 101/201



The association hosted a "Football 101/201" workshop to benefit Cierra Sisters as part of the team's broader campaign to raise awareness for breast cancer. The event raised \$15,000. Cierra Sisters is an African-American breast cancer survivor and support organization committed to break the cycle of fear and increase knowledge. Cierra Sisters is committed to increasing local, state, and nationwide attention to the devastating impact of breast cancer. Visit Cierrasisters.org for more information.

MARY'S PLACE

On any given night in Seattle there are more than 500 families, mostly single mothers with children, sleeping outside in places that are cold, wet and unsafe. The Seahawks Women's Association joined with Mary's Place to make sure No Child Sleeps Outside

in Seattle this winter. Mary's Place empowers more than 150 homeless women, children, and families to reclaim their lives each day by providing shelter, nourishment, resources, healing and hope in a safe community.

BEN'S FUND / PRIME TIME

Launched in 2012 by Seahawks Executive Vice President/General Manager John Schneider and his wife Traci in partnership with Families for Effective Autism Treatment (FEAT), Ben's Fund provides grants to families across Washington State to help cover costs associated with medical bills, therapies and numerous other aspects of supporting a child, or children, on the autism spectrum. The grant was named in honor of their son, Ben, who was diagnosed with autism when he was three years old.

Through Ben's Fund, more than 500 grants have already been given to families in the state of Washington. The grants help pay for a variety of therapies, services and even tablets to help with communication.

The Schneider's hosted the fourth annual Prime Time, celebrity waiter event, featuring Seahawks coaches and players as wait staff. The event raised more than \$574,000 this year for a grand total of more than \$1.4 million to support Ben's Fund.



12 TOUR

Each offseason, the team travels across the Northwest to visit with fans, youth, local businesses and participate in 12 Flag ceremonies with scheduled stops in cities across the Northwest such as Yakima, Pasco, Wenatchee, Leavenworth, Anchorage, Vancouver B.C., Bellingham and Pendleton. The team also hosts 12Fest events in multiple cities - the family focused events will include



performances by Sea Gals and Blue Thunder, numerous interactive games, photo opportunities and an opportunity to meet Seahawks players.

More than 16,000 fans participated in the 2014 tour that made 11 stops in cities throughout the Pacific Northwest and Alaska. Fans were able to meet Seahawks players, alumni, members of the Sea Gals and the team mascot and even pose for pictures with the Super Bowl XLVIII Lombardi Trophy.



WE ARE 12 EXHIBIT AT EMP MUSEUM

The Seattle Seahawks and EMP Museum opened We Are 12: The Seattle Seahawks and the Road to Victory. Organized by EMP, We are 12 exhibit celebrates the most passionate and loudest fans in the NFL and explores the team's modern era including the visionary leadership of team owner Paul Allen and Head Coach Pete Carroll, whose inspirational and innovative approach led the Seahawks to their first world championship. For more information visit EMPMuseum.org.



SYMETRA HEROES IN THE CLASSROOM

The Symetra Heroes in the Classroom program honors K-12 teachers for educational excellence throughout the NFL football season. This season, 16 Puget Sound-area Symetra Heroes in the Classroom winners were recognized at a home game.

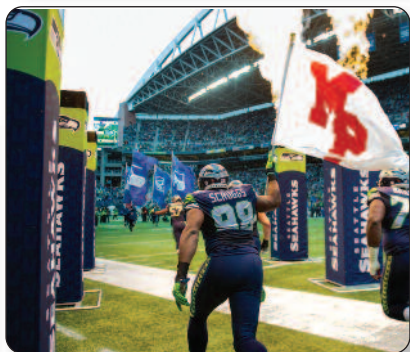
Symetra and the Seattle Seahawks awarded Sammamish High School with the 2014

Symetra Heroes in the Classroom® "MVP Award." Located in Bellevue, Wash., the high school will use the \$10,000 grant to fund an innovative student achievement program focused on growing student interest and awareness of science, technology, engineering and math (STEM) professions.

MARYSVILLE-PILCHUCK H.S. RESPONSE

The Seahawks are also able to spring to action in times of crisis like offering support to the Marysville-Pilchuck High School after an in-school shooting and to help promote healing and rebuilding after national disasters like the Oso mudslide and Central Washington fires.

On November 2, the Seahawks wore "MP" decals on their helmets and coaches wore "MP" lapel pins to demonstrate their support to the school. Less than a month after the school shooting, Seahawks players including Ricardo Lockette, Marshawn Lynch, Bobby Wagner and Luke Willson attended a school assembly.



LOCAL INITIATIVES SUPPORT CORPORATION



The Seattle Seahawks, in partnership with the NFL Foundation, Local Initiatives Support Corporation (LISC) and Impact Capital, awarded Arlington High School a grant of \$200,000 to install a new synthetic turf football field through the National Football League Foundation Grassroots Program. The new surface replaced a worn natural turf field at John C. Larson Stadium, about 40 miles north of Seattle.





BOEING CLASSIC

HOMETOWN CHARITY. WORLD-CLASS GOLF.



The 2014 Boeing Classic was won by Scott Dunlap in sudden-death playoff. The tournament experienced a record crowd of 94,000 spectators which was supported by more than 1,000 volunteers.

Located on the 18th Green, the Seahawks Club features lounge areas, a sun deck, all-inclusive food and beverages, and photo opportunities with Seahawks Legends, the Sea Gals and Champions Tour professionals.

As the kickoff event of the Boeing Classic, the Seahawks Rumble at the Ridge brings together foursomes of sports fans with past and present Seattle stars to "tee it up" for charity under the challenging, championship conditions at TPC Snoqualmie Ridge. Participants are invited to the exclusive VIP Reception the night before the event at the waterfront home of the Seahawks at the Virginia Mason Athletic Center. Last year more than \$225,000 was raised, the highest amount in the event's ten-year history. All proceeds from Rumble at the Ridge benefit the Benaroya Research Institute at Virginia Mason, Pete Carroll's "A Better Seattle" and additional programs supported by Virginia Mason.

Grapes on the Green is another fundraising event that is part of the Boeing Classic. Held at The Golf Club at Newcastle, this wine tasting, multi-course dinner and auction was attended by 300 guests and raised more than \$550,000 for Benaroya Research Institute at Virginia Mason (BRI).

Over last decade, the Boeing Classic has raised more than \$5 million for local charities.





PAUL G. ALLEN

FOUNDER AND CHAIRMAN, VULCAN INC., AND CHAIRMAN SPORTS & ENTERTAINMENT



Growing up in the Northwest, Paul G. Allen's passion for football was kindled at a young age while attending University of Washington football games with his father. As the years passed, he developed a fondness for the Seattle Seahawks, his hometown NFL team. After purchasing the franchise in 1997, Mr. Allen set his sights on creating a playoff-caliber team and building a world-class, environmentally sustainable, multifunctional stadium for the state of Washington.

"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 Mr. Allen when he purchased the franchise.

Both goals have been realized. CenturyLink Field & CenturyLink Field Event Center, which opened in 2002 as Seahawks Stadium and Exhibition Center, is a world-class facility that many argue is the best stadium in the NFL. In addition to Seahawks games, the venue hosts more than 300 events annually, including Major League Soccer matches, Supercross, concerts, graduation ceremonies and trade shows. The stadium's unique architecture – combined with the passion of the Seahawks' fan base – provides a definite home-field advantage: fans at CenturyLink Field have set the Guinness World Record for noise at an outdoor stadium on two separate occasions and the stadium has seen more false starts by opposing teams than any other venue in the NFL. The fans' ardent support of their team has also caused multiple registered seismic events during key plays, recorded by portable seismographs installed and monitored by the Pacific Northwest Seismic Network.

Mr. Allen's ownership style is simple: He equips the right people with guidance and tools for success and then allows them to do their best work. He is an engaged but patient owner, one with the cognizance to listen to the team he assembled. Mr. Allen's approach has paid off: the Seattle Seahawks traveled to back-to-back Super Bowls, in 2014 and 2015, bringing home the Lombardi Trophy in 2014 and narrowly missing a victory in 2015 during one of the most exhilarating Super Bowls in history. As the 2015-2016 season approaches, the depth of the players and the management suggests another seismic year for the Seattle Seahawks.

Mr. Allen has spent his career tackling some of the world's biggest challenges and pushing the boundaries of what's possible. Through both for-profit and philanthropic investments, he has sparked important developments and innovations in the areas of science, technology, education, conservation, the arts and community improvement. Mr. Allen first made his mark in 1975, when he co-founded Microsoft with Bill Gates, and he continues to be an innovator in the world of business and technology.

Mr. Allen is founder and chairman of Vulcan Inc., which oversees his philanthropic and business interests, he owns the National Basketball Association's Portland Trail Blazers and is part of the primary ownership group for Seattle Sounders FC, Seattle's Major League Soccer team, which shares the Seahawk's stadium.

With lifetime giving totaling more than \$2 billion, Mr. Allen is one of the world's leading philanthropists; he has pledged to donate the majority of his fortune to charity. All of his giving comes from a desire to make a positive impact on the world, and inspire others to do the same. Most of Mr. Allen's giving is channeled through The Paul G. Allen Family Foundation, which supports innovative initiatives and guides projects that have the potential to make significant, measurable impact. He also gives swiftly and decisively when critical responses are necessary. In 2014, at the onset of the Ebola outbreak in West Africa, Mr. Allen pledged \$100 million to combat the disease on the ground and founded Tackle Ebola, a coalition to mobilize public, corporate, humanitarian and political support for getting to zero cases of Ebola in West Africa. The coalition includes the support and participation of Seahawks coach Pete Carroll and quarterback Russell Wilson.

In addition to his business and philanthropic efforts, Mr. Allen has a true love of science. He created the Allen Institute for Brain Science to generate groundbreaking online public resources for scientists worldwide. He launched the Allen Institute for the Artificial

Intelligence to explore critical questions in AI, and in 2014 Mr. Allen founded the Allen Institute for Cell Science and its inaugural project, the Allen Cell Observatory, which will accelerate disease research by creating predictive cell models.

Growing up during the Space Race, Mr. Allen has always been intrigued by the possibilities presented by space exploration. He underscored his passion for exploration by sponsoring the development of SpaceShipOne, the first privately funded spacecraft to successfully enter suborbital space. In 2015, Mr. Allen formed Vulcan Aerospace to collaborate across space travel investments and oversee the Stratolaunch System, an orbital launch model that will dramatically change the economics of space launches.

A dedicated conservationist, Mr. Allen has responded to the global devastation of wildlife through innovative, technology-focused projects. He funded The Great Elephant Census, the largest pan-African aerial survey of the

species since the 1970s, which will provide new information critical to elephants' future survival. He is equally committed to protecting our oceans and is supporting FinPrint; a global shark census similar to the Great Elephant Census, Smart Catch; a sustainable seafood program in partnership with Seattle's most popular restaurants, and Sea Around Us; which aims to improve data on fisheries and deter illegal fishing practices.

Mr. Allen 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 WWII aircraft and artifacts restored to working condition; the Living Computer Museum, a collection of restored vintage timesharing computer equipment; and Vulcan Productions, the award-winning media company that develops and supports media projects that help audiences understand and respond to challenges facing the world around them.

JODY ALLEN

PRESIDENT & CEO, VULCAN INC., AND VICE-CHAIR OF FIRST & GOAL INC.



A big thinker and risk taker, businesswoman and philanthropist Jody Allen has spent nearly three decades developing and leading a variety of business projects and charitable endeavors around the world. She is the Chief Executive Officer of Vulcan Inc., the project and investment management firm she co-founded with investor and philanthropist Paul G. Allen in 1986. In her role as CEO, Jody has developed and overseen a wide range of Mr. Allen's business and charitable endeavors around the world. Her projects include supervising the construction of the Rose Garden (now known as the Moda Center) in Portland,

Ore. and the renovation of Seattle's Cinerama movie theater.

In addition to her role at Vulcan Inc., Ms. Allen is the vice-chair of First & Goal Inc., which oversees operations of the Seattle Seahawks. She played a key role in negotiating the public-private partnership that led to the construction of CenturyLink Field in Seattle and served as an advisor to Mr. Allen when he was first considering buying the Seahawks. Ms. Allen's work has paid off, as CenturyLink Field is widely regarded as one of the best stadiums in the NFL and the Seahawks have appeared in back-to-back SuperBowls, winning SuperBowl XLVIII in 2013.

A dedicated philanthropist, Ms. Allen is co-founder and president of The Paul G. Allen Family Foundation, which has provided more than half a billion dollars to improve communities and lives around the world. Ms. Allen believes in the importance of advancing progress to address the world's issues, and is an advocate of broad participation in solving the challenges of our time. Ms. Allen was a catalyst in pursuing the best course of action to support health care workers fighting the devastating Ebola outbreak on the ground in West Africa, helping to supply them with critical tools and ensuring that support for their work continues by co-founding the Tackle Ebola coalition.

As passionate about the environment as she is about philanthropy, Ms. Allen has supported a number of major research projects. Of particular interest to Ms. Allen are projects that explore environmental issues pertaining



to the oceans and climate change. Among the research projects supported by Ms. Allen are a study of the long-term effects of nuclear detonation testing on the marine environment and the work of marine biologist Hans Fricke, whose research unravels the mystery of the coelacanth, a rare order or prehistoric fish that was once thought to have gone extinct. Currently, Ms. Allen is helping oversee the Great Elephant Census, the largest pan-African aerial survey since the 1970s, which will provide new information vital to the species' future survival. She is also working on a number of projects aiming to sustain, support and replenish our oceans. An avid traveler, Ms. Allen is a member of the Explorers

Club and the Royal Canadian Geographical Society.

Ms. Allen also serves as president of Vulcan Productions, a company that initiates, develops and supports projects of substance and enduring significance. She was an executive producer of the critically acclaimed film *Girl Rising*, and co-produced the PBS series *The Blues with Martin Scorsese*, as well as the independent feature films *Far from Heaven* and *Hard Candy*. She is also president of the board of Seattle's EMP Museum, the critically-acclaimed museum of music, popular culture and science fiction, and serves on the boards of the Allen Institute for Brain Science and the Seahawks Charitable Foundation.

SEATTLE SEAHAWKS BOARD OF DIRECTORS



PAUL G. ALLEN
Chairman, Vulcan Sports &
Entertainment



JODY ALLEN
President & CEO
Vulcan Inc.



BERT KOLDE
Vulcan Inc.

SEAHAWKS AMBASSADORS

In 2009, the Seahawks formed a group of team ambassadors. 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 as an ambassador 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.



PETER MCLOUGHLIN

PRESIDENT - SEAHAWKS AND FIRST & GOAL, INC.
CEO - VULCAN SPORTS AND ENTERTAINMENT



Named president of the Seattle Seahawks 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. 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 Moda Center 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 Moda Center, while serving as an Alternate Governor for the Trail Blazers and representing the franchise at NBA owners meetings.

In McLoughlin's fifth season with Seattle, the Seahawks reached the Super Bowl for a second-consecutive year after winning their first NFL championship in Super Bowl XLVIII. The club has sustained that success in the box office by ending the 2014 season with 105-consecutive sellouts. This offseason, McLoughlin showed his commitment to prioritizing Seahawks fans by redistributing thousands of season tickets from the hands of brokers to fans for this coming season. The decision allows the club to sell more tickets to the Blue Pride wait list and make additional single-game tickets available to Seahawks fans. For

the second-straight year, the Seahawks posted a franchise best 99.6% season ticket renewal rate for 2015 while selling all 61,500 available season tickets. The club's 12,000 member Blue Pride wait list has reached its limit and currently has more than 52,000 members on the Blue Pride notification list.

McLoughlin's vision of a fan-friendly environment at CenturyLink Field has led to significant upgrades in recent years. This season, McLoughlin headed the Seahawks south end zone stadium expansion project, The Toyota Fan Deck, which added 1,000 padded seats in two new seating sections in the south end upper level. The expansion will create an exclusive experience for Seahawks fans while accommodating the growing demand for season tickets. In addition, the Seahawks installed eight new suites on the club level for the 2015 season, bringing the total to 121.

CenturyLink Field has also increased the number of fixed and portable points-of-sale and installed digital menu boards at all concession stands that have provided better customer service and flexibility in pricing and menu. These improvements, in partnership with new concessionaire Sportservice, a subsidiary of Delaware North Companies, improve the concession experience, including the addition of 40 new portable food and beverage locations and a new beer hall. The addition of flat screen HD televisions throughout the concourses allow fans to not miss any action. McLoughlin's team also installed new Mitsubishi digital hustle boards to enhance fans ability to keep up with the action and track live scores and stats from around the league. Last season, the Seahawks and Verizon made significant enhancements to the wireless network at the stadium to provide fans with free open access to Wi-Fi.

In 2013, 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 apparel and novelty items with faster service through mobile checkouts. The expansion, along with opening retail space in three local shopping malls and partnering with Fanatics to manage online sales, helped the Seahawks increase merchandise sales again last year after a record growth of nearly 300% in 2013.

Since joining the Seahawks, McLoughlin and his team have negotiated a multi-year stadium naming-rights partnership with CenturyLink, as well as long-term partnerships with Anheuser-Busch, American Family Insurance, Boeing, Delta Air Lines, HomeStreet Bank, Microsoft, Russell Investments, Sharebuilder, Safeway, Starbucks, Talking Rain and Verizon.



McLoughlin also successfully inked media deals with Q13 FOX (KCQP-TV), for preseason telecasts and team shows, and the club's radio partner, Bonneville (710 ESPN and KIRO 97.3FM). Local television ratings rose by 10% in 2014 and have increased a total of 95% since 2011, the largest increase in the NFL. In 2014, the Seahawks ranked third in the NFL with an average of 42.3 local household rating while more than 766,000 households tuned to Seahawks games. Super Bowl XLIX and Super Bowl XLVIII are the two most watched programs in television history, both locally and nationally. Nearly five million people watched the two events combined.

McLoughlin was instrumental in the successful re-design of the team's uniform in 2012 with Nike, the exclusive supplier of NFL apparel. 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. Last year, the Seahawks ranked first in the NFL in overall merchandise sales for the second-consecutive year and secured five spots in the top-30 jersey sales (Wilson, Sherman, 12 jersey, Lynch, Chancellor). Prior to 2013, no Seahawks had been ranked in the top-10 since the league began collecting data in 2001.

It is with fan engagement as a top priority that McLoughlin established a Fan Advisory Council in 2013. A group of 12 season ticket holders meet quarterly with McLoughlin and Seahawks executives to provide an open dialogue, sharing their thoughts and ideas in the evaluation and enhancement of the overall Seahawks fan experience. It is this commitment to the fans that helped Seattle rank no. 1 in the NFL in the 2013 Voice of the Fan Survey and Fan Experience Expert Review.

In an effort to continually enhance fan safety, McLoughlin launched a program to employ undercover law enforcement officers in opposing team jerseys on game day. In recent years, the Seahawks have also added to their already comprehensive safety plans with additional measures such as bag checks, hand held metal detectors and the NFL bag policy.

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%, in addition to water and waste conservation efforts that reduce the effect on the environment.

In April 2014, McLoughlin and the Sounders helped transition the business oper-



ations to self-operate, as part of the original plan when the two teams joined forces in 2007. McLoughlin currently represents Paul Allen's interest of the team. During his tenure as Sounders FC president, the club established itself as a model franchise in Major League Soccer (MLS) while setting the league attendance record for five-consecutive seasons (2009-13) and averaged 44,038 per game in 2013. This past February, McLoughlin successfully negotiated a long-

term stadium use agreement with the Sounders to keep the Rave Green at CenturyLink Field through 2028.

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 sponsorship 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 sixth 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 23rd 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 continues to build and maintain a younger roster that breeds a sustained winning atmosphere. The signs of that philosophy have been evident during his first five years in a leading role. He has constructed a team that appeared in back-to-back Super Bowls, winning Super Bowl XLVIII, the first NFL title in franchise history. The 2014 championship was won with the youngest 53-man roster to ever win a Super Bowl. He was named Sports Illustrated's Executive of the Year for 2012 after the Seahawks made the playoffs and just missed playing for the NFC Championship.

Schneider has continued to turn the roster over since 2010, totaling more than 1,000 transactions through the end of the 2014 season helping to cultivate depth on one of the NFL's most talented rosters.

However, he has also made wise decisions in extending contracts to players such as Doug Baldwin, Cliff Avril, Michael Bennett, Kam Chancellor, Marshawn Lynch, Richard Sherman, Earl Thomas, and K.J. Wright assuring continuity to the core of the roster while rewarding players for their commitment and performance.

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 two-time Pro Bowler Russell Okung and a starting free safety with the selection of the three-time All Pro Thomas. Since 2010, the roster also features 11 players that have become regular starters that were drafted in the fourth round or later or signed as undrafted free agents. His penchant for making trades has seen the addition of All Pros Marshawn Lynch in 2010 and Jimmy Graham in 2015.

After having no players selected to the Pro Bowl from 2009-10, Schneider's roster has seen 10 different players selected from 2011-14: Thomas (4), Lynch (4), Chancellor (3), Russell Wilson (3), Okung (2), Sherman (2), Max Unger (2), Brandon Browner, Michael Robinson and Bobby Wagner. 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 personnel, overseeing all aspects of the player personnel department, including college scouting, the college draft, pro scouting, free agency and day-to-day player personnel evaluations and operations. His duties included assembling and managing Washington's

scouting staff, a process which involved the hiring of 15 personnel staff members and implementation of a new scouting system. In his role, Schneider advised Schottenheimer on all personnel matters.

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. With the support of team and community, they have partnered to raise more than \$1.4 million for "Ben's Fund" in four short years.

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

Born May 25, 1971, Schneider attended De Pere's Abbot Pennings High School and finished as one of the school's all-time leading rushers. He and Traci have two sons, Ben, 13, and Jack, 11.

CHUCK ARNOLD **CHIEF OPERATING OFFICER**



Chuck Arnold is in his 22nd season with the organization, being promoted to Chief Operating Officer of the Seattle Seahawks and First and Goal Inc., in December of 2013. Arnold is responsible for increasing revenue across Corporate Partnership,

Ticketing, Suites, and Retail. He also oversees the management of Marketing, Game Presentation, Community Relations, Fan Development, Information Technology, and Stadium Operations. 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. Through 2014 the team has sold out 105 consecutive games and has 12,000 members on the team's Blue Pride season ticket wait list with more than 30,000 on the Blue Pride notification list. In his previous role as vice president of sales and marketing from 2010-13, Arnold oversaw the remodeling of the Pro Shop at CenturyLink Field and the opening of a second Pro Shop in downtown Seattle, in addition to leading the collaboration with Nike in the redesign of the team's new uniform which debuted in 2013. 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. 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 Newcastle, Wash., with his wife, Jana, and two children, Charlie and Jordan.

KAREN SPENCER **CHIEF FINANCIAL OFFICER** **SEAHAWKS AND FIRST & GOAL**



Karen Spencer is responsible for the financial oversight of the Seahawks and First & Goal Inc. 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. Spencer represents the club at NFL owners meetings alongside President Peter McLoughlin. She also serves as the Treasurer on the Seattle Seahawks Charitable Foundation and the Seattle Seahawks Women's Association. Spencer originally joined the Seahawks in 1991 as a staff accountant and was promoted to her current position in May 2009. In 1990, Spencer 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, Spencer 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. Spencer 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 with her husband Phil and their 3 dogs.



CINDY KELLEY**SENIOR VP HUMAN RESOURCES & ADMINISTRATION**

Entering her 33rd season with the club, Cindy Kelley was promoted to senior vice president in 2015. She served as vice president since 2011, after spending 13 seasons as Director of Human Resources. She oversees this area for the

Seahawks 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.

DAVE PEARSON**SENIOR VP OF COMMUNICATIONS, BROADCASTING & WEB CONTENT**

Dave Pearson, in his 27th NFL season and 18th with the Seahawks, was promoted to senior vice president of communications, broadcasting and web content in 2015. 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 while serving as the primary liaison for local and national media outlets and broadcast part-

ners. 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 six times and won the award in 2007. The teams' broadcasting department has won seven 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.

JEFF DUNN**VP BUSINESS STRATEGY & ANALYTICS**

Entering his third season with the Seahawks, Jeff Dunn was promoted to Vice President of Business Strategy & Analytics in June 2014, reporting to the CFO. In this role, he provides strategic and analytical support to each department of the Seahawks business operations. He

also leads special strategic initiatives including major stadium capital projects. Dunn is on the Board of Trustees of Make-A-Wish Alaska & Washington and has served on the Board of Directors of the Portland Trail Blazers since 2011. Prior to joining the Seahawks, Dunn worked in the private equity investment group of Vulcan Capital for nine years. After graduating from the McIntire School of Commerce at the University of Virginia in 2001, he started his career as an investment banking analyst with Greenhill & Co. in New York City. He resides in Mercer Island with his wife, Dawn, and two children, Emily and Luke.

MIKE FLOOD

VP COMMUNITY RELATIONS



Mike Flood originally joined the staff on July 1, 1997. Flood served as Community Outreach Director for Football Northwest prior to joining the Seahawks. He helped spearhead the state-wide campaign that resulted in the passage of Referendum 48

to build the new football/soccer stadium and exhibition complex. A Seattle native, Mike 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. He owned and operated Western Flyer Air Service, 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 North-west, Camp Patriot, Association of Washington Generals, WSU Marketing Com-mittee and the Renton Chamber of Commerce. In 2012, Flood was awarded the Outstanding Service to Veterans award from the Wash-ington Department of Veterans Affairs.

ED GOINES

GENERAL COUNSEL & VP GOVERNMENT AFFAIRS



Ed Goines enters his second season as the Seahawks General Counsel and Vice President, Government Affairs. Goines administers the corporate legal affairs for the Seahawks and First & Goal and is responsible for managing the organization's

government relations strategy and policies. Goines joined the Seahawks after working

most recently as assistant chief counsel for Disney Interactive/The Walt Disney Company. Prior to his time at Disney, he served five years as general counsel and vice president of business affairs for the San Francisco 49ers from 2001-2007, including one year as a legal consultant to the 49ers. Prior to the 49ers, his work in the entertainment and sports fields included serving as in-house legal counsel for Major League Soccer, Ticketmaster and Mattel. Goines began his law career as an associate in the Los Angeles office of the national law firm, Baker & Hostetler. A graduate of University of California, Berkeley, School of Law in 1992, he obtained a bachelor's degree from Stanford University in 1988. Goines was born and raised in Hot Springs, Arkansas.

MAURICE KELLY

VP PLAYER ENGAGEMENT



Maurice Kelly begins his first season as vice president of player engagement. In his role, Kelly is responsible for providing club personnel, players and families with programs that foster personal and professional growth while serving as a conduit between players and

management. Kelly has been responsible for developing programs designed to assist players in making a smooth transition into and out of professional football in such areas as financial education, career internship programs, continuing education, community outreach initiatives, player insurance/benefit management and relocation. Kelly originally joined the Seahawks administrative team in 2005 as director of player development and was later promoted to senior director in 2012. A former player, he played two seasons in the NFL, both with the Seahawks from 2000-01. Played in 24 games with three starts as a safety. Before joining the NFL, Kelly was a standout safety in the CFL as a three-time all-star (1997-99), including All-CFL in 1999. Married to wife, Dionne. They have a son, Miles.



AMY SPRANGERS

VP CORPORATE PARTNERSHIPS & SUITES



Amy Sprangers is in her 15th season with the Seahawks and second as Vice President of Corporate Partnerships and Suites. In her role, she is responsible for leading all revenue generation across sponsorship sales, local media rights and suite sales with the objective to

deliver exceptional programs that measurably grow the team's business and the business of its partners. Amy has a proven track record of fostering key corporate relationships. Under her leadership, she provided the foundation by which the Seahawks were able to drive revenues, increase sell-through rates and build strong partnerships. Sprangers began her Seahawks career in 2001 as a corporate sales manager in the corporate partnership department, transitioned to the suite department as a manager in 2004 and director prior to the 2005 season. A Seattle native, she is a graduate from the University of Washington with a degree in speech communications and serves on the board of the Seattle Aquarium. Amy and her husband, Todd, live in Seattle with their four children, Peyton, Jake, Sydney, and Sloane.

CHIP SUTTLES

VP TECHNOLOGY



Chip Suttles begins his fourth 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 and First & Goal Inc. He is responsible

for aligning technology vision with the overall business strategy of the organization and increasing the performance of the organization by modernizing technology to improve the customer experience and drive increased revenue. His areas of focus include maintaining & optimizing the IT infrastructure, upgrading stadium technology, supporting player performance analytics, developing CRM systems and enhancing the organizations' web-

sites and social media platforms. Suttles joined the Seahawks after working most recently for the Vancouver Canucks in 2010-11 as Director of Technology. Prior to his two seasons with the Canucks, Suttles worked as the Director of Broadcast Integration for the Vancouver Organizing Committee for the 2010 Olympic and Paralympic Winter Games (VANOC). Working with VANOC marked Suttles' fourth time participating in the Olympic Games; he had previously served in various technology roles in support of the Olympic Games in Torino, Salt Lake City and Atlanta. Suttles and his wife, Lauren, have two sons and welcomed a precious baby girl to the family this past December. He enjoys participating in a variety of recreational sports and serves on the local youth football committee.

DAVID YOUNG

VP OPERATIONS/GENERAL MANAGER CENTURLINK FIELD



David Young joined the Seahawks family as Vice President of Operations/General Manager of CenturyLink Field in February 2015. In his position, Young oversees and directs all CenturyLink Field, CenturyLink Field Event Center and theatre operations

for the Seahawks and First & Goal Inc., that hosts approximately 150 events and more than 2,000,000 guests annually. Young rejoins the organization after working as the Vice President of Stadium Operations with the Kansas City Chiefs for the previous five seasons. Prior to his time with the Chiefs, he spent six years with the Seattle Seahawks and First & Goal Inc. (2004-10) as the Assistant General Manager and Director of Guest Services. Before joining First & Goal Inc., Young worked for the Walt Disney Company as the Operations Manager at Walt Disney World in Florida. The Woodland, Wash. native attended the University of Washington and is married to his wife, Ali.

SCOTT FITTERER

CO-DIRECTOR OF PLAYER PERSONNEL



Scott Fitterer begins his first season as co-director of player personnel in 2015. Originally joining the Seahawks' staff on June 25, 2001, as an area scout, he recently served 2011-14 as the club's director of college scouting.

In his current role, Fitterer will now work collaboratively with Trent Kirchner in directing both the college scouting and pro personnel departments to manage and strengthen all aspects of the Seahawks roster. As the director of college scouting he coordinated the Seahawks' entire scouting operation and compiled all of the college scouting information required to set the draft board. He is responsible for the evaluation of all draft eligible players nationally, oversight of 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. Before joining Seattle, spent 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

CO-DIRECTOR OF PLAYER PERSONNEL



Trent Kirchner begins his first season as co-director of player personnel after spending the last two seasons as the Seahawks pro personnel director. He will work collaboratively with Scott Fitterer in directing both the college scouting and pro

personnel departments to manage and strengthen all aspects of the Seahawks roster. In his role as pro personnel director, he oversaw NFL free agency, the advance scouting of Seahawks' upcoming opponents, evaluation of NFL practice squads, as well as the scouting of all professional leagues including the Canadian Football League and the Arena Football Leagues. During the season he coordinated free agent tryouts, monitored NFL transactions and assisted in the recruiting and signing of all free agent players. Since the 2010 season, Kirchner and the pro scouting staff have made more than 1,000 player transactions to help form one of the youngest rosters in the NFL. Kirchner and the pro scouting staff have also played integral roles in the trades of Marshawn Lynch and Jimmy Graham. In addition, they were central to the unrestricted free agent acquisitions of Sidney Rice, Zach Miller, Michael Bennett, Cliff Avril and Tony McDaniel – all of whom played key roles in helping Seattle win Super Bowl XLVIII, the first title in team history. Kirchner originally joined the Seahawks as assistant director of pro personnel on February 5, 2010. Before joining Seattle, Kirchner played an important role in helping turn the Panthers around from a 1-15 record to Super Bowl XXXVIII participants in just two years through key free agent acquisitions such as Jake Delhomme and Stephen Davis. Kirchner spent eight seasons in Carolina as a pro scout where they had one Super Bowl appearance, two conference championship appearances and won two division titles. 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, he 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 and his wife, Jessica, have two sons, Carter and Landon.

ED DODDS

SENIOR PERSONNEL EXECUTIVE



Ed Dodds begins his ninth season with the Seahawks and first as senior personnel executive in 2015. After serving one season as a national scout, Dodds was promoted to his current position where he will help evaluate both college and pro talent

to help strengthen and build Seattle's young roster. Dodds spent eight seasons in Seattle's college scouting department after serving in the pro personnel department in 2007. As a national scout in 2014, he continued to search the south central region while taking on an expanded role of cross checking other regions. Entering his 13th 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. Resides in Kingsville, Texas.

DAN MORGAN

DIRECTOR OF PRO PERSONNEL



Dan Morgan enters his fifth season with the Seahawks and first as director of pro personnel. Morgan will help direct a pro personnel department that scouts future Seahawks opponents and assess talent in all professional leagues including the

NFL, the Canadian Football League and the Arena Football League. He will coordinate free agent visits, tryouts, and monitor NFL transactions. A former 11th overall selection in the 2001 NFL Draft by Carolina, Morgan started all 59 games played in seven seasons at linebacker for the Panthers. He helped lead the Panthers to a Super Bowl XXXVIII appearance in 2003, where he collected 18 tackles in the game. He was named a starter in the Pro Bowl following a 2004 season in which he led the team with 102 tackles. In 2005, he helped lead the Panthers to the NFC Championship Game versus the Seahawks. Unfortunate ankle and Achilles injuries cut his career short following the 2007 season. Morgan was one of the most decorated players in Big East history following a Hall of Fame career at the University of Miami. He became the first player in team history to be named captain as a sophomore. He went on to win the Nagurski Trophy and the Butkus and 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.

MATT BERRY

DIRECTOR OF COLLEGE SCOUTING



Matt Berry begins his eighth season with Seattle and first as director of college scouting. In his new role, he will help coordinate the Seahawks' entire scouting operation and compile all of the college scouting information required to set the draft

board. He is responsible for the evaluation of all draft eligible players nationally, oversight of the Seahawks college scouting staff and will

work closely with GM John Schneider and the Seahawks coaching staff regarding the NFL Draft and college free agency. After serving 2014 as a national scout, he served the previous six seasons (2008-13) as a regional scout combing the southwestern states in search of talent. Berry spent five seasons with the Atlanta Falcons before joining Seattle and served his final three seasons as the Falcons' south central scout. 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. They have a daughter, Beau, and currently resides in Austin, Texas.

JASON BARNES AREA SCOUT (MIDWEST)



Jason Barnes enters his ninth season with the Seahawks, and sixth 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. Is married to Kristin, and has two sons Chase and Christopher and two daughters Jordyn and Jayah.

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 12 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.

AARON HINELINE AREA SCOUT (MIDLANDS)



Aaron Hinline enters his 10th season with the Seahawks and his sixth 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 administrative duties for the Director of Pro Personnel, helped coordinate free agent tryouts, and



worked on various projects for the Vice President of Player Personnel and Head Coach. Hineline was an all-state linebacker at Woodinville (Wash.) High School and was a USA Today Honorable Mention All-American. Hineline earned his Bachelor's Degree in Exercise Science from Central Washington University where he was a four-year starter at fullback. He became a graduate assistant at Central for one season, where he coached the running backs and implemented their strength and conditioning program before joining the Seahawks in 2006. He is married to Gentry and they have two daughters, Peyton and Harper and a son, Grady.

JIM NAGY

AREA SCOUT (SOUTHEAST)



Jim Nagy enters his third 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 six Super Bowls and won four championships, including two Super Bowl championships with the Patriots, one each with Green Bay and Seattle. 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)



Tyler Ramsey enters his fourth season as an area scout 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

weekly 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

AREA SCOUT



Josh Graff enters his third full-time season with the Seahawks, sixth overall. He serves as a scout for National Football Scouting and covers the regions of South Carolina, North Carolina and Virginia. He assists 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. Before joining the Seahawks, he worked in 2009 as an intern in the Miami Dolphins equipment room. 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.

NOLAN TEASLEY

PRO PERSONNEL SCOUT



Nolan Teasley begins his second season as a pro personnel scout with the Seahawks after working in 2013 as an intern in the team's scouting department. In his role, Teasley helps scout future opponents, coordinate free agent visits and tryouts, and monitor NFL transactions. Before joining the Seahawks, Teasley worked in corporate marketing for six years. A 2007 graduate from Central Washington University with a degree in public relations, he was a running back on the Wildcats football team. Originally hailing from Ellensburg, Washington, Teasley and his wife, Morgan, live in Issaquah.

KIRK PARRISH

COLLEGE SCOUTING COORDINATOR



Kirk Parrish enters his 17th year with the Seahawks. He is responsible for maintaining the day-to-day operations of the College Scouting Department, including organizing all college prospect information (scouting database/player reports/draft boards), managing university relations, and serving as the liaison between the front office and on-the-road scouting staff. He also covers Montana, North Dakota, and South Dakota and assists with the evaluation of other 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 Mentorship Academy, Washington State Football Coaches Hall of Fame (North Kitsap HS), and Pacific Northwest Football Hall of Fame. 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 2015, Sam Ramsden will begin his 17th year with the Seattle Seahawks and his fourth in the role of director of health and player performance. His 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 Crosse, 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

HEAD ATHLETIC TRAINER



Donald Rich, in his 12th season with the Seahawks, was promoted to head athletic trainer in 2014. 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 trainers 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 12th NFL season and his sixth with the Seahawks. He previously spent one season with the USC Trojans (2009) and six seasons with the Oakland Raiders (2003-2008). Capurro works directly with Head Coach Pete

Carroll in organizing the day-to-day operations of the team. His responsibilities include overseeing player and staff communications with the head coach and managing the football calendar, which include the offseason program, mini-camp, training camp and in-season schedules. In 2009 with the Trojans, Capurro was director of football operations. He organized the football calendar for the entire season, coordinated all travel logistics for home and road games, directed USC football camps and clinics, and served as liaison for the football department within the athletic department. In his six seasons with the Raiders, Capurro spent five seasons (2004-08) as the assistant to the head coach where he coordinated all the day-to-day operations, and spent his first season (2003) as a coaches assistant. During that span, he worked for Bill Callahan, Norv Turner, Art Shell, Lane Kiffin and Tom Cable. Prior to that, Capurro was a football operations intern for the Raiders for five years (1998-2002). He earned his bachelor's degree in Business Administration from the University of San Francisco in 2003. He lettered in football and baseball at St. Vincent High School in Petaluma (Calif.) Married to wife, Emily.





COACHES





PETE CARROLL

EXECUTIVE VP OF FOOTBALL OPERATIONS/HEAD COACH

SEAHAWKS EXPERIENCE: 6TH YEAR
NFL EXPERIENCE: 22ND 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 21 years of NFL experience and 19 years of collegiate experience to Seattle.

Carroll's overall head coaching record is 83-61 in the regular season and 8-5 in the post-season in his nine years of head coaching.

In his five seasons as head coach in Seattle, Carroll and General Manager John Schneider constructed the best teams in Seahawks history over the past three seasons with a combined 36-12 record and back-to-back Super Bowl appearances.

Seattle won its ninth division title in club history in 2014, third under Carroll, after winning the NFC West with a 12-4 record. Seattle has advanced to the divisional round in four of Carroll's five seasons as coach, winning two NFC Championships and one Super Bowl, while claiming the No. 1 seed in the NFC for the third time in club history (2005, 2013-14).

Seattle fell to New England, 28-24, in Super Bowl XLIX in Glendale, Ariz., in a season that saw it begin 3-3 but finish the season with a 9-1 record and the No. 1 seed in the NFC for the second consecutive season.

Seattle continued its defensive dominance since 2012 as it led the NFL in scoring defense for the third consecutive season (2012-14), becoming the first defense to accomplish that feat since the 1969-71 Purple People Eaters of the Minnesota Vikings, and third overall in NFL history (Cleveland, 1953-57). The Seahawks also became the fourth team in NFL history to lead the league in fewest points and yards allowed in back-to-back seasons, and first since the 1985-86 Chicago Bears.

Seattle finished in the top-10 in defense for a franchise-record fourth consecutive season (2011-14) and led the league for the second straight year while the offense had the No. 1-ranked rushing attack with a franchise-record 2,762 yards and ranked in the top-10 in offense (ninth overall) for the first time since the 2007 season.

Carroll led Seattle to its first Super Bowl title in franchise history with a 43-8 victory over the Denver Broncos in Super Bowl XLVIII in New York/New Jersey on February 2, 2014, after a franchise-best 13-3 regular season

record, and joined Jimmy Johnson and Barry Switzer as the only coaches to win a college football national title and a Super Bowl in their career.

Carroll and Schneider constructed one of the best defenses in the last 12 years at the time, leading them to the NFL title. The Seahawks defense ranked first overall in the NFL in total defense (273.6 ypg), passing defense (172.0 ypg), points allowed (14.4 ppg), takeaways (39), interceptions (28), turnover differential (+20) and opponent quarterback rating (63.4).

The youngest Super Bowl-winning roster in NFL history (26 years, 162 days) was led by second-year quarterback Russell Wilson, who became the third-youngest quarterback to win the title game (25 years, 65 days).

Carroll continues to grow the team through his strong philosophy of preaching competition and taking care of the football.

Helping that cause, 24 of 48 draft choices since 2010, and 18 of 30 since 2012, remain with the team to build a strong foundation of



continuity, including 10 starters, including All-Pro S Kam Chancellor, CB Richard Sherman, S Earl Thomas and LB Bobby Wagner.

In 2012, Carroll led Seattle to the NFC Divisional Playoff posting the fourth-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 245 points (15.3 ppg).

Carroll's 2011 squad also 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 CenturyLink Field.

Carroll 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.

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>





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 conference crown. Five Trojans were All-American first teamers and Carroll was named the 2006 Pac-10 Coach of the Year (for the third time).

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

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

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

All-American Football Foundation Frank Leahy Co-Coach of the Year. He also was the Pac-10 Co-Coach of the Year.

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

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

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

Carroll 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 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

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	50	30	0	.625	7	3	.700

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

CARROLL VS. THE NFL

AMERICAN FOOTBALL CONFERENCE

Team	Regular Season	Postseason	Total
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	3-3	1-0	4-3
Houston Texans	1-0	---	1-0
Indianapolis Colts	6-3	---	6-3
Jacksonville Jaguars	2-0	0-1	2-1
Kansas City Chiefs	1-3	---	1-3
Miami Dolphins	3-6	1-0	4-6
New England Patriots	2-1	0-1	2-2
New York Jets	3-4	---	3-4
Oakland Raiders	1-1	---	1-1
Pittsburgh Steelers	1-2	0-1	1-3
San Diego Chargers	2-2	---	2-2
Houston Oilers/Tennessee Titans	2-1	---	2-1

NATIONAL FOOTBALL CONFERENCE

Arizona Cardinals	8-4	---	8-4
Atlanta Falcons	1-2	0-1	1-3
Carolina Panthers	4-0	1-0	5-0
Chicago Bears	4-1	0-1	4-2
Dallas Cowboys	2-2	---	2-2
Detroit Lions	0-2	---	0-2
Green Bay Packers	2-2	1-0	3-2
Minnesota Vikings	3-1	---	3-1
New Orleans Saints	2-1	2-0	4-1
New York Giants	4-1	---	4-1
Philadelphia Eagles	2-1	---	2-1
St. Louis Rams	7-4	---	7-4
San Francisco 49ers	6-5	1-0	7-5
Seattle Seahawks	0-0	---	0-0
Tampa Bay Buccaneers	1-2	---	1-2
Washington Redskins	1-1	1-0	2-1
Career Totals	83-61	8-5	91-66



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 pro-

mote 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, returns annually to Seattle.

Carroll was born on September 15 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. The couple also has four grandchildren.

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>
2013	Seattle	13	3	0	.813	1st, NFC West <i>Divisional Playoff victory vs. New Orleans, 23-15</i> <i>NFC Championship victory vs. San Francisco, 23-17</i> <i>Super Bowl XLVIII victory vs. Denver, 43-8</i>
2014	Seattle	12	4	0	.750	1st, NFC West <i>Divisional Playoff victory vs. Carolina, 31-17</i> <i>NFC Championship victory vs. Green Bay, 28-22 (ot)</i> <i>Super Bowl XLIX loss vs. New England, 28-24</i>
Reg. Season (9 Yrs.)		83	61	0	.576	
Postseason (6 Yrs.)		8	5	0	.615	
Combined Record		91	66	0	.580	



DARRELL BEVELL OFFENSIVE COORDINATOR

SEAHAWKS EXPERIENCE: 5TH YEAR
NFL EXPERIENCE: 16TH YEAR

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

The Seahawks rushing attack leads the NFL since 2011 with 9,285 yards with the help of Marshawn Lynch's NFL-leading 5,357 yards during that span. He is the only player to rush for 1,000 yards and score 10 rushing touchdowns in each of the last four seasons.

Seattle's offense ranked in the top-10 for the first time since 2007 during its run to Super Bowl XLIX in 2014. Led by the no. 1-ranked rushing attack with a franchise record 2,762 yards on the ground, the Seahawks also set the club record for yards gained in a single-season (6,012) and in a single game (596 at Arizona).

A Pro Bowler for the fourth-consecutive season, Lynch totaled a career-high 17 touchdowns in 2014 (career-high 13 rush, career-high four rec.) and added 1,306 yards on 280 carries while QB Russell Wilson continues as the NFL's winningest quarterback to begin a career with 42 victories (regular and postseason) and rank sixth in NFL history with 72 touchdown passes in his first three seasons.

During Seattle's Super Bowl XLVIII championship run in 2013, the Seahawks offense relied on the NFL's fourth-ranked rushing offense (136.8 ypg) and Wilson's arm in leading the club to 26.1 ppg, ranking eighth in the NFL.

Lynch totaled 14 touchdowns in 2013 (12 rush, two rec.) and added 1,257 yards on 301 carries.

Under center, Wilson became the first player in NFL history to have a 100.0 passer rating in each of his first two seasons in the league, as he broke his own franchise record with a 101.2 rating. He also tied his career-high with 26 touchdowns, giving him 52 in two seasons, tying Peyton Manning for second place in NFL history for the most touchdown passes in a quarterback's first two seasons.

Three players were voted to the Pro Bowl: Lynch, Wilson and center Max Unger.

The 2012 edition of Seattle's offense took

off in historic fashion over the last half of the season led by rookie Wilson.

Aided by the NFL's third-ranked rushing attack led by 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.

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 that 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 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).

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 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 Fretotte.

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

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>

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 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.



KRIS RICHARD DEFENSIVE COORDINATOR

SEAHAWKS EXPERIENCE: 6TH YEAR

NFL EXPERIENCE: 6TH YEAR

Richard begins his 10th season in the NFL, ninth overall in Seattle and sixth in the NFL coaching ranks. 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 February 9, 2015 after spending three seasons (2012-14) as defensive backs coach. He joined the club on February 4, 2010 as assistant defensive backs coach.

During his time, S Earl Thomas has become a four-time Pro Bowler and three-time first-team AP All-Pro, CB Richard Sherman a two-time Pro Bowler and three-time first-team All Pro and S Kam Chancellor a three-time Pro Bowler and two-time second-team All Pro. Departed CB Brandon Browner was also a 2011 Pro Bowler while Sherman's 24 interceptions in his first four seasons are tied (Ring of Honor member Kenny Easley) for third all-time in NFL history, trailing Lester Hayes and Everson Walls by one.

Richard inherits the best defense in the NFL since 2012. It led the NFL in scoring defense for the third consecutive season (2012-14), becoming the first defense to accomplish that feat since the 1969-71 Purple People Eaters of the Minnesota Vikings, and third overall in NFL history (Cleveland, 1953-57). Seattle also became the fourth team in NFL history to lead the league in fewest points and yards allowed in

back-to-back seasons, and first since the 1985-86 Chicago Bears.

The group finished in the top-10 in defense for a franchise-record fourth consecutive season (2011-14) while leading the league for the second straight year, seeing his secondary lead the league in passing defense for a consecutive year (185.6 ypg) and having the league's third-ranked rushing defense (81.5 ypg).

After their Super Bowl XLIX run in 2014, CB Richard Sherman and S Earl Thomas were named to the AP All-Pro first-team for the third-consecutive season. The three-peat selections for Sherman and Thomas put them among the leaders in franchise history. Ring of Honor strong safety Kenny Easley also was a three-time first-team All-Pro (1983-85). Only the Pro Football Hall of Fame trio of left tackle Walter (six), wide receiver Steve Largent (five) and defensive tackle Cortez Kennedy (four) had more All-Pro selections. S Kam Chancellor earned second-consecutive second-team All Pro honors.

Leader of the best secondary in the NFL in 2013, Richard's unit propelled Seattle's defense to one of the most dominant in NFL history and best in the last 12 seasons at the time. The Seahawks secondary shut down opposing offenses in helping Seattle rank first in the NFL in passing defense (172.0 ypg), interceptions (28) and opposing quarterback



passer rating (63.4). In Seattle's Super Bowl XLVIII victory over Denver, Seattle's secondary held Peyton Manning to 280 passing yards (340.3 avg. in regular season), a 73.5 passer rating (115.1 rating in reg. season) and recorded one interception (by Chancellor).

Chancellor (93 tackles), Sherman (NFL-leading and career-high tying eight interceptions) and Thomas (100 tackles and career-high tying five interceptions) were voted to the Pro Bowl and named AP All-Pro. Sherman and Thomas were named to the first-team for the second consecutive season, becoming the fourth and fifth Seahawks players to earn back-to-back first-team honors in franchise history.

Finishing 2012 as the NFL's fourth-ranked defense, Seattle was led by two first-team All-Pro selections in Sherman and Pro Bowl starter 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 Chancellor and Thomas, 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 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, Richard 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 sociology 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>
2012-14	Seattle Seahawks <i>Defensive Backs</i>
2015-	Seattle Seahawks <i>Defensive Coordinator</i>



MICHAEL BARROW

LINEBACKERS

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

Hired to the Seahawks staff on February 9, 2015, Barrow enters the NFL coaching ranks after spending seven years at the University of Miami (2007-13) following a 13-year NFL career as a linebacker.

Bobby Wagner returns to Barrow's unit as the sixth player in Seahawks history with three-straight 100-tackle seasons, with 104 in 2014 despite missing five games. Wagner was also a first-team AP All Pro.

Barrow served the last seven seasons as linebackers coach of the Miami Hurricanes, where he played from 1989-92, and had six linebackers drafted during his time.

Following his playing career in 2005, Barrow was the assistant head coach and defensive coordinator at Homestead High School, his alma mater.

Barrow was a second-round choice (47th overall) by the Houston Oilers in the 1993 NFL Draft and played 13 seasons with Houston (1993-96), Carolina (1997-99), the N.Y. Giants (2000-03), Washington (2004) and Dallas (2005). He recorded 1,125 tackles (792 solo), 43.0 sacks and two interceptions in 173 games

with 153 starts. He advanced to Super Bowl XXXV with the N.Y. Giants after the 2000 season.

At Miami in 1992, he earned All-America honors, was the Butkus Award runner-up and finished seventh in Heisman Trophy voting. He was also the Big East Defensive Player of the Year and finished his career as the third-leading tackler in school history.

He was inducted into the University of Miami Sports Hall of Fame in 2005 after being a part of two national title teams.

Born on April 19, 1970, Barrow is an ordained Christian minister and he and his wife, Shelley, have one daughter, Mikenzi, and sons, Kaleb and John Michael.

BARROW'S COACHING CAREER

2007-13	University of Miami <i>Linebackers</i>
2015-	Seattle Seahawks <i>Linebackers</i>



DWAIN BOARD

ASSISTANT DEFENSIVE LINE

SEAHAWKS EXPERIENCE: 7TH YEAR
NFL EXPERIENCE: 23RD YEAR

Hired on March 25, 2015, Board returns to the Seahawks where he spent six seasons (2003-08) as defensive line coach, helping the team rank second in the NFL with 136 sacks from 2005-07 and totaling an NFL-leading 50 sacks during Seattle's Super Bowl XL run in 2005.

Following his time in Seattle, he spent two seasons each with the Oakland Raiders (2009-10), Cleveland Browns (2011-12) and St.

Francis High in Mountain View, Calif. (2013-14).

Board re-unites with offseason addition Ahtyba Rubin, who he coached in Cleveland and helped Rubin to career-highs in tackles (83) and sacks (5.0) in 2011.

He began his coaching career in San Francisco where he coached the defensive line from 1990-2002, helping the 49ers win Super Bowl XXIX vs. San Diego after the 1994 season.



Board earned three Super Bowl rings (1981, 1984, 1988) with the San Francisco 49ers during his 10-year playing career (1979-88) and was named Super Bowl XIX Defensive Player of the Game after recording four tackles and 2.0 sacks vs. Miami after the 1984 season.

He is one of 20 people in NFL history to win a Super Bowl as both a player and coach.

A graduate of Franklin County (Va.) High, Board was a three-time All-America selection at North Carolina A&T and a fifth-round draft choice of the Pittsburgh Steelers in 1979.

Following his release by Pittsburgh, he signed with the 49ers and registered a team-leading seven sacks as a rookie in 1979. Board tallied double-digit sack totals each year from 1983-85, including a career-high 13.0 in 1983. He retired following the 1988 season, after joining the Saints for the final four games.

Born on November 29, 1956 in Rocky Mount, Va., "Pee Wee" has three daughters, Camille, Allie and Tessa Raine.

BOARD'S COACHING CAREER

1990-93	San Francisco 49ers <i>Defensive Line Assistant</i>
1994-02	San Francisco 49ers <i>Defensive Line</i>
2003-08	Seattle Seahawks <i>Defensive Line</i>
2009	Oakland Raiders <i>Defensive Line</i>
2011-12	Cleveland Browns <i>Defensive Line</i>
2013-14	St. Francis High (Mtn. View, Calif.) <i>Assistant Coach</i>
2015-	Seattle Seahawks <i>Assistant Defensive Line</i>



TOM CABLE

ASSISTANT HEAD COACH/ OFFENSIVE LINE

SEAHAWKS EXPERIENCE: 5TH YEAR
NFL EXPERIENCE: 10TH 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 the best since the 2011 season. Behind his lines, the Seahawks running game ranks first in the NFL with 9,285 rush yards since 2011, posted 100-plus team rushing yards in 48 of its last 57 games, including a current 11-game streak that ranks second in franchise history.

During this time, Marshawn Lynch leads the league in rushing with 5,357 yards, 48 rushing touchdowns and 24 100-yard games.

Cable was the leader of the no. 1-ranked rushing attack in the NFL during Seattle's run to Super Bowl XLIX with a franchise record 2,762 yards on the ground and saw his unit set the franchise-record for rushing yards in a single-game with 350 vs. the N.Y. Giants.

A Pro Bowler for the fourth-consecutive season, Lynch totaled a career-high 17 touchdowns in 2014 (career-high 13 rush, career-

high four rec.) and added 1,306 yards on 280 carries.

The Seahawks once again ranked in the top-five in rushing in 2013, averaging 136.8 ypg to rank fourth in the NFL. Center Max Unger earned a Pro Bowl nod for the second-consecutive season in helping Lynch to another Pro Bowl season with 1,257 yards and 14 total touchdowns (12 rush, two rec.) on 301 carries.

In Super Bowl XLVIII's win over Denver, Seattle's rushing attacked gained 135 yards on 29 carries and recorded one touchdown.

Sticking with its offensive identity of running the ball, Cable's 2012 line was led by first-team All-Pro and Pro Bowl center 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 2,579 yards led by first-team All-Pro and Pro Bowl running back 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 third-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).

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 tackle 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 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 earn-

ing 10 wins and a bowl berth. In 2004, the Bruins 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

WIDE RECEIVERS

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

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

He was promoted to wide receivers coach this season after the retirement of Kippy Brown.

In addition to his quality control responsibilities of video study of opponents, self-scouting, playbook production, and assisting offensive coordinator Darrell Bevell from 2010-12, Canales added assistant quarterback coaching duties during Seattle's Super Bowl-winning 2013 season, and 2014, where he worked with coach Carl Smith.

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

A graduate of Azusa Pacific, 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>
2013-14	Seattle Seahawks <i>Asst. QBs/Off. Quality Control</i>
2015-	Seattle Seahawks <i>Wide Receivers</i>



CHRIS CARLISLE

HEAD STRENGTH & CONDITIONING

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

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

Carlisle oversees the Super Bowl XLVIII champion's weight room that focuses on mobility, stability, flexibility, strength and power.

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>



BRENNAN CARROLL

ASSISTANT OFFENSIVE LINE

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

Named to the Seahawks staff on February 9, 2015, Brennan Carroll joins an NFL staff for the first time in his career after spending 13 years in the college ranks.

Carroll spent the previous four seasons at the University of Miami as its national recruiting coordinator, in addition to serving his first two seasons (2011-12) as tight ends coach before moving on to wide receivers coach in 2013.

He began his coaching career in 2002 at USC and handled coaching duties as offensive assistant (2002-03), tight ends coach (2004-06) and tight ends/recruiting coordinator (2007-10).

In 2007, tight end Fred Davis won the Mackey Award, selected to the All-American first-team and was a second-round NFL draft pick following the season. Tight end Dominique Byrd was a third round NFL draft pick following the 2005 season.

Carroll played tight end in college for Delaware (1997) and Pittsburgh (1999-2001) and recorded four receptions for 37 yards and one touchdown during his career.

He attended Saratoga (Calif.) High, where he

starred as a linebacker in football and also played basketball. Carroll earned his bachelor's degree in social sciences from Pittsburgh in 2001.

Born on March 20, 1979, he is the oldest son of head coach Pete Carroll. Married to Amber, the couple has three children.

B. CARROLL'S COACHING CAREER

2002-03	USC <i>Offensive Assistant</i>
2004-06	USC <i>Tight Ends</i>
2007-10	USC <i>Tight Ends/Recruiting Coordinator</i>
2011-12	University of Miami <i>Tight Ends/Recruiting Coordinator</i>
2013-14	University of Miami <i>Wide Receivers/Recruiting Coord.</i>
2015-	Seattle Seahawks <i>Assistant Offensive Line</i>





NATE CARROLL

ASSISTANT WIDE RECEIVERS

SEAHAWKS EXPERIENCE: 5TH YEAR
NFL EXPERIENCE: 5TH 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 is joined this season by Dave Canales, who takes over for Kippy Brown following his retirement. Carroll was promoted to assistant receivers coach in 2014.

He moved in to a new role in 2013 as an offensive assistant, working alongside wide receivers coach Brown during Seattle's Super Bowl-XLVIII winning season. Brown's group helped Russell Wilson become the first quarterback in NFL history with a 100-plus passer rating in each of his first two seasons (2012-13).

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, play-

book 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 Palos Verdes 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.

N. CARROLL'S COACHING CAREER

2011-12	Seattle Seahawks <i>Defensive Assistant</i>
2013	Seattle Seahawks <i>Offensive Assistant</i>
2014-	Seattle Seahawks <i>Assistant Wide Receivers</i>



CHRIS CASH

ASSISTANT SECONDARY/CORNERBACKS

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

Named to the Seahawks staff on March 25, 2015, Cash begins his sixth season in the NFL, first as a coach.

He reunites with Pete Carroll after playing at USC from 2000-01 as he was a second-team All-Pac-10 selection at cornerback his senior season.

Cash began his coaching career at his alma mater, Franklin High School, as defensive coordinator (2009-10) before moving on to Riverside Community College and Florida A&M for two seasons each.

A sixth-round selection (175th overall) by the Detroit Lions in the 2002 NFL Draft, Cash

CASH'S COACHING CAREER

2009-10	Franklin High (Stockton, Calif.) <i>Defensive Coordinator</i>
2011-12	Riverside Community College <i>Secondary</i>
2013-14	Florida A&M <i>Safeties</i>
2015-	Seattle Seahawks <i>Assistant Secondary/Cornerbacks</i>

spent five seasons in the NFL but spent the 2003 and 2006 seasons on injured reserve. With Detroit (2002-04) and Atlanta (2005-06), he started 17 of 30 games played with 142 tack-

les (124 solo), two interceptions, 14 passes defended, two forced fumbles and two fumble recoveries.

Born on July 13, 1980 in Stockton, Calif.



ANDRE CURTIS

ASSISTANT SECONDARY/SAFETIES

SEAHAWKS EXPERIENCE: 1ST YEAR

NFL EXPERIENCE: 10TH YEAR

Hired by the Seahawks on March 25, 2015, Curtis joins his fourth NFL team after spending the last three seasons (2012-14) with the New Orleans Saints as assistant secondary coach.

In New Orleans, Curtis worked with safety Kenny Vaccaro and cornerback Keenan Lewis. Vaccaro was a PFWA All-Rookie selection as he led the secondary with 93 tackles while Lewis led the team with a career-high four interceptions in 2013.

Curtis was a defensive quality control coach for the N.Y. Giants from 2006-08 and the defensive backs/safeties coach for the St. Louis Rams from 2009-11 before joining the Saints. In 2011, the Rams finished seventh in the NFL in pass defense (206.7 ypg).

Prior to the NFL, he coached defensive ends at Georgia Southern (2004-05) and linebackers at his alma mater, Virginia Military Institute, from 2000-03.

While on the VMI staff, Curtis worked in the N.Y. Jets training camp in 2002, and in 2003, was with the Tampa Bay Buccaneers as a part of the NFL's Bill Walsh Minority Coaching Fellowship.

Curtis was a four-year letterwinner as a linebacker at VMI from 1996-99. He started 31 consecutive games and finished his career with 354 tackles, while earning second-team All-Southern Conference honors in 1998.

Born on December 8, 1976, Curtis is a native of Beaverdam, Va. and has a bachelor's degree in economics and business from VMI.

CURTIS' COACHING CAREER

2000-03	Virginia Military Institute <i>Linebackers</i>
2004-05	Georgia Southern <i>Defensive Ends</i>
2006-08	N.Y. Giants <i>Quality Control/Defense</i>
2009-11	St. Louis Rams <i>Defensive Backs/Safeties</i>
2012-14	New Orleans Saints <i>Assistant Secondary Coach</i>
2015-	Seattle Seahawks <i>Assistant Secondary/Safeties</i>



MONDRAY GEE

ASSISTANT STRENGTH & CONDITIONING

SEAHAWKS EXPERIENCE: 6TH YEAR

NFL EXPERIENCE: 15TH YEAR

Hired on February 4, 2010, Mondray Gee enters his 15th 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 the athletic training staff to conduct comprehensive and rigorous rehabilitation programs for players returning from injured reserve and/or the



team's physically unable to perform list.

Last season, he worked with a trio of defensive backs to aid their return to the field. Cornerbacks Jeremy Lane (groin) and Tharold Simon (foot) returned from their injuries to compete in a deep secondary unit during the team's run to Super Bowl XLIX, while safety Eric Pinkins (foot) returns this offseason.

In 2011, wide receiver Deon Butler, who suffered a broken leg, and cornerback Roy Lewis, who underwent knee surgery returned from the physically unable to perform list during the season to be productive backups. Gee 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 postseason in 2009 with an 11-5 record.

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

Prior to his tenure in Detroit, Gee worked in many capacities at Michigan State (1996-2001). 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 kinesiol-

ogy education in 1999, and secured a master's degree in athletic administration in 2002.

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, enjoys working out, bird-watching and was on the 2014 Gatorade advisory board along with fellow NFL strength coaches, athletic trainers and nutritionists.

His cousin, Super Bowl XXXVI champion 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>



JOHN GLENN QUALITY CONTROL/DEFENSE

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

Hired on February 14, 2012 to be the team's special teams coaching assistant, Glenn moved to a new role in 2014 as its quality control/defense coach.

Glenn's primary responsibilities include video study of opponents, self-scouting, playbook production and assisting defensive coordinator Kris Richard.

He entered the league after spending two seasons (2010-11) as the University of Washington's quality control coach.

Glenn, a three-year letterwinner at linebacker and a starter on East Stroudsburg University's 2004 and 2005 NCAA playoff teams, ended his Warriors career with 160 tackles, 11 tackles for loss, 8.5 sacks, five inter-

ceptions, eight pass breakups, one forced fumble and three fumble recoveries. He was also a two-year letterwinner in basketball in 2001-02 and 2002-03. Glenn played in 25 games, made six starts and averaged 4.3 points and 2.8 rebounds per game in 2002-03.

Born on July 20, 1981 in Scranton, Pa., Glenn and his wife, Leigh, have one son, Nate.

GLENN'S COACHING CAREER

2010-11	University of Washington <i>Quality Control</i>
2012-13	Seattle Seahawks <i>Coaching Assistant/Special Teams</i>
2014-	Seattle Seahawks <i>Quality Control/Defense</i>



WILL HARRIGER ASSISTANT QUARTERBACKS QUALITY CONTROL/OFFENSE

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

Will Harriger joined the Seahawks coaching staff as an offensive assistant on May 2, 2014 after spending 10 years coaching collegiately, and this season moves to assistant quarterbacks & quality control/offense responsibilities.

Harriger, whose career began in 2004 at Midwestern State in Wichita Falls, has spent the majority of his time on the defensive side of the ball, focusing on the linebacker position.

He has also coached at Tennessee-Martin (2006), Auburn (2007), Texas (2008), Tennessee-Martin (2009), Texas Tech (2010-11) and most recently at Florida (2012-13).

He will focus primarily on working with the offense alongside Darrell Bevell, Tom Cable and Carl Smith.

Born on June 20, 1982, Harriger earned his degree in communications from Auburn in 2004.



HARRIGER'S COACHING CAREER

2004-05	Midwestern State <i>Graduate Asst./Outside LBs</i>
2006	University of Tennessee-Martin <i>Graduate Asst./Tight Ends</i>
2007	Auburn University <i>Defensive Administrative Asst.</i>
2008	University of Texas <i>Quality Control/Defense</i>
2009	University of Tennessee-Martin <i>Linebackers</i>
2010-11	Texas Tech <i>Graduate Asst./Defense</i>
2012-13	University of Florida <i>Coaching Intern/Defense</i>
2014	Seattle Seahawks <i>Offensive Assistant</i>
2015-	Seattle Seahawks <i>Assistant QBs/Off. Quality Control</i>





TRAVIS JONES

DEFENSIVE LINE

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

Named to his current position on February 13, 2013, Jones joined then-defensive coordinator Dan Quinn's staff after spending 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.

On its way to Super Bowl XLIX, Seattle's line aided the no. 1-ranked defense by ranking third overall in rushing defense allowing only 81.5 ypg. The unit also ranked second in the NFL in opponent rushing yards per attempt (3.4), despite the loss of stalwart Brandon Mebane midseason.

Jones' Super Bowl XLVIII-winning defensive line was one of the deepest positions on the squad in 2013. Veterans Red Bryant, Chris Clemons and Mebane were joined by free agent additions Cliff Avril, Michael Bennett and Tony McDaniel to improve Seattle's pass rush, always a priority in Pete Carroll's defense. Seattle ranked tied for eighth in the NFL with 44.0 sacks, the most in Carroll's four seasons as coach, as Bennett led the team with 8.5 sacks.

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 defen-

sive 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 nine 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' 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: 6TH YEAR
NFL EXPERIENCE: 18TH 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).

Jimmy Graham joins McPherson's group after an offseason trade in March. Graham's 4,752 receiving yards in his first five seasons are the most by any tight end in NFL history and since 2011, only Marshawn Lynch (56) and Dez Bryant (50) have more total touchdowns than Graham (46). He is a three-time Pro Bowler and two-time All-Pro.

Last season, Luke Willson saw a majority of time as the starter in place of Zach Miller. He posted a career-high with an 80-yard touchdown catch at Arizona.

In their Super Bowl XLVIII winning season, Miller and Willson combined for 53 receptions for 659 and six touchdowns, with a career-high tying five coming from Miller.

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,

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>



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.



CHAD MORTON

ASSISTANT RUNNING BACKS ASSISTANT SPECIAL TEAMS

SEAHAWKS EXPERIENCE: 2ND YEAR

NFL EXPERIENCE: 7TH YEAR

Hired on March 17, 2014, as assistant special teams coach, Morton joined the Seahawks after spending four seasons in the same role with the Green Bay Packers. In 2015, he will also work with running backs.

Morton's contributions in Green Bay affected various aspects of the return game, where Randall Cobb remained an explosive factor on kick returns and was named a first alternate for the Pro Bowl as a kick returner in 2013. Cobb ultimately paired his proficiency on returns with his emergence as the offense's go-to receiver and became the first player in NFL history to have 900-plus kickoff return yards (964) and receiving yards (954) in the same season.

Cobb was also named a Pro Bowl alternate and to the Pro Football Weekly/PFWA All-Rookie team for his efforts as the team's primary returner in 2011. A former return specialist himself, Morton was instrumental in helping acclimate Cobb to the pro game. Cobb finished with 34 kickoff returns for 941 yards and a touchdown, and finished the season ranked No. 2 in the NFL (first among rookies) with a 27.7 average.

A seven-year NFL veteran as a player, Morton was a running back and kick/punt returner who began his career with New Orleans in 2000 as a fifth-round draft pick. Serving primarily as a returner as a pro, Morton tallied 5,401 career kickoff-return yards and three kick-return scores, as well as 1,431 career punt-return yards and one score, in 93 career games. He was selected as a Pro Bowl alternate as a returner in 2002 and 2005.

He is the only player in NFL history to return a kickoff for a touchdown in regulation and

overtime in the same game (at Buffalo, 9/8/02) and joins Chicago's Dave Williams (at Detroit, Nov. 27, 1980) as the only players in NFL history to return a kickoff for a touchdown in overtime. In 2000 with the Saints, Morton tied the NFL single-game playoff record with 13 receptions, against the Minnesota Vikings.

Morton was an All-Pac-10 selection at Southern California, where he served as the team's primary running back his final two seasons. He led the team with 1,141 yards and 15 touchdowns on 262 carries as a senior, and he ranks 11th on the Trojans' all-time rushing list with 2,511 career yards. He graduated from USC with a degree in sociology.

Born on April 4, 1977, in Torrance, Calif., Morton attended South High School in Torrance, where he played running back and also ran track. His older brother, Johnnie, played wide receiver for 12 seasons (1994-2005) in the NFL, including eight with the Detroit Lions.

Morton and his wife, Tamra, have two sons, Avery and Aiden, and two daughters, Alexis and Ariella.

MORTON'S COACHING CAREER

2009	Green Bay Packers <i>Coaching Administrator</i>
2010-13	Green Bay Packers <i>Special Teams Assistant</i>
2014	Seattle Seahawks <i>Assistant Special Teams</i>
2015-	Seattle Seahawks <i>Asst. RBs/Asst. Special Teams</i>



PAT RUEL **ASSISTANT OFFENSIVE LINE**

SEAHAWKS EXPERIENCE: 6TH YEAR
NFL EXPERIENCE: 11TH YEAR

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

In collaboration with Tom Cable, the two spearheaded Seattle's rushing attack to become the best since the 2011 season. Behind their lines, the Seahawks running game ranks first in the NFL with 9,285 rush yards since 2011, posted 100-plus team rushing yards in 48 of its last 57 games, including a current 11-game streak that ranks second in franchise history.

During this time, Marshawn Lynch leads the league in rushing with 5,357 yards, 48 rushing touchdowns and 24 100-yard games.

Seattle was the no. 1-ranked rushing attack in the NFL during Seattle's run to Super Bowl XLIX with a franchise record 2,762 yards on the ground and it set the franchise-record for rushing yards in a single-game with 350 vs. the N.Y. Giants.

The Seahawks once again ranked in the top-five in rushing in 2013, averaging 136.8 ypg to rank fourth in the NFL during their Super Bowl XLVIII championship season.

Seattle's 2012 line was led by first-team All-Pro and Pro Bowl center Max Unger and Pro Bowl LT Russell Okung. Seattle's rushing attack ranked third in the NFL with 2,579 yards led by first-team All-Pro and Pro Bowl running back 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 third-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 Lynch's 285 carries, 1,204 yards and 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).

At the college level in 2008, Ruel was picked as one of the country's top 25 recruiters by Rivals.com.

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

In 2006, center Ryan Kalil was an All-American first-team pick 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 offensive 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>		



BRIAN SCHNEIDER

SPECIAL TEAMS COORDINATOR

SEAHAWKS EXPERIENCE: 6TH YEAR

NFL EXPERIENCE: 8TH 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 lead the NFL in touchdowns/safeties scored (11) and takeaways (14), and rank second in blocked kicks (15).

His teams have scored at least once in each of the last five seasons.

Last season, kicker Steven Hauschka recorded his fourth-straight 100-point season and tied the franchise record converting a 58-yard field goal at Carolina. Punter Jon Ryan

was named the Special Teams Player of the Month for September after averaging 48.3 yards per punt with a 43.3 net avg. and landing seven of his 12 punts inside the 20.

Seattle's special teams showcased its strong coverage units and reliable kicking game during 2013's Super Bowl XLVIII championship season.

Kicker Hauschka had a career-year converting 33 of 35 field goals (Seahawks single-season record .943) for a club-record 143 kicker points. He also converted 22 consecutive field goals, the second-longest streak in franchise

history. Seattle's punt coverage unit allowed only 25 yards through the first 15 games, on track to set the NFL record for a 16-game season, but came up just shy of that record, settling for 82 return yards and second place. Special teams played a major role in the Super Bowl. Missing the majority of the season, Percy Harvin returned and took the second-half opening kick 87 yards for a touchdown and a 29-0 lead to propel Seattle to the title.

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, kickoff 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 kickoff return for a touchdown coming at Miami. 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). 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 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 Hauschka, he converted 25 of 30 field goals 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 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. 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.

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.

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>



ROCKY SETO

ASSISTANT HEAD COACH/DEFENSE

SEAHAWKS EXPERIENCE: 6TH YEAR
NFL EXPERIENCE: 6TH 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. On February 14, 2012, he was named the defensive passing game coordinator and on February 10, 2015, he was promoted to his current role.

In collaboration with Richard, Seto will work to devise game plans for the top defense in the NFL.

Over his years, S Earl Thomas has become a four-time Pro Bowler and three-time first-team AP All-Pro, CB Richard Sherman a two-time Pro Bowler and three-time first-team All Pro and S Kam Chancellor a three-time Pro Bowler and two-time second-team All Pro. Departed CB Brandon Browner was also a 2011 Pro Bowler while Sherman's 24 interceptions in his first four seasons are tied (Ring of Honor member Kenny Easley) for third all-time in NFL history, trailing Lester Hayes and Everson Walls by one.

On its run to Super Bowl XLIX, Seto helped Seattle's secondary lead the league in passing defense for a second-consecutive year (185.6 ypg).

It is this unit that propelled Seattle's defense to one of the most dominant in NFL history and best in the last 12 seasons at the time. The Seahawks secondary shut down opposing offenses in helping Seattle rank first in the NFL in passing defense (172.0 ypg), interceptions (28) and opposing quarterback passer rating (63.4). In Seattle's Super Bowl XLVIII victory over Denver, Seattle's secondary held Peyton Manning to 280 passing yards (340.3 avg. in regular season), a 73.5 passer rating (115.1 rating in reg. season) and forced one interception (two total).

Chancellor (93 tackles), Sherman (NFL-leading and career-high tying eight interceptions) and Thomas (100 tackles and career-high tying five interceptions) were voted to the Pro Bowl and named AP All-Pro. Sherman and Thomas were named to the first-team for the second consecutive season, becoming the fourth and fifth Seahawks players to earn back-to-back

first-team honors in

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

SETO'S COACHING CAREER

2001-02	USC <i>Graduate Assistant (Safeties)</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>Assistant Defensive Backs</i>
2012-14	Seattle Seahawks <i>Defensive Passing Game Coordinator</i>
2015-	Seattle Seahawks <i>Assistant Head Coach/Defense</i>

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 Mauuluga 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 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.

He spent the 1999 and 2000 seasons as an administrative assistant with USC.

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: 5TH YEAR
NFL EXPERIENCE: 26TH YEAR

Hired on February 1, 2011, Carl Smith reunites with Pete Carroll and brings 25 years of NFL experience to the Seahawks staff, previously 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.

Over the last three seasons, Smith has mentored Russell Wilson to become one of the most successful quarterbacks in NFL history, winning Super Bowl XLVIII as the third-youngest starting quarterback.

Wilson became the first player in NFL history to have a 100.0 passer rating in each of his first two seasons in the league, as he broke his own franchise record with a 101.2 rating in 2013. He also tied his career-high with 26 touchdowns in 2013, giving him 52 in two seasons, tying Peyton Manning for second-place in NFL history for the most touchdown passes in a quarterback's first two seasons. His 72 touchdown passes in his first three seasons rank sixth in NFL history.

Wilson also owns the NFL record for most wins by a quarterback in his first three seasons with 42 (regular and postseason) and ranks fifth in postseason history in passer rating (97.8) aided by the fifth-highest postseason

passer rating in a single-game (149.2 vs. Carolina).

In 2014, Wilson became the first player in NFL history to record a 300-100 game, with 313 passing yards and 106 rushing yards at St. Louis, and turned in the fifth-best season in NFL history for rushing yards by a quarterback (849).

In 2012, Smith's training camp opened with a three-man race for the starting job with Tarvaris Jackson, Matt Flynn and 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 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, 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 25 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 30 of his last 33 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, Smith 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: 6TH YEAR
NFL EXPERIENCE: 21ST 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.

The Seahawks rushing attack leads the NFL since 2011 with 9,285 yards with the help of Marshawn Lynch's NFL-leading 5,357 yards during that span. He is the only player to rush for 1,000 yards and score 10 rushing touchdowns in each of the last four seasons.

Seattle's offense ranked in the top-10 for the first time since 2007 during its run to Super Bowl XLIX in 2014, thanks to the no. 1-ranked rushing attack that produced a franchise record 2,762 yards.

A Pro Bowler for the fourth-consecutive season, Lynch totaled a career-high 17 touchdowns in 2014 (career-high 13 rush, career-high four rec.) and added 1,306 yards on 280 carries.

During Seattle's Super Bowl XLVIII championship run in 2013, the Seahawks offense relied on the NFL's fourth-ranked rushing offense (136.8 ypg) and Lynch. He totaled 14 touchdowns (12 rush, two rec.) and added 1,257 yards on 301 carries.

Smith was in charge of the league's third-ranked rushing attack (161.2) with the club rushing for 2,579 yards in 2012. Led by first-team All-Pro member 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 third-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 Lynch and fullback Michael Robinson. Robinson paved the way for Lynch's 285 carries, 1,204 yards and 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 Lynch. He set a career-high with three rush scores vs. Carolina, the first time a Seahawks player accomplished that feat since Alexander in 2005.

A veteran of the NFL for 29 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 29 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 seventh-best behind Shaun Alexander, Curt Warner, Chris Warren, John L. Williams, Ricky Watters and Lynch. 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

ASSISTANT SPECIAL TEAMS

SEAHAWKS EXPERIENCE: 3RD YEAR
NFL EXPERIENCE: 3RD 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>Assistant Special Teams</i>



LOFA TATUPU

ASSISTANT LINEBACKERS

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

Hired on February 9, 2015, Tatupu joins Seattle's coaching staff after a six-year career (2005-10) with the Seahawks after being drafted by the club in the second-round (45th overall) of the 2005 NFL Draft.

A three-time Pro Bowler and first-team All-Pro in 2007, he became the first player in franchise history to lead the team in tackles for four consecutive seasons (2005-08), became the second rookie in franchise history to lead the team in tackles (105 in 2005) and shares the franchise-record with three interceptions in a single game.

He started all 84 games played and tallied 551 tackles (412 solo), 8.5 sacks, 10 interceptions, 41 passes defended, seven forced fumbles and two fumble recoveries. He also played in nine postseason games with 66 tackles (46

solo), one sack, one interception, four passes defended and one fumble recovery, in addition to playing in Super Bowl XL after the 2005 season. His attempt at a comeback with Atlanta was cut short due to injuries before the 2012 season.

Tatupu won back-to-back national championships at USC (2003-04) after playing for his father, former NFL fullback Mosi, at King Phillip Regional High in Wrentham, Mass.

Born on November 15, 1982, he is married to Rachael, with two children.

TATUPU'S COACHING CAREER

2015-	Seattle Seahawks <i>Assistant Linebackers</i>
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JAMIE YANCHAR

ASSISTANT STRENGTH & CONDITIONING

SEAHAWKS EXPERIENCE: 6TH YEAR
NFL EXPERIENCE: 6TH 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.

Winners of Super Bowl XLVIII over Denver, Yanchar works alongside Chris Carlisle and Mondray Gee helping implement a regimen of mobility, stability, strength and power.

In his time at USC, he was responsible for designing and implementing strength programs for baseball, football, 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>



VETERANS





RaSHAUN ALLEN
TIGHT END

Height 6-4
Weight 250
College Southern
Seasons NFL 2nd, Seahawks 2nd
Born February 25, 1990
Hometown Cleveland, Ohio

87

HOW ACQUIRED: Originally signed with Seattle as an undrafted rookie free agent May 19, 2014.

NFL CAREER HIGHLIGHTS:

- Spent most of 2014 on Seattle's practice squad. Signed to Seattle's active roster October 18, 2014, and was then released on October 21. Signed to the Minnesota Vikings practice squad for two weeks before being signed to Seattle's active roster on November 11. Was inactive five games before being released on December 20. Signed to the practice squad on December 23 to finish out the season.

COLLEGE: Played four seasons (2010-13) for Southern after redshirting freshman season in

2009. Started nine of 28 games played for the Jaguars, recording 30 receptions for 281 yards and three TDs.

PERSONAL: Attended John Adams High where he played football and basketball.

ALLEN'S SINGLE-GAME HIGHS

Most Rec.: None **Most Yards:** None
Most TDs: None **Longest Reception:** None

ADDITIONAL STATS

Special Teams Tackles: 2014 (None); Career (None).

ALLEN'S NFL RECORD

Year	Club	G/S	No	Yds	Avg	LG	TD
2014	Seattle	1/0	0	0	0.0	0	0
NFL TOTALS		1/0	0	0	0.0	0	0



CLIFF AVRIL
DEFENSIVE END

Height 6-3
Weight 260
College Purdue
Seasons NFL 8th, Seahawks 3rd
Born April 8, 1986
Hometown Green Cove Springs, Fla.

56

HOW ACQUIRED: Signed with Seattle as an unrestricted free agent March 13, 2013. Signed a multi-year contract extension December 19, 2014.

NFL CAREER HIGHLIGHTS:

- Originally drafted by the Detroit Lions in the third round (92nd overall) in the 2008 NFL Draft.
- Has played in 104 career games (78 starts) and amassed 206 tackles (151 solo), 52.5 sacks,

18 passes defended, 22 forced fumbles, seven fumble recoveries (1 returned for a touchdown), and one interception (returned for a touchdown).

- In two seasons with Seattle, helped accumulate a 24-8 record and back-to-back Super Bowl appearances, including a SB48 victory in first season with the team, 2013.
- Part of a defense that ranked first in total defense, passing defense, points allowed and

turnover differential in 2013. Also part of a team that led the NFL in points and yards allowed in consecutive seasons (2013-14), just the fourth time that has happened in League history.

- Tied for team lead in 2013 postseason with 1.5 sacks and had five QB hits, three passes defended and two forced fumbles.
- 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.

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	0	4	1	10
2009 Detroit	13/11	40	26	14	5.5	37.5	0	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	0	5	1	1	10
2011 Detroit	16/16	36	29	7	11.0	92.0	1	4	4.0	4t	1	4	6	3	24
2012 Detroit	16/16	34	27	7	9.5	67.0	0	0	0.0	0	0	1	2	0	0
2013 Seattle	15/2	20	14	6	8.0	43.5	0	0	0.0	0	0	4	5	1	0
2014 Seattle	16/16	23	16	7	5.0	28.5	0	0	0.0	0	0	1	1	1	0
NFL TOTALS	104/78	206	151	55	52.5	359.5	1	4	4.0	4t	1	18	22	7	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
2013 Seattle	3/1	5	4	1	1.5	10.0	0	0	0.0	0	0	3	2	0	0
2014 Seattle	3/3	7	5	2	2.0	15.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS	7/5	14	10	4	4.0	28.0	0	0	0.0	0	0	3	2	0	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)

INT TD: 1, vs. San Diego (12/24/11)

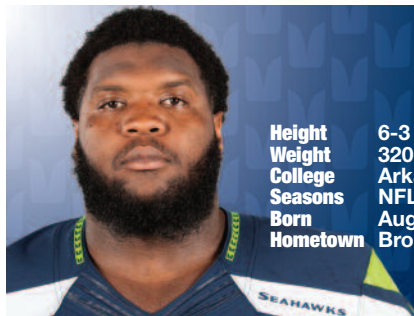
FF: 2, at Denver (10/30/11)

FR: 1, 7 Times, Last at Carolina (10/26/14)

FR TD: 1, at Denver (10/30/11)

ADDITIONAL STATS

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



ALVIN BAILEY

TACKLE

Height 6-3
Weight 320
College Arkansas
Seasons NFL 3rd, Seahawks 3rd
Born August 26, 1991
Hometown Broken Arrow, Okla.

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HOW ACQUIRED: Signed by Seattle as an undrafted rookie free agent on April 27, 2013.

NFL CAREER HIGHLIGHTS:

- Has seen action in 28 career games with five starts. Helped the Seahawks lead the NFL in rushing in 2014 with a franchise record 2,762 yards.
- First-career start came at LG on November 11, 2014, versus Oakland. Started games at LT and LG during the season, including a start at RT in the NFC Championship Game versus Green Bay.
- Saw action in 14 games as a rookie in 2013, mostly seeing time at tackle, but also guard and special teams. Saw action in all three playoff games and started as an extra blocker in Super Bowl XLVIII.

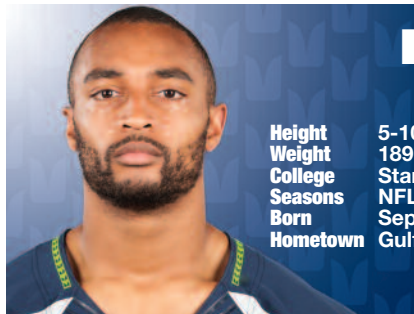
COLLEGE: Started 38 consecutive games to end his Razorbacks career as a redshirt junior and blocked consecutive seasons with a 3,000-yard passer, including the first season in school history with a 3,000-yard passer and a 1,000-yard rusher in 2010. In 2011, he was named an All-American by Pro Football 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.

PERSONAL: 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.

BAILEY'S NFL RECORD

Year	Team	GP/GS	Postseason
2013	Seattle	— 14/0	3/1
2014	Seattle	— 14/5	3/1
NFL TOTALS		— 28/5	6/2



DOUG BALDWIN

WIDE RECEIVER

Height 5-10
Weight 189
College Stanford
Seasons NFL 5th, Seahawks 5th
Born September 21, 1988
Hometown Gulf Breeze, Fla.

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HOW ACQUIRED: Originally signed by Seattle as a rookie free agent on July 26, 2011. Signed a multi-year extension on May 29, 2014.

NFL CAREER HIGHLIGHTS:

- Has totaled 196 career receptions for 2,757 yards. Led team in receptions in 2011 (51) and 2014 (66).

- Totaled 10 receptions for 147 yards and two TDs in the 2014 postseason. Had second post-season 100-yard game with 106 yards in the NFC Championship Game vs. Green Bay.
- Led team in 2013 postseason with 13 receptions and 202 yards with a TD, including 106 yards in NFC Championship Game vs. San Francisco, the ninth 100-yard receiving game in Seahawks postseason history.
- 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: 2013: Named Seahawks Man of the Year. **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 76 yards in 23 punt returns. Played in 12 games and made nine starts at wide receiver during his



BALDWIN'S NFL RECORD

	Club	G/S	Receiving					Rushing				
			No	Yds	Avg	LG	TD	Att	Yds	Avg	LG	TD
2011	Seattle	16/1	51	788	15.5	55t	4	1	-2	-2.0	-2	0
2012	Seattle	14/4	29	366	12.6	50	3	0	0	0.0	0	0
2013	Seattle	16/9	50	778	15.6	52	5	2	6	3.0	0	0
2014	Seattle	16/16	66	825	12.5	49	3	1	8	8.0	8	0
NFL TOTALS		62/30	196	2,757	14.1	55t	15	4	12	3.0	8	0

POSTSEASON

	Club	G/S	Receiving					Rushing				
			No	Yds	Avg	LG	TD	Att	Yds	Avg	LG	TD
2012	Seattle	2/0	3	45	15.0	33	0	0	0	0.0	0	0
2013	Seattle	3/2	13	202	15.5	51	1	0	0	0.0	0	0
2014	Seattle	3/3	10	147	14.7	35	2	1	0	0.0	0	0
NFL TOTALS		8/5	26	394	15.2	51	3	0	0	0.0	0	0

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). **2013:** Kickoff returns (2 for 57 yards - long 37 - vs. Arizona 12/22/13). **2014:** Kickoff returns (5 for 81 yards - 16.2 avg. - 24 long); Punt returns (6 for 42 yards - 7.0 avg. - 38 long); Blocked punt (1 vs. Dallas 10/12/14).

Postseason Special Teams: 2014: Tackles 1. Kickoff returns (3 for 58 yards - 19.3 avg. - 28 long).

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 letter winner 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.

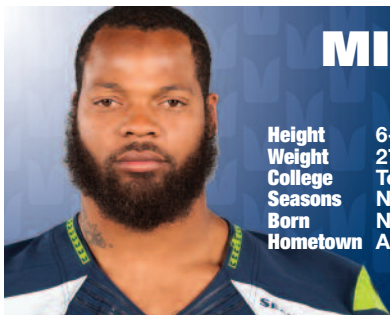
BALDWIN'S GAME-BY-GAME RECEIVING

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

2013	Opponent	No	Yds	Avg	LG	TD	2014	Opponent	No	Yds	Avg	LG	TD
9/8	at Carolina	7	91	13.0	25	0	9/4	Green Bay	3	14	4.7	6	0
9/15	San Francisco	1	51	51.0	51	0	9/14	at San Diego	3	35	11.7	16	0
9/22	Jacksonville	1	35	35.0	35t	1	9/21	Denver	4	56	14.0	16	0
9/29	at Houston	3	39	13.0	24	0	10/6	at Washington	4	50	12.5	20	0
10/6	at Indianapolis	5	80	16.0	27	0	10/12	Dallas	2	32	16.0	20	0
10/13	Tennessee	4	48	12.0	28	0	10/19	at St. Louis	7	123	17.6	49	1
10/17	at Arizona	1	16	16.0	16	0	10/26	at Carolina	6	61	10.2	18	0
10/28	at St. Louis	1	12	12.0	12	0	11/2	Oakland	5	38	7.6	20	0
11/3	Tampa Bay	6	75	12.5	28	1	11/9	N.Y. Giants	4	31	7.8	14	0
11/10	at Atlanta	5	76	15.2	30	0	11/16	at Kansas City	6	45	7.5	23	1
11/17	Minnesota	2	63	31.5	44	1	11/23	Arizona	2	6	3.0	3	0
12/2	New Orleans	4	77	19.3	52	1	11/27	at San Francisco	2	28	14.0	24	0
12/8	at San Francisco	3	36	12.0	14	0	12/7	at Philadelphia	5	97	19.4	25	1
12/15	at N.Y. Giants	6	71	11.8	25	1	12/14	San Francisco	3	53	17.7	35	0
12/22	Arizona	1	8	8.0	8	0	12/21	at Arizona	7	113	16.1	49	0
12/29	St. Louis	0	0	0.0	0	0	12/28	St. Louis	3	43	14.3	38	0
TOTALS (16/9)		50	778	15.6	52	5	TOTALS (16/16)		66	825	12.5	49	3

1/11	New Orleans	2	30	15.0	24	0	1/10	Carolina	3	38	12.7	16t	1
1/19	San Francisco	6	106	17.7	51	0	1/18	Green Bay	6	106	17.7	35	0
2/2	Denver	5	66	13.2	37	1	2/1	New England	1	3	3.0	3t	1
PLAYOFF TOTALS (3/2)		13	202	15.5	51	1	PLAYOFF TOTALS (3/3)		10	147	14.7	35	2



MICHAEL BENNETT

DEFENSIVE END

Height 6-4
Weight 274
College Texas A&M
Seasons NFL 7th, Seahawks 3rd
Born November 13, 1985
Hometown Alief, Texas

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VETERANS

BENNETT

HOW ACQUIRED: Signed by the Seahawks as an unrestricted free agent on March 15, 2013, and re-signed a multi-year contract March 10, 2014.

NFL CAREER HIGHLIGHTS:

- Originally entered the NFL as an undrafted 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 82 career games, with 47 starts, including 32 games and 19 starts for Seattle from 2013-14. Started all 16 games and three postseason games at DE for the Seahawks in 2014.
- Owns 184 career tackles, 30.5 sacks, six forced fumbles and three fumble recoveries, including one for a 22-yard TD return on Monday Night Football vs. New Orleans (12/2/13).
- Helped Seattle lead the NFL in scoring defense for a third consecutive year in 2014, only the third team in NFL history to accomplish that feat. Also helped defense lead the NFL in scoring defense and yards allowed in consecutive seasons (2013-14), just the fourth time that has happened in NFL history.
- Led Seattle with 8.5 sacks in 2013 for a defense that led the NFL in total defense, passing defense, turnover margin and points allowed. During the team's postseason Super Bowl XLVIII championship run, tied for team lead with 1.5 postseason sacks and had two forced fumbles and two fumble recoveries.
- 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 SINGLE-GAME HIGHS

Tackles: 5, 8 Times, Last at San Diego (9/14/14)
Sacks: 2.0, 4 Times, Last vs. Green Bay (9/4/14)
TDs: 1, 22 yd FR vs. New Orleans (12/2/13)

FF: 1, 6 Times, Last vs. Green Bay (9/4/14)
FR: 1, 3 Times, Last vs. New Orleans (12/2/13)

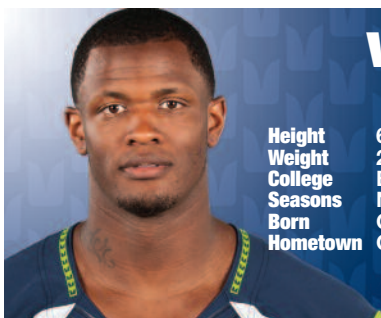


BENNETT'S NFL RECORD

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	
2013 Seattle	16/3	31	17	14	8.5	59.5	0	0	0.0	0	0	0	1	1	22	
2014 Seattle	16/16	39	27	12	7.0	38.0	0	0	0.0	0	0	0	1	0	0	
NFL TOTALS	82/47	184	128	56	30.5	186.5	0	0	0.0	0	0	2	6	3	22	

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions								
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2013 Seattle	3/1	11	6	5	1.5	4.0	0	0	0.0	0	0	0	2	2	17
2014 Seattle	3/3	9	5	4	0.0	0.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS	6/4	20	11	9	1.5	4.0	0	0	0.0	0	0	0	2	2	17



WILL BLACKMON CORNERBACK

Height 6-0
Weight 204
College Boston College
Seasons NFL 9th, Seahawks 1st
Born October 27, 1984
Hometown Cranston, R.I.

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HOW ACQUIRED: Signed by the Seahawks as a free agent on March 9, 2015.

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).
- After four seasons with the Green Bay Packers, played two seasons with the N.Y. Giants (2010-11). Did not play football in 2012 and then went to training camp with the Seahawks in 2013 but was cut on August 27. Then signed with the Jaguars on August 28 and played two seasons with Jacksonville.
- With three career punt returns for touchdowns while with the Packers, is tied with Desmond Howard and Micah Hyde 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.

- Started a career-high eight ballgames in 2013 and also recorded first-career interception that season.

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 Liggon (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															
2013 Jacksonville	15/8	41	31	10	1.0	9.0	1	1	1.0	1	0	11	2	1		
2014 Jacksonville	8/4	28	21	7	1.0	0.0	0	0	0	0	0	0	1	0	0	

NFL TOTALS	66/14	93	73	20	2.0	9.0	1	1	1.0	1	0	12	5	6	0
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Club	No	Yds	Avg	LG	TD	Punt Returns				
						Att	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									
2013 Jacksonville	0	0	0.0	0	0	5	2	0.4	5	0

NFL TOTALS	81	1,674	20.7	45	0	72	636	8.8	76t	3
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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
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Club	No	Yds	Avg	LG	TD	Punt Returns				
						Att	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
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BLACKMON'S SINGLE-GAME HIGHS

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

FF: 1, 5 Times, Last at Tennessee (10/12/14)

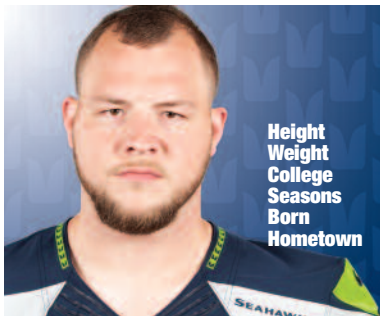
Sacks: 1, 2 Times, Last at Tennessee (10/12/14)

FR: 1, 6 Times, Last at Tennessee (11/10/13)

Int.: 1, vs. Indianapolis (9/29/13)

ADDITIONAL STATS

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



JUSTIN BRITT

TACKLE

Height
Weight
College
Seasons
Born
Hometown

6-6
325
Missouri
NFL 2nd, Seahawks 2nd
May 29, 1991
Lebanon, Missouri

68

HOW ACQUIRED: Drafted with the 32nd pick in the second round (64th overall) of the 2014 NFL Draft. Fourth tackle chosen in the second round in club history (Last: Todd Weiner, 1998). Highest player drafted out of Missouri and only the second player drafted out of Missouri in club history (Last: Tony Davis, 1985).



COLLEGE: Started 36 of the 49 games that he appeared in for Missouri, starting 30 of those contests at left tackle and six 2012 games on the right side. Credited with 35 touchdown-resulting blocks, adding 253 knockdowns as a starter. As a senior, was an *Associated Press* All-Southeastern Conference first-team selection received second-team honors from the league's coaches. Started all 14 games at left tackle with career-bests of 14 touchdown-resulting blocks and 103 knockdowns, playing a major role in the rushing attack establishing a school season-record with 3,330 yards, topping the old mark of 3,230 yards by the 1942 team. Started nine games as a junior and received the team's Underclassman Leadership Award. Had three starting assignments at left tackle around six more starts at right tackle. As a sophomore, started all 13 games at left tackle for the Tigers and helped an explosive offense generate 6,182 yards, ranking 12th in the nation with an average of 475.54 yards per game. Was an academic All-Big 12 Conference second-team choice as a freshman. Appeared in all 13 games to earn his first varsity letter. Performed at the key reserve at both offensive guard positions.

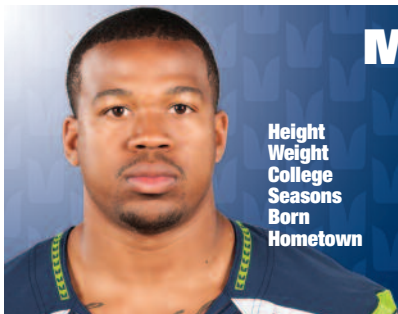
PERSONAL: Attended Lebanon (Mo.) High School. Played on both sides of the line of scrimmage during his prep career, concentrating at left tackle on offense. His senior campaign resulted in a regional championship and won a state playoff game for only the second time in school history. Earned first-team All-State, All-District and All-Conference honors as a senior. Allowed only one sack in 2008 in 434 pass attempts. Also excelled in wrestling and track at Lebanon High. Won the Class IV Missouri state heavyweight championship as a senior in 2009, going a perfect 45-0 on the schedule. Graduated from the University of Missouri's School of Education. Son of Kelly and Chris Britt. Married to Alicia with daughter Navy Noelle.

NFL CAREER HIGHLIGHTS:

- Started all 16 games at right tackle as a rookie and two postseason games. Missed the NFC Championship game with a knee injury.
- Helped Seattle set a franchise record in 2014 for most rushing yards in a season (2,762), the third-highest total in the NFL since 1985. Also helped team set club records for most total yards in a season (6,012), total yards in a game (596 at Arizona, 12/21) and rushing yards in a game (350 vs. NY Giants, 11/9).

BRITT'S NFL RECORD

Year	Team	GP/GS	Postseason
2014	Seattle	16/16	2/2
NFL TOTALS		16/16	2/2



MARCUS BURLEY

CORNERBACK

Height
Weight
College
Seasons
Born
Hometown

5-11
185
Delaware
NFL 3rd, Seahawks 2nd
July 16, 1990
Richmond, Va.

28

VETERANS

BURLEY

HOW ACQUIRED: Joined Seattle via trade with the Indianapolis Colts on August 30, 2014, for a 2015 draft choice.

NFL CAREER HIGHLIGHTS:

- Originally signed by the Jacksonville Jaguars as an undrafted free agent on April 28, 2013. Was waived by the Jaguars on the final cutdown date and then signed to their practice squad. Was signed to the Jaguars 53-man roster for one game, but was waived and re-signed to the practice squad. Was released by Jacksonville and then spent parts of the remainder of the 2013 season on the Philadelphia and St. Louis practice squads. Signed to the Colts practice squad on January 7, 2014, and then signed by the Colts to a reserve/future contract on January 13, 2014.

- Saw action in 13 games for Seattle in 2014, mostly as a nickel cover corner in the slot and totaled 32 tackles. Notched first-career interception at Carolina (10/26/14). Was inactive for all three postseason contests.

COLLEGE: Was a four-year letterman and appeared in 48 games with 33 starts. Totaled 169 tackles, 18 passes defended, four interceptions, three fumble recoveries and one forced fumble. Started all 11 games as a senior. Earned third-team All-CAA honors as a junior while starting all 11 games at cornerback.

PERSONAL: Attended Highland Springs (Va.) High School and led team to a 10-0 record and a Capital District title in 2007. Majored in sport management and minored in leadership.

BURLEY'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions									
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds	
2013 Jacksonville	0/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0
2014 Seattle	13/0	32	22	10	1.0	5.0	1	24	24.0	24	0	5	0	0	0	0
NFL TOTALS	13/0	32	22	10	1.0	5.0	1	24	24.0	24	0	5	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	
2014 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

BURLEY'S SINGLE-GAME HIGHS

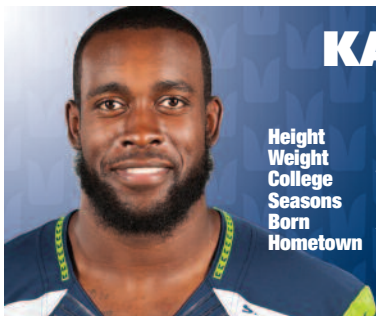
Tackles: 8, vs. Dallas (10/12/14)
Sacks: 1, at Philadelphia (12/7/14)
INTs: 1, at Carolina (10/26/14)

TDs: None
FF: None
FR: None

ADDITIONAL STATS

Special Teams Tackles: 2014 (3); Career (3).





KAM CHANCELLOR

SAFETY

Height 6-3
Weight 232
College Virginia Tech
Seasons NFL 6th, Seahawks 6th
Born April 3, 1988
Hometown Norfolk, Virginia

31



ALL PRO

2013 (2nd Team) 2014 (2nd Team)

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 61 of 77 games played in five seasons totaling 369 tackles and eight interceptions.
- Voted a captain in 2014 and helped lead the team back to a second consecutive Super Bowl. Helped Seattle's defense lead the NFL in scoring for a third-straight season and lead the NFL in both scoring and yards allowed for a second-straight season. Missed two games with a groin injury.
- Totaled 25 tackles in the 2014 postseason, including 10 each in the Divisional game vs. Carolina and the Super Bowl vs. New England. Returned an interception 90 yards for a TD in the Divisional game vs. Carolina.
- Totaled 93 tackles and three interceptions in 2013 for a Super Bowl championship defense that led the NFL in scoring defense for the second-consecutive season. Part of a defense that led the NFL in total defense, passing defense, total takeaways and turnover margin.
- Set the tone early for Seattle vs. Denver in Super Bowl XLVIII with his powerful tackling

technique totaling nine tackles, an interception and two passes defended. Tied for the team lead with 34 postseason tackles and two 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.

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, 3 Times, Last vs. Green Bay (9/4/14)

Sacks: 1, 2 Times, Last at Cleveland (10/23/11)

Interceptions: 1, 8 Times, Last vs. Denver (9/21/14)

FF: 1, 4 Times, Last vs. Denver (9/21/14)

FR: 1, 2 Times, Last vs. San Francisco (12/23/12)

ADDITIONAL STATS

Special Teams Tackles: 2010 (11, FF), 2011 (3, FF), 2012 (6, FR) 2013 (6), 2014 (2); **Career:** 28, 2 FF, FR.

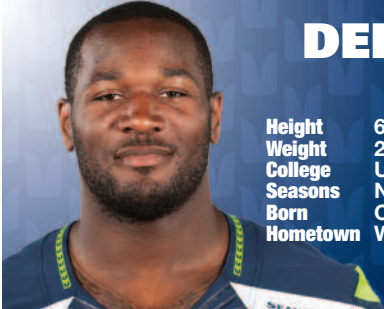
Postseason: 2010 (1), 2012 (1), 2014 (1); **Career:** 3.

CHANCELLOR'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	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	94	71	23	0.0	0.0	0	0	0.0	0	0	5	1	1	0
2013 Seattle	16/16	93	61	32	0.0	0.0	3	78	26.0	32	0	6	1	0	0
2014 Seattle	14/14	76	58	18	0.0	0.0	1	52	52.0	52	0	6	1	0	0
NFL TOTALS	77/61	369	273	96	2.0	13.0	8	157	19.6	52	0	31	4	2	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	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
2013 Seattle	3/3	34	14	20	0.0	0.0	2	2	1.0	2	0	6	0	0	0
2014 Seattle	3/3	25	19	6	0.0	0.0	1	90	90.0	90t	1	1	0	0	0
NFL TOTALS	10/8	68	37	31	0.0	0.0	3	92	30.7	90t	1	7	0	0	0



DERRICK COLEMAN

FULLBACK

Height 6-0
 Weight 233
 College UCLA
 Seasons NFL 4th, Seahawks 4th
 Born October 18, 1990
 Hometown West Los Angeles, Calif.

40

HOW ACQUIRED: Signed to the Seahawks practice squad on December 5, 2012, before making the 53-man roster to open the 2013 season.

NFL CAREER HIGHLIGHTS:

- Has played in 17 career games with four starts for Seattle.
- Saw action in the first five games of 2014 with one start, but broke foot during pregame at St. Louis (10/19) and did not play. Was placed on injured reserve (10/25).
- Scored first-career TD on an 8-yard reception vs. New Orleans (12/2/13) on Monday Night Football.
- Originally signed with the Minnesota Vikings as an undrafted rookie free agent on April 28, 2012, but was released during training camp.

COLLEGE: 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 out-

standing 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.

PERSONAL: 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.



COLEMAN'S NFL RECORD

Year	Club	G/S	Rushing					Receiving				
			Att	Yds	Avg	LG	TD	No	Yds	Avg	LG	TD
2012	Seattle		Practice Squad									
2013	Seattle	12/3	2	3	1.5	4	0	8	62	7.8	12	1
2014	Seattle	5/1	0	0	0.0	0	0	2	29	14.5	15t	1
NFL TOTALS		17/4	2	3	1.5	4	0	10	91	9.1	15t	2

POSTSEASON

Year	Club	G/S	Rushing					Receiving				
			Att	Yds	Avg	LG	TD	No	Yds	Avg	LG	TD
2013	Seattle	3/0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		3/0	0	0	0.0	0	0	0	0	0.0	0	0

COLEMAN'S SINGLE-GAME HIGHS

Rushing

Rush Attempts: 2, vs. New Orleans (12/2/13)

Rush Yards: 3, vs. New Orleans (12/2/13)

Longest Rush: 4, vs. New Orleans (12/2/13)

Most Rush TDs: None

Receiving

Most Receptions: 3, at Carolina (9/8/13)

Most Rec. Yards: 30, at Carolina (9/8/13)

Longest Receptions: 15t, Green Bay (9/4/14)

Most Rec. TDs: 1, 2 Times, Last vs. GB (9/4/14)

ADDITIONAL STATS

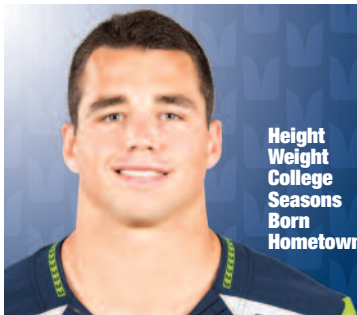
Special Teams Tackles: 2013 (4), 2014 (1); **Career: (5).**

Postseason Special Teams Tackles: 2013 (3); **Career: (3).**

COLEMAN'S GAME-BY-GAME

Year	Opponent	Rushing					Receiving					Total
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD	
9/8	at Carolina	0	0	0.0	0	0	3	30	10.0	12	0	30
9/15	San Francisco	0	0	0.0	0	0	0	0	0.0	0	0	0
9/22	Jacksonville	0	0	0.0	0	0	0	0	0.0	0	0	0
9/29	at Houston	0	0	0.0	0	0	1	4	4.0	4	0	4
10/6	at Indianapolis	0	0	0.0	0	0	0	0	0.0	0	0	0
10/13	Tennessee	0	0	0.0	0	0	1	6	6.0	6	0	6
10/17	at Arizona	0	0	0.0	0	0	1	8	8.0	8	0	8
10/28	at St. Louis	Inactive (Hamstring)										
11/3	Tampa Bay	Inactive (Hamstring)										
11/10	at Atlanta	Inactive (Hamstring)										
11/17	Minnesota	Inactive (Hamstring)										
12/2	New Orleans	2	3	1.5	4	0	1	8	8.0	8t	1	11
12/8	at San Francisco	Special Teams Only										
12/15	at N.Y. Giants	0	0	0.0	0	0	0	0	0.0	0	0	0
12/22	Arizona	Special Teams Only										
12/29	St. Louis	0	0	0.0	0	0	1	6	6.0	6	0	6
TOTALS (12/3)		2	3	1.5	4	0	8	62	7.8	12	1	65
1/11	New Orleans	0	0	0.0	0	0	0	0	0.0	0	0	0
1/19	San Francisco	Special Teams Only										
2/2	Denver	Special Teams Only										
Playoff Totals (3/0)		0	0	0.0	0	0	0	0	0.0	0	0	0

Year	Opponent	Rushing					Receiving					Total
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD	
09/04	Green Bay	0	0	0.0	0	0	1	15	15.0	15t	1	15
09/14	at San Diego	0	0	0.0	0	0	0	0	0.0	0	0	0
09/21	Denver	0	0	0.0	0	0	1	14	14.0	14	0	14
10/06	at Washington	0	0	0.0	0	0	0	0	0.0	0	0	0
10/12	Dallas	0	0	0.0	0	0	0	0	0.0	0	0	0
10/19	at St. Louis	Did Not Play (foot)										
TOTALS (5/1)		0	0	0.0	0	0	2	29	14.5	15t	1	29



BROCK COYLE

LINEBACKER

Height
Weight
College
Seasons
Born
Hometown

6-1
243
Montana
NFL 2nd, Seahawks 2nd
October 12, 1990
Bozeman, Montana

52

VETERANS

COYLE

HOW ACQUIRED: Originally signed as an undrafted rookie free agent on May 10, 2014.

NFL CAREER HIGHLIGHTS:

- Saw action in 15 regular season games, mostly on special teams, with two starts at middle linebacker as a rookie. Also saw action in all three postseason contests. Was inactive one game (glute) at Kansas City (11/16/14).
- Started two games at MLB in place of Bobby Wagner (toe). First-career start came versus Oakland on November 2.

COLLEGE: Led the Montana Grizzlies in tackles his junior and senior seasons, accumulating the 11th-most in Montana history with 293 total tackles in 52 career games over his four seasons (redshirted his 2010 season due to injury). Posted a career-high 125 tackles in 2013.

PERSONAL: A three-year football letterman at Bozeman High and was an all-state and all-conference selection as a senior in 2008. Majored in business.

COYLE'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions							FF	FR	Yds	
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD					
2014 Seattle	15/2	6	4	2	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0	0
NFL TOTALS	15/2	6	4	2	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					
2014 Seattle	3/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0	0
NFL TOTALS	3/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0	0

COYLE'S SINGLE-GAME HIGHS

Tackles: 2, 2 Times, Last vs. NY Giants (11/9/14)
FR: None

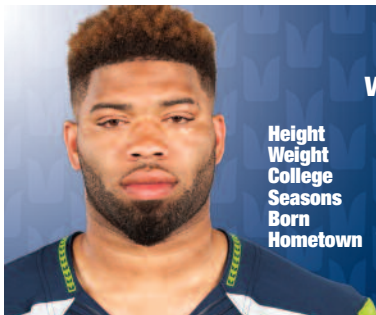
FF: None
Interceptions: None

Sacks: None

ADDITIONAL STATS

Special Teams Tackles: 2014 (5); Career: 5. Postseason Special Teams Tackles: 2014 (2); Career: 2.





B.J. DANIELS

WIDE RECEIVER/QUARTERBACK

Height 5-11
Weight 217
College South Florida
Seasons NFL 3rd, Seahawks 3rd
Born October 24, 1989
Hometown Tallahassee, Fla.

5

HOW ACQUIRED: Claimed off waivers (San Francisco) on October 2, 2013.

NFL CAREER HIGHLIGHTS:

- Originally drafted by the 49ers in the seventh round of the 2013 NFL Draft.
- In 2014 offseason, began transition to playing wide receiver.
- Spent weeks 5-10 of 2013 on Seattle's active roster and was inactive four games and dressed but did not play, at Atlanta (11/10/13). Was released November 16 and signed to the practice squad on November 18 for the remainder of the season.

- Spent entire 2014 season on Seattle's practice squad, but was signed to the active roster for the NFC Championship Game and Super Bowl XLIX but was inactive for both.

COLLEGE: A four-year starter at South Florida, finished career ranked third in Big East history with 10,501 yards (8,433 passing and 2,068 rushing) of total offense. Also ranked first in school history with 25 career rushing TDs.

PERSONAL: Entered college on the Bulls basketball team and played as a freshman, before concentrating on football full-time and earning a scholarship. Both his father and uncle played basketball in college.

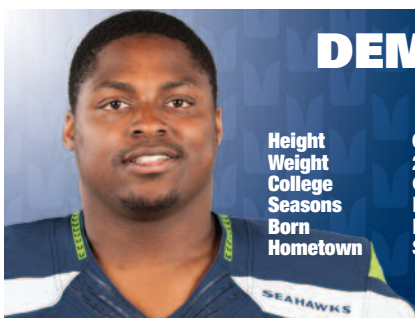
DANIELS' NFL RECORD

PASSING

Year	Club	G/S	Att	Comp	Yds	Pct	TD	Int	LG	Sacked	Rate
2012	San Francisco	0/0	0	0	0	0.0	0	0	0	0/0	0.0
	Seattle	0/0	0	0	0	0.0	0	0	0	0/0	0.0
2013	Seattle	0/0	Practice Squad								
2014	Seattle	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

POSTSEASON

Year	Club	G/S	Att	Comp	Yds	Pct	TD	Int	LG	Sacked	Rate
2014	Seattle	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



DEMARCUS DOBBS

DEFENSIVE END

Height 6-2
Weight 282
College Georgia
Seasons NFL 5th, Seahawks 2nd
Born November 30, 1987
Hometown Savannah, Ga.

95

HOW ACQUIRED: Claimed off of waivers (San Francisco) November 5, 2014.

NFL CAREER HIGHLIGHTS:

- Originally signed as an undrafted free agent with San Francisco on July 27, 2011. Was waived

by the 49ers November 4, 2014.

- Saw action in 45 games from 2011-14 for the 49ers and totalled 25 tackles and a pass defended.
- Played in four regular-season games for Seattle and three postseason game in 2014.
- Suffered a knee injury vs. Miami December 9, 2012, and was placed on injured reserve, missing the final three games of the season.

COLLEGE: Saw action in 52 games (27 starts) for the Bulldogs, accumulating 78 tackles, 41 QB pressures, 11 TFLs, 7.5 sacks, six passes defended, four forced fumbles and two interceptions. As a senior, appeared in 13 games (10 starts), recording 28 tackles and 15 QB pressures. In 2009, started all 13 games, notching 39 tackles including 4.5 sacks and 14 QB pressures. Also was the recipient of Joseph E. Espy Football Scholarship. As a sophomore,

appeared in 13 games (4 starts), recording 19 tackles and an interception (returned for a TD). As a freshman, appeared in 13 games providing depth on the defensive line and played on special teams. Redshirted in 2006.

PERSONAL: Attended Calvary Baptist (Savannah, GA) High School and was a first-team all-state selection by *The Atlanta Journal-Constitution* and *Super Southern 100*. Graduated with a degree in consumer economics.

DOBBS' SINGLE-GAME HIGHS

Tackles: 3, vs. St. Louis (12/1/13) **TDs:** None
Sacks: None **FF:** None
INTs: None **FR:** None

ADDITIONAL STATS

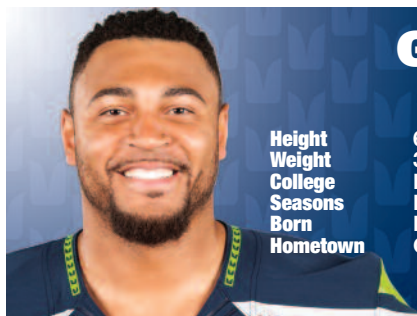
Special Teams Tackles: 2012 (1), 2013 (2), 2014 (5); Career (8).

DOBBS' NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions					FF	FR	Yds		
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD				PD	
2011 San Francisco	12/0	2	2	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0
2012 San Francisco	12/0	4	2	2	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0
2013 San Francisco	15/0	12	4	8	0.0	0.0	0	0	0.0	0	0	1	0	0	0	0
2014 San Francisco	6/0	7	6	1	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0
Seattle	4/0	4	3	1	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0
NFL TOTALS	49/0	29	17	12	0.0	0.0	0	0	0.0	0	0	1	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	
2011 San Francisco	2/0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0
2013 San Francisco	3/0	1	1	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0
2014 Seattle	3/0	3	1	2	0.0	0.0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS	8/0	4	2	2	0.0	0.0	0	0	0	0	0	0	0	0	0	0



GARRY GILLIAM

TACKLE

Height
Weight
College
Seasons
Born
Hometown

6-5
 306
 Penn State
 NFL 2nd, Seahawks 2nd
 November 26, 1990
 Carlisle, Pa.

79

HOW ACQUIRED: Signed by Seattle as an undrafted rookie free agent on May 10, 2014.

NFL CAREER HIGHLIGHTS:

- Played in 14 regular-season games with one start during rookie season. Saw action in two postseason games. Mostly saw action on spe-

cial teams, but also saw action at guard and tackle.

- First-career start came versus Oakland (11/2/14) when team opened with a jumbo package.
- Had a 19-yard TD reception on a fake field



goal in the NFC Championship Game versus Green Bay that helped key the third-largest come-from-behind victory in Championship Game history. Pass came from punter/holder Jon Ryan in the third quarter with Seattle trailing 16-0.

COLLEGE: Played in 27 career games for the Nittany Lions. Shifted from tight end to offensive tackle prior to 2013 spring practice and added close to 30 pounds during offseason workouts. He earned the start at right tackle in the first two games of the 2013 season and started four games overall, playing in all 12. Caught a total of eight passes for 86 yards in his career, after redshirting the 2009 season, tearing his ACL in 2010 and missing the 2011 season.

PERSONAL: Played four sports at the Milton Hershey School. An All-American, all-state and

All-Mid-Penn Conference honoree was a four-year starter, playing tight end and defensive end. He gained 350 receiving yards on 20 receptions and scored four touchdowns in his career. During his senior season, he racked up 70 tackles, five sacks and two interceptions. He finished with 153 tackles, 12 sacks and five interceptions in his scholastic career. He was a conference champion in the javelin and qualified for the state track and field championships. He has a double-major of advertising/public relations and management.

GILLIAM'S NFL RECORD

Year	Team	GP/GS	Postseason
2014	Seattle	— 14/1	2/0
NFL TOTALS	—	14/1	2/0



JIMMY GRAHAM TIGHT END

Height
Weight
College
Seasons
Born
Hometown

6-7
265
Miami (Fla.)
NFL 6th, Seahawks 1st
November 24, 1986
Goldsboro, N.C.

88



AP ALL PRO

2011 (2nd Team) 2013 (1st Team)

HOW ACQUIRED: Acquired via trade with the New Orleans Saints on the first day of free agency, March 10, 2015. Seattle also obtained the Saints 2015 fourth-round draft selection in exchange for the Seahawks 2015 first-round choice and center Max Unger.

NFL CAREER HIGHLIGHTS:

- Originally selected in the third round (95th overall) by the New Orleans Saints in the 2010 NFL Draft.
- The Saints all-time receiving leader by a tight end, started 50 of 78 career games for New Orleans from 2010-14 totalling 386 receptions for 4,752 yards and 51 TDs. Led the Saints in receptions four consecutive seasons from 2011-14.
- Along with New England's Rob Gronkowski, became the only tight ends in NFL history to record multiple seasons with 1,000 receiving yards and 10-plus TDs.
- Led Saints in receiving for fourth-consecutive season in 2014 and finished second in the NFL among tight ends totaling 85 receptions for 889 yards and 10 TDs.
- Had one of the best seasons by a tight end in NFL history in 2013 after leading the Saints with 86 receptions for 1,215 yards and a team-record 16 TDs. Was the second-highest TD total by a tight end in NFL history and led the NFL in scoring grabs and ranked second in scoring among non-kickers. Tied a Saints record for 100-yard receiving games (6), which tied the NFL record for most by a TE.
- Became the first TE in NFL history to be named NFC Offensive Player of the Month (September 2013). During a four-game streak between September and October, totaled 548 yards which was the most over any four-game span in a single season in NFL history. Also tied an NFL record with four-consecutive 100-yard receiving games by a TE.
- Between 2011-12, had a streak of six-consecutive games with at least one TD reception. That stretch set a Saints record for consecutive games with a receiving TD and tied the club record for consecutive games with a TD. The streak tied the second-longest NFL mark among tight ends since the 1970 AFL-NFL merger.
- Totaled career highs and set a Saints record

with 99 receptions for 1,310 yards in 2011.

HONORS: 2013: All-Pro (CBSSports.com, ESPN.com, *Sports Illustrated & The Sporting News*), PFWA All-NFL and All-NFC, NFC Offensive Player of the Week 3. NFC Offensive Player of the Month (September). **2012:** NFC Offensive Player of the Week 10. **2011:** *Pro Football Weekly*/PFWA All-NFC, Saints Ed Block Courage Award

COLLEGE: Appeared in 13 games with one start in a multiple-tight end set in only season of football at the University of Miami. Made 17 receptions for 213 yards (12.5 avg.) with five touchdowns. Appeared in 120 games with 39 starts for the Miami basketball team as a four-year letterwinner and averaged 4.2 points per game

and 4.2 rebounds per game, while 104 blocked shots ranked eighth in school history. A two-time Academic All-ACC selection, earned a business degree with a double major in marketing and management in 2009.

PERSONAL: Attended Charis Preparatory (Goldsboro, N.C.) Academy, where he played basketball, football, baseball and tennis. On the hardwood, earned All-American honorable mention from *Street & Smith Magazine*, in addition to garnering All-State and conference and team Most Valuable Player honors. As a senior, averaged 20.7 points, 13.8 rebounds and 4.6 blocks per game. During junior season, grabbed 15.1 rebounds per game and scored an average of 18.2 points per game. Earned airplane pilot's license in 2012.

GRAHAM'S NFL RECORD

Club	G/S	Receiving					Rushing				
		No	Yds	Avg	LG	TD	Att	Yds	Avg	LG	TD
2010 New Orleans	15/5	31	356	11.5	52	5	1	3	3.0	3	0
2011 New Orleans	16/11	99	1,310	13.2	59	11	0	0	0.0	0	0
2012 New Orleans	15/9	85	982	11.6	46	9	0	0	0.0	0	0
2013 New Orleans	16/12	86	1,215	14.1	56t	16	0	0	0.0	0	0
2014 New Orleans	16/13	85	889	10.5	29	10	0	0	0.0	0	0
NFL TOTALS	78/50	386	4,752	12.3	59	51	1	3	3.0	0	0

POSTSEASON

Club	G/S	Receiving					Rushing				
		No	Yds	Avg	LG	TD	Att	Yds	Avg	LG	TD
2011 New Orleans	2/2	12	158	13.2	66t	3	0	0	0.0	0	0
2013 New Orleans	2/1	4	52	13.0	21	0	0	0	0.0	0	0
NFL TOTALS	4/3	16	210	13.1	66t	3	0	0	0.0	0	0

100-YARD RECEIVING GAMES (13)

Yards	Opponent	Date	Rec.	Avg.	LG	TD
179	Tampa Bay	9/15/13	10	17.9	56t	1
146	Atlanta	11/11/12	7	20.9	46	2
135	at Chicago	10/6/13	10	13.5	38	0
134	Arizona	9/22/13	9	14.9	29	2
132	at Jacksonville	10/2/11	10	13.2	59	1
129	at Carolina	10/9/11	8	16.1	30	0
124	at Tampa Bay	10/16/11	7	17.7	43	0
118	at Cleveland	9/16/14	10	11.8	23	2
115	Carolina	12/30/12	9	12.8	27	1
115	at N.Y. Jets	11/3/13	9	12.9	51t	2
100	Houston	9/25/11	4	25.0	32	1
100	Miami	9/30/13	4	25.0	43t	2
100	at Atlanta	11/21/13	5	20.0	44t	1

TOP RECEIVING TOTALS BY TE SINCE 2011

Player	Team	Rec.	Yds.	Avg.	TD
1. Jimmy Graham	Seattle	355	4,396	12.4	46
2. Jason Witten	Dallas	326	3,535	10.8	21
3. Greg Olsen	Carolina	271	3,207	11.8	22



MOST RECEPTIONS SINCE 2011

Player	Team	Rec.	Yds.	Avg.	TD
1. Antonio Brown	Pittsburgh	374	5,092	13.6	28
2. Calvin Johnson	Detroit	373	6,214	16.7	41
3. Wes Welker	Denver	362	4,165	11.5	27
4. Brandon Marshall	N.Y. Jets	360	4,738	13.2	37
5. Jimmy Graham	Seattle	355	4,396	12.4	46

PLAYERS WITH 50 TOUCHDOWN RECEPTIONS IN THEIR FIRST FIVE SEASONS

Player	TDs	Player	TDs
Jimmy Graham (2010-14)	51	Andre Rison (1989-93)	52
Dez Bryant (2010-14)	56	Jerry Rice (1985-89)	52
Rob Gronkowski (2010-14)	54	Lance Alworth (1962-66)	54
Randy Moss (1998-2002)	60		

GRAHAM'S SINGLE-GAME HIGHS

Most Receptions: 10, 5 Times, Last vs. SF (11/9/14)

Most Receiving Yards: 179, at Tampa Bay (9/15/13)

Longest Reception: 59, at Jacksonville (10/2/11)

Most TDs: 2, 12 Times, Last vs. Baltimore (11/24/14)

ADDITIONAL STATS

Special Teams: 2010: Tackles (1). **Career:** Tackles 1.



GRAHAM'S GAME-BY-GAME RECEIVING

2010	Opponent	No	Yds	Avg	LG	TD	2011	Opponent	No	Yds	Avg	LG	TD
9/9	Minnesota	Did Not Play					9/8	at Green Bay	4	56	14.0	21	1
9/20	at San Francisco	0	0	0.0	0	0	9/18	Chicago	6	79	13.2	31	0
9/26	Atlanta	0	0	0.0	0	0	9/25	Houston	4	100	25.0	32	1
10/3	Carolina	0	0	0.0	0	0	10/2	at Jacksonville	10	132	13.2	59	1
10/10	at Arizona	0	0	0.0	0	0	10/9	at Carolina	8	129	16.1	30	0
10/17	at Tampa Bay	1	11	11.0	11	0	10/16	at Tampa Bay	7	124	17.7	43	0
10/24	Cleveland	4	38	9.5	14	0	10/23	Indianapolis	6	54	9.0	16	2
10/31	Pittsburgh	0	0	0.0	0	0	10/30	at St. Louis	4	39	9.8	13	0
11/7	at Carolina	3	49	16.3	19t	1	11/6	Tampa Bay	6	78	13.0	23	0
11/21	Seattle	5	72	14.4	27	0	11/13	at Atlanta	7	82	11.7	29	1
11/25	at Dallas	3	23	7.7	14	0	11/28	N.Y. Giants	5	84	16.8	29t	2
12/5	at Cincinnati	3	72	24.0	52	0	12/4	Detroit	8	89	11.1	16	0
12/12	St. Louis	1	21	21.0	21	0	12/11	at Tennessee	5	55	11.0	33	0
12/19	at Baltimore	5	29	5.8	18t	2	12/18	at Minnesota	7	70	10.0	18	1
12/27	at Atlanta	4	26	6.5	10	1	12/26	Atlanta	4	42	10.5	17	1
1/2/11	Tampa Bay	2	15	7.5	11	1	1/1/12	Carolina	8	97	12.1	29	1
TOTALS (15/5)		31	356	11.5	52	5	TOTALS (16/11)	99	1310	13.2	59	11	
							1/7	Detroit	7	55	7.9	14	1
							1/14	at San Francisco	5	103	20.6	66t	2
							PLAYOFF TOTALS (2/2)	12	158	13.2	66t	3	

2012	Opponent	No	Yds	Avg	LG	TD	2013	Opponent	No	Yds	Avg	LG	TD
9/9	Washington	6	85	14.2	23	1	9/8	Atlanta	4	45	11.3	21	1
9/16	at Carolina	7	71	10.1	17	1	9/15	at Tampa Bay	10	179	17.9	56t	1
9/23	Kansas City	4	16	4.0	7	1	9/22	Arizona	9	134	14.9	29	2
9/30	at Green Bay	7	76	10.9	24	0	9/30	Miami	4	100	25.0	43t	2
10/7	San Diego	1	4	4.0	4	0	10/6	at Chicago	10	135	13.5	38	0
10/21	at Tampa Bay	Inactive (ankle)					10/13	at New England	0	0	0.0	0	0
10/28	at Denver	5	63	12.6	20	1	10/27	Buffalo	3	37	12.3	15t	2
11/5	Philadelphia	8	72	9.0	17	1	11/3	at N.Y. Jets	9	116	12.9	51t	2
11/11	Atlanta	7	146	20.9	46	2	11/10	Dallas	5	59	11.8	26	0
11/18	at Oakland	6	29	4.8	10	1	11/17	San Francisco	6	41	6.8	13	0
11/25	San Francisco	4	33	8.3	12	0	11/21	at Atlanta	5	100	20.0	44t	1
11/29	at Atlanta	4	59	14.8	25	0	12/2	at Seattle	3	42	14.0	20	1
12/9	at N.Y. Giants	5	56	11.2	27	0	12/8	Carolina	6	58	9.7	22	2
12/16	Tampa Bay	5	69	13.8	24	0	12/15	at St. Louis	2	25	12.5	13	0
12/23	at Dallas	7	88	12.6	26	0	12/22	at Carolina	5	73	14.6	46	1
12/30	Carolina	9	115	12.8	27	1	12/29	Tampa Bay	5	71	14.2	33	1
TOTALS (15/9)		85	982	11.6	46	9	TOTALS (16/12)	86	1215	14.1	56t	16	
							1/4	at Philadelphia	3	44	14.7	21	0
							1/8	at Seattle	1	8	8.0	8	0
							PLAYOFF TOTALS (2/1)	4	52	13.0	21	0	

2014	Opponent	No	Yds	Avg	LG	TD
9/7	at Atlanta	8	82	10.3	17	0
9/14	at Cleveland	10	118	11.8	23	2
9/21	Minnesota	6	54	9.0	15	0
9/28	at Dallas	8	86	10.8	17	1
10/5	Tampa Bay	2	36	18.0	23	0
10/19	at Detroit	0	0	0.0	0	0
10/26	Green Bay	5	59	11.8	22t	1
10/30	at Carolina	7	83	11.9	27	1
11/9	San Francisco	10	76	7.6	15	2
11/16	Cincinnati	3	29	9.7	13	0
11/24	Baltimore	6	47	7.8	11	2
11/30	at Pittsburgh	0	0	0.0	0	0
12/7	Carolina	3	25	8.3	10	0
12/15	at Chicago	5	87	17.4	29	0
12/21	Atlanta	6	53	8.8	15	1
12/28	at Tampa Bay	6	54	9.0	14	0
TOTALS (16/13)		85	889	10.5	29	10





CLINT GRESHAM

LONG SNAPPER

Height 6-3
Weight 260
College Texas Christian
Seasons NFL 6th, Seahawks 6th
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 80 consecutive regular-games for Seattle from 2010-14, 90 including the postseason and back-to-back Super Bowl appearances.

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
2013	Seattle	16/0	3/0
2014	Seattle	16/0	3/0
NFL TOTALS		80/0	10/0

GRESHAM'S ADDITIONAL STATS

Special Team Tackles: 2010 (1), 2011 (1), 2012 (1), 2013 (2); **Career:** (5).



STEVEN HAUSCHKA

KICKER

Height 6-4
Weight 210
College North Carolina St.
Seasons NFL 7th, Seahawks 4th
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.

- Tied for second in the NFC (4th NFL) with 134 points scored in 2014, tied for second-most in a season in club history.
- Tied Josh Brown's club record for longest field goal made with a 58-yard connection at Carolina on October 26, 2014.
- Led the NFC in 2013 and ranked 4th in the NFL in scoring with a career-high 143 points. Point total was most in Seahawks history among kickers and second overall to Shaun Alexander (168 in 2005).
- Had a streak of 22-consecutive field goals, second all time in team history behind Olindo Mare's 30, ended vs. Arizona (12/22/13). Connected on a string of 19-consecutive field goals prior to having one blocked at Indianapolis - a streak that now ranks third.
- Since 2011, has made 76 of 81 (93.8%) attempts inside 50 yards.
- Earned NFC Special Teams Player of the Week 4 in 2013 after connecting on all three field goals at Houston, including a game-winning 45-yarder in OT.
- Holds Seahawks record for the longest attempt of 61 yards vs. Atlanta (10/2/11) and at Detroit (10/28/12).
- Had a then 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 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
2013 Seattle	16/0	44-44	33-35	0-0	10-11	9-9	11-12	3-3	94.3	53	143
2014 Seattle	16/0	41-41	31-37	0-0	10-10	10-10	9-13	2-4	83.8	58	134
NFL TOTALS	85/0	202-205	129-151	3-3	34-36	46-49	37-46	9-17	85.4	58	589

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
2013 Seattle	3/0	9-9	8-8	0-0	1-1	4-4	3-3	0-0	100.0	49	33
2014 Seattle	3/0	9-9	2-2	0-0	1-1	1-1	0-0	0-0	100.0	37	15
PLAYOFFS	10/0	19-19	13-13	0-0	4-4	6-6	3-3	0-0	100.0	49	58

HAUSCHKA'S SINGLE-GAME HIGHS

Most FGs Att.: 5 vs. Baltimore (11/13/11)

Most FGs Made: 5 vs. Baltimore (11/13/11)

Longest FG Att.: 61 vs. Atl (10/2/11) and at Det (10/28/12)

Longest FG Made: 58 at Carolina (10/26/14)

*Franchise record

Most PATs Att.: 7 vs. Arizona (12/9/12)

Most PATs Made: 7 vs. Arizona (12/9/12)

Points Scored: 16, 2 Times, Last vs. Ariz (12/9/12)

Consecutive Games with FG: 14* (10/9/11 - 9/16/12)

ADDITIONAL STATS

Special Team Tackles: 2009 (1), 2011 (1), 2012 (3), 2014 (1); **Career:** (6).

HAUSCHKA'S GAME-BY-GAME KICKING

2008	Opp	Pts	PAT-Att	FG-FGA	Made	2009	Opp	Pts	PAT-Att	FG-FGA	Made
9/7	Cin	0	0-0	0-0		9/13	KC	8	5-5	1-2	44
Games 2-7			Practice Squad			9/20	at SD	7	4-4	1-1	33
11/2	at Clev		Inactive			9/27	Cle	10	4-4	2-2	36,33
11/9	at Hou	3	0-0	1-1	54	10/4	at NE	3	3-3	0-0	
11/16	at NYG		Kickoffs Only			10/11	Cin	2	2-2	0-0	
11/23	Phil	0	0-0	0-1		10/19	at Min	7	4-4	1-2	29
Games 12-14			Kickoffs Only			11/1	Den	12	3-3	3-3	43, 35, 31
12/20	at Dal		Inactive			11/9	at Cin	1	1-1	0-1	
12/28	Jac		Kickoffs Only			11/16	at Cle	4	1-2	1-2	44
TOTALS (8/0)	3	0-0	1-2		Long: 54	1/3/10	at TB		Inactive		
1/4	at Mia		Kickoffs Only			TOTALS (9/0)	54	27-28	9-13		Long: 44
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	2011	Opp	Pts	PAT-Att	FG-FGA	Made
Games 1-12			Not With a Team			9/11	at SF	5	2-2	1-1	39
12/12	at Ari	7	1-1	2-3	32, 30	9/18	at Pit	0	0-0	0-0	
12/19	at Oak	11	2-2	3-3	46, 49, 35	9/25	Ari	7	1-1	2-2	30, 52
12/26	Hou	6	3-3	1-1	27	10/2	Atl	4	4-4	0-1	
1/2/11	SD	4	4-4	0-0		10/9	at NYG	10	4-4	2-2	51, 43
TOTALS (4/0)	28	10-10	6-7		Long: 49	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

2012	Opp	Pts	PAT-Att	FG-FGA	Made	2013	Opp	Pts	PAT-Att	FG-FGA	Made
9/9	at Ari	10	1-1	3-4	27, 47, 39	9/8	at Car	6	0-0	2-2	27, 40
9/16	Dal	9	3-3	2-2	21, 25	9/15	SF	9	3-3	2-2	30, 37
9/24	GB	2	2-2	0-0		9/22	Jax	9	6-6	1-1	21
9/30	at StL	7	1-1	2-2	31, 30	9/29	at Hou	11	2-2	3-3	48, 39, 45
10/7	at Car	10	1-1	3-3	22, 36, 46	10/6	at Ind	14	2-2	4-5	42, 36, 41, 46
10/14	NE	6	3-3	1-1	34	10/13	Tenn	8	2-2	2-2	31, 29
10/18	at SF	6	0-0	2-3	52, 35	10/17	at Ariz	10	4-4	2-2	51, 42
10/28	at Det	6	3-3	1-2	23	10/28	at StL	2	2-2	0-0	
11/4	Min	6	3-4	1-1	40	11/3	TB	9	3-3	2-2	36, 27
11/11	NYJ	4	4-4	0-0		11/10	at Atl	15	3-3	4-4	39, 43, 44, 53
11/25	at Mia	3	3-3	0-0		11/17	Min	11	5-5	2-2	50, 26
12/2	at Chi	5	2-2	1-1	31	12/2	NO	10	4-4	2-2	26, 20
12/9	Ari	16	7-7	3-3	31, 28, 32	12/8	at SF	5	2-2	1-1	31
12/16	at Buf	14	5-6	3-3	19, 33, 23	12/15	at NYG	11	2-2	3-3	49, 44, 24
12/23	SF	6	6-6	0-0		12/22	Ariz	4	1-1	1-2	27
12/30	StL	8	2-2	2-2	43, 49	12/29	StL	9	3-3	2-2	28, 35
TOTALS (16/0)	118	46-48	24-27		Long: 52	TOTALS	143	44-44	33-35		Long: 53
1/6	at Was	10	1-1	3-3	32, 29, 22	1/11	NO	11	2-2	3-3	38, 49, 26
PLAYOFFS (1/0)	10	1-1	3-3		Long: 32	1/19	SF	11	2-2	3-3	32, 40, 47
						2/2	Den	11	5-5	2-2	31, 33
						Playoff Totals	33	9-9	8-8		Long: 49

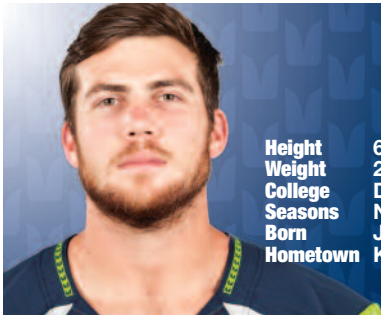
HAUSCHKA'S GAME-BY-GAME KICKING

2014	Opp	Pts	PAT-Att	FG-FGA	Made
09/04	GB	10	4-4	2-2	20, 35
09/14	at SD	3	3-3	0-0	
09/21	Den	8	2-2	2-3	20, 28
10/06	at Wash	9	3-3	2-2	40, 43
10/12	Dal	11	2-2	3-3	33,33,48
10/19	at StL	8	2-2	2-2	24, 35
10/26	at Car	7	1-1	2-2	58, 29
11/02	Oak	12	3-3	3-4	34, 30,40
11/09	NYG	8	5-5	1-1	28
11/16	at KC	8	2-2	2-2	24,27
11/23	AZ	13	1-1	4-5	27, 32, 52, 40
11/27	at SF	13	1-1	4-4	21, 36, 35, 46
12/07	at Phi	6	3-3	1-1	44
12/14	SF	5	2-2	1-1	38
12/21	at AZ	5	5-5	0-3	
12/28	StL	8	2-2	2-2	42, 45
TOTALS	134	41-41	31-37		Long: 58
1/10	Car	7	4-4	1-1	37
1/18	GB	2	2-2	0-0	
2/1	NE	6	3-3	1-1	27
TOTALS	15	9-9	2-2		Long: 37



VETERANS

HAUSCHKA / HELFET



COOPER HELFET

TIGHT END

Height 6-3
Weight 239
College Duke
Seasons NFL 4th, Seahawks 4th
Born June 2, 1989
Hometown Kentfield, Calif.

84

HOW ACQUIRED: Originally signed with Seattle as an undrafted free agent on May 15, 2012.

NFL CAREER HIGHLIGHTS:

- Was waived/injured after training camp in 2012, but later signed with the Seahawks to the practice squad on December 24, 2012. Was released following training camp on August 31, 2013, and then joined the club's practice squad on September 2.
- Earned a spot on Seattle's active roster out of training camp in 2014. Saw first-career action on special teams vs. Denver (9/21/14) and made first-career start at St. Louis (10/19/14) in place of Zach Miller (ankle) and Luke Willson (groin).

COLLEGE: Spent two seasons at Duke after playing two seasons (2008-09) at Santa Rosa (Calif.) Junior College. Played in 22 games for th Blue Devils an caught 77 passes for 775

yards with six TDs during carrer, including career-highs in catches (43), yards (395),TDs (4) his senior season. Earned 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-TD performance in the Bear Cubs 28-20 win over Sierra (Calif.) college in the Premier Bank Bowl. Had 40 receptions for 657 yards and seven TDs in 2009.

PERSONAL: 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 honrs as ateam 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.



HELFFET'S NFL RECORD

Year	Club	G/S	No	Yds	Avg	LG	TD
2012	Seattle	0/0	Practice Squad				
2013	Seattle	0/0	Practice Squad				
2014	Seattle	10/2	12	185	15.4	36	2
NFL TOTALS		10/2	12	185	15.4	36	2
POSTSEASON							
Year	Club	G/S	No	Yds	Avg	LG	TD
2014	Seattle	2/1	0	0	0.0	0	0
NFL TOTALS		2/1	0	0	0.0	0	0

HELFFET'S SINGLE-GAME HIGHS

Most Rec.: 3, at St. Louis (10/19/14)

Most Yards: 61, at St. Louis (10/19/14)

Most TDs: 1, 2 Times, Last vs. Arizona (11/23/14)

Longest Reception: 36, at Washington (10/6/14)

ADDITIONAL STATS

Special Teams Tackles: 2014 (2); Career (2).

HELFFET'S GAME-BY-GAME RECEIVING

2014	Opponent	No	Yds	Avg	LG	TD	2014	Opponent	No	Yds	Avg	LG	TD	
Games 1-2		Inactive (knee)						11/23	Arizona	2	27	13.5	20	1
9/21	Denver	Special Teams Only						Games 12-14		Inactive (ankle)				
10/06	at Washington	1	36	36.0	36	0	12/21	at Arizona	2	9	4.5	6	0	
10/12	Dallas	1	7	7.0	7	0	12/28	St. Louis	Inactive (ribs)					
10/19	at St. Louis	3	61	20.3	22	1	TOTALS (10/2)	12	185	15.4	36	2		
10/26	at Carolina	1	11	11.0	11	0	1/10	Carolina	0	0	0.0	0	0	
11/02	Oakland	0	0	0.0	0	0	1/18	Green Bay	Inactive					
11/09	N.Y. Giants	1	32	32.0	32	0	2/1	New England	0	0	0.0	0	0	
11/16	at Kansas City	1	2	2.0	2	0	TOTALS (2/1)	0	0	0.0	0	0		





JORDAN HILL

DEFENSIVE TACKLE

Height 6-1
Weight 303
College Penn State
Seasons NFL 3rd, Seahawks 3rd
Born February 8, 1991
Hometown Steelton, Penn.

97

VETERANS

HILL

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.

NFL CAREER HIGHLIGHTS:

- Played in 13 games in 2014 and recorded 5.5 sacks in the final six games before landing on injured reserve (calf) on Jan. 6, 2015 and missing the postseason.
- Saw action in four regular-season games as a rookie and totaled seven tackles and 1.5 sacks. Was inactive 12 times, including early in the season with a biceps injury. First career game played was at Indianapolis (10/6/13). Inactive for the postseason.

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. Earned first-team All-Big Ten Conference honors from the league's coaches, media panel and ESPN.com as a senior starting all 12 contests, finishing fourth on the team with a career-high 64 tackles (29 solo), 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.

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.

HILL'S NFL RECORD

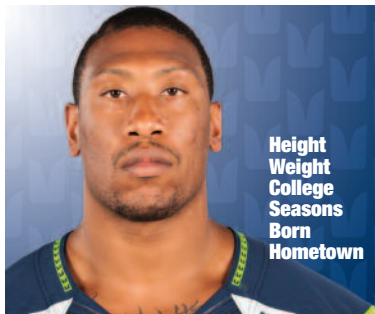
Club	G/S	Tackles			Sacks		Interceptions									
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds	
2013 Seattle	4/0	7	4	3	1.5	8.5	0	0	0.0	0	0	0	0	0	0	0
2014 Seattle	13/0	19	15	4	5.5	34.0	1	8	8.0	8	0	4	0	3	0	
NFL TOTALS	17/0	26	19	7	7.0	42.5	1	8	8.0	8	0	4	0	3	0	

HILL'S SINGLE-GAME HIGHS

Tackles: 4 at Philadelphia (12/7/14)
Sacks: 2.0 vs. San Francisco (12/14/14)
Int.: 1 vs. St. Louis (12/28/14)

FF: None
FR: 1 three times, last at Kansas City (11/16/14)





BRUCE IRVIN

LINEBACKER

51

Height 6-3
Weight 248
College West Virginia
Seasons NFL 4th, Seahawks 4th
Born November 1, 1987
Hometown Atlanta, Ga.

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

NFL CAREER HIGHLIGHTS:

- Started 13 of 15 games in 2014, recorded 6.5 sacks and career-high two interceptions, returning both for touchdowns (vs. Oak and vs. St. Louis) which ties the franchise-record for interceptions returned for touchdowns in a season.
- Started all 12 games played in 2013 and recorded his first-career interception. Finished season with a career-high 40 tackles (31 solo), and added 2.0 sacks.
- 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 pres-

ures, five forced fumbles and one pass defended. 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								
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds	
2012 Seattle	16/0	17	10	7	8.0	60.0	0	0	0.0	0	0	0	0	1	1	35
2013 Seattle	12/12	40	31	9	2.0	16.0	1	8	8.0	8	0	2	1	0	0	
2014 Seattle	15/13	37	24	13	6.5	45.5	2	84	42.0	49t	2	3	1	0	0	
NFL TOTALS	43/25	94	65	29	16.5	121.5	3	92	30.7	49t	2	5	3	1	35	

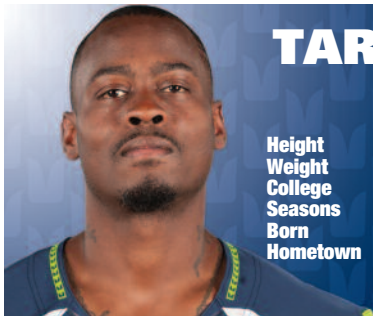
POSTSEASON

Club	G/S	Tackles				Sacks		Interceptions							
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2012 Seattle	2/1	2	2	0	1.0	12.0	0	0	0.0	0	0	1	0	0	0
2013 Seattle	3/2	5	5	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2014 Seattle	3/3	6	4	2	2.0	16.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS	8/6	13	11	2	3.0	28.0	0	0	0.0	0	0	1	0	0	0

IRVIN'S SINGLE-GAME HIGHS

Tackles: 9, at St. Louis (10/28/13)
Sacks: 2.0 four times, last at Carolina (10/26/14)
Int.: 1 three times, last vs. St. Louis (12/28/14)

FF: 1 three times, last vs. St. Louis (12/28/14)
FR: 1 at Buffalo (12/16/12)
TD: 1 twice, last vs. St. Louis (12/28/14) 49-yd. int.



TARVARIS JACKSON

QUARTERBACK

Height 6-2
Weight 225
College Alabama State
Seasons NFL 10th, Seahawks 4th
Born April 21, 1983
Hometown Montgomery, Ala.

7

VETERANS

JACKSON

HOW ACQUIRED: Signed with Seattle on June 14, 2013, after being released by the Buffalo Bills on 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 on June 10, 2013, and then re-signed with Seattle on June 14.
- After not playing a snap for Buffalo in 2012, played in three games for Seattle in 2013. Was 10 for 13 for 151 yards with one touchdown and a 140.2 passer rating in backup duty. Played in one game, did not play in the 15 others, in 2014.
- 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 in 2010 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
2013	Seattle	3/0	13	10	151	76.9	1	0	35t	0/0	140.2
2014	Seattle	1/0	1	1	0	100.0	0	0	0	0/0	79.2
NFL TOTALS		55/34	1,067	636	7,226	59.6	39	35	71	89/540	78.5

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
2013	Seattle	3/0	4	1	0.3	5t	1
2014	Seattle	1/0	0	0	0.0	0	0
NFL TOTALS		55/34	163	644	4.0	33	6

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
2013	Seattle	1/0	1	0	0	0.0	0	0	0	0/0	39.6
NFL TOTALS		2/1	36	15	164	41.7	0	1	27	1/11	44.2

RUSHING

Year	Club	G/S	Att	Yds	Avg	LG	TD
2008	Minnesota	1/1	2	17	8.5	17	0
2013	Seattle	1/0	0	0	0.0	0	0
NFL TOTALS		2/1	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	0-1	45.4



JACKSON'S GAME-BY-GAME PASSING

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

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

2013

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W-L Rating
Games 1-2		0/0			Did Not Play						
9/22	Jacksonville	1/0	8	7	129	87.5	1	0	35t	0/0	158.3
Games 4-10		0/0			Did Not Play						
11/17	Minnesota	1/0	3	1	6	33.3	0	0	6	0/0	42.4
Games 12-13		0/0			Did Not Play						
12/15	at NY Giants	1/0	2	2	16	100.0	0	0	15	0/0	100.0
Games 15-16		0/0			Did Not Play						
TOTALS		(3/0)	13	10	151	76.9	1	0	35t	0/0	0-0 140.2
Games 1-2		0/0			Did Not Play						
2/2	Denver	1/0	1	0	0	0.0	0	0	0	0/0	0-0 39.6
Playoff Totals		(1/0)	1	0	0	0.0	0	0	0	0/0	0-0 39.6

2014

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W-L Rating
Games 1-14		0/0			Did Not Play						
12/21	at Arizona	1/0	1	1	0	100.0	0	0	0	0/0	79.2
Games 16		0/0			Did Not Play						
TOTALS		(1/0)	1	1	0	100.0	0	0	0	0/0	79.2
CAREER TOTALS		(55/34)	1,067	636	7,226	59.6	39	35	71	89/540	17-17 78.5
CAREER PLAYOFF TOTALS(2/1)		36	15	164	42.9	0	1	27	1/11	0-1 44.2	

W/L record reflects games started only





LEMUEL JEANPIERRE

CENTER/GUARD

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

61

VETERANS

JEANPIERRE

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.
- Placed on injured reserve to begin 2014 and was released/injury settlement on September 10. Re-signed with the club due to injuries to Max Unger and went on to play six games with three starts at center.
- In 2013, played in all 16 games with three starts at center for Max Unger (injured). Also saw time as an extra tackle late in the season in goal-line packages.
- Played in 15 games mostly on the PAT/FG units and saw time at center on four occasions late in Seattle victories in 2012.
- 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.

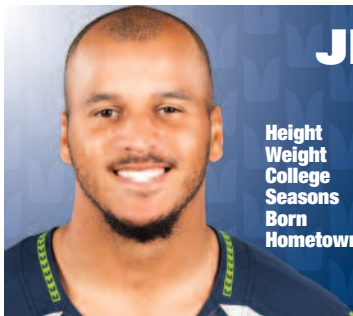
COLLEGE: Played on the defensive side of the ball the first two seasons at South Carolina before making the transition to the offensive line in the final week of the 2007 spring season. Played in 36 games (21 starts). As a senior, played in 13 games with eight starts at center and two starts at guard. 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	Year	Team	GP/GS	Postseason
2010	Seattle	0/0	0/0	2013	Seattle	16/3	3/0
2011	Seattle	16/5		2014	Seattle	6/3	2/0
2012	Seattle	15/0	2/0	NFL TOTALS		52/11	7/0





JERMAINE KEARSE

WIDE RECEIVER

Height 6-1
Weight 209
College Washington
Seasons NFL 4th, Seahawks 4th
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:

- Started 14 of 15 games played in 2014 and set career-highs in catches (38) and yards (537) to go along with one touchdown. Started all three postseason games and set the franchise-record with a 63-yard touchdown vs. Carolina (1/10), caught the game-winning 35-yard touchdown pass in overtime vs. Green Bay (1/18) to send Seattle to Super Bowl XLIX and made one of the best catches in Super Bowl history on a 33-yard juggling catch late in the game. In all, posted seven receptions for 209 yards (29.9 avg.) with a long of 63t and two touchdowns.
- Started five of 15 games played in 2013 and one of three postseason games. Posted 22 catches, 346 yards and career-high four touchdowns. In Super Bowl XLVIII, tallied four receptions for 65 yards and broke four tackles en route to a 23-yard touchdown in the 43-8 win over Denver.
- 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.

KEARSE'S NFL RECORD

Year	Club	G/S	No	Yds	Avg	LG	TD
2012	Seattle	7/1	3	31	10.3	17	0
2013	Seattle	15/5	22	346	15.7	43t	4
2014	Seattle	15/14	38	537	14.1	60	1
NFL TOTALS		37/20	63	914	14.5	60	5

POSTSEASON

Year	Club	G/S	No	Yds	Avg	LG	TD
2012	Seattle	2/0	0	0	0.0	0	0
2013	Seattle	3/1	7	134	19.1	35t	2
2014	Seattle	3/3	7	209	29.9	63t	2
NFL TOTALS		8/4	14	343	24.5	63t	4

KEARSE'S SINGLE-GAME HIGHS

Most Rec.: 5 twice, last vs. SF (12/14/14)

Most Yards: 78 vs. SF (12/14/14)

Most TDs: 1 five times, last at Washington (10/6/14)

Longest Reception: 60, vs. N.Y. Giants (11/9/14)

ADDITIONAL STATS

Rushing: 2014 (2 attempts for 15 yards, long of 11); **Career** (2 attempts for 15 yards, long of 11).

Special Teams Tackles: 2012 (3), 2013 (5, blocked punt), 2014 (2, FF); **Career** (10, FF, blocked punt).

Kickoff Returns: 2013 (13 returns for 283 yards, 21.8 avg., long of 40)

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

GAME-BY-GAME RECEIVING

2012	Opponent	No	Yds	Avg	LG	TD	2013	Opponent	No	Yds	Avg	LG	TD	
Games 1-8		Practice Squad						9/8	at Carolina	2	49	24.5	43t	1
11/4	Min	1	6	6.0	6	0	9/15	San Francisco	0	0	0.0	0	0	
11/11	NYJ	0	0	0.0	0	0	9/22	Jacksonville	1	17	17.0	17	0	
11/25	at Mia	1	8	8.0	8	0	9/29	at Houston	0	0	0.0	0	0	
12/2	at Chi	Inactive						10/6	at Indianapolis	1	28	28.0	28t	1
12/9	Ari	0	0	0.0	0	0	10/13	Tennessee	3	17	5.7	11	0	
12/16	at Buf	0	0	0.0	0	0	10/17	at Arizona	1	17	17.0	17	0	
12/23	SF	1	17	17.0	17	0	10/28	at St. Louis	0	0	0.0	0	0	
12/30	Ari	0	0	0.0	0	0	11/3	Tampa Bay	2	43	21.5	27	1	
TOTALS (7/1)		3	31	10.3	17	0	11/10	at Atlanta	3	75	25.0	43t	1	
1/6	at Was	0	0	0	0	0	11/17	Minnesota	0	0	0.0	0	0	
1/13	at Atl	0	0	0.0	0	0	12/2	New Orleans	2	26	13.0	19	0	
PLAYOFFS (2/0)		0	0	0	0	0	12/8	at San Francisco	2	15	7.5	9	0	
							12/15	at N.Y. Giants	2	21	10.5	13	0	
							12/22	Arizona	3	38	12.7	18	0	
							12/29	St. Louis	Did Not Play (ankle)					

2014	Opponent	No	Yds	Avg	LG	TD	
9/04	Green Bay	1	8	8.0	8	0	
9/14	at San Diego	4	61	15.3	30	0	
9/21	Denver	2	22	11.0	12	0	
10/06	at Washington	1	15	15.0	15t	1	
10/12	Dallas	3	62	20.7	53	0	
10/19	at St. Louis	3	50	16.7	29	0	
10/26	at Carolina	2	15	7.5	12	0	
11/02	Oakland	1	4	4.0	4	0	
11/09	N.Y. Giants	3	70	23.3	60	0	
11/16	at Kansas City	5	54	10.8	24	0	
11/23	Arizona	1	19	19.0	19	0	
11/27	at San Francisco	3	34	11.3	17	0	
12/07	at Philadelphia	3	37	12.3	20	0	
12/14	San Francisco	5	78	15.6	47	0	
12/21	at Arizona	1	8	8.0	8	0	
12/28	St. Louis	Inactive (hamstring)					
TOTALS (15/14)		38	537	14.1	60	1	
1/10	Carolina	3	129	43.0	63t	1	
1/18	Green Bay	1	35	35.0	35t	1	
2/1	New England	3	45	15.0	33	0	
PLAYOFFS (3/3)		7	209	29.9	63t	2	





DAVID KING

DEFENSIVE END

93

Height	6-4
Weight	281
College	Oklahoma
Seasons	NFL 3rd, Seahawks 2nd
Born	December 27, 1989
Hometown	Houston, Texas

HOW ACQUIRED: Signed from the Cincinnati Bengals practice squad to the Seahawks 53-man roster on December 11, 2014.

NFL CAREER HIGHLIGHTS:

- Originally selected by Philadelphia in seventh round of 2013 NFL Draft (239th overall). Was waived by the Eagles on August 30, 2013 following training camp. Signed to Cincinnati's practice squad on October 22, 2013.

COLLEGE: Played 43 games with 21 starts, recording 70 tackles, seven tackles-for-loss and 5.5 sacks for the Sooners. Second-team All-Big

12 selection as senior. As junior, had 19-yard fumble return for TD against archrival Texas.

PERSONAL: Attended Strake Jesuit Prep High School in Houston, where as a senior he was unanimous district defensive MVP. Earned degree from Oklahoma in human relations.

KING'S SINGLE-GAME HIGHS

Tackles: 1 at Arizona (12/21/14) **FF:** None
Sacks: 1.0 at Arizona (12/21/14) **FR:** None
INTs: None

KING'S NFL RECORD

Club	Tackles			Sacks		Interceptions										
	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds	
2013 Cincinnati					Practice Squad											
2014 Seattle	3/0	1	1	0	1.0	6.0	0	0	0.0	0	0	0	0	0	0	
NFL TOTALS	3/0	1	1	0	1.0	6.0	0	0	0.0	0	0	0	0	0	0	

Club	Tackles			Sacks		Interceptions									
	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2014 Seattle	1/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS	1/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0



JEREMY LANE

CORNERBACK

20

Height	6-0
Weight	190
College	Northwestern St. (La.)
Seasons	NFL 4th, Seahawks 4th
Born	July 14, 1990
Hometown	Tyler, Texas

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

NFL CAREER HIGHLIGHTS:

- Came off the IR/designated to return list after Week 1 to play in seven games with one

start in 2014. Played in all three postseason games and recorded one interception in Super Bowl XLIX but was injured (wrist) on the return and did not return to the game.

- Saw time in 15 games in 2013, with extended time at corner over the final four games of the season in the nickel package. Recorded a career-high 12 tackles (nine solo). Led the team with 13 special teams tackles (nine solo). Played in all three postseason games and had one tackle and three special teams tackles.
- Played in 13 games in 2012, 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: 5 at N.Y. Giants (12/15/13)
FF: 1 vs. Arizona (11/23/14)
Sacks: None **FR:** None **Int.:** None

ADDITIONAL STATS

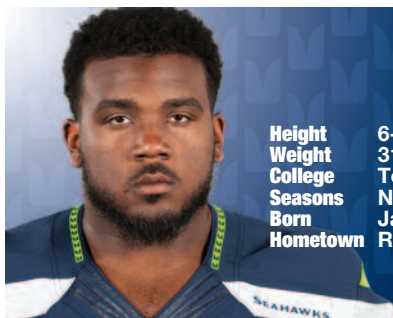
Special Teams Tackles: 2012 (5), 2013 (13), 2014 (1); **Career:** (19).
Postseason Special Teams Tackles: 2012 (2), 2013 (3), 2014 (3); **Career:** (8).

LANE'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	13/3	10	5	5	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2013 Seattle	15/0	12	9	3	0.0	0.0	0	0	0.0	0	0	4	0	0	0
2014 Seattle	7/1	12	8	4	0.0	0.0	0	0	0.0	0	0	3	1	0	0
NFL TOTALS	35/4	34	22	12	0.0	0.0	0	0	0.0	0	0	7	1	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	2/0	Special Teams Only													
2013 Seattle	3/0	1	1	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2014 Seattle	3/0	7	5	2	0.0	0.0	1	14	14.0	14	0	1	0	0	0
NFL TOTALS	8/0	8	6	2	0.0	0.0	1	14	14.0	14	0	1	0	0	0



PATRICK LEWIS CENTER

Height 6-1
Weight 311
College Texas A&M
Seasons NFL 3rd, Seahawks 2nd
Born January 30, 1991
Hometown Reserve, La.

65

HOW ACQUIRED: Signed to Seattle's active roster from the Cleveland Brown's practice squad October 8, 2014.

NFL CAREER HIGHLIGHTS:

- Played in six games with four starts in 2014, mainly late in the season due to injuries to Max

Unger and Stephen Schilling. Helped Seattle to a franchise-record 596 yards at Arizona (11/23/14).

- Went to training camp with Jacksonville in 2014, but was waived on the first roster cut, August 25, and then claimed by Seattle a day

later. Was waived by Seattle on the final cut on August 30 and then signed to the Cleveland Browns practice squad September 1.

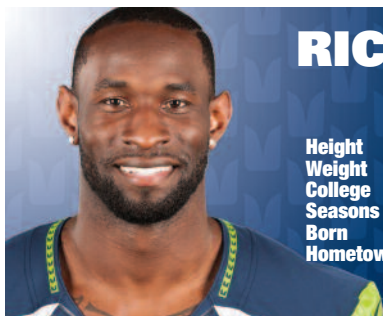
- Originally signed with the Green Bay Packers as an undrafted free agent on May 10, 2013. Was waived following training camp and claimed by Cleveland on September 1. Was waived by Cleveland on November 26 and then signed to the Browns practice squad on November 29. Signed from the Browns practice squad to the Jacksonville Jaguars active roster December 17 and remained there the rest of the season.

COLLEGE: Four-year letterman who appeared in 51 games and finished career with 48 consecutive starts. Moved from guard to center following sophomore season. Earned honorable mention All-Big 12 honors in his first season at center.

PERSONAL: First-Team All-State offensive lineman for East St. John (La.) High School (5A-Louisiana Sports Writers Association) and rated the No. 4 center in the country by Rivals.com. Was rated the No. 2 strongest offensive lineman in the class of 2009 by Rivals.com and named a Louisiana Top 40 recruit by SuperPrep. University studies major with emphasis in agriculture and life sciences.

LEWIS' NFL RECORD

Year	Team	GP/GS	Postseason
2013	Cle/Jac	0/0	
2014	Seattle	6/4	1/0
NFL TOTALS		6/4	1/0



RICARDO LOCKETTE
WIDE RECEIVER

Height 6-2
Weight 211
College Fort Valley State
Seasons NFL 5th, Seahawks 4th
Born May 21, 1986
Hometown Albany, Ga.

83

HOW ACQUIRED: Signed to Seattle's active roster on October 30, 2013, from the team's practice squad, where he had signed October 22.

NFL CAREER HIGHLIGHTS:

- Originally signed as an undrafted free agent with Seattle on July 26, 2011. Was released on September 3, and signed one day later to the Seahawks practice squad. Was promoted to the Seahawks active roster on December 14, 2011. Was released August 31, 2012, and again signed to Seattle's practice squad on September 2, 2012. Was released from the Seahawks practice squad on September 18 and then signed to the San Francisco practice squad on September 25 where he remained the entire 2012 season. Was released by the 49ers on August 22, 2013, and then signed with the Chicago Bears practice squad on September 1. Was released from the Bears practice squad on October 21 and signed with Seattle's practice squad a day later.
- Saw time in all 16 games with career-highs in catches (11), yards (195) and touchdowns (2) in 2014.
- Played in eight games with one start in

2013, recording five catches for 82 yards with a long of 33. Caught a 19-yarder in Super Bowl XLVIII. Added two tackles and one forced fumble on special teams in regular season and two special teams tackles in the postseason.

- Saw action in two games with Seattle in 2011 and had two receptions for 105 yards and a 61-yard TD reception in the season finale at Arizona (1/1/12).
- Made NFL debut vs. San Francisco (12/24/11), catching a 44-yard pass from QB Tarvaris Jackson.

COLLEGE: A wide receiver and return specialist for the Wildcats, finished 2010 with 23 receptions for 262 yards and one touchdown, while averaging 11.4 yards per catch. As a returner, averaged 24 yards per punt return, with a long of 49 yards. Started his career in track & field at Wallace State Community College in Hanceville, Alabama, before transferring to Fort Valley State in 2008 to play football. There, he caught 19 passes for 277 yards and three touchdowns. Also returned eight kickoffs for 222 yards and a score.

PERSONAL: Won a Division II National Championship in the 200 meters in 2008.

LOCKETTE'S NFL RECORD

Year	Club	G/S	No	Yds	Avg	LG	TD
2011	Seattle	2/0	2	105	52.5	61t	1
2012	San Fran		Practice Squad				
2013	Seattle	8/1	5	82	16.4	33	0
2014	Seattle	16/0	11	195	17.7	48	2
NFL TOTALS		26/1	18	382	21.2	61t	3

POSTSEASON

Year	Club	G/S	No	Yds	Avg	LG	TD
2013	Seattle	3/0	1	19	19.0	19	0
2014	Seattle	3/2	6	90	15.0	25	0
NFL TOTALS		6/2	7	109	15.6	25	0

GAME-BY-GAME RECEIVING

2011	Opponent	No	Yds	Avg	LG	TD
Games 1-13						
		Practice Squad				
12/18 at Chicago						
		Inactive				
12/24	San Francisco	1	44	44.0	44	0
11/12	at Arizona	1	61	61.0	61t	1
TOTALS (2/0)		2	105	52.5	61t	1

2014	Opponent	No	Yds	Avg	LG	TD
9/04	Green Bay	2	38	19.0	33t	1
9/14	at San Diego	0	0	0.0	0	0
9/21	Denver	1	39	39.0	39t	1
10/06	at Washington	0	0	0.0	0	0
10/12	Dallas	1	8	8.0	8	0
10/19	at St. Louis	0	0	0.0	0	0
10/26	at Carolina	2	22	11.0	12	0
11/02	Oakland	0	0	0.0	0	0
11/09	NY Giants	1	16	16.0	16	0
11/16	at Kansas City	0	0	0.0	0	0
11/23	Arizona	1	48	48.0	48	0
11/27	at San Francisco	0	0	0.0	0	0
12/07	at Philadelphia	1	19	19.0	19	0
12/14	San Francisco	0	0	0.0	0	0
12/21	at Arizona	2	5	2.5	5	0
12/28	St. Louis	0	0	0.0	0	0
TOTALS (16/0)		11	195	17.7	48	2
1/10	Carolina	1	6	6.0	6	0
1/18	Green Bay	2	25	12.5	14	0
2/1	New England	3	59	19.7	25	0
PLAYOFFS (3/2)		6	90	15.0	25	0

2013	Opponent	No	Yds	Avg	LG	TD
Games 1-7						
		Practice Squad (Chi)				
Game 8						
		Practice Squad (Sea)				
11/3	Tampa Bay	1	5	5.0	5	0
11/10	at Atlanta	0	0	0.0	0	0
11/17	Minnesota	1	27	27.0	27	0
12/2	New Orleans	1	33	33.0	33	0
12/8	at San Francisco	0	0	0.0	0	0
12/15	at NY Giants	0	0	0.0	0	0
12/22	Arizona	1	9	9.0	9	0
12/29	St. Louis	1	8	8.0	8	0
TOTALS (8/1)		5	82	16.4	33	0
1/11	New Orleans	0	0	0.0	0	0
1/19	San Francisco	0	0	0.0	0	0
2/2	Denver	1	19	19.0	19	0
PLAYOFFS (3/0)		1	19	19.0	19	0

LOCKETTE'S SINGLE-GAME HIGHS

Most Rec.: 2, 3 Times, Last at Arizona (12/21/14)

Most TDs: 1, 3 Times, Last vs. Denver (9/21/14)

Most Yards: 61 at Arizona (1/1/12)

Longest Rec.: 61t at Arizona (1/1/12)

ADDITIONAL STATS

Special Teams Tackles: 2013 (2, FF), 2014 (5, FF); **Career:** (7, 2 FF).

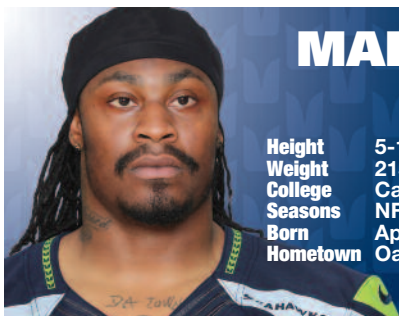
Rushing: 2013 (1 for -2 yards), 2014 (1 for 2 yards); **Career:** (2 for 0 yards).

Postseason Special Teams Tackles: 2013 (2), 2014 (4); **Career:** (6).



MARSHAWN LYNCH

RUNNING BACK



Height 5-11
Weight 215
College California
Seasons NFL 9th, Seahawks 6th
Born April 22, 1986
Hometown Oakland, Calif.

24



ALL PRO

2012 (1st Team) 2014 (2nd Team)

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 and extended in 2015.

NFL CAREER HIGHLIGHTS:

- Originally drafted by Buffalo with the 12th overall selection in the 2007 NFL Draft.
- Earned fifth-career trip to the Pro Bowl in 2014, named first-team AP All-Pro for first time in career in 2012, and second-team All-Pro in 2014.
- Since 2011, leads the NFL with 56 total touchdowns (NFL-leading 48 rush, eight rec.), 5,357 rushing yards and 24 100-yard rushing games.
- Set career-high with 17 total touchdowns (career-high 13 rush, four rec.) in 2014. Added 1,306 rushing yards to become the only player to record 1,000 yards rushing and 10+ rush touchdowns in each of the last four seasons.
- Set Seattle's postseason record with 157 rushing yards vs. Green Bay in the NFC Championship Game (1/18/15). Had two 100-yard rushing games in the postseason, including 102 on 24 carries with one touchdown in Super Bowl XLIX vs. New England (2/1/15).
- Tied the franchise record and set career-high with four rushing touchdowns vs. the N.Y. Giants (11/9/14).
- Set career-long gain with a 79-yard touchdown run at Arizona (12/21/14), the fourth-longest in club history and longest since his 77-yarder in 2012.
- Recorded 14 total touchdowns (12 rush, two rec.) in 2013 and 1,257 rushing yards.
- Tallied 140 rushing yards vs. New Orleans in the NFC Divisional Playoff Game (1/11/14). Had two 100-yard rushing yard games in the post-

season. Recorded 15 rushes for 39 yards and one touchdown in Super Bowl XLVIII (2/2/14) in Seattle's 43-8 win over Denver.

- 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).
- Had a 77-yard touchdown run at Detroit (10/28/12), tying for the fifth-longest in club history and longest since Shaun Alexander's 88-yarder in 2005.
- Holds four of the top-6 highest yards per carry averages in franchise history. 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 twice) and sixth-highest averages (8.75).
- Tied (Shaun Alexander) postseason franchise mark at the time 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 12 rushing touchdowns with one receiving score. 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.
- Recorded 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 touchdowns in 2008, where he was selected to the Pro Bowl as an injury replacement for Tennessee's Chris Johnson.

HONORS: 2014, NFC Pro Bowl; AP Second-Team All-Pro. 2013, NFC Pro Bowl. 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: 79t at Arizona (12/21/14)

Most Rush TDs: 4 vs. N.Y. Giants (12/21/14) (12/7/14)

Receiving

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

Most Rec. Yards: 78 vs. Tennessee (10/13/13)

Longest Reception: 55 vs. Tennessee (10/10/13)

Most Rec. TDs: 1 nine times, last at Philadelphia

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
2013 Seattle	16/16	301	1,257	4.2	43	12	36	316	8.8	55	2
2014 Seattle	16/14	280	1,306	4.7	79t	13	37	367	9.9	39	4
NFL TOTALS	120/108	2,033	8,695	4.3	79t	71	239	1,899	7.9	55	9

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
2013 Seattle	3/3	65	288	4.4	40t	4	1	3	3.0	3	0
2014 Seattle	3/3	63	318	5.0	25	2	5	63	12.6	31	0
NFL TOTALS	10/9	187	917	4.9	67t	9	10	111	11.1	31	0

LYNCH'S GAME-BY-GAME

VETERANS

LYNCH

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

VETERANS

LYNCH

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



LYNCH'S GAME-BY-GAME

VETERANS

LYNCH

2013	Opponent	-----Rushing-----					-----Receiving-----					Total
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD	
9/8	at Carolina	17	43	2.5	14	0	2	9	4.5	8	0	52
9/15	San Francisco	28	98	3.5	21	2	3	37	12.3	35	1	135
9/22	Jacksonville	17	69	4.1	27	0	0	0	0.0	0	0	69
9/29	at Houston	17	98	5.8	43	1	3	45	15.0	24	0	143
10/6	at Indianapolis	17	102	6.0	24	0	1	5	5.0	5	0	107
10/13	Tennessee	21	77	3.7	13	2	4	78	19.5	55	0	155
10/17	at Arizona	21	91	4.3	17	1	1	3	3.0	3	0	94
10/28	at St. Louis	8	23	2.9	9	0	1	4	4.0	4	0	27
11/3	Tampa Bay	21	125	6.0	14	0	4	16	4.0	9	0	141
11/10	at Atlanta	24	145	6.0	37	1	3	16	5.3	9	0	161
11/17	Minnesota	17	54	3.2	23	2	2	9	4.5	6t	1	63
12/2	New Orleans	16	45	2.8	14	0	3	12	4.0	9	0	57
12/8	at San Francisco	20	72	3.6	11t	1	0	0	0.0	0	0	72
12/15	at NY Giants	16	47	2.9	10	1	6	73	12.2	30	0	120
12/22	Arizona	18	71	3.9	19	0	2	5	2.5	3	0	76
12/29	St. Louis	23	97	4.2	14	1	1	4	4.0	4	0	101
TOTALS (16/16)		301	1,257	4.2	43	12	36	316	8.8	55	2	1,556
1/11	New Orleans	28	140	5.0	31t	2	1	3	3.0	3	0	143
1/19	San Francisco	22	109	5.0	40t	1	0	0	0.0	0	0	109
2/2	Denver	15	39	2.6	18	1	0	0	0.0	0	0	39
PLAYOFFS (3/3)		65	288	4.4	40t	4	1	3	3.0	3	0	291

2014	Opponent	-----Rushing-----					-----Receiving-----					Total
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD	
09/04	Green Bay	20	110	5.5	21	2	1	14	14.0	14	0	124
09/14	at San Diego	6	36	6.0	10	0	4	27	6.8	14t	1	63
09/21	Denver	26	88	3.4	12	1	3	40	13.3	21	1	128
10/06	at Washington	17	72	4.2	17	0	5	45	9.0	30	1	117
10/12	Dallas	10	61	6.1	32	0	1	1	1.0	1	0	62
10/19	at St. Louis	18	53	2.9	13	0	2	18	9.0	12	0	71
10/26	at Carolina	14	62	4.4	25	0	1	2	2.0	2	0	64
11/02	Oakland	21	67	3.2	11	2	5	76	15.2	39	0	143
11/09	NY Giants	21	140	6.7	22	4	1	23	23.0	23	0	163
11/16	at Kansas City	24	124	5.2	17	0	1	1	1.0	1	0	125
11/23	Arizona	15	39	2.6	13	0	3	43	14.3	23	0	82
11/27	at San Francisco	20	104	5.2	33	0	1	7	7.0	7	0	111
12/07	at Philadelphia	23	86	3.7	21	0	5	27	5.4	15t	1	113
12/14	San Francisco	21	91	4.3	15	1	1	7	7.0	7	0	98
12/21	at Arizona	10	113	11.3	79t	2	0	0	0.0	0	0	113
12/28	St. Louis	14	60	4.3	14	1	3	36	12.0	14	0	96
TOTALS (16/14)		280	1,306	4.7	79t	13	37	367	9.9	39	4	1,673
1/10	Carolina	14	59	4.2	25	0	3	6	2.0	5	0	65
1/18	Green Bay	25	157	6.3	24t	1	1	26	26.0	26	0	183
2/1	New England	24	102	4.3	15	1	1	31	31.0	31	0	133
PLAYOFFS (3/3)		63	318	5.0	25	2	5	63	12.6	31	0	381

BEASTQUAKE

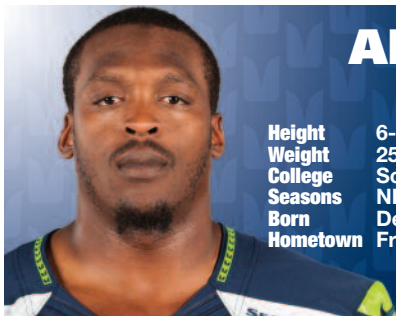
In what many consider one of the best postseason runs in NFL history, Lynch's 67-yard touchdown run vs. the New Orleans Saints in the NFC Wild Card Game (1/8/11), did more than just give the Seahawks a 41-30 lead late in the fourth quarter to help seal the game. His run, in which he broke free from as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



Seahawks fans rock – literally



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



ANTHONY McCOY

TIGHT END

Height 6-5
Weight 259
College Southern California
Seasons NFL 6th, Seahawks 6th
Born December 28, 1987
Hometown Fresno, Calif.

85

VETERANS

McCOY

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

NFL CAREER HIGHLIGHTS:

- Missed the entire 2013 and 2014 seasons (Achilles).
- 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 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
2013	Seattle		Injured Reserve				
2014	Seattle		Injured Reserve				

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

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 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	
								1/13 at Atlanta	0	0	0.0	0	0	
								PLAYOFFS (2/2)	0	0	0.0	0	0	



TONY McDANIEL
DEFENSIVE TACKLE

Height 6-7
Weight 305
College Tennessee
Seasons NFL 10th, Seahawks 3rd
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:

- Recorded 31 tackles (16 solo) in 16 games played with 14 starts in 2014.
- In his first season in Seattle, led all d-line-men with a career-high 52 tackles (23 solo) and added 2.0 sacks and one fumble recovery in 16 games played with 15 starts. Played in all three postseason games with two starts and tallied four tackles (three solo).
- 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 defensive 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, Ateous and Anthony.

McDANIEL'S SINGLE-GAME HIGHS

Tackles: 10 vs. Tennessee (11/5/06)
Sacks: 1.5 at Buffalo (11/29/09)
Int.: None

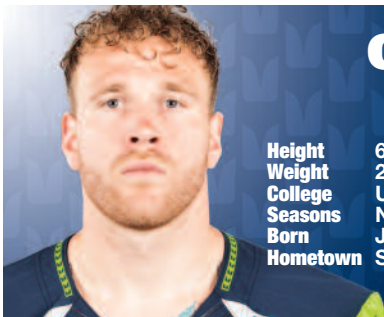
FF: None
FR: 1 twice, last at Carolina (9/8/13)

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	
2008 Jac	10/3	22	15	7	0.5	4.0	0	0	0	0	0	0	0	0	0	
2009 Miami	16/0	16	13	3	1.5	16.5	0	0	0	0	0	1	0	0	0	
2010 Miami	15/1	36	30	6	2.5	11.5	0	0	0	0	0	3	0	0	0	
2011 Miami	12/1	19	13	6	2.5	12.5	0	0	0	0	0	2	0	0	0	
2012 Miami	11/0	11	6	5	0.5	3.0	0	0	0	0	0	1	0	1	0	
2013 Seattle	16/15	52	23	29	2.0	16.0	0	0	0	0	0	1	0	1	0	
2014 Seattle	16/14	31	16	15	0.0	0.0	0	0	0	0	0	1	0	0	0	
NFL TOTALS	111/34	212	135	77	10.5	71.0	0	0	0	0	0	9	0	2	0	

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions								
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2013 Seattle	3/2	4	3	1	0.0	0.0	0	0	0.0	0	0	1	0	0	0
2014 Seattle	3/3	10	1	9	0.0	0.0	0	0	0.0	0	0	1	0	1	0
NFL TOTALS	6/5	14	4	10	0.0	0.0	0	0	0.0	0	0	2	0	1	0



CASSIUS MARSH

DEFENSIVE END

Height 6-4
Weight 254
College UCLA
Seasons NFL 2nd, Seahawks 2nd
Born July 7, 1992
Hometown Simi Valley, Calif.

91

HOW ACQUIRED: Selected with the first of three fourth-round choices (108th overall) in the 2014 NFL Draft. Seventh player drafted out of UCLA in club history (Last: Carlton Gray, 1993).

NFL CAREER HIGHLIGHTS:

- Played five games before landing on injured reserve (foot). Tallied five tackles (one solo).

COLLEGE: Started 38-of-50 games at UCLA – his first four at weak-side defensive tackle, followed by eight starts at strong-side tackle as a sophomore and then 26 assignments at right end to close out his career. Recorded 155 tackles (97 solos) with 16 sacks for minus-111 yards and 25.5 stops for losses of 135 yards. Posted three quarterback pressures, recovering five fumbles and causing two others. Blocked three kicks and caught two touchdown passes for a total of six yards. His 16 sacks ranked 16th in school history

at the time of his departure. His eight sacks as a junior rank 17th on the UCLA annual record list.

PERSONAL: Attended Oaks Christian (Westlake Village, Cal.) High School. As a junior, earned first-team All-State Underclass honors in 2008 and was an all-CIF pick after finishing with 55 tackles (33 solos), 16 sacks and two fumbles caused. As a senior, recorded 83 tackles, including 23 sacks, as a defensive tackle. Concluded his prep career by playing in the U.S. Army All-America Game. Son of Holly Ann LeBlanc and Curtis Marsh, Sr. Father was a wide receiver in the National Football League for three seasons, playing for the Jacksonville Jaguars and Pittsburgh Steelers before concluding his career playing for the Saskatchewan Roughriders. Older brother, Curtis Marsh, Jr., is cornerback for the Denver Broncos. Graduated with a degree in Communications Studies.

MARSH'S SINGLE-GAME HIGHS

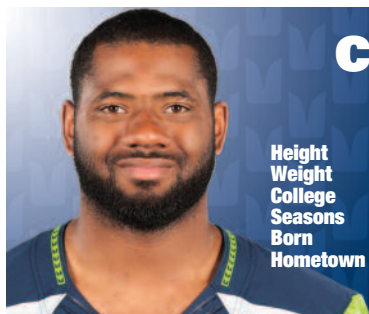
Tackles: 4 vs. Denver (9/21/14)
Sacks: None
Int.: None

FF: None
FR: None



MARSH'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions									
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds	
2014 Seattle	5/0	5	1	4	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0
NFL TOTALS	5/0	5	1	4	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0



CHRIS MATTHEWS

WIDE RECEIVER

Height 6-5
Weight 218
College Kentucky
Seasons NFL 2nd, Seahawks 2nd
Born October 6, 1989
Hometown Long Beach, Calif.

13

HOW ACQUIRED: Signed by Seattle as a free agent on February 18, 2014. Released after training camp and signed to Seattle's practice squad on October 29. Signed to active roster on December 6.

NFL CAREER HIGHLIGHTS:

- Played sparingly in three regular season games with no catches before breaking out in Super Bowl XLIX vs. New England (2/1/15), recording four receptions for 109 yards with one touchdown. Also recovered an onside kick vs. Green Bay (1/18/15) in the NFC Championship Game late in the fourth quarter during Seattle's comeback win.
- Originally signed by the Cleveland Browns on July 30, 2011 but was released after training camp on September 3. Did not play football in 2011.
- Spent two seasons (2012-13) with the CFL's Winnipeg Blue Bombers and was named the 2012 Most Outstanding Rookie after he put up 81 receptions for 1,192 yards and seven touchdowns in his first season.

COLLEGE: Spent two years at Kentucky (2009-10) after transferring from Los Angeles Harbor Junior College (2007-08) and totaled 93 recep-

tions for 1,279 yards for the Wildcats, including a team-best nine receiving touchdowns in 2010.

PERSONAL: Attended Dorsey High in Los Angeles where he played tight end and defensive end. Also lettered in basketball. Father, Darell, played football at Lane University and mother, Michelle, played basketball at Texas Christian University. Matthews is a cousin of the late NFL great Reggie White. Majored in community communications and leadership development.

GAME-BY-GAME RECEIVING

2014	Opponent	No	Yds	Avg	LG	TD
12/07	at Philadelphia	0	0	0.0	0	0
12/14	San Francisco	0	0	0.0	0	0
12/21	at Arizona	Inactive (hamstring)				
12/28	St. Louis	0	0	0.0	0	0
TOTALS (3/0)		0	0	0.0	0	0
1/10	Carolina	0	0	0.0	0	0
1/18	Green Bay	0	0	0.0	0	0
2/1	New England	4	109	27.3	45	1
PLAYOFFS (3/0)		4	109	27.3	45	1

MATTHEWS' NFL RECORD

RECEIVING

Year	Club	G/S	No	Yds	Avg	LG	TD
2014	Seattle	3/0	0	0	0.0	0	0
NFL TOTALS		3/0	0	0	0.0	0	0

POSTSEASON

Year	Club	G/S	No	Yds	Avg	LG	TD
2014	Seattle	3/0	4	109	27.3	45	1
NFL TOTALS		3/0	4	109	27.3	45	1

MATTHEWS' SINGLE-GAME HIGHS

Most Rec.: None
Most TDs: None

Most Yards: None
Longest Reception: None

ADDITIONAL STATS

Special Teams Tackles: 2014 (1); Career (1).



BRANDON MEBANE
DEFENSIVE TACKLE

Height	6-1
Weight	311
College	California
Seasons	NFL 9th, Seahawks 9th
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:

- Started all nine games played in 2014, tallying 20 tackles (11 solo) and 1.0 sack before landing on injured reserve on November 11 (hamstring). He had started a string of 110 games in which he has played.
- Started all 16 games for fourth time in his career and helped anchor the middle of the line on the NFL's no. 1 defense in 2013. Ended the season with back-to-back season-high six-tackle performances vs. Arizona and St. Louis on way to 45-tackle season. Posted three solo stops in Seattle's 43-8 victory over Denver in Super Bowl XLVIII.
- 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).

HONORS: 2013: *Sports Illustrated* All-Pro.

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 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 SINGLE-GAME HIGHS

Tackles: 7 twice, last vs. New England (10/14/12)
Sacks: 2.0 vs. Green Bay (9/24/12)
Int.: None

FF: 1 twice, last vs. Arizona (11/16/08)
FR: 1 three times, last vs. Jacksonville (9/22/13)

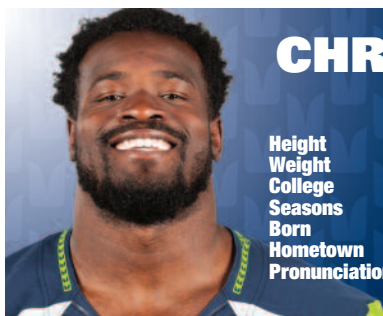


MEBANE'S NFL RECORD

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	1	2	0	0
2008 Seattle	16/16	39	31	8	5.5	24.0	0	0	0.0	0	0	1	2	0	0	0	
2009 Seattle	15/15	49	41	8	1.5	9.5	0	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	0	
2011 Seattle	16/16	56	40	16	0.0	0.0	0	0	0.0	0	0	1	0	0	0	0	
2012 Seattle	16/16	56	31	25	3.0	22.0	0	0	0.0	0	0	3	0	1	0	0	
2013 Seattle	16/16	45	21	24	0.0	0.0	0	0	0.0	0	0	1	0	1	0	0	
2014 Seattle	9/9	20	11	9	1.0	9.0	0	0	0.0	0	0	0	0	0	0	0	
NFL TOTALS	116/110	325	217	108	14.0	82.5	0	0	0.0	0	0	8	2	3	0	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
2013 Seattle	3/2	8	5	3	0.0	0.0	0	0	0.0	0	0	0	0	0	0
TOTALS	9/8	32	22	10	0.0	0.0	0	0	0.0	0	0	0	0	0	0



CHRISTINE MICHAEL

RUNNING BACK

Height 5-10
Weight 221
College Texas A&M
Seasons NFL 3rd, Seahawks 3rd
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).

NFL CAREER HIGHLIGHTS:

- Played in 10 games in 2014, rushing 34 times for 175 yards, including a career-high 71 yards vs. the N.Y. Giants (11/9/14) as part of a franchise-record 350 rushing yards on the day. Dressed, but did not play, for all three post-season games.
- Played in four games in a reserve role, was inactive for six and dressed, but did not play, in six other games in 2013. Rushed 18 times for 79 yards on the season and saw his most playing time vs. Jacksonville (9/22), rushing nine times

for 37 yards. Was inactive for all three post-season games.

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.

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.

MICHAEL'S NFL RECORD

	Club	G/S	Rushing					Receiving				
			Att	Yds	Avg	LG	TD	No	Yds	Avg	LG	TD
2013	Seattle	4/0	18	79	4.3	13	0	0	0	0.0	0	0
2014	Seattle	10/0	34	175	5.1	45	0	1	12	12.0	12	0
NFL TOTALS		14/0	52	254	4.9	45	0	1	12	12.0	12	0

POSTSEASON

	Club	G/S	Rushing					Receiving				
			Att	Yds	Avg	LG	TD	No	Yds	Avg.	LG	TD
2014	Seattle	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

MICHAEL'S SINGLE-GAME HIGHS

Rushing

Rush Attempts: 9 vs. Jacksonville (9/22/13)

Rush Yards: 71 vs. N.Y. Giants (11/9/14)

Longest Rush: 45 vs. N.Y. Giants (11/9/14)

Most Rush TDs: None

Receiving

Most Receptions: 1 at San Francisco (11/27/14)

Most Rec. Yards: 12 at San Francisco (11/27/14)

Longest Reception: 12 at San Francisco (11/27/14)

Most Rec. TDs: None

MICHAEL'S GAME-BY-GAME

2013	Opponent	Rushing					Receiving					Total
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD	
9/8	at Carolina	Did Not Play										
9/15	San Francisco	Inactive										
9/22	Jacksonville	9	37	4.1	11	0	0	0	0.0	0	0	0
9/29	at Houston	Did Not Play										
10/6	at Indianapolis	Special Teams Only										
10/13	Tennessee	Did Not Play										
10/17	at Arizona	Did Not Play										
10/28	at St. Louis	Did Not Play										
11/3	Tampa Bay	Inactive										
11/10	at Atlanta	8	33	4.1	13	0	0	0	0.0	0	0	0
11/17	Minnesota	1	9	9.0	9	0	0	0	0.0	0	0	0
12/2	New Orleans	Inactive										
12/8	at San Francisco	Inactive										
12/15	at NY Giants	Inactive										
12/22	Arizona	Did Not Play										
12/29	St. Louis	Inactive										
TOTALS (4/0)		18	79	4.4	13	0	0	0	0.0	0	0	0
1/11	New Orleans	Inactive										
1/19	San Francisco	Inactive										
2/2	Denver	Inactive										
PLAYOFFS (0/0)		0	0	0.0	0	0	0	0	0.0	0	0	0

2014	Opponent	Rushing					Receiving					Total
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD	
Games 1-3		Inactive (hamstring)										
Games 4-5		Inactive										
10/19	at St. Louis	2	5	2.5	3	0	0	0	0.0	0	0	5
10/26	at Carolina	4	12	3.0	6	0	0	0	0.0	0	0	12
11/02	Oakland	4	16	4.0	8	0	0	0	0.0	0	0	16
11/09	NY Giants	4	71	17.8	45	0	0	0	0.0	0	0	71
11/16	at Kansas City	1	-2	-2.0	-2	0	0	0	0.0	0	0	-2
11/23	Arizona	Did Not Play										
11/27	at San Francisco	3	10	3.3	8	0	1	12	12.0	12	0	22
12/07	at Philadelphia	6	32	5.3	11	0	0	0	0.0	0	0	32
12/14	San Francisco	1	1	1.0	1	0	0	0	0.0	0	0	1
12/21	at Arizona	8	28	3.5	15	0	0	0	0.0	0	0	28
12/28	St. Louis	1	2	2.0	2	0	0	0	0.0	0	0	2
TOTALS (10/0)		34	175	5.1	45	0	1	12	12.0	12	0	187
1/10	Carolina	Did Not Play										
1/18	Green Bay	Did Not Play										
2/1	New England	Did Not Play										
PLAYOFFS (0/0)		0	0	0.0	0	0	0	0	0.0	0	0	0





KEAVON MILTON

GUARD

66

Height 6-4
Weight 324
College Louisiana-Monroe
Seasons NFL 3rd, Seahawks 2nd
Born June 23, 1990
Hometown Canton, Texas

HOW ACQUIRED: Signed to Seattle's practice squad on October 29, 2014, and then to the 53-man roster on December 20.

NFL CAREER HIGHLIGHTS:

- Dressed, but did not play, in one game and inactive for the season finale in 2014. Inactive for all three postseason games.
- Originally signed by the New Orleans Saints as an undrafted free agent on May 10, 2013, but was released following training camp on August 31. Claimed by the Cleveland Browns September 1, 2013, and played in eight games, primarily as a blocking tight end, and on special teams. Served as reserve tight end in four games. Made NFL debut vs. Miami (9/8/13) playing on special teams. Waived by the Cleveland Browns on August 26, 2014.

COLLEGE: Playing on both sides of the ball, appeared in 45 career games for Louisiana-Monroe, compiling 220 receiving yards on 25 receptions with four touchdowns. As a senior playing in all 13 games, posted career highs in both receptions (14) and receiving yards (146),

helping Warhawks to the AdvoCare Independence Bowl. Appeared in eight games as a junior and totaled eight catches for 55 yards and one touchdown. Started at defensive end in first 10 games as a sophomore before closing the year back at tight end; finished with 24 tackles (17 solo), two sacks and an interception, and on offense added a 1-yard touchdown grab. As a redshirt freshman, made two catches, both for touchdowns. Threw the shot put for the Louisiana-Monroe track team in the spring.

PERSONAL: Earned all-district honors three straight years at Canton (Texas) High School, just east of Dallas. Played TE, OL and DE. As a senior TE, posted 53 receptions.

MILTON'S NFL RECORD

Year	Team	GP/GS	Postseason
2013	Cleveland	8/0	-
2014	Seattle	0/0	-
NFL TOTALS		8/0	-



MIKE MORGAN

LINEBACKER

57

Height 6-3
Weight 226
College Southern California
Seasons NFL 5th, Seahawks 5th
Born January 16, 1988
Hometown Dallas, Texas

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

NFL CAREER HIGHLIGHTS:

- In 2014, scored his first-career touchdown returning a Doug Baldwin blocked punt 25 yards vs. Dallas (10/12/14). Added six special teams tackles.
- Played in all 16 games and saw the most playing time at lineback in his career, appearing

in 11 games at the position in a reserve role in 2013. Tallied five tackles on defense (three solo) and six special teams tackles. Played in all three postseason games.

- 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
2012 Seattle	16/1	12	6	6	0.0	0.0	0	0.0	0.0	0	0	0	0	0	0	0
2013 Seattle	16/0	5	3	2	0.0	0.0	0	0.0	0.0	0	0	0	0	0	0	0
2014 Seattle	16/0	4	4	0	0.0	0.0	0	0.0	0.0	0	0	0	0	0	0	0
NFL TOTALS	53/1	21	13	8	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
2013 Seattle	3/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0
2014 Seattle	3/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0
NFL TOTALS	8/0	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); 2013 (6); **Career:** (13).
Postseason Special Teams Tackles: 2012 (1), 2013 (0); **Career:** (1).



KEVIN NORWOOD

WIDE RECEIVER

Height 6-2
Weight 199
College Alabama
Seasons NFL 2nd, Seahawks 2nd
Born September 23, 1989
Hometown D'Iberville, Miss.

81

HOW ACQUIRED: Selected with the second of three fourth-round choices (123rd overall) in the 2014 NFL Draft. Fifth player drafted out of Alabama in club history (Last: Jesse Williams, 2013).

NFL CAREER HIGHLIGHTS:

- In 2014, played in nine games with two starts and recorded nine receptions for 102 yards.

COLLEGE: Appeared in 48 games at Alabama, starting 18 times at flanker during his final two seasons. Collected 1,275 yards with 12 touchdowns on 81 receptions, an average of 15.74 yards per catch. Also returned one kickoff for 22 yards.

PERSONAL: Attended D'Iberville (Miss.) High School, Played on both sides of the ball, earning

a four-star ranking from Rivals.com. Scout.com accorded him three-star status. The Mobile Press-Register's Super Southeast 120 pick was also named to the Orlando Sentinel All-Southern team. Earned the Sun Herald's South Mississippi Defensive Player of the Year, was

selected Mr. South Mississippi Football and was selected first-team All-State by The Jackson Clarion-Ledger. Caught 64 passes for 1,100 yards and 13 touchdowns as a senior, to go along with 10 interceptions. Graduated with a degree in General Studies.

NORWOOD'S NFL RECORD

RECEIVING

Year	Club	G/S	No	Yds	Avg	LG	TD
2014	Seattle	9/2	9	102	11.3	31	0
NFL TOTALS		9/2	9	102	11.3	31	0

POSTSEASON

Year	Club	G/S	No	Yds	Avg	LG	TD
2014	Seattle	1/0	0	0	0.0	0	0
NFL TOTALS		1/0	0	0	0.0	0	0

NORWOOD'S SINGLE-GAME HIGHS

Most Rec.: 2 three times, last vs. St. Louis (12/28/14)

Most Yards: 34 vs. St. Louis (12/28/14)

Most TDs: None

Longest Reception: 31 vs. St. Louis (12/28/14)

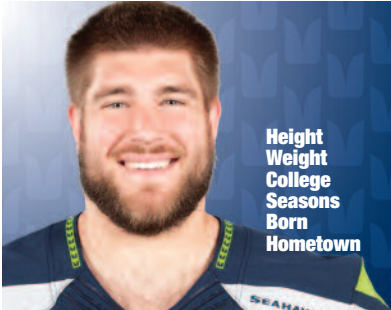
ADDITIONAL STATS

Special Teams Tackles: 2014 (1); Career (1).

GAME-BY-GAME RECEIVING

2014	Opponent	No	Yds	Avg	LG	TD
09/04	Green Bay	Inactive (ankle)				
09/14	at San Diego	Inactive				
09/21	Denver	Inactive				
10/06	at Washington	Inactive				
10/12	Dallas	Inactive				
10/19	at St. Louis	1	4	4.0	4	0
10/26	at Carolina	2	13	6.5	10	0
11/02	Oakland	1	19	19.0	19	0
11/09	NY Giants	0	0	0.0	0	0
11/16	at Kansas City	0	0	0.0	0	0
11/23	Arizona	1	10	10.0	10	0
11/27	at San Francisco	0	0	0.0	0	0
12/07	at Philadelphia	2	22	11.0	11	0
12/14	San Francisco	Inactive				
12/21	at Arizona	Inactive				
12/28	St. Louis	2	34	17.0	31	0
TOTALS (9/2)		9	102	11.3	31	0
1/10	Carolina	Inactive				
1/18	Green Bay	0	0	0.0	0	0
2/1	New England	Inactive				
PLAYOFFS (1/0)		0	0	0.0	0	0



DREW NOWAK

CENTER/GUARD

Height	6-3	62
Weight	292	
College	Western Michigan	
Seasons	NFL 4th, Seahawks 2nd	
Born	March 7, 1990	
Hometown	Green Bay, Wis.	

HOW ACQUIRED: Signed to the Seahawks practice squad on September 3, 2014.

NFL CAREER HIGHLIGHTS:

- Signed with Jacksonville as an undrafted rookie free agent after the 2012 NFL Draft, switching from defense to offensive guard. Spent 2012 on injured reserve (foot) and signed to the Jaguars active roster in December 2013 and appeared in two games on special teams. Released by Jacksonville on August 29, 2014 after training camp.

COLLEGE: Four-year letterman at defensive tackle, playing in 47 games with 32 starts at

Western Michigan. Career totals included 180 tackles (105 solo), 30.5 tackles for loss, 11 sacks, five forced fumbles, two fumble recoveries and four blocked kicks. Earned Mid-American Conference Defensive Player of the Year honors as a senior. Led MAC with 8.5 sacks and ranked second with 20 tackles for loss. Totaled 91 tackles and two fumble recoveries in final season.

PERSONAL: Attended De Pere High School and was ranked No. 8 in Wisconsin by Scout.com. Served as team captain for two years and recorded 291 career tackles and 36 sacks. Majored in engineering.

NOWAK'S NFL RECORD

Year	Team	GP/GS	Postseason	Year	Team	GP/GS	Postseason
2012	Jac	—	Injured Reserve	2014	Seattle	—	Practice Squad
2013	Jac	—	2/0	NFL TOTALS		—	2/0



RUSSELL OKUNG

TACKLE

Height	6-5	76
Weight	310	
College	Oklahoma State	
Seasons	NFL 6th, Seahawks 6th	
Born	October 7, 1988	
Hometown	Houston, Texas	
Pronunciation	oh-KOON-g	

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 14 games played and helped Seattle lead the NFL with 172.6 rushing yards

per game on a franchise-record 2,762 yards on the year. Also was part of the line that helped set the franchise-mark with 350 rushing yards vs. the N.Y. Giants (11/9/14).

- Started all eight games played and missed eight games while on the injured reserve/designated to return list (toe) in 2013. Helped Marshawn Lynch to 14 total touchdowns (12 rush, two rec.) and helped Seattle rank fourth in the NFL in rushing (136.8 ypg). Started all three postseason games.



- 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).

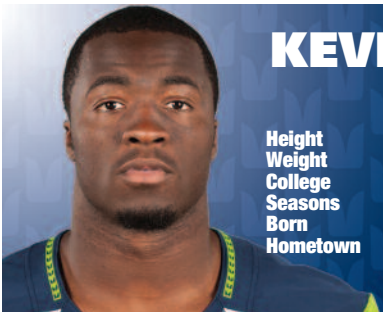
COLLEGE: Played 52 games at Oklahoma State, starting final 47 contests – including last 39 at left tackle (first eight at right tackle). Part of unit that saw the Cowboys lead the Big 12 Conference in rushing in each of his four seasons in the starting line-up. An Outland Trophy finalist, garnered All-

American and Big 12 Offensive Lineman of the Year honors, becoming OSU's most decorated offensive lineman since former Pittsburgh Steelers standout 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.

OKUNG'S NFL RECORD

Year	Team	GP/GS	Postseason	Year	Team	GP/GS	Postseason
2010	Seattle	10/10	2/2	2013	Seattle	8/8	3/3
2011	Seattle	12/12		2014	Seattle	14/14	3/3
2012	Seattle	15/15	2/2	NFL TOTALS		59/59	10/10



KEVIN PIERRE-LOUIS

LINEBACKER

Height 6-0
Weight 236
College Boston College
Seasons NFL 2nd, Seahawks 2nd
Born October 7, 1991
Hometown Norwalk, Conn.

58

HOW ACQUIRED: Drafted with the third of three fourth-round choices (132nd overall) in the 2014 NFL Draft. Fourth player drafted out of Boston College in club history (Last: Pete Kendall, 1996).

NFL CAREER HIGHLIGHTS:

- Rookie season was cut short (shoulder) after seven games played with 10 tackles on defense and three special teams tackles.

COLLEGE: Started all 44 games played at Boston College, lining up at weakside outside linebacker for his first 31 contests before concluding his career with 13 starts on the strong-side. Tied for eighth in school history with 360 tackles (214 solos). Had eight sacks for minus 66 yards and 23.0 stops for losses of 103 yards. Deflected 11 passes and intercepted another, as he recovered two fumbles and caused another.

PERSONAL: Attended King Low Heywood Thomas High School. The two-time New England Prep School Athletic Conference Class C All-Star lined up at middle linebacker and full-back, and was the 2009-10 Gatorade Connecticut Football Player of the Year. Two-time team captain led the Vikings to consecutive Fairchester Athletic Association titles (2008 and 2009). Finished career with 460 tackles and 10.5 sacks. Also played basketball and lacrosse. Oldest of Windzer Pierre-Louis's five children. Majored in Business Administration.

PIERRE-LOUIS' SINGLE-GAME HIGHS

Tackles: 5 vs. N.Y. Giants (11/9/14) **FF:** None
Sacks: None **FR:** None **Int.:** None

PIERRE-LOUIS' NFL RECORD

Club	Tackles					Sacks		Interceptions									
	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds		
2014 Seattle	7/0	10	7	3	0.0	0.0	0	0	0.0	0	0	0	0	0	0		
NFL TOTALS	7/0	10	7	3	0.0	0.0	0	0	0.0	0	0	0	0	0	0		



PAUL RICHARDSON

WIDE RECEIVER

Height 6-0
Weight 183
College Colorado
Seasons Born NFL 2nd, Seahawks 2nd
Hometown April 13, 1992
 Los Angeles, Calif.

10

HOW ACQUIRED: Selected with the 13th pick in the second round (45th overall) in the 2014 NFL Draft. Third highest receiver chosen in club history. Sixth player drafted out of Colorado in club history (Last: D.J. Hackett, 2004).

NFL CAREER HIGHLIGHTS:

- Played in 15 games with six starts in 2014. Set career-highs in catches (5), yards (60) and long gain (32) vs. St. Louis (12/28/14). Injured knee in divisional playoff game vs. Carolina (1/10/15) and was placed on injured reserve.

COLLEGE: Emerged as the school's third-best all-time receiver with 156 catches, ranking fifth with 2,412 receiving yards and second with 21 touchdown grabs. He established a school record with three 200-yard receiving performances and his nine 100-yard aerial efforts rank third in school annals. On the way to setting or tying 44 school marks, he recorded 13 receptions for 50-yards or longer. His 21 touchdown receptions rank second in school history

and included 11 that went past the 50-yard distance and totaled 841 yards, an average gain of 40.05 yards per scoring grab. Appeared in 33 games, started 25 contests for Colorado.

PERSONAL: Transferred to Serra High School for his final prep season. Earned Prep Star and Super Prep All-American honors, the latter of which ranked him as the 26th-best receiver in the nation and 20th-best player in the Far West region. Caught 31 passes for 552 yards and seven touchdowns. Serra High claimed the state title in 2009 with a 15-0 record. Attended Los Alamitos High School until the end of his junior season. Recorded 79 receptions for 1,396 yards and 21 touchdowns in two seasons at Los Alamitos. His father, Paul Sr., played wide receiver at UCLA and was in camps in the National Football League with Philadelphia (played in one game with the Eagles in 1993), Oakland, Green Bay and the New York Jets. Majored in communications.

RICHARDSON'S GAME-BY-GAME RECEIVING

2014	Opponent	No	Yds	Avg	LG	TD	2014	Opponent	No	Yds	Avg	LG	TD
09/04	Green Bay	0	0	0.0	0	0	11/23	Arizona	0	0	0.0	0	0
09/14	at San Diego	0	0	0.0	0	0	11/27	at San Francisco	1	6	6.0	6	0
09/21	Denver	1	7	7.0	7	0	12/07	at Philadelphia	2	27	13.5	20	0
10/06	at Washington	0	0	0.0	0	0	12/14	San Francisco	3	30	10.0	11	1
10/12	Dallas	Inactive					12/21	at Arizona	5	52	10.4	22	0
10/19	at St. Louis	4	33	8.3	11	0	12/28	St. Louis	5	60	12.0	32	0
10/26	at Carolina	2	20	10.0	11	0	TOTALS (15/6)	29	271	9.3	32	1	
11/02	Oakland	3	12	4.0	10	0	1/10	Carolina	1	21	21.0	21	0
11/09	NY Giants	0	0	0.0	0	0	PLAYOFFS (1/0)	1	21	21.0	21	0	
11/16	at Kansas City	3	24	8.0	10	0							

RICHARDSON'S SINGLE-GAME HIGHS

Most Receptions: 5 twice, last vs. St. Louis (12/28/14) **Most Yards:** 60 vs. St. Louis (12/28/14)
Most TDs: 1 vs. San Francisco (12/14/14) **Longest Reception:** 32 vs. St. Louis (12/28/14)



RICHARDSON'S NFL RECORD

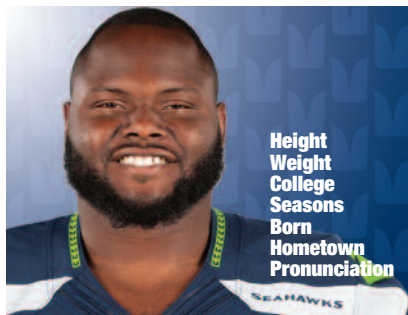
Year	Club	G/S	No	Yds	Avg	LG	TD
2014	Seattle	15/6	29	271	9.3	32	1

NFL TOTALS		15/6	29	271	9.3	32	1
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POSTSEASON

Year	Club	G/S	No	Yds	Avg	LG	TD
2012	Seattle	1/0	1	21	21.0	21	0

NFL TOTALS		1/0	1	21	21.0	21	0
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AHTYBA RUBIN

DEFENSIVE TACKLE

Height 6-2
Weight 325
College Iowa State
Seasons NFL 8th, Seahawks 1st
Born July 25, 1986
Hometown Pensacola, Fla.
Pronunciation ah-TAH-ba ROO-bin

77

HOW ACQUIRED: Signed as an unrestricted free agent on March 20, 2015.

NFL CAREER HIGHLIGHTS:

- Originally drafted by the Cleveland Browns with the 24th pick in the sixth round (190th overall) of the 2008 NFL Draft. In seven seasons with the Browns, Rubin played in 100 games with 75 starts and recorded 338 tackles (212 solo), 12.0 sacks, one interception, five passes defensed, three forced fumbles and one fumble recovery. In 2010, he led all NFL defensive linemen with 82 tackles and finished second in 2011 with 83 tackles.

COLLEGE: In two years at Iowa State (2006-07), played in 24 games, starting 21 contests, recording 76 tackles, 2.5 sacks, one pass breakup, one fumble recovery and one forced fumble. Named All-Big 12 Conference honorable mention as a

senior. Lettered twice at Trinity Valley (Texas) Community College. In 2005, earned All-Southwest Football Junior College Conference first-team and NJCAA All-America honorable mention as an offensive tackle, the first time that he ever lined up on the offensive line during his career. In 2004, lettered as a defensive lineman.

PERSONAL: First name is pronounced ah-TAH-bah. Married to wife, Lameesa. Moved multiple times in his youth as his father, Ronnie, served in the Army. Attended Escambia (Pensacola, Fla.) High School, the same high school as Hall of Fame running back Emmitt Smith. Lettered as a defensive lineman and earned all-area and all-conference recognition as a senior. Also was on the power weight-lifting team. Helps sponsor a program at his alma mater, Escambia High, that rewards students with gifts and prizes for positive performance and behavior. Majored in history.

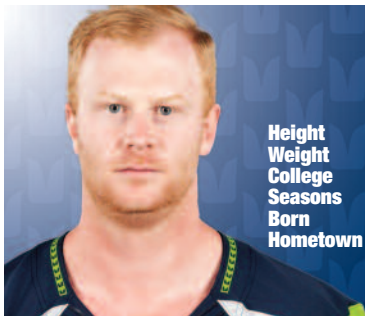
RUBIN'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions									
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds	
2008 Cleveland	12/0	11	7	4	0.0	0.0	0	0	0.0	0	0	0	0	0	1	0
2009 Cleveland	16/5	38	23	15	0.0	0.0	0	0	0.0	0	0	0	0	1	0	0
2010 Cleveland	16/16	82	57	25	2.0	17.0	1	1	1.0	1	0	2	0	0	0	0
2011 Cleveland	16/16	83	56	27	5.0	36.5	0	0	0.0	0	0	0	0	0	0	0
2012 Cleveland	13/13	44	30	14	2.0	13.0	0	0	0.0	0	0	2	2	0	0	0
2013 Cleveland	14/14	52	25	27	2.0	9.0	0	0	0.0	0	0	0	0	0	0	0
2014 Cleveland	13/11	28	14	14	1.0	6.0	0	0	0.0	0	0	1	0	0	0	0
NFL TOTALS	100/75	338	212	126	12.0	81.5	1	1	1.0	1	0	5	3	1	0	0

RUBIN'S SINGLE-GAME HIGHS

Tackles: 10 at Cincinnati (12/19/10)
Sacks: 1.5 vs. Miami (9/25/11)
Int.: 1 vs. Kansas City (9/19/10)

FF: 1 three times, last vs. Pittsburgh (11/25/12)
FR: 1 at Buffalo (11/17/08)



JON RYAN

PUNTER

Height 6-0
Weight 217
College Regina
Seasons NFL 10th, Seahawks 8th
Born November 26, 1981
Hometown Regina, Saskatchewan

9

VETERANS

RYAN

HOW ACQUIRED: Signed by Seattle as a free agent on September 9, 2008.

NFL CAREER HIGHLIGHTS:

- Originally signed by Green Bay as a free agent on February 1, 2006. Spent two years in the CFL with the Winnipeg Blue Bombers from 2004-05.
- Has recorded 683 career punts for 30,523 yards (44.7 avg.) with 232 punts inside the 20 in his career.
- Seattle's career leader in punting average (44.75), punts inside the 20 (197) and long punt (77 yards at San Francisco, 9/11/11).
- In the 2014 NFC Championship Game vs. Green Bay (1/18/15), completed a 19-yard TD pass to Garry Gilliam on a fake field goal, giving Seattle its first score in a game it would win and advance to Super Bowl XLIX.
- Kicked his way into the NFL record books vs. New England (10/14/12) after averaging 60.0 yards on four punts, ranking third in NFL histo-



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
2013	Seattle	16/0	74	3,159	42.7	39.2	69	28	5	2
2014	Seattle	16/0	61	2,688	44.1	38.3	66	28	6	1
NFL TOTALS		143/0	683	30,523	44.7	38.3	77	232	67	6

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
2013	Seattle	3/0	9	356	39.6	28.9	46	2	0	0
2014	Seattle	3/0	15	635	42.3	36.2	61	6	0	0
NFL TOTALS		12/0	52	1,973	37.9	30.9	61	17	2	0

* Club Record



ry (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.

- 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-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 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, 3times, 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; 2014: Two for 5 (fake FG and fumble punt snap); **Career:** Seven for -8 yards.

Postseason Special Teams Passing: 2014 (1-1, 19-yard TD on Fake FG).



GREG SCRUGGS
DEFENSIVE END

Height	6-3
Weight	310
College	Louisville
Seasons	NFL 4th, Seahawks 4th
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 three games in 2014, recording two tackles (1 solo), before being placed on Injured Reserve on November 5 (knee).
- Spent 2013 on Injured Reserve after starting the season on the Physically Unable to Perform list.
- 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.

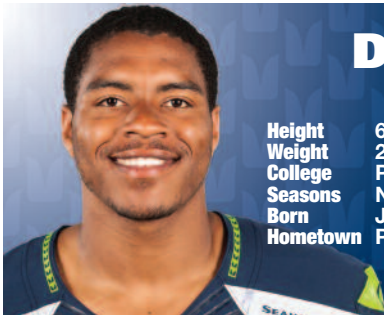
PERSONAL: Attended St. Xavier High School in Cincinnati, Ohio, where he played for the nation's top-ranked team, leading them to a perfect 15-0 record and a state championship win over Mentor, 27-0. Started all 15 games at defensive end in his only season of football for St. Xavier, recording 57 tackles, 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									
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds	
2012 Seattle	12/0	6	5	1	2.0	3.0	0	0	0.0	0	0	1	0	0	0	
2013 Seattle		Injured Reserve (Knee)														
2014 Seattle	3/0	2	1	1	0.0	0.0	0	0	0.0	0	0	0	0	0	0	
NFL TOTALS	15/0	8	6	2	2.0	3.0	0	0	0.0	0	0	1	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
NFL TOTALS	2/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0



DESHAWN SHEAD

DEFENSIVE BACK

Height 6-2
Weight 220
College Portland State
Seasons NFL 4th, Seahawks 4th
Born June 28, 1988
Hometown Palmdale, Calif.

35

HOW ACQUIRED: Originally signed as an undrafted free agent in 2012. Went to camp with Seattle in 2013, but was released August 31 and then signed to the practice squad September 2. Signed to Seattle's active roster November 27, 2013.

NFL CAREER HIGHLIGHTS:

- Played in all 16 games with one start and all three postseason games, playing primarily on special teams and as a reserve at safety and cornerback. Recorded seven tackles (6 solo) and two passes defended in addition to a blocked punt and six special teams tackles.
- Began 2013 season on the practice squad but was signed to the active roster on November 27. Played in five games and all three postseason games.
- Originally 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 post-season contests in 2012.

COLLEGE: 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.

PERSONAL: 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.

SHEAD'S SINGLE-GAME HIGHS

Tackles: 4, vs. Oakland (11/2/14)
Sacks: None
Int.: None

FF: None
FR: None

ADDITIONAL STATS

Special Teams Tackles: 2013 (1), 2014 (6, blocked punt); **Career:** 7.
Postseason Special Teams Tackles: 2013 (2), 2014 (6); **Career:** 8.

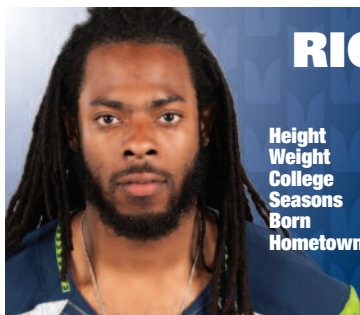


SHEAD'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions								
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2012 Seattle	0/0	0	0	0	0.0	0.0	0	0.0	0.0	0	0	0	0	0	0
2013 Seattle	5/0	0	0	0	0.0	0.0	0	0.0	0.0	0	0	0	0	0	
2014 Seattle	16/1	7	6	1	0.0	0.0	0	0.0	0.0	0	0	2	0	0	
NFL TOTALS	21/1	7	6	1	0.0	0.0	0	0.0	0.0	0	0	2	0	0	

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions							
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR
2012 Seattle	0/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0
2013 Seattle	3/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0
2014 Seattle	3/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0
NFL TOTALS	3/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0



RICHARD SHERMAN

CORNERBACK

Height 6-3
Weight 195
College Stanford
Seasons NFL 5th, Seahawks 5th
Born March 30, 1988
Hometown Compton, Calif.

25



ALL PRO

2012 (1st Team) **2013** (1st Team) **2014** (1st Team)

HOW ACQUIRED: Drafted with the 23rd pick in the fifth-round of the 2011 NFL Draft (154th overall). Signed a multi-year extension on May 7, 2014.

NFL CAREER HIGHLIGHTS:

- Since 2011, leads the league in interceptions (24) and is second (Joe Haden, CLE) in passes defended (68).
- Started all 16 games at left cornerback in 2014 in addition to all three postseason games. He recorded 57 tackles (45 solo), four interceptions, eight passes defended and one forced fumble. He also recorded two interceptions in the playoffs.
- Led the NFL in 2013 with 8 interceptions. Started all 16 games played at left cornerback as well as all three playoff games, leading the team in interceptions (8) and passes defended (19).
- Started all 16 games played in 2012 at left cornerback as well as both playoff games, lead-

ing 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: 2014, *NFC Pro Bowl, Associated Press First-Team All-Pro, PFWA All-NFL, Sporting News All-Pro, MMQB All-Pro, NFC Defensive Player of the Week at San Francisco (11/27)*; 2013, *NFC Pro Bowl, 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. 49ers (9/15/13) & at Giants (12/15/14)*; 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.

CORNER STONE

MOST INTERCEPTIONS SINCE 2011

Player	Team	No.
Richard Sherman	Seattle	24
Tim Jennings	Chicago	15
Patrick Peterson	Arizona	15
Six players with 13		

MOST PASSES DEFENSED SINCE 2011

Player	Team	No.
Joe Haden	Cleveland	69
Richard Sherman	Seattle	65
Tramon Williams	Green Bay	62
Lardarius Webb	Baltimore	56
Cary Williams	Phila.	56

SHERMAN'S SINGLE-GAME HIGHS

Tackles: 8, 3 Times, Last vs. Dallas (10/12/14)

Forced Fumbles: 1, 5 Times, Last vs. Oakland (12/9/14)

Interceptions: 2, 4 Times, Last at San Francisco (11/27/14)

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); 2013 (58 yd. INT return).

SHERMAN'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	16/10	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
2013 Seattle	16/16	49	38	11	0.0	0.0	8	125	15.6	58t	1	19	0	0	0
2014 Seattle	16/16	57	45	12	0.0	0.0	4	81	10.3	53	0	8	1	0	0
NFL TOTALS	64/58	221	181	40	1.0	16.0	24	308	12.8	58t	2	68	5	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	0	0	0	0.0	0.0	0	0	0.0	0	0	0	3	0	0	0
2013 Seattle	3/3	10	4	6	0.0	0.0	0	0	0.0	0	0	2	0	0	0	0
2014 Seattle	3/3	10	7	3	0.0	0.0	2	0	0.0	0	0	3	0	0	0	0
NFL TOTALS	8/8	20	11	9	0.0	0.0	2	0	0.0	0	0	8	0	0	0	0



THAROLD SIMON

CORNERBACK

Height 6-3
Weight 202
College LSU
Seasons NFL 3rd, Seahawks 3rd
Born March 6, 1991
Hometown Eunice, Louisiana

27

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).

NFL CAREER HIGHLIGHTS:

- Played in 10 games in 2014 with five starts. Recorded 11 tackles (9 solo), one interception and three passes defended. Also played in all three postseason games with one start (vs. Car, 1/10/15).
- Spent 2013 on injured reserve after beginning the season on the physically unable to perform list.

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. Led the team his junior year in pass breakups with nine and in interceptions with four. Ranked third in the SEC in pass breakups during his sophomore season with 10 and was one of only four players in the SEC to register double-digits in that category, starting two of 13 games played. Played in eight games with no starts as a freshman.

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.

SIMON'S SINGLE-GAME HIGHS

Tackles: 3 vs. N.Y. Giants (11/9/14)
Interceptions: 1 at Philadelphia (12/7/14)
Sacks: None

Forced Fumbles: None
Fumble Recoveries: None

ADDITIONAL STATS

Special Teams Tackles: 2014 (2); Career: (2).

SIMON'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions									
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds	
2013 Seattle	0/0	Injured Reserve														
2014 Seattle	10/5	11	9	2	0.0	0.0	1	0	0.0	0	0	3	0	0	0	
NFL TOTALS	10/5	11	9	2	0.0	0.0	1	0	0.0	0	0	3	0	0	0	

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions								
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2013 Seattle	0/0	Injured Reserve													
2014 Seattle	3/1	5	5	0	0.0	0.0	0	0	0.0	0	0	1	0	0	0
NFL TOTALS	3/1	5	5	0	0.0	0.0	0	0	0.0	0	0	1	0	0	0




D'ANTHONY SMITH

DEFENSIVE TACKLE

Height	6-2
Weight	300
College	Louisiana Tech
Seasons	NFL 6th, Seahawks 3rd
Born	June 9, 1988
Hometown	Leesville, La.

75

HOW ACQUIRED: Acquired via trade with the Jacksonville Jaguars August 31, 2013, for an undisclosed draft choice.

NFL CAREER HIGHLIGHTS:

- Originally drafted by the Jacksonville Jaguars in the third round (74th overall) of the 2010 NFL Draft.
- Spent 2014 on Injured Reserve (biceps).
- Played in two games in 2013 totaling five tackles (2 solo). Was released September 24 and signed to the practice squad October 5.
- Saw first career action in 2012 playing in eight games totaling 12 tackles (10 solo). Was inactive for three games and was placed on IR November 28 with a head injury.
- Ended up on injured reserve each of first three seasons. Spent both 2010 and 2011 on injured reserve after suffering injuries during training camp. Was placed on IR August 31, 2010, after an Achilles injury and again placed on IR September 3, 2011, with a toe injury.

COLLEGE: Two-time first-team All-Western Athletic Conference (WAC) selection. Started 44 of 49 games including 31 consecutive games. Finished career with 23.5 tackles for loss and 12.5 sacks to go along with 197 tackles. Began his career as a TE before making move to defensive line. Started all 12 games at DT as a senior and was an All-WAC first-team selection. Finished with 51 tackles along with 3.5 sacks, 5.5 tackles for loss, five QB pressures and one

fumble recovery. Made 13 starts at DT as a junior and earned All-WAC first-team and was first-team All-Louisiana by Louisiana Sports-writers Association. Led team with five sacks and eight tackles for loss and ranked third on the team with career-high 65 tackles while adding three passes defended and three QB pressures. Started 11 games at DT as a sophomore, missing one game with an injury. Totalled 43 tackles, 3.5 sacks and 6.5 tackles for loss. Added one forced fumble. Appeared in all 13 games with eight starts as a true freshman. Saw action at both DE and DT. Registered 38 tackles and 3.5 tackles for loss. Graduated in three and half years with a bachelor's degree in psychology while boasting a 3.0 grade point average.

PERSONAL: Attended Pickering (La.) High School and was a four-year starter on the defensive line and at tight end. Was a three-time all-district selection. Led school to District 5-2A title as a senior, finishing with 80 tackles, five tackles for loss and three sacks. A three-time selection to All-West Central Louisiana team. As a junior, named District 5-2A Defensive Player of the Year. Also played basketball for four seasons and lettered on the track and field team. Competed in shot put and was the district champion four-straight years. Won the Louisiana Class 2A state title in the shot put as a junior and senior. Comes from a military family and was born in Berlin, Germany.

D. SMITH'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions									
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds	
2010 Jacksonville	0/0	Injured Reserve (Achilles)														
2011 Jacksonville	0/0	Injured Reserve (Toe)														
2012 Jacksonville	8/0	12	10	2	0.0	0.0	0	0	0.0	0	0	0	0	0	0	
2013 Seattle	2/0	5	2	3	0.0	0.0	0	0	0.0	0	0	0	0	0		
2014 Seattle	0/0	Injured Reserve (Biceps)														
NFL TOTALS	10/0	17	12	5	0.0	0.0	0	0	0.0	0	0	0	0	0	0	

SMITH'S SINGLE-GAME HIGHS

Tackles: 4, vs. San Francisco (9/15/13)
Sacks: None

FF: None
FR: None



J.R. SWEEZY
GUARD

Height 6-5
Weight 298
College North Carolina State
Seasons NFL 4th, Seahawks 4th
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:

- Started all 16 games played and all three postseason games at RG, including Super Bowl XLIX vs. New England (2/1/15). Helped team lead the NFL with franchise record 2,762 rushing yards, third-highest total in NFL since 1985.
- Started all 15 games played at RG. Inactive (concussion) vs. Ariz (12/22/13). Also started all three postseason games including Super Bowl XLVIII vs. Denver (2/2/14).
- Played in 13 games with three starts in 2012, 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

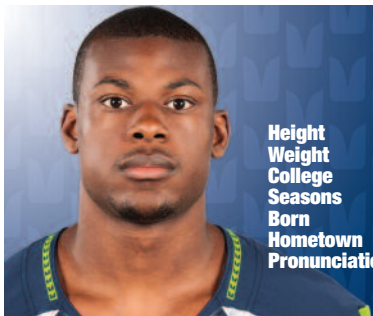
sacks, 33 quarterback pressures, three passes defended, two forced fumbles and two fumble recoveries for the Wolfpack. Voted team captain his senior season and was selected honorable mention All-ACC his junior year.

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
2013	Seattle	15/15	3/3
2014	Seattle	16/16	3/3
NFL TOTALS		44/34	8/8





STEVEN TERRELL

CORNERBACK

Height 5-10
Weight 197
College Texas A&M
Seasons NFL 3rd, Seahawks 2nd
Born September 21, 1990
Hometown Allen, Texas
Pronunciation TARE-ull

23

VETERANS

TERRELL

HOW ACQUIRED: Signed as a free agent by Seattle on July 26, 2014, and then waived on the final cut date. Was signed to the Seahawks practice squad September 1.

NFL CAREER HIGHLIGHTS:

- Split time in 2014 between Seattle’s practice squad and active roster. Played in four games. Re-signed to active roster on 1/6/15 and played-special teams only in all three postseason games.
- Originally signed as an undrafted free agent by Jacksonville on May 3, 2013, but was released September 1 and then signed to their practice squad the following day. Was later released from the Jaguars practice squad (9/17). Signed to the Houston Texans practice squad October 29 and remained there the rest of the season. Was waived by the Texans in the 2014 offseason.

COLLEGE: Four-year letterman and appeared in 52 games, making 24 starts for the Aggies. Career totals include 139 tackles, four intercep-

tions, two forced fumbles and one fumble recovery. Started all 13 games as a senior and recorded 61 tackles (37 solo), five passes defended, four tackles for a loss, two forced fumbles and two interceptions. As a junior, started four of 13 games and totaled 24 tackles (13 solo) and two interceptions. Selected to the first-team Academic All-Big 12 team. Started seven of 13 games as a sophomore and tallied 46 tackles, two passes defended and a fumble recovery. As a freshman, saw action in all 13 games on special teams and DB and made eight tackles.

PERSONAL: Attended Allen (Tex.) High School and led team to the 2008 5A Division I State Championship as a senior. Named first-team All-State by the TSWA and The Associated Press. Recorded 122 tackles, five blocked kicks, and two interceptions as a senior. As a junior, totaled 96 tackles, 12 passes defended, six blocked kicks and four interceptions. Majored in sport management.

TERRELL’S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions								
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2013 Jax/Hou		Practice Squad													
2014 Seattle	4/0	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

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions								
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2014 Seattle	3/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS	3/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0

TERRELL’S SINGLE-GAME HIGHS

Tackles: None
Interceptions: None
Sacks: None

Forced Fumbles: None
Fumble Recoveries: None
Touchdowns: None

ADDITIONAL STATS

Special Teams Tackles: 2014 (1); Career: (1).
Postseason Special Teams Tackles: 2014 (1); Career: (1).





EARL THOMAS

SAFETY

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

29



ALL PRO

2011, 2013, 2013, 2014 (1st Team)

HOW ACQUIRED: Drafted with the 14th overall pick in the 2010 NFL Draft. Signed a multi-year extension April 28, 2014.

NFL CAREER HIGHLIGHTS:

- Voted to his fourth consecutive Pro Bowl and third consecutive Associated Press First-Team All-Pro in 2014.
- Voted to his third consecutive Pro Bowl, along with being selected as an Associated Press First-Team All-Pro for 2013. He and Richard Sherman were fourth and fifth players to earn back-to-back first-team All-Pro honors in franchise history.
- Recorded a career-high 100 tackles (75 solo) in 2013 and tied a career-high with five interceptions. Also notched eight passes defended and two forced fumbles.
- Only safety in past decade to record 100+ tackles, 5+ INTs & 2+ FFs in a single season.
- Voted to his second all-star game as a backup in the 2013 Pro Bowl.
- Recorded 61 tackles and three interceptions in 2012, returning one for a TD. Also recorded 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: 2014, *NFC Pro Bowl, Associated Press First-Team All-Pro, PFWA All-NFL, Sporting News All-Pro; 2013, NFC Pro Bowl, Associated Press First-team All-Pro, Pro Football Weekly All-NFL Team, Sporting News All-Pro, Sports Illustrated All-Pro; 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' 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
2013 Seattle	16/16	100	75	25	0.0	0.0	5	9	1.8	11	0	8	2	0	0
2014 Seattle	16/16	95	69	26	0.0	0.0	1	47	47.0	47	0	6	3	1	0
NFL TOTALS	80/80	419	310	109	0.0	0.0	16	223	13.9	57t	1	37	8	3	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
2013 Seattle	3/3	24	17	7	0.0	0.0	0	0	0.0	0	0	3	0	0	0
2014 Seattle	3/3	25	17	8	0.0	0.0	0	0	0.0	0	0	2	1	0	0
NFL TOTALS	10/10	69	49	20	0.0	0.0	2	1	0.5	2	0	8	1	0	0

THOMAS' SINGLE-GAME HIGHS

Tackles: 12, 2 Times, Last vs. St. Louis (12/28/14)

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

Sacks: None

Forced Fumbles: 2, at Kansas City (11/16/14)

Fumble Recoveries: 1, 3 Times, Last at Phi (12/7/14)

Touchdowns: 1, at Buffalo (12/16/12) - 57 INT return

ADDITIONAL STATS

Special Teams Tackles: 2010 (4), 2011 (6), 2012 (5, FR), 2013 (5), 2014 (2); **Career:** (22, FR).

Punt Returns: 2014 (2 punt returns for 3 yards, 1.5 avg.)

Special Teams Touchdowns: 10-yard return of a blocked punt for a TD.



WILL TUKUAFU

FULLBACK

Height
Weight
College
Seasons
Born
Hometown
Pronunciation

6-2
280
Oregon
NFL 6th, Seahawks 2nd
January 3, 1984
Salt Lake City, Utah
too-koo-AH-foo

46

HOW ACQUIRED: Signed as a free agent by Seattle on October 29, 2014. Re-signed on April 1, 2015.

NFL CAREER HIGHLIGHTS:

- Originally signed as an undrafted rookie free agent by Seattle on June 8, 2010, but was released on June 22. Was signed by San Francisco on August 12, 2010, and then released by the 49ers on September 3. Signed to the 49ers practice squad on September 5 and promoted to active roster on December 18.
- Played in nine games with two starts at fullback in 2014, lead-blocking for Marshawn Lynch. Recorded his first-career rush for two yards (vs. St. Louis, 12/28/14), first-career reception (at Phil., 12/7/14) and first-career start

(vs. Oakland, 11/2/14). Also spent time at defensive tackle in four regular season games and two postseason games.

- Saw action in 20 career games with San Francisco from 2010-2013, and additionally six career playoff appearances with two starts. Versatility has allowed him to play fullback, defensive line and on special teams.
- Made NFL debut and recorded his first career FR on his first career play from scrimmage vs. Seattle on September 11, 2011.

COLLEGE: Played in 39 games (37 starts) for the Ducks, registering 131 tackles, 32.5 TFLs, 14.5 sacks, 4 FFs, 5 FRs and 4 PDs. As a senior, named Second-Team All-Pac-10 by the coaches. Also earned Oregon's Schaffeld Award



(outstanding defensive lineman) and Gonyea Award (most inspirational player). Started all 13 games and notched 36 tackles, 6.5 TFLs, 2.5 sacks, FF and FR. In 2008, named Honorable Mention All-Pac-10 by the coaches, starting all 13 games and registering 59 tackles, 17.5 TFLs, 7.5 sacks, 1 FF, 1 FR and 2 PDs. As a sophomore, played in 13 games (11 starts) and recorded 36 tackles, 8.5 TFLs, 4.5 sacks, 2 FFs, 3 FRs and 2 PDs en route to earning the team's Casanova Award (top newcomer) and being named Honorable Mention All-Pac-10 by the coaches. Prior to Oregon, starred at Scottsdale Community College, posting 56 tackles, 24 TFL

and 2 FRs in 2005. Earned All-Western States Football League honors and ranked among the top two junior college defensive linemen on the SuperPrep JUCO 100, also listed as the nation's 7th-best junior college prospect by Rivals.com.

PERSONAL: Attended East (Salt Lake City, Utah) High School and earned all-region honors as a junior and senior. Also lettered in basketball. Initially signed a letter of intent to BYU before going on a two-year LDS mission. Married to wife, Krystal. One of 16 children, he has 10 brothers and 5 sisters. Majored in political science.

TUKUAFU'S NFL RECORD

	Club	G/S	Rushing					Receiving				
			No	Yds	Avg	LG	TD	Att	Yds	Avg	LG	TD
2010	San Francisco	0/0	0	0	0.0	0	0	0	0	0.0	0	0
2011	San Francisco	4/0	0	0	0.0	0	0	0	0	0.0	0	0
2012	San Francisco	14/0	0	0	0.0	0	0	0	0	0.0	0	0
2013	San Francisco	2/0	0	0	0.0	0	0	0	0	0.0	0	0
2014	Seattle	9/2	1	2	2.0	2	0	1	4	4.0	4	0
NFL TOTALS		29/2	1	2	2.0	2	0	1	4	4.0	4	0

POSTSEASON

	Club	G/S	Rushing					Receiving					
			No	Yds	Avg	LG	TD	Att	Yds	Avg	LG	TD	
2011	San Francisco		Injured Reserve										
2012	San Francisco	3/0	0	0	0.0	0	0	0	0	0.0	0	0	
2013	San Francisco	3/2	0	0	0.0	0	0	1	2	2.0	2	0	
2014	Seattle	3/0	0	0	0.0	0	0	1	8	8.0	8	0	
NFL TOTALS		9/2	0	0	0.0	0	0	2	10	5.0	9	0	

TUKUAFU'S GAME BY GAME

	Opponent	Rushing					Receiving					Total
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD	
11/02	Oakland	0	0	0.0	0	0	0	0	0.0	0	0	0
11/09	NY Giants	0	0	0.0	0	0	0	0	0.0	0	0	0
11/16	at Kansas City	0	0	0.0	0	0	0	0	0.0	0	0	0
11/23	Arizona	0	0	0.0	0	0	0	0	0.0	0	0	0
11/27	at San Francisco	0	0	0.0	0	0	0	0	0.0	0	0	0
12/07	at Philadelphia	0	0	0.0	0	0	1	4	4.0	4	0	4
12/14	San Francisco	0	0	0.0	0	0	0	0	0.0	0	0	0
12/21	at Arizona	0	0	0.0	0	0	0	0	0.0	0	0	0
12/28	St. Louis	1	2	2.0	2	0	0	0	0.0	0	0	0
TOTALS (9/2)		1	2	2.0	2	0	1	4	4.0	4	0	4
1/10	Carolina	0	0	0.0	0	0	0	0	0.0	0	0	0
1/18	Green Bay	0	0	0.0	0	0	1	8	8.0	8	0	8
2/1	New England	0	0	0.0	0	0	0	0	0.0	0	0	0
TOTALS (3/0)		0	0	0.0	0	0	1	8	8.0	8	0	8

TUKUAFU'S SINGLE-GAME HIGHS

RUSHING

Rush Attempts: 1 vs. St. Louis (12/28/14)

Rushing Yards: 2 vs. St. Louis (12/28/14)

Longest Rush: 2 vs. St. Louis (12/28/14)

Rushing Touchdowns: None

RECEIVING

Receptions: 1 at Philadelphia (12/7/14)

Receiving Yards: 4 at Philadelphia (12/7/14)

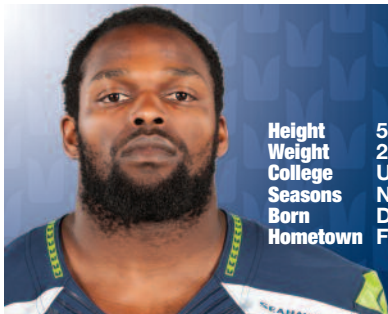
Longest Reception: 4 at Philadelphia (12/7/14)

Receiving Touchdowns: None

TUKUAFU'S ADDITIONAL STATS

Defensive Tackles: 2010 (0), 2011 (2, FR), 2012 (13), 2013 (1), 2014 (1); **Career** (17, FR).

Postseason Defensive Tackles: 2014 (1); **Career** (1).



ROBERT TURBIN

RUNNING BACK

Height 5-10
Weight 222
College Utah State
Seasons NFL 4th, Seahawks 4th
Born December 2, 1989
Hometown Fremont, Calif.

32

VETERANS

TURBIN

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 with three starts in 2014 as well as playing in all three postseason games. Rushed 74 times for 310 yards. Also recorded 16 receptions for 186 yards and two touchdowns.
- In 2013, played in all 16 games as well as all three postseason games. Rushed 77 times for 264 yards and caught 8 passes for 60 yards.
- 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 NFL RECORD

Year	Club	G/S	No	Rushing			Receiving					
				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
2013	Seattle	16/0	77	264	3.4	15	0	8	60	7.5	19	0
2014	Seattle	16/3	74	310	4.2	17	0	16	186	11.6	34	2
NFL TOTALS		48/3	231	928	4.0	26	0	43	427	9.9	34	2

POSTSEASON

Year	Club	G/S	No	Rushing			Receiving					
				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
2013	Seattle	3/0	14	40	2.9	6	0	1	9	9.0	9	0
2014	Seattle	3/0	11	48	4.4	21	0	1	-2	-2.0	-2	0
NFL TOTALS		8/0	37	128	3.5	21	0	5	50	10.0	30	0



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, 3 Times, Last at Carolina (10/26/14)
Receiving Yards: 47, 2 Times, Last at SF (11/27/14)
Longest Reception: 34 at San Francisco (11/27/14)
Receiving TDs: 1, 2 Times, Last at SF (11/27/14)

TURBIN'S ADDITIONAL STATS

Special Teams Tackles: 2013 (1) 2014 (1); **Career** (2)
Kickoff Returns: 2013 (8 for 177 yards, long of 27); **Career** (8 for 177 yards, long of 27)

TURBIN'S GAME-BY-GAME

	Opponent	-----Rushing-----					-----Receiving-----					Total	W/L
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD		
2012	at Arizona	2	5	2.5	4	0	1	2	2.0	2	0	7	L
9/9	Dallas	5	15	3.0	6	0	2	24	12.0	14	0	39	W
9/16	Green Bay	0	0	0.0	0	0	0	0	0.0	0	0	0	W
9/24	at St. Louis	6	45	7.5	13	0	2	13	6.5	7	0	58	L
9/30	at Carolina	4	6	1.5	5	0	2	8	4.0	5	0	14	W
10/7	New England	5	27	5.4	11	0	2	21	10.5	15	0	48	W
10/14	at San Francisco	4	17	4.3	15	0	0	0	0.0	0	0	17	L
10/18	at Detroit	4	14	3.5	11	0	2	28	14.0	16	0	42	L
10/28	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
11/11	at Miami	2	9	4.5	10	0	3	47	15.7	20	0	56	L
11/25	at Chicago	1	6	6.0	6	0	0	0	0.0	0	0	6	W
12/2	Arizona	20	108	5.4	26	0	0	0	0.0	0	0	108	W
12/9	at Buffalo	10	31	3.1	12	0	1	-3	-3.0	-3	0	28	W
12/14	San Francisco	3	38	12.7	24	0	2	20	10.0	11	0	58	W
12/23	St. Louis	2	-5	-2.5	2	0	1	12	12.0	12	0	7	W
12/30	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

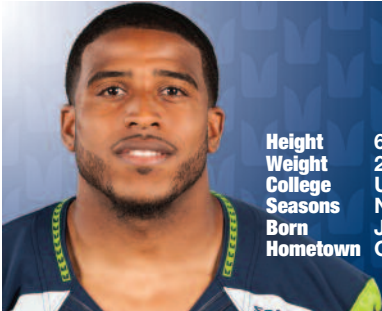
	Opponent	-----Rushing-----					-----Receiving-----					Total	W/L
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD		
2013	at Carolina	3	17	5.7	15	0	2	13	6.5	8	0	30	W
9/8	San Francisco	6	31	5.2	13	0	0	0	0.0	0	0	31	W
9/15	Jacksonville	3	5	1.7	5	0	0	0	0.0	0	0	5	W
9/22	at Houston	3	4	1.3	7	0	0	0	0.0	0	0	4	W
9/29	at Indianapolis	4	14	3.5	8	0	0	0	0.0	0	0	0	L
10/6	Tennessee	1	13	13.0	13	0	2	23	11.5	19	0	36	W
10/13	at Arizona	3	15	5.0	7	0	0	0	0.0	0	0	15	W
10/17	at St. Louis	3	5	1.7	3	0	1	16	16.0	16	0	21	W
10/28	Tampa Bay	8	37	4.6	12	0	0	0	0.0	0	0	37	W
11/3	at Atlanta	7	13	1.9	6	0	1	-5	-5.0	-5	0	8	W
11/10	Minnesota	7	17	2.4	7	0	1	12	12.0	12	0	29	W
11/17	New Orleans	11	34	3.1	12	0	0	0	0.0	0	0	34	W
12/2	at San Francisco	2	12	6.0	8	0	0	0	0.0	0	0	12	L
12/8	at NY Giants	9	34	3.8	11	0	1	1	1.0	1	0	35	W
12/15	Arizona	0	0	0.0	0	0	0	0	0.0	0	0	0	L
12/22	St. Louis	7	13	1.9	7	0	0	0	0.0	0	0	13	W
12/29	TOTALS (16/0)	77	264	3.4	15	0	8	60	7.5	19	0	324	13-3
1/11	New Orleans	3	9	3.0	5	0	0	0	0.0	0	0	9	W
1/19	San Francisco	2	6	3.0	4	0	1	9	9.0	9	0	13	W
2/2	Denver	9	25	2.8	6	0	0	0	0.0	0	0	25	W
PLAYOFF TOTALS (3/0)		14	40	2.9	6	0	1	9	9.0	9	0	38	3-0

Additional Statistics: Special Teams Tackles: 1. Returned 8 kickoffs for 177 yards with a long of 27.

TURBIN'S GAME-BY-GAME

	Opponent	Rushing					Receiving					Total	W/L
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD		
09/04	Green Bay	6	27	4.5	7	0	0	0	0.0	0	0	27	W
09/14	at San Diego	2	7	3.5	10	0	2	35	17.5	32	1	42	L
09/21	Denver	2	1	0.5	1	0	1	4	4.0	4	0	5	W
10/06	at Washington	5	19	3.8	9	0	0	0	0.0	0	0	19	W
10/12	Dallas	2	10	5.0	7	0	0	0	0.0	0	0	10	L
10/19	at St. Louis	2	7	3.5	6	0	3	24	8.0	9	0	31	L
10/26	at Carolina	2	10	5.0	5	0	3	32	10.7	21	0	42	W
11/02	Oakland	5	35	7.0	17	0	1	14	14.0	14	0	49	W
11/09	NY Giants	6	32	5.3	6	0	0	0	0.0	0	0	32	W
11/16	at Kansas City	4	11	2.8	4	0	0	0	0.0	0	0	11	L
11/23	Arizona	4	12	3.0	6	0	2	3	1.5	9	0	15	W
11/27	at San Francisco	4	8	2.0	5	0	2	47	23.5	34	1	55	W
12/07	at Philadelphia	4	7	1.8	5	0	1	14	14.0	14	0	21	W
12/14	San Francisco	5	33	6.6	15	0	0	0	0.0	0	0	33	W
12/21	at Arizona	10	38	3.8	11	0	0	0	0.0	0	0	38	W
12/28	St. Louis	11	53	4.8	14	0	1	13	13.0	13	0	66	W
TOTALS (16/3)		74	310	4.2	17	0	16	186	11.6	34	2	496	
1/10	Carolina	7	19	2.7	13	0	0	0	0.0	0	0	19	W
1/18	Green Bay	2	8	4.0	5	0	1	-2	-2.0	-2	0	6	W
2/1	New England	2	21	10.5	19	0	0	0	0.0	0	0	21	L
TOTALS (3/0)		11	48	4.4	19	0	1	-2	-2.0	-2	0	46	2-1

Additional Statistics: Special Teams Tackles: 1.



BOBBY WAGNER

LINEBACKER

Height	6-0
Weight	241
College	Utah State
Seasons	NFL 4th, Seahawks 4th
Born	June 27, 1990
Hometown	Ontario, Calif.

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ALL PRO

2014 (1st Team)

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:

- Started 11 of 11 games played. Despite missing five games due to a foot injury, tallied 104 tackles (67 solo), 2.0 sacks and three passes defended and was voted to his first Pro Bowl, in addition to being selected Associated Press First-Team All-Pro. Also started all three post-season games.
- Started 14 of 14 games played. Missed two games due to a high-ankle sprain. Recorded 119 tackles (71 solo) and a career-high five sacks. Also notched two interceptions, six passes defended and a fumble recovery.

- Started all three postseason games in 2013 and tied Kam Chancellor for team lead in tackles with 34 (17 solo).

- 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: 2014, *NFC Pro Bowl, Associated Press First-Team All-Pro, NFC Defensive Player of the Month (December)*; 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.



bles 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	Tackles				Sacks		Interceptions								
	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2012 Seattle	16/15	140	86	54	2.0	11.0	3	55	18.3	45	0	4	0	0	0
2013 Seattle	14/14	119	71	48	5.0	36.5	2	9	4.5	9	0	6	0	1	0
2014 Seattle	11/11	104	67	37	2.0	13.0	0	0	0.0	0	0	3	0	0	0
NFL TOTALS	41/40	363	224	139	9.0	60.5	5	64	12.8	45	0	13	0	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	17	12	5	0.0	0.0	1	4	4.0	4	0	1	0	0	0
2013 Seattle	3/3	34	17	17	0.0	0.0	0	0	0.0	0	0	1	0	0	0
2014 Seattle	3/3	31	16	15	0.0	0.0	1	0	0.0	0	0	1	0	0	0
NFL TOTALS	8/8	82	45	37	0.0	0.0	2	4	4.0	4	0	3	0	0	0

WAGNER'S SINGLE-GAME HIGHS

Tackles: 14, 2 Times, Last vs. Green Bay (9/4/14)

Forced Fumbles: None

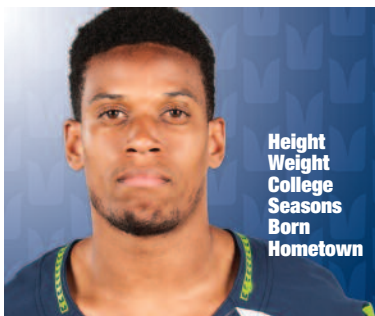
Fumble Recoveries: 1, at Houston (9/29/13)

Sacks: 1.5, 2 Times, Last at NY Giants (12/15/13)

Interceptions: 2, vs. Arizona (12/9/12)

Touchdowns: None





CARY WILLIAMS

CORNERBACK

Height 6-1
Weight 190
College Washburn
Seasons NFL 8th, Seahawks 1st
Born December 23, 1984
Hometown Miami, Fla.

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VETERANS

C. WILLIAMS

HOW ACQUIRED: Signed by Seattle on March 10, 2015.

NFL CAREER HIGHLIGHTS:

- Originally drafted by the Tennessee Titans with the 22nd pick in the seventh-round of the 2008 NFL Draft (229th overall). Played in five games for Tennessee with 12 tackles before being signed off the Titans' practice squad by Baltimore in 2009. Signed with Philadelphia as an unrestricted free agent on March 14, 2013 where he started all 32 games played from 2013-2014.
- His 11 interceptions from 2012 to 2014 are tied for sixth in the NFL during that time span.
- In two seasons in Philadelphia, started all 32 games played, recording 111 tackles (96 solo), 1.0 sacks, five interceptions and 15 passes defended.
- Started 33 of 50 games played in Baltimore from 2009 to 2012, recording 153 tackles (129 solo), 1.0 sacks, four interceptions including a 64-yard INT return for a TD, and 35 passes defended.
- In 2012, set a career high with four interceptions.
- Returned the first interception of his career 63 yards for a touchdown vs. Cleveland (9/27/12).
- Intercepted two passes during the Ravens 2012 playoff run, including a fourth-quarter pick of Patriots QB Tom Brady in the end zone to seal a Baltimore victory in the AFC Championship Game at New England (1/20/13). Started Super Bowl XLVII vs. San Francisco (2/3/13) and recorded three solo tackles and two passes defended.
- In 2011, set career highs with 77 tackles, 18 passes defended and two forced fumbles.

- Started first career game vs. Chicago (12/20/09).
- Played in five games for Tennessee from 2008 to 2009. Recorded 12 tackles (7 solo) and one pass defended during that time.
- Spent majority of 2008 on the Titans practice squad before appearing in his first NFL game at Houston (12/14/08). Placed on Injured Reserve with a quadriceps injury on 12/19/08.

COLLEGE: Two-year starter at Washburn after playing his initial two collegiate seasons at Fordham University. Started all 23 games for Washburn from 2006-07, collecting 94 tackles, 11 interceptions, 12 passes defended and one fumble recovery. Also posted 27 kickoff returns for 689 yards (25.5 avg.) and two touchdowns, while adding one reception for a 68-yard touchdown. As a senior, led the team and was sixth in Division II with seven INTs returned for 164 yards and one touchdown. Was named All-MIAA as a kickoff returner, recording 487 yards and two touchdowns on 17 returns (28.6 avg.). Recorded a career-high 56 tackles and one fumble recovery as a senior. As a junior, started all 11 games and recorded 38 tackles, five passes defended and four interceptions. Redshirted 2005 season after transferring from Fordham. In two seasons at Fordham (2003-04), Played in 13 games, recording 18 tackles, two passes defended and one fumble recovery.

PERSONAL: Graduated from Chaminade-Madonna College Preparatory in Hollywood, Florida. Played wide receiver and defensive back as a senior at Chaminade-Madonna after attending Coral Gables High School (Miami, Fla.) as a junior and Flanagan High School (Pembroke Pines, Fla.) as a freshman and sophomore. In between his time at Fordham and Washburn, worked for DirecTV as an on-call technician. His full name is Cary Eric Williams. He and his wife, Amanda, have one daughter, Amari.

C. WILLIAMS' SINGLE-GAME HIGHS

Tackles: 10, vs. New England (9/23/12)

Interceptions: 1, 9 Times, Last at Dallas (11/27/14)

Sacks: 1.0, 2 Times, Last at Washington (9/9/13)

Forced Fumbles: 1, 3 Times, Last at S.D. (12/18/11)

Fumble Recoveries: None

ADDITIONAL STATS

Special Teams Tackles: 2009 (5), 2010 (6), 2013 (1, FR) 2014 (1); **Career:** (13).

Touchdowns: 2012 (63 yd. INT return).

Receptions: 2010 (1, 11/7/10 vs Miami (13 yd. reception from P Sam Koch on fake punt)).

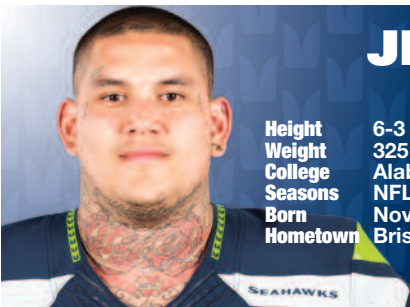


C. WILLIAMS' NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions									
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds	
2008 Tenn.	1/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0
2009 Tenn.	4/0	12	7	5	0.0	0.0	0	0	0.0	0	0	1	0	0	0	
Balt.	5/1	1	1	0	0.0	0.0	0	0	0.0	0	0	0	1	0	0	
2010 Balt.	13/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0	
2011 Balt.	16/16	77	61	16	0.0	0.0	0	0	0.0	0	0	18	2	0	0	
2012 Balt.	16/16	75	67	8	1.0	9.0	4	90	22.5	63t	1	17	0	0	0	
2013 Phil.	16/16	60	51	9	1.0	6.0	3	16	5.3	15	0	15	0	0	0	
2014 Phil.	16/16	51	45	6	0.0	0.0	2	-1	-0.5	0	0	10	0	0	0	
NFL TOTALS	87/65	276	232	44	2.0	15.0	9	105	11.7	63t	1	61	3	0	0	

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions								
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2009 Balt.	2/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2010 Balt.	2/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2011 Balt.	2/2	10	5	5	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2012 Balt.	4/4	27	21	6	0.0	0.0	2	41	20.5	41	0	6	0	0	0
2013 Phil.	1/1	7	4	3	0.0	0.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS	11/7	44	30	14	0.0	0.0	2	41	20.5	41	0	6	0	0	0



JESSE WILLIAMS

DEFENSIVE TACKLE

Height 6-3
Weight 325
College Alabama
Seasons NFL 3rd, Seahawks 3rd
Born November 2, 1990
Hometown Brisbane, Australia

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HOW ACQUIRED: Selected with the first of three fifth-round choices (137th overall) in the 2013 NFL Draft.

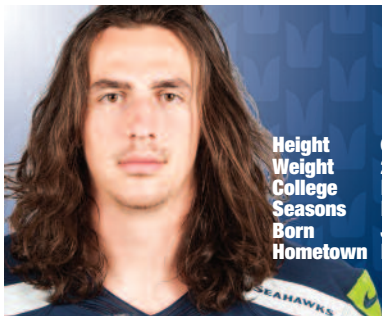
NFL CAREER HIGHLIGHTS:

- Spent 2014 on injured reserve.
- Spent 2013 on injured reserve.

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. Manned the middle for the Tide's national championship squad his senior season 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) and was an All-American Dream Team selection by

The NFL Draft Report and a second-team All-Southeastern Conference selection by the league's coaches. Helped Alabama lead the nation his junior year allowing just 83.69 ypg. 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.

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.



LUKE WILLSON

TIGHT END

Height 6-5
Weight 252
College Rice
Seasons NFL 3rd, Seahawks 3rd
Born January 15, 1990
Hometown Lasalle, Ontario, Can.

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VETERANS

WILLSON

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.

NFL CAREER HIGHLIGHTS:

- Played in 15 games with 10 starts in 2014. Set career-highs with 22 receptions, 362 yards, three touchdowns and an 80-yard TD reception. Also started all three postseason games, recording six receptions for 79 yards and a touchdown.
- Played in all 16 games with seven starts in 2013. Caught 20 passes for 272 yards and one touchdown. Also played in all three postseason games, catching two passes in Super Bowl XLVIII vs. Denver (2/2/14) for 17 yards.
- Caught his first-career touchdown at San Francisco (12/8/13) on a 39-yard catch-and-run.

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. Drafted by the Toronto Argonauts in the 4th round of the CFL Draft. After redshirt junior season was named 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 postseason first team. Second on the team with 313 receiving yards and three touchdown catches. Third with

29 catches. Redshirt sophomore season led the team with 425 yards receiving and second with 33 receptions in 11 games and added 3 TDs. Caught a 52-yard scoring pass from Nick Fanuzzi for his first career reception in his debut at UAB his redshirt freshman season. 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.

WILLSON'S NFL RECORD

RECEIVING

	Club	G/S	No	Yds	Avg	LG	TD
2013	Seattle	16/7	20	272	13.6	39t	1
2014	Seattle	15/10	22	362	16.5	80t	3
NFL TOTALS		31/17	42	634	15.1	80t	4

POSTSEASON

	Club	G/S	No	Yds	Avg	LG	TD
2013	Seattle	3/0	2	17	8.5	12	0
2014	Seattle	3/3	6	79	13.2	29	1
NFL TOTALS		6/3	8	96	12.0	29	1



WILLSON'S GAME-BY-GAME

-----Receiving-----					-----Receiving-----								
2013	Opponent	No	Yds	Avg	LG	TD	2014	Opponent	No	Yds	Avg	LG	TD
9/8	at Carolina	0	0	0.0	0	0	9/04	Green Bay	1	1	1.0	1	0
9/15	San Francisco	0	0	0.0	0	0	9/14	at San Diego	0	0	0.0	0	0
9/22	Jacksonville	5	76	15.2	35	0	9/21	Denver	0	0	0.0	0	0
9/29	at Houston	0	0	0.0	0	0	10/06	at Washington	3	28	9.3	19	0
10/6	at Indianapolis	2	28	14.0	17	0	10/12	Dallas	2	11	5.5	10	0
10/13	Tennessee	2	17	8.5	14	0	10/19	at St. Louis	Inactive (groin)				
10/17	at Arizona	1	23	23.0	23	0	10/26	at Carolina	1	23	23.0	23t	1
10/28	at St. Louis	0	0	0.0	0	0	11/02	Oakland	1	16	16.0	16	0
11/3	Tampa Bay	0	0	0.0	0	0	11/09	NY Giants	0	0	0.0	0	0
11/10	at Atlanta	1	19	19.0	19	0	11/16	at Kansas City	3	51	17.0	27	0
11/17	Minnesota	1	7	7.0	7	0	11/23	Arizona	1	21	21.0	21	0
12/2	New Orleans	1	2	2.0	2	0	11/27	at San Francisco	4	39	9.8	15	0
12/8	at San Francisco	3	70	23.3	39t	1	12/07	at Philadelphia	1	1	1.0	1	0
12/15	at NY Giants	2	23	11.5	15	0	12/14	San Francisco	0	0	0.0	0	0
12/22	Arizona	1	3	3.0	3	0	12/21	at Arizona	3	139	46.3	80t	2
12/29	St. Louis	1	4	4.0	4	0	12/28	St. Louis	2	32	16.0	28	0
TOTALS (16/7)		20	272	13.6	39t	1	TOTALS (15/10)		22	362	16.5	80t	3
1/11	New Orleans	0	0	0.0	0	0	1/10	Carolina	4	68	17.0	29	1
1/19	San Francisco	0	0	0.0	0	0	1/18	Green Bay	2	11	5.5	8	0
2/2	Denver	2	17	8.5	12	0	2/1	New England	0	0	0.0	0	0
Playoff Totals (3/0)		2	17	8.5	12	0	TOTALS (3/3)		6	79	13.2	29	1

WILLSON'S SINGLE-GAME HIGHS

Receptions: 5 vs. Jacksonville (9/22/13)
Touchdowns: 2 at Arizona (12/21/14)

Receiving Yards: 139 at Arizona (12/21/14)
Longest Reception: 80t at Arizona (12/21/14)



RUSSELL WILSON

QUARTERBACK

Height 5-11
Weight 206
College Wisconsin
Seasons NFL 4th, Seahawks 4th
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:

- Has won 36 regular season games, good for the most regular season wins by a starting quarterback in his first three seasons in the Super Bowl era (since 1966). Including the post-

season, has won 42 games, the most combined wins in a quarterback's first three seasons.

- Started all 16 games in 2014, completing 285 of 452 passes (63.1%) for a career-high 3,475 yards, a passer rating of 95.0, 20 touchdowns and a career-low seven interceptions. Also set career-high in rushes (118), rushing yards (849) and rushing touchdowns (six).
- Became the third youngest quarterback in NFL history to win the Super Bowl, leading the team to a 43-8 win over the Denver Broncos in Super Bowl XLVIII, completing 18 of 25 (72.0%) passes for 206 yards, two TDs and a 123.1 passer rating.
- Started all 16 games in his second season, completing 257 of 407 passes (63.1%) with career highs in yards (3,357) and passer rating



(101.2), tying a career high with 26 touchdowns, and a career-low nine interceptions. Added one rushing touchdown while setting career-highs with 96 rushes for 539 yards.

- 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 passes (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: 2014, *NFC Pro Bowl*, *NFC Offensive Player of the Week at Redskins (10/6/14)*; *NFC Offensive Player of the Week at Cardinals (12/21/14)*; 2013, *NFC Pro Bowl*; *NFC Offensive Player of the Week vs. Saints (12/2/13)*; 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

WINNING WAYS

MOST REGULAR SEASON WINS AMONG QBs - FIRST THREE SEASONS

Player	Team	No.
Russell Wilson	Seattle	36
Dan Marino	Miami	33
Matt Ryan	Atlanta	33
Andrew Luck	Indianapolis	33
Joe Flacco	Baltimore	32

MOST REGULAR SEASON AND POSTSEASON WINS COMBINED - FIRST THREE SEASONS

Player	Team	No.
Russell Wilson	Seattle	42
Joe Flacco	Baltimore	36
Dan Marino	Miami	36
Andrew Luck	Indianapolis	35
Ben Roethlisberger	Pittsburgh	34

4TH-QUARTER WINS (BEHIND OR TIED ENTERING 4TH QUARTER)

Date	Opp	Situation	Result	Play/Drive & Time Remaining
09/24/12	GB	Behind 12-7	Won 14-12	24 yd TD pass as time expired
10/14/12	NE	Behind 23-17	Won 24-23	46 yd TD pass @ 1:18
12/02/12	at Chi	Behind 14-10		14 yd TD pass @ :24
		Tied 17-17	Won 23-17 (ot)	13 yd TD pass @ 7:33 in OT
12/30/12	StL	Tied 13-13	Won 20-13	1 yd TD run @ 1:39
01/06/13*	at Wash	Behind 14-13	Won 24-14	TD drive @ 7:08
09/08/13	at Car	Behind 7-6	Won 12-7	43 yd TD pass @ 10:13
09/29/13	at Hou	Behind 20-6	Won 23-20 (ot)	45 yd FG @ 3:19 in OT
10/13/13	Tenn	Tied 10-10	Won 20-13	Lynch 3-yd TD run @ 7:33
11/03/13	TB	Behind 24-14	Won 27-24 (ot)	27 yd FG @ 8:11 in OT
01/19/14*	SF	Behind 17-13	Won 23-17	35-yd TD pass @ 13:44
09/21/14	Den	Tied 20-20	Won 26-20 (ot)	TD drive @ 9:14 in OT
10/26/14	at Car	Behind 9-6	Won 13-9	23-yd TD pass @ 0:47
11/09/14	NYG	Tied 17-17	Won 38-17	TD drive @ 12:47
12/28/14	StL	Tied 6-6	Won 20-6	TD drive @ 12:07
01/18/15	GB	Tied 22-22	Won 28-22	35-yd TD pass @ 11:41 in OT

*Playoffs

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
2013	Seattle	16/16	407	257	3,357	63.1	26	9	80t	44/272	101.2
2014	Seattle	16/16	452	285	3,475	63.1	20	7	80t	42/242	95.0
NFL TOTALS		48/48	1,252	794	9,950	63.4	72	26	80t	119/717	98.6

RUSHING

Year	Club	G/S	Att	Yds	Avg	LG	TD
2012	Seattle	16/16	94	489	5.2	25t	4
2013	Seattle	16/16	96	539	5.6	27	1
2014	Seattle	16/16	118	849	7.2	55	6
NFL TOTALS		48/48	308	1,877	6.1	55	11

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
2013	Seattle	3/3	68	43	524	63.2	3	0	51	7/22	101.6
2014	Seattle	3/3	72	41	724	56.9	6	5	63t	10/58	81.9
NFL TOTALS		8/8	202	123	1,820	60.9	12	6	63t	24/128	97.8

RUSHING

Year	Club	G/S	Att	Yds	Avg	LG	TD
2012	Seattle	2/2	15	127	8.5	17	1
2013	Seattle	3/3	11	42	3.8	16	0
2014	Seattle	3/3	17	86	5.1	17	1
NFL TOTALS		8/8	43	255	5.9	17	2

SINGLE-GAME HIGHS

Attempts:	37 at Chicago	(12/2/12)
Completions:	25, 2 Times, Last at Carolina	(9/8/13)
Completion %:*	77.8, at Miami (21/27)	(11/25/12)
Yards:	339 at Arizona	(12/21/14)
Longest, No TD:	67 vs. Arizona	(12/9/12) to Anthony McCoy
Longest TD:	80t, 2 Times, Last at Arizona	(12/21/14) to Luke Willson
Most TDs:	4, 2 Times, Last vs. Jacksonville	(9/22/13)
Highest Pass Rating (Home):	151.4 vs. Minnesota	(11/17/13)
Highest Pass Rating (Away):	134.6 at Atlanta	(11/10/13)
Interceptions:	3 at St. Louis	(9/30/12)
Rushes:	14 vs. N.Y. Giants	(10/6/13)
Rushing Yds.:	122 at Washington	(10/6/13)
Longest Rush:	55**, at Arizona	(12/21/14)
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	6/4	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

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	



WILSON'S GAME-BY-GAME

2013			PASSING									
Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Rating
9/8	at Carolina	(S)	33	25	320	75.8	1	0	43t	2/20	W	115.7
9/15	San Francisco	(S)	19	8	142	42.1	1	1	51	4/24	W	63.9
9/22	Jacksonville	(S)	21	14	202	66.7	4	1	30	2/8	W	117.5
9/29	at Houston	(S)	23	12	123	52.2	0	1	24	5/32	W	49.7
10/6	at Indianapolis	(S)	31	15	210	48.4	2	1	28t	2/5	L	78.7
10/13	Tennessee	(S)	31	23	257	74.2	0	0	55	2/4	W	98.5
10/17	at Arizona	(S)	29	18	235	62.1	3	0	32	3/26	W	122.1
10/28	at St. Louis	(S)	18	10	139	55.6	2	0	80t	7/48	W	117.6
11/3	Tampa Bay	(S)	26	19	217	73.1	2	2	28	0/0	W	91.3
11/10	at Atlanta	(S)	26	19	287	73.1	2	0	46	1/8	W	134.6
11/17	Minnesota	(S)	18	13	230	72.2	2	0	44	1/6	W	151.4
12/2	New Orleans	(S)	30	22	310	73.3	3	0	60	1/8	W	139.6
12/8	at San Francisco	(S)	25	15	199	60.0	1	1	39t	2/21	L	81.9
12/15	at NY Giants	(S)	27	18	206	66.7	1	1	30	4/29	W	86.3
12/22	Arizona	(S)	27	11	108	40.7	1	1	28	4/19	L	49.6
12/29	St. Louis	(S)	23	15	172	65.2	1	0	47t	4/14	W	102.1
TOTALS		(16/16)	407	257	3,357	63.1	26	9	80t	44/272	13-3	101.2
CAREER TOTALS		(32/32)	800	509	6,475	63.6	52	19	80t	74/475	24-8	102.9
1/11	New Orleans	(S)	18	9	103	50.0	0	0	25	3/0	W	67.6
1/19	San Francisco	(S)	25	16	215	64.0	1	0	51	4/22	W	104.6
2/2	Denver	(S)	25	18	206	72.0	2	0	37	0/0	W	123.1
PLAYOFF TOTALS		(3/3)	68	43	524	63.2	3	0	51	7/22	3-0	101.6
CAREER PLAYOFF TOTALS		(5/5)	130	82	1,096	63.1	6	1	51	14/70	4-1	102.0

W/L record reflects games started only

2013			RUSHING					
Date	Opponent	P/S	Att	Yds	Avg	LG	TD	
9/8	at Carolina	(S)	5	7	1.4	7	0	
9/15	San Francisco	(S)	10	33	3.3	11	0	
9/22	Jacksonville	(S)	2	14	7.0	10	0	
9/29	at Houston	(S)	10	77	7.7	25	0	
10/6	at Indianapolis	(S)	13	102	7.8	22	0	
10/13	Tennessee	(S)	10	61	6.1	23	0	
10/17	at Arizona	(S)	8	29	3.6	11	0	
10/28	at St. Louis	(S)	3	16	5.3	17	0	
11/3	Tampa Bay	(S)	6	36	6.0	16	1	
11/10	at Atlanta	(S)	3	20	6.7	10	0	
11/17	Minnesota	(S)	2	14	7.0	12	0	
12/2	New Orleans	(S)	8	47	5.9	15	0	
12/8	at San Francisco	(S)	1	2	2.0	2	0	
12/15	at NY Giants	(S)	8	50	6.3	16	0	
12/22	Arizona	(S)	2	32	16.0	27	0	
12/29	St. Louis	(S)	5	-1	-0.2	8	0	
TOTALS		(16/16)	96	539	5.6	27	1	
CAREER TOTALS		(32/32)	190	1,028	5.4	27	5	
1/11	New Orleans	(S)	3	16	5.3	8	0	
1/19	San Francisco	(S)	5	0	0.0	3	0	
2/2	Denver	(S)	3	26	8.7	16	0	
PLAYOFF TOTALS		(3/3)	11	42	3.8	16	0	
CAREER PLAYOFF TOTALS		(5/5)	26	169	6.5	28	1	



WILSON'S GAME-BY-GAME

Date	Opponent	P/S	PASSING							Sacked	W/L	Rating
			Att	Com	Yds	Pct	TD	Int	LG			
09/04	Green Bay	(S)	28	19	191	67.9	2	0	33t	1/0	W	110.9
09/14	at San Diego	(S)	25	17	202	68.0	2	0	32	2/22	L	119.1
09/21	Denver	(S)	34	24	258	70.6	2	1	39t	3/20	W	99.9
10/06	at Washington	(S)	24	18	201	75.0	2	0	36	3/23	W	127.3
10/12	Dallas	(S)	28	14	126	50.0	0	1	53	2/0	L	47.6
10/19	at St. Louis	(S)	36	23	313	63.9	2	0	49	3/21	L	110.1
10/26	at Carolina	(S)	32	20	199	62.5	1	1	23t	1/8	W	77.5
11/02	Oakland	(S)	35	17	179	48.6	0	0	39	1/2	W	63.9
11/09	NY Giants	(S)	17	10	172	58.8	0	2	60	2/12	W	53.7
11/16	at Kansas City	(S)	32	20	178	62.5	2	0	27	2/10	L	98.2
11/23	Arizona	(S)	22	17	211	77.3	1	0	48	7/42	W	121.6
11/27	at San Francisco	(S)	22	15	236	68.2	1	0	63	4/14	W	118.8
12/07	at Philadelphia	(S)	37	22	263	59.5	2	0	25	2/11	W	99.3
12/14	San Francisco	(S)	24	12	168	50.0	1	1	47	5/30	W	69.4
12/21	at Arizona	(S)	31	20	339	64.5	2	0	80t	1/10	W	122.9
12/28	St. Louis	(S)	25	17	239	68.0	0	1	38	3/17	W	81.9
TOTALS		(16/16)	452	285	3,475	63.1	20	7	80t	42/242	12-4	95.0
1/10	Carolina	(S)	22	15	268	68.2	3	0	63t	2/20	W	149.2
1/18	Green Bay	(S)	29	14	209	48.3	1	4	35t	5/25	W	44.3
2/1	New England	(S)	21	12	247	57.1	2	1	45	3/13	L	110.6
TOTALS		(3/3)	72	41	724	56.9	6	5	63t	10/58	2-1	81.9

W/L record reflects games started only

Date	Opponent	P/S	RUSHING					TD
			Att	Yds	Avg	LG		
09/04	Green Bay	(S)	7	29	4.1	13	0	
09/14	at San Diego	(S)	2	18	9.0	13	0	
09/21	Denver	(S)	9	40	4.4	9	0	
10/06	at Washington	(S)	11	122*	11.1	29	1	
10/12	Dallas	(S)	2	12	6.0	9t	1	
10/19	at St. Louis	(S)	7	106	15.1	52	1	
10/26	at Carolina	(S)	6	35	5.8	15	0	
11/02	Oakland	(S)	8	31	3.9	19	0	
11/09	NY Giants	(S)	14	107	7.6	26	1	
11/16	at Kansas City	(S)	8	71	8.9	14	0	
11/23	Arizona	(S)	10	73	7.3	40	0	
11/27	at San Francisco	(S)	7	35	5.0	12	0	
12/07	at Philadelphia	(S)	10	48	4.8	26t	1	
12/14	San Francisco	(S)	5	27	5.4	19	0	
12/21	at Arizona	(S)	6	88	14.7	55*	1	
12/29	St. Louis	(S)	6	7	1.2	6	0	
TOTALS		(16/16)	118	849	7.2	55	6	
1/10	Carolina	(S)	7	22	3.1	14	0	
1/18	Green Bay	(S)	7	25	3.6	15	1	
2/1	New England	(S)	3	39	13.0	17	0	
TOTALS		(3/3)	17	86	5.1	17	1	

*Club record by QB



VETERANS

WILSON





K.J. WRIGHT

LINEBACKER

Height 6-4
Weight 246
College Mississippi State
Seasons NFL 5th, Seahawks 5th
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 16 games in 2014 and led the team in tackles with a career-high 107 (74 solo). Also recorded 2.0 sacks, four passes defended, two forced fumbles and a fumble recovery.
- Started all three postseason games, recording 23 tackles (16 solo) with 11 tackles (10 solo) coming vs. New England in Super Bowl XLIX.
- Moved to weakside linebacker and started 13 of 13 games in 2013 played, missing the last three games with a broken foot suffered at San Francisco (12/8). Missed the Divisional Playoff Game vs. New Orleans but returned to play in both the NFC Championship and Super Bowl XLVIII.
- Despite missing three games, ranked fourth on team with 80 tackles (46 solo) in the 2013 regular season. Also recorded 1.5 sacks, four passes defended and a fumble recovery.
- Played in two postseason games, starting Super Bowl XLVIII. Recorded 8 tackles (5 solo) in the postseason with seven tackles (5 solo) coming in SBXLVIII.
- 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) in 2012 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 Mississippi 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 defended.

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 SINGLE-GAME HIGHS

Tackles: 13, vs. Oakland (11/2/14)
Interceptions: 1, at Buffalo (12/16/12)

Forced Fumbles: 1, 4 Times, Last at Phi (12/7/14)
Fumble Recoveries: 1, 3 Times, Last vs. Den (9/21/14)

Sacks: 1.0, 6 Times, Last vs. SF (12/14/14)

ADDITIONAL STATS

Special Teams Tackles: 2011 (4), 2012 (3); **Career:** (7). **Postseason:** 2013 (1), 2014 (1); **Career:** (2).

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
2013 Seattle	13/13	80	46	34	1.5	4.5	0	0	0.0	0	0	4	0	1	0
2014 Seattle	16/16	107	74	33	2.0	8.0	0	0	0	0	0	4	2	1	0
NFL TOTALS	60/56	344	232	112	6.5	34.5	1	24	24.0	24	0	15	4	3	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
2013 Seattle	2/1	8	5	3	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2014 Seattle	3/3	23	16	7	0.0	0.0	0	0	0.0	0	0	1	0	0	0
NFL TOTALS	7/6	47	29	18	0.0	0.0	0	0	0.0	0	0	3	0	0	0



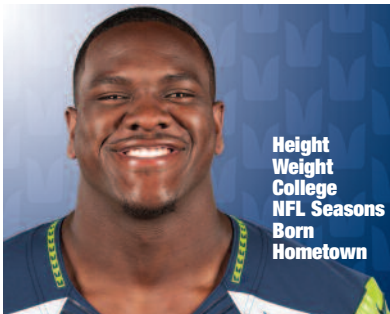
2015 DRAFT CHOICES

Rd	Pick	Overall	Pos	Player	College
2	31	63	DE	Frank Clark	Michigan
3	5	69	WR	Tyler Lockett	Kansas St.
4	31	130	T	Terry Poole	San Diego St.
4	35	134	G	Mark Glowinski	West Virginia
5	34	170	CB	Tye Smith	Towson
6	33	209	DE	Obum Gwacham	Oregon St.
6	38	214	G	Kristjan Sokoli	Buffalo
7	31	248	SS	Ryan Murphy	Oregon St.



Seattle traded its 2015 first-round selection to the New Orleans Saints in exchange for All-Pro tight end Jimmy Graham.





FRANK CLARK

DEFENSIVE END

Height 6-3
Weight 272
College Michigan
NFL Seasons Rookie
Born June 14, 1993
Hometown Cleveland, Ohio

55

ROOKIES

HOW ACQUIRED: Selected with the 31st pick in the second round (63rd overall) in the 2015 NFL Draft. Third player drafted out of Michigan in club history (Last: Steve Hutchinson, 2001).

COLLEGE: Three-year letterman who appeared in 48 games, making 26 starts at defensive end. Recorded 120 tackles (67 solo), 11 sacks, 35 tackles for a loss, one forced fumble, four fumble recoveries, six passes defended and one interception over the course of his career. Recorded 19.5 TFLs over last 16 games. Posted a tackle for loss in nine of 10 games.

Senior: Appeared in 10 games, making nine starts. Recorded 42 tackles (29 solo), 4.5 sacks for 52 yards, 13.5 TFLs, one fumble recovery and two passes defended. Tallied eight tackles vs. Northwestern (Nov. 8), including 2.5 TFLs, 1.5 sacks and broke up two passes. Recorded four tackles, including one TFL, and recovered a fumble vs. Michigan St. (Oct. 25). Recorded seven tackles and two TFLs, including one sack vs. Penn St. (Oct. 11). Posted three tackles, including one TFL and 0.5 sacks vs. Minnesota (Sept. 27). Tallied six tackles, including a sack and 2.5 TFLs vs. Utah (Sept. 20). Posted two tackles, including one TFL vs. Notre Dame (Sept. 6). Recorded three tackles and one sack for a loss of three yards vs. Appalachian St. (Aug. 30).

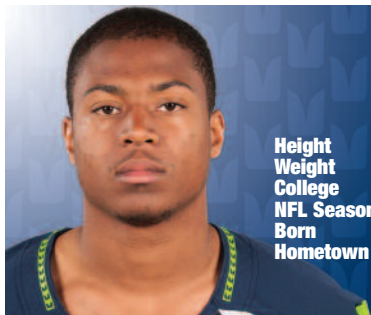
Junior: Selected All-Big Ten second team. Received the Richard Katcher Award (given to U-M's top defensive lineman). Started all 13 games played at defensive end and also contributed on special teams. Registered 43 tackles (19 solo), 12.0 TFLs, 4.5 sacks and recovered two fumbles on the season. Recorded five stops and 2.5 TFLs vs. Iowa (Nov. 23). Tallied career-highs with nine tackles and 2.5 TFL vs. Michigan St. (Nov. 2). Recorded three tackles and one sack for a 12-yard loss vs. Indiana (Oct. 19). Registered career-highs with two sacks and two fumble recoveries, including one returned for a touchdown vs. Penn St. (Oct. 12). Recorded five tackles and 1.5 sacks vs. Connecticut (Sept. 21).

Sophomore: Appeared in 11 games. Started four games at defensive end and appeared in seven games as a reserve defensive end. Posted career-bests in total tackles (25), solo stops (16), tackles for loss (nine), sacks (two), pass breakups (three), forced fumbles (one) and fumble recoveries (one). Recorded four tackles, one sack, two tackles-for-loss and one fumble recovery vs. Ohio St. (Nov. 24). Tallied three tackles, including two tackles-for-loss and his first career sack vs. IOWA (Nov. 17). Notched three solo tackles, including one for-a-loss, and one forced fumble vs. Minnesota (Nov. 3). Made first career start vs. Massachusetts (Sept. 15) and compiled three tackles, including one for a loss, and two pass breakups.

Freshman: Sugar Bowl champion. Appeared in 12 games and had 10 tackles and one interception. Made first career interception in the Sugar Bowl vs. Virginia Tech (Jan. 3), which led to U-M's second touchdown. Also recorded first career tackle-for-loss (assist) and set career high with five tackles.

PERSONAL: Attended Glenville High School coached by Ted Ginn, Sr. Ran 40-yard dash in 4.53 seconds. Recorded 70 tackles and 19 sacks as a senior. Also caught 12 passes his senior year, including three for touchdowns. Born June 14, 1993. Majored in general studies.





TYLER LOCKETT

WIDE RECEIVER

Height 5-10
Weight 182
College Kansas St.
NFL Seasons Rookie
Born September 28, 1992
Hometown Tulsa, Okla.

16

HOW ACQUIRED: Drafted with the fifth pick in the third round (69th overall) of the 2015 NFL Draft. Seattle traded its third-round (#95), fourth-round (#112), fifth-round (#167) and sixth-round (#181) picks to Washington to move up in the third round to select Lockett. Second-highest player drafted out of Kansas St. and only the fourth player drafted out of Kansas St. in club history (Last: Chris Harper, 2013).

COLLEGE: One of the top wide receivers and all-purpose players in school history who is Kansas State's first four-year All-American. One of just three players in school history to earn all-conference honors all four years. Set 17 school records, including career marks for receptions (249), receiving yards (3,710), receiving touchdowns (29), 100-yard receiving games (17), kickoff-return attempts (77) and kickoff-return yards (2,196). Topped his father, Kevin, for the school's career receptions, yards and touchdowns records.

Senior: Started all 13 games, earning Consensus All-America honors. First Team All-Big 12 as both a wide receiver and kick returner and earned the Big 12 Special Teams Player of the Year award for second-straight season. Caught 106 passes for 1,515 yards, a 14.3 avg., with 11 touchdowns. He recorded 18 kickoff returns for 362 yards and a 20.1 avg. Returned 21 punts for 402 yards, a 19.1 avg. and two TD returns. Led the nation in punt-return average (19.1), while he ranked third in total receiving yards (1,515), all-purpose yards (2,279) and punt-return touchdowns (2), and seventh in receptions (106). Led the Big 12 in receiving yards in addition to all-purpose yards. Had eight 100-yard receiving games to tie the school record, including finishing the season with a school-record five-straight 100-yard games. Campbell Trophy and Senior CLASS Award finalist while being named the Big 12 Scholar Athlete of the Year and a First Team Academic All-Big 12 performer.

Junior: Second Team All-American by the Football Writers Association and Phil Steele. Was named the Big 12 Special Teams Player of the Year by the league's coaches, while

also earning First Team All-Big 12 honors as a wide receiver and kick returner. Picked up first team all-conference accolades from the Associated Press as both a wide receiver and all-purpose player. Recorded 81 receptions for 1,262 yards, a 15.6 avg. and 11 receiving TDs. Returned 22 kickoffs for a total of 583 yards and a 26.5 avg. Ranked top-25 nationally in six categories, placing 11th in receiving yards per game (105.2), 12th in all-purpose yards per game (154.92), 16th in total receiving yards (1,262), 17th in kickoff returns (26.5), 19th in receiving touchdowns (11) and 22nd in receptions per game (6.8). Named to the AFCA Good Works team and earned Second Team Academic All-Big 12 honors.

Sophomore: Earned Second Team All-Big 12 honors as an all-purpose player by the Associated Press, while he was an honorable mention selection at wide receiver by both the league's coaches and the Associated Press. Started 11 games at receiver, ranking second on the team with 44 receptions for 687 yards and a team-high tying four touchdowns. Returned 21 kicks for 688 yards, a 32.8 avg. and two return TDs.

Freshman: Started six of nine games played. First Team Walter Camp All-American as a kickoff returner. Earned Second Team All-America accolades from Sports Illustrated. Named the Big 12 Offensive Freshman of the Year, a Second Team All-Big 12 kick returner. Set the Big 12 and K-State single-season record for kickoff-return average at 35.2 yards per return. Totaled 563 kickoff-return yards on 16 returns with two touchdowns. Caught 18 receptions for 246 yards, a 13.7 avg. and 3 TDs.

PERSONAL: Prepped at Booker T. Washington High School under head coach Darrell Hall. Caught 42 passes for 765 yards and 13 touchdowns his senior season. Also had 54 tackles and six interceptions on defense. Led the Hornets to a 13-1 record and a win in the 5A state title game. Was born September 28, 1992, in Tulsa, Okla. Son of Kevin Lockett and Nicole Edwards. Has three siblings, Sterling, Jacob and Jordan. Majored in business management.





TERRY POOLE

TACKLE

Height	6-5
Weight	323
College	San Diego St.
NFL Seasons	Rookie
Born	February 27, 1992
Hometown	Monterey, Calif.

69

HOW ACQUIRED: Selected with the first of two fourth-round choices (130th overall) in the 2015 NFL Draft. Fifth player drafted out of San Diego St. in club history (Last: Eric Pinkins, 2014).

COLLEGE: Started all 25 games he appeared in during his Division-I career (2013-14). Made the move to the blind side at left tackle in 2014 and started all 13 games after starting all 12 games he appeared in 2013 at right tackle. Played two years at Monterey Peninsula College from 2010-11, red-shirting his first season at SDSU (2012).

RS Senior: Was named a second-team all-Mountain West selection by the league's media and coaches. Also was deemed the team's Offensive Lineman of the Year and received a Captain's Award at the team banquet. Was named to the Mountain West midseason first team by Phil Steele. Was a preseason all-Mountain West first-team selection by Sporting News, and a second-team pick by Athlon Sports, Lindy's and Phil Steele. Started all 13 games in 2014. Started the opener vs. Northern Arizona for the first time at left tackle. Started again at left tackle at No. 21/23 North Carolina, at Oregon State, against UNLV, at

Fresno State, at New Mexico, against Hawai'i, at Nevada, vs. Idaho, at Boise State, vs. Air Force, against San Jose State and vs. Navy in the Poinsettia Bowl.

RS Junior: Started all 12 games he appeared in at right tackle in 2013. Named a honorable-mention all-Mountain West. Also was a Mountain West Fall All-Academic Team pick. Allowed just two sacks in 492 drop-backs (0.4 percent). Earned the start at right tackle in the opener vs. Eastern Illinois in what was his first Division I start and appearance.

Junior College: Transferred from Monterey Peninsula CC where he played from 2010-11. Rated as a two-star recruit by Rivals.com. Earned first-team Region III All-California as a sophomore in 2011, leading the Lobos to a 7-4 record.

PERSONAL: Played his high school ball at Seaside High School in Seaside, Calif. Also played basketball in high school. Born on February 27, 1992, in Seaside, Calif. Son of Manuela and Terry Poole, Sr. Picked SDSU over Fresno State, Middle Tennessee St. and San José St. Majored in Criminal Justice.





MARK GLOWINSKI

GUARD

Height 6-4
Weight 310
College West Virginia
NFL Seasons Rookie
Born May 3, 1992
Hometown Wilkes-Barre, Pa.

63

HOW ACQUIRED: Selected with the second of two fourth-round choices (134th overall) in the 2015 NFL Draft. Third player drafted out of West Virginia in club history (Last: Bruce Irvin, 2012).

COLLEGE: Earned All-Big 12 First Team honors from the Associated Press and All-Big 12 Second Team honors from coaches following his senior season of 2014. Started all 25 career games in two seasons at West Virginia after starting his career at Lackawanna College (2010-2011) and redshirting at West Virginia in 2012.

RS Senior: Started all 13 games in 2014. All-Big 12 First Team (AP) and All-Big 12 Second Team (Coaches). Helped pave the way for the offense to average 499.8 yards per game of total offense, 33.5 points per game, 182.8 rushing yards and 317.0 passing yards. Part of the offense that ranked No. 11 in first down offense, No. 9 in passing offense, No. 12 in total offense, No. 34 in scoring offense, No. 43 in rushing offense and No. 45 in third-down offense. Named WVU Offensive Player of the Game vs. Kansas (11/21). Iron Mountaineer honoree (2014) for excellence in the weight room.

RS Junior: Started all 12 games at right guard in 2013. Moved from tackle to guard during the spring. Played a team-high 842 offensive plays. Helped pave the way for the offense to average 148.7 rushing yards a game and a 1,000-yard rusher. First time West Virginia had a 1,000-yard rusher since 2009.

Junior College (2010-2011): Two-year starter for coach Mark Duda at Lackawanna College. 2011 NJCAA second-team All-American. Helped anchor an offense

that was ranked No. 23 nationally in 2011, averaging 388.36 yards per game. Rushing offense was ranked No. 6, averaging 239 rushing yards per game.

PERSONAL: Played for GAR Memorial High in Wilkes-Barre, Pa. Was a three-year starter on both sides of the ball. Helped lead team to a 26-8 record while he was there. Born on May 3, 1992. Son of Mark and Dawn Glowinski. One of two children. Graduated in December 2014 with a bachelor's degree in multidisciplinary studies. Received Garrett Ford Academic Honor Roll honors.





TYE SMITH

CORNERBACK

Height 6-0
Weight 195
College Towson
NFL Seasons Rookie
Born May 3, 1993
Hometown Windsor, Conn.

22

ROOKIES

HOW ACQUIRED: Drafted with the 34th pick of the fifth round (170th overall) in the 2015 NFL Draft. First player drafted out of Towson in club history.

COLLEGE: Started 42 of 50 games played in his career at cornerback for Towson. Recorded 312 tackles, fifth most in Tiger football history. Also recorded five interceptions, including one returned for a touchdown, along with 28 pass break-ups, four sacks, five forced fumbles and two fumble recoveries.

Senior: Smith, a first team All-CAA selection and AP FCS All-American, was regarded as one of the best cornerbacks in the nation at any level. As the final cornerback standing on the Buck Buchanan Award Watch List earlier this season, Smith led the Tigers with eight pass break-ups. He started all 12 games as a senior, and his 85 tackles ranked second on the team.

Junior: Member of the preseason All-Colonial Athletic Association team. Named second team All-CAA. Ranked eighth in the league in passes defended (14). Third on the team with 103 tackles. Started 15 of 16 games and had 4.5 tackles for a loss, recorded one sack, two interceptions, 12 pass breakups, two forced fumbles and one fumble recovery. Named CAA Defensive Player of the Week after leading the Tigers to a win over James Madison with 10 tackles, one interception and three pass breakups. Made a career-high 11 tackles and forced a fumble at Albany. Posted six tackles and a recovered fumble in the FCS semifinals at Eastern Washington. Recorded three tackles in the FCS National Championship game.

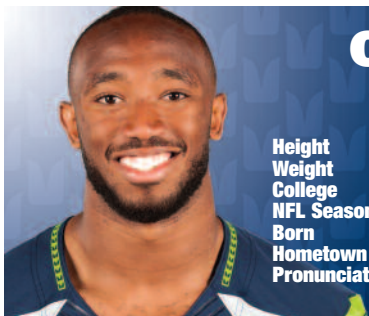
Sophomore: Starter all 11 games at cornerback. Named third team All-Colonial Athletic Association. Led Tigers with 75 tackles in 11 games. Broke up five passes and recorded one interception. Tied for team lead with two forced fumbles. Had a career-high 10 tackles at Louisiana State in addition to recording two sacks and forced a fumble at LSU. Helped Tigers to overtime win at Delaware with 10 tackles. Made nine tackles and intercepted a pass against Old Dominion.

Freshman: Appeared in 11 games as a first-year freshman and started in four games. Playing time increased as season wore on as he started four of final five games. Ranked eighth on team with 49 tackles, recorded two tackles for lost

yardage, one sack, three pass break-ups, intercepted two passes for 45 yards and a touchdown, one forced fumble and one fumble recovery. Returned nine kickoffs for 137 yards, averaging 15.2 yards per kickoff return. Named Colonial Athletic Association Rookie of the Week after leading Tigers to a 56-42 win over New Hampshire, making nine tackles, one fumble recovery, one pass break-up and intercepting two passes for 45 yards and a touchdown.

PERSONAL: Played wide receiver and cornerback and returned at Wakefield H.S. (Raleigh, N.C.). First team All-Cap 8 selection as a senior for Coach Jason Dinwiddie. Helped the Wolverines post a 10-3 record as a senior and reach the second round of the playoffs. Made 88 tackles with four interceptions in 2010, also broke up eight passes and made three tackles for loss. Caught 16 passes for 307 yards and three touchdowns. Accumulated 515 yards as kick and punt return specialist. Has one brother and two sisters. Son of Willie Frederick and Keyya Frederick. Born on May 3, 1993 in Raleigh, N.C. Majored in sports management.





OBUM GWACHAM

OFFENSIVE END

Height	6-5
Weight	249
College	Oregon St.
NFL Seasons	Rookie
Born	March 20, 1991
Hometown	Chino Hills, Calif.
Pronunciation	oh-BOOM GWAH-chem

59

HOW ACQUIRED: Drafted with the 33rd pick in the sixth round (209th overall) of the 2015 NFL Draft. First of two sixth round selections by the club and first of two players selected out of Oregon St. in the 2015 Draft (Ryan Murphy).

COLLEGE: Transitioned from wide receiver to defensive end ahead of his senior season and registered 27 tackles, 4.0 sacks, and one forced fumble. Caught 10 passes for 159 yards in his career with one touchdown. Was nominated for the 2014 American Football Coaches Association "Good Works" team. Participated in OSU's Beavers Without Borders mission trip to the Dominican Republic in June 2014.

Senior: Showed he could have an immediate impact on defense registering one of two quarterback sacks in OSU's spring game. Played in all 12 games. Registered 27 tackles as a top reserve at defensive end. Tied for third on the team with 4.0 sacks, including two at Hawai'i. Forced a fumble at USC. Played on most of OSU's special teams units. Earned Pac-12 All-Academic First Team. High jumped 7-0.25 in his only track performance of the season at the UW Preview (indoor).

Junior: Battled for the starting spot at split end during fall camp. Made one catch on the season for six yards. Played in all 13 games, mostly on special teams. Recorded six special teams tackles, tying for fourth on the team. named Pac-12 All-Academic honorable mention. Following the season received OSU's Leadership Institute's Outstanding Football Player Engagement Award at the team's season-end banquet.

Sophomore: Played a key role on special teams. Played in 12 of the team's 13 games. Caught two receptions for 12 yards and a seven-yard touchdown. Won the Oregon Preview track meet in the high jump March 18 at 6-11. Jumped 7-1.5 to finish sixth at the Pac-12 Championships, it was the 11th-best mark in the west region and tied for 30th in the nation. Pac-12 Academic Honorable Mention.

Freshman: Played in all 12 games. Caught eight receptions for 147 yards for the season. Made a 58-yard catch and run to set up a fourth quarter touchdown in a win over Washington. Also played on special teams. Participated in the high jump and triple jump during winter and late spring seasons, and won the high jump at a February indoor meet at Washington – 6-9.75".

Won the Oregon Twilight in May with a leap of 6-11.75. Also performed in the triple jump setting a season-best of 48-7.25.

PERSONAL: Obum earned two letters at wide receiver and four in track and field at Ayala H.S. (Chino Hills, Calif.). Second team All-Sierra League honoree after the 2008 season. Chosen as Ayala's Male Athlete of the Year. Standout in track where he was among California's best in the high jump, triple jump and long jump. Captain of football and track teams. Born in March 20, 1991 in Onitsha, Nigeria. His name in Nigerian means "Son of God". Son of Edwin and Caroline Gwacham. Has one brother, Nnamdi, and three sisters, Adaobi, Chiko and Ifu. Majored in marketing with an option in entrepreneurship.



KRISTJAN SOKOLI

CENTER

Height
Weight
College
NFL Seasons
Born
Hometown
Pronunciation

6-5
302
Buffalo
Rookie
September 24, 1991
Bloomfield, N.J.
"Christian" so-KO-lee

67

HOW ACQUIRED: Selected with the 38th pick in the sixth-round (214th overall) of the 2015 NFL Draft. Second of two Seahawks picks in the sixth round. First player selected out of Buffalo in club history. Made the transition from college defensive tackle to center in the NFL.

COLLEGE: Athletic, versatile defensive lineman who worked his way into the rotation as a red-shirt freshman in 2011. Started 25 of 46 games played. Recorded 95 tackles and 2.5 sacks. In high school he played defensive end, tight end, left tackle, punter and kicker.

RS Senior: Started all 11 games at defensive tackle and collected 32 tackles (16 solo) and

three tackles for loss.

RS Junior: Was a mainstay in the middle of the defensive line, starting all 13 games. Finished the season with 29 tackles (11 solo) to go along with five tackles for a loss and 2.5 sacks. Recorded his best game of the year against UMass (10/19), making four tackles, 1.5 tackles for a loss and one sack. Had at least an assist on a tackle for a loss in six games. Ranked second on the team with five quarterback hurries.

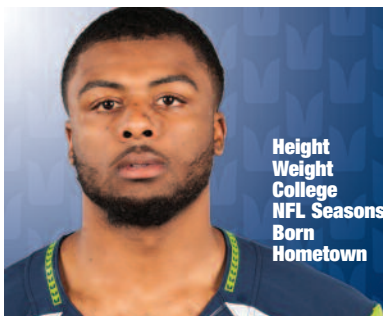
RS Sophomore: Played in all 12 games on the defensive line, making one start. Recorded 20 total tackles. Made three tackles (one for loss) in the season opener against Georgia (9/1). Had a season-high five tackles (0.5 for loss) at Ohio (10/6).

RS Freshman: Was a reserve on the defensive line, appearing in 10 games in his redshirt freshman season. Totaled 14 tackles (four solo, four for loss). Had a career-high four tackles in a win over Stony Brook (9/10). Made 1.5 tackles for loss against Temple (10/15). Had a tackle for loss and a forced fumble against Miami (OH) (10/29).

Freshman: Redshirted his freshman season (2010).

PERSONAL: In high school, he played defensive end, tight end, left tackle, punter and kicker. Long-armed, athletic player. A three-year letter-winner and captain as senior, he racked up 45 tackles, five sacks and had three fumble recoveries as a senior. Led team to back-to-back playoff berths while being named All-Conference. Also a starter on basketball team and finished eighth in the state of New Jersey in the discus throw as a junior. Born in Albania before moving to the United States at age nine. Majored in business administration.





RYAN MURPHY

SAFETY

Height 6-0
Weight 214
College Oregon St.
NFL Seasons Rookie
Born October 14, 1992
Hometown Oakland, Calif.

36

HOW ACQUIRED: Drafted with the 31st pick in the seventh round (248th overall) of the 2015 NFL Draft. Second player selected out of Oregon St. in the 2015 draft (Obum Gwacham).

COLLEGE: Three-year starter finished his career with 235 tackles (139 solo), seven interceptions, 14 pass break ups, 1.5 sacks, two forced fumbles and a fumble recovery. Started 39 of 50 games played in his career. Scored a pair of touchdowns in his career, one on an interception return, the other on a kickoff return.

RS Senior: Ryan started 11 out of 12 games in 2014. Finished the season with 65 tackles, fourth on the team. Tied for third on the squad with 6.5 tackles-for-loss. Tied for second on the team with eight pass break-ups. Made an interception and forced a fumble at Stanford. Recorded 10+ tackles four times in his career, twice in 2014. Returned a kickoff 97 yards for a touchdown at USC. Voted by his teammates to be one of four team captains for the season. Named Pac-12 All-Conference Honorable Mention.

RS Junior: Started all 13 games for the second straight season. Third on the team with 74 tackles. Second on the squad with eight tackles-for-loss, including 1.5 sacks. Scored a touchdown on an interception against USC. Recorded the first forced fumble of his career at Washington State. Recovered the first fumble of his career at Oregon. Tied his career-high with 11 tackles at Utah. Named Pac-12 Conference Honorable Mention.

RS Sophomore: Won the starting position at free safety. Started all 13 games played. Third on the team with 67 tackles. Also recorded two interceptions, 2.5 tackles for a loss and three pass break-ups. Registered career-high 11 tackles in win at BYU. Notched interceptions against Wisconsin and at Stanford.

RS Freshman: Played in all 12 games, starting two, including the season opener. Played as the team's nickel back for most of the season. Recorded 29 tackles for the season, including a season high of five against BYU. Also recorded 0.5 tack-

les for a loss, 3 pass break-ups and made his first career interception at the goal line in a win over Washington.

Freshman: Redshirted his freshman year (2010).

PERSONAL: Played defensive back and running back at Oakland Tech. As a senior, rushed for 1,983 yards and 18 touchdowns, and added two touchdowns receiving and two on kick returns. First team All-East Bay and first team All-City as a senior. Helped Oakland Tech to the area's Silver Bowl title game, where he rushed for 199 yards. Also played two years of basketball at Oakland Tech and ran track one season. Born October 14, 1992 in Oakland. Son of Reginald Murphy and Antoinette Smith. Has five siblings - Reggie, Jr., Ari, Delicia, Calundra and Vincent. Cousins, Marshawn Lynch (Seattle Seahawks) and Josh Johnson (San Francisco 49ers) play in the NFL. Cousin, Damian Lillard plays for the Portland Trailblazers of the NBA. Majored in human development and family sciences.





Tyrell Adams, LB, 6-2, 228, Rookie, West Georgia (Atlanta, Ga.)

Signed by Seattle on May 12, 2015 after participating in Seattle's rookie mini-camp on a tryout basis. Played in 44 career games, totaling 220 tackles, 22.5 tackles for loss, 3.0 sacks and four interceptions for the Wolves. Named to the All-Gulf South Conference first-team as a junior in 2013 and the USA College Football All-American first-team in 2014. Prepped at Mays High and led his team to an 8-3 record and a second place finish in the region. Majored in accounting/finance. Born on April 11, 1992.



R.J. Archer, QB, 6-2, 220, 1st Year, William & Mary (Charlottesville, Va.)

Signed by Seattle to a future contract on February 9, 2015. Played in the Arena League with the Milwaukee Mustangs (2011), Georgia Force (2012) and Jacksonville Sharks (2013-14), completing 889 of 1,491 passes, for 10,201 yards with 180 touchdowns and 43 interceptions. Set career-highs completing 367 of 634 passes for 4,661 yards and 92 touchdowns with 14 interceptions in 18 games last season with Jacksonville. Originally signed with the Minnesota Vikings as an undrafted free agent in 2010 and spent two weeks on their practice squad in December. He was not on an NFL roster in 2011 and went to training camp with Detroit before being released after training camp. Earned all-conference recognition at William & Mary after leading the Tribe to an 11-3 record in 2009 and a trip to the NCAA Semifinals. He ranked second in the Colonial Athletic Association in both passing yards per game (198.4) and total yards per game (216.6) his senior season. Born on August 5, 1987.

He ranked second in the Colonial Athletic Association in both passing yards per game (198.4) and total yards per game (216.6) his senior season. Born on August 5, 1987.



Dion Bailey, S, 6-0, 211, 2nd Year, USC, (Lakewood, Calif.)

Signed by Seattle as an undrafted rookie free agent on May 10, 2014, and spent a majority of the season on the practice squad. Played in 37 games with 32 starts for the Trojans, totaling 222 tackles and 11 interceptions in his three-year career, including a career-high five during his junior year in 2013. Began his USC career starting at outside linebacker his redshirt freshman and sophomore seasons and was named the 2011 Pac-12 Freshman Defensive Player of the Year and made the All-Pac-12 second team in his first season. Redshirted the 2010 season. As a senior defensive back at Lakewood High. His 2009 senior honors included Prep Star All-American, Prep Star Dream Team, Super Prep All-Farwest, Prep Star All-West, Orange County Register Fab 15 second team, Long Beach Press Telegram Best in the West Best of the Rest, Tacoma News Tribune Western 100, Cal-Hi Sports All-State second team, All-CIF Pac-5 Division first team and All-Moore League first team after posting 70 tackles, eight passes defended, three interceptions and one fumble recovery. Was policy, planning and development major at USC. Born on March 2, 1992.

Was policy, planning and development major at USC. Born on March 2, 1992.



Nate Boyer, LS, 5-10, 216, Rookie, Texas (Dublin, Calif.)

Signed by Seattle as an undrafted free agent on May 8, 2015. A five-year player (2010-14) who served as the long snapper on PAT/FGs his last three seasons at Texas, playing in 39 career games. Served in the Green Berets Special Forces unit before enrolling at Texas and also served in the Texas National Guard during summertime. Participated in relief work in the Darfur region of Africa prior to his time in the military. Named to the 2015 National Football Foundation (NFF) Hampshire Honor Society (players from all divisions who maintained a 3.2-plus cumulative GPA throughout their career), the 2014 Allstate AFCA Good Works Team, which recognizes players whose charitable involvement and community service contributions stand out among all other student-athletes, was a three-time first-team Academic All-Big 12 choice (2012-14) and a 10-time member of the Big 12 Commissioner's Honor Roll. Lived in California, Colorado, North Carolina, Okinawa, Japan, Iraq and Israel before moving to Texas. Graduated in May 2013 with a degree in physical culture and sports and enrolled in the graduate advertising program. Born on January 9, 1981.

was a three-time first-team Academic All-Big 12 choice (2012-14) and a 10-time member of the Big 12 Commissioner's Honor Roll. Lived in California, Colorado, North Carolina, Okinawa, Japan, Iraq and Israel before moving to Texas. Graduated in May 2013 with a degree in physical culture and sports and enrolled in the graduate advertising program. Born on January 9, 1981.



Brandon Cottom, FB, 6-2, 262, Rookie, Purdue (Newtown, Pa.)

Signed by Seattle on May 12, 2015 after participating in Seattle's rookie mini-camp on a tryout basis from May 8-10. At Purdue, he finished his career with 77 carries for 436 yards and three touchdowns and recorded 16 receptions for 188 yards and three scores in 48 games played. Attended Council Rock North High and was rated the No. 26 player in Pennsylvania by Rivals.com. Missed time his senior season with an ankle injury, yet still managed to average 5.9 yards per carry and score six rushing touchdowns. Earned all-area accolades as junior, finishing with 1,020 yards and 12 touchdowns on 136 carries, adding 19 receptions for 291 yards and another touchdown as a receiver. Majored in professional flight technology. Born on December 21, 1992.

Majorred in professional flight technology. Born on December 21, 1992.





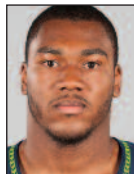
Jesse Davis, T, 6-6, 309, Rookie, Idaho (Asotin, Wash.)

Signed as an undrafted rookie free agent on May 8, 2015. Played in 39 games with 28 starts at Idaho over four seasons, beginning his career at defensive tackle (22 tackles) before moving to tackle prior to his junior season. Prepped at Asotin (Wash.) High and was a first-team State 2B tight end and a first-team District 9 2B selection after recording 10 receptions for 169 yards and four touchdowns and 35 tackles (14 solo), two sacks, one pass defended, one fumble recovery and one blocked punt as a senior. Also played basketball and baseball. Born on September 15, 1991.



Deshon Foxx, 5-10, 177, Rookie, Connecticut (Lynchburg, Va.)

Signed by Seattle on May 18, 2015, after participating in Seattle's rookie mini-camp on a tryout basis. Foxx started 23 of 38 games played at UConn and recorded 73 career receptions for 918 yards and three receiving touchdowns, in addition to rushing 40 times for 277 yards and a 68-yard TD run. Attended Brookville High and helped his team to a 12-2 record during his senior year and advance to the state Division III semifinals. Earned Associated Press Group AA All-State honors, named All-Area by the Lynchburg News and Advance after scoring 29 touchdowns as a senior. Majored in sociology. Born on November 27, 1992.



Keenan Lambert, SS, 6-0, 209, Rookie, Norfolk State (Norfolk, Va.)

Signed by Seattle as an undrafted rookie free agent on May 8, 2015. Played in 47 games with 40 starts during his four-year college career and collected 206 career tackles, 10 tackles for loss, eight interceptions and 26 pass breakups. Earned first-team All-MEAC honors his senior season for the Spartans, finishing with 52 tackles, three interceptions, nine pass breakups and one forced fumble. Played both safety and quarterback and Maury High in Norfolk. Lambert is the half-brother of teammate Kam Chancellor. Born on February 28, 1992.



T.Y. McGill, DT, 6-0, 299, Rookie, North Carolina State (Jesup, Ga.)

Signed by Seattle on May 15, 2015, after participating in Seattle's rookie mini-camp on a tryout basis. McGill started 21 of 49 games played for NC State and collected 131 tackles (78 solo), 10 sacks and 24.5 tackles for loss. Attended Wayne County High and was an all-region selection after his junior and senior seasons. He also served as team captain on football and basketball squads and was voted team MVP by his teammates. Born on November 23, 1992.



Douglas McNeil III, WR, 6-3, 200, 2nd Year, Bowie St. (Baltimore, Md.)

Signed to the Seahawks practice squad on December 23, 2014. Originally entered the NFL after being signed to Denver's practice squad on October 29, 2014, but was released on November 18. Earlier in 2014, played for the Portland Thunder in the Arena League, catching 66 passes for 858 yards and 18 touchdowns in 11 games. Spent three seasons at Bowie State (2010-12) after beginning his collegiate career at Virginia Tech and James Madison. Earned second-team All-CIAA honors as a senior for the Bulldogs. Finished career with 84 receptions for 1,407 yards and 11 TDs. At New Town High School, McNeil was an all-state and all-county selection in football, played on a basketball team that made the state semifinals, and ran track, in which he was a divisional champion in relays and the long jump. Born on July 22, 1988.



Ronald Martin, SS, 6-1, 217, Rookie, LSU (White Castle, La.)

Signed as an undrafted rookie free agent on May 8, 2015. Started 21 of 37 games played for the Tigers, including all 13 his senior season when he collected a career-high 73 tackles, two ints. and nine passes defended. Had 149 career tackles, five interceptions and 15 passes defended. Participated in four sports at White Castle HS – football, basketball, baseball and track. Earned first-team all-state honors in football and basketball. Played QB and safety and led team to the class 1A state title as a senior. Threw for more than 1,400 yards and rushed for more than 1,100 yards and 25 total touchdowns on offense his senior year. Tallied nine interceptions to go along with 15 passes defended. An all-district performer in baseball as a pitcher and outfielder. Anchored both sprint relays and ran the 400 meters. Posted 44 feet in triple jump and 23 feet in the long jump in track. Born on February 26, 1993.



Quayshawn Nealy, LB, 6-0, 237, Rookie, Georgia Tech (Winter Haven, Fla.)

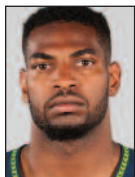
Signed by Seattle as an undrafted rookie free agent on May 8, 2015. Started 46 of 52 games played for the Yellow Jackets and recorded 287 tackles (170 solo), 3.5 sacks, eight interceptions, 10 passes defended, one forced fumble, six fumble recoveries and four defensive touchdowns. Named second-team All-ACC by media and third-team All-ACC by league's head coaches after finishing second on team with 92 tackles (57 solo) his senior season. Prepped at Lakeland High and was an all-state honorable mention and all-area second-team LB. Was the

co-defensive player of the year in Polk County. Ended high school career with 354 tackles (234 solo), 66 tackles for loss, five forced fumbles, three fumble recoveries, six interceptions, 11 sacks, two blocked punts and one blocked field. Also played four seasons of basketball and led Lakeland to district championships in 2008 and 2009, while the 2008 team was state runner-up and the 2009 team was 5A state semifinalist. Majored in management. Born on August 5, 1991.



Will Pericak, C/G, 6-3, 300, 1st Year, Colorado (Boulder, Colo.)

Signed to a future contract with Seattle on February 9, 2015, he makes the transition to the offensive side of the ball in Seattle. Originally signed with the Baltimore Ravens as an undrafted free agent DT on May 3, 2013, but was released and spent time on San Diego's and Jacksonville's practice squads that season. He went to training camp with Denver in 2014 but was released and was not on an NFL roster last season. Started a school-record 49 games at Colorado and finished career with 207 tackles (125 solo), 7.5 sacks, 19 tackles for a loss, five forced fumbles, four fumble recoveries and eight passes defended. Born on December 30, 1989.



Eric Pinkins, LB, 6-3, 230, 2nd Year, San Diego St., (Sacramento, Calif.)

Drafted by Seattle with the second of two sixth-round draft choices (208th overall) in the 2014 NFL Draft as DB. Began the transition to LB during the 2015 off-season. Spent the 2014 season on the reserve/non-football injury list (foot). Played in 46 games with 24 starts at the Warrior position - a safety position which also guarded the slot receiver. Recorded 172 tackles, 15.5 tackles for a loss, 3.0 sacks, three interceptions. Attended Inderkum High School. Was a 2008 All-Metro football second-team defensive selection and an honorable mention All-San Joaquin selection by the Sacramento Chapter of the National Football Foundation. Competed on the track and field team. Majored in Communications.

Born on April 7, 1991.



Thomas Rawls, RB, 5-9, 215, Rookie, Central Michigan (Flint, Mich.)

Signed by Seattle as an undrafted rookie free agent on May 8, 2015. Transferred to Central Michigan after three years at the University of Michigan and ran for 1,103 yards and 10 touchdowns in nine games during his senior season, earning second-team All-MAC honors. Played in 19 games at Michigan as a reserve, carrying the ball 73 times for 333 yards and five touchdowns. Attended Flint Northern High and carried the ball 150 times for 1,585 yards and scored 19 touchdowns as a senior, where he was a three-star player. Earned all-state honorable mention, all-conference and all-city as a sophomore, junior and senior. Born on August 8, 1993.



Kona Schwenke, G, 6-4, 285, 1st Year, Notre Dame (Hauula, Hawaii)

Signed by Seattle on May 11, 2015 after participating in Seattle's rookie mini-camp on a tryout basis. Playing along the defensive line at Notre Dame, he originally signed with Kansas City as an undrafted rookie free agent on May 19, 2014. He was released and also spent time with New England, the N.Y. Jets and Oakland last season. Started nine of 31 games along the defensive line for the Fighting Irish, totaling 30 tackles (nine solo) and 1.0 sack. Attended Kahuku High and was a first-team all-state selection in 2009 as defensive lineman by the Honolulu Advertiser and a second-team all-state by Honolulu Star-Bulletin. Helped lead team to Hawaii state championship game and 12-1 record as a senior, losing title game, 34-21, in Division I to Kamehameha. Majored in anthropology. Born on May 11, 1992.

ior, losing title game, 34-21, in Division I to Kamehameha. Majored in anthropology. Born on May 11, 1992.



Alex Singleton, LB, 6-2, 233, Rookie, Montana State, (Thousand Oaks, Calif.)

Signed as an undrafted rookie free agent by Seattle on May 8, 2015. A three-year starter at linebacker who totaled 246 tackles, 31.5 tackles for loss and four interceptions over his final two seasons for the Bobcats. Attended Thousand Oaks High and earned all-conference and all-county honors and named to the All-CIF Northern Division team. Also earned Thousand Oaks High's Defensive MVP honors. Born on December 7, 1993.



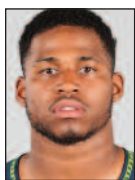
Kevin Smith, WR, 6-0, 218, 1st Year, Washington (Compton, Calif.)

Signed by Seattle on June 25, 2014, but was released after training camp and was not on an NFL roster in 2014. Re-signed by Seattle to a future contract on February 9, 2015. Was originally signed by the Arizona Cardinals as an undrafted rookie free agent on May 12, 2014, but released on June 4. Was claimed off waivers by the Jacksonville Jaguars on June 5 and released on June 19 before signing with Seattle. Smith recorded a team-high 765 receiving yards on 50 catches with four receiving touchdowns during his senior season at Washington in 2013. In his career, played in 47 games with 72 receptions for 1,059 yards and four touchdowns, while also returning 62 kicks for 1,445 yards. Attended Centennial High and earned first-team All-CIF Southern Section Northwest Division honors at WR

Centennial High and earned first-team All-CIF Southern Section Northwest Division honors at WR

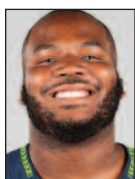


and was the MVP of the Pioneer League as a senior. Helped the Apaches win the Pioneer League title as a senior, one year after finishing 1-9. The title was the Apaches first outright championship since 1960. Did not play football until his junior year of high school. Also a standout basketball player, being named the Pioneer League MVP as a junior. Born on December 21, 1991.



Rod Smith, RB, 6-3, 226, Rookie, Ohio State (Fort Wayne, Ind.)

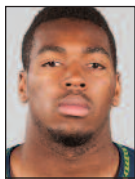
Signed as an undrafted rookie free agent on May 8, 2015. Played in 40 games as a reserve running back for the Buckeyes and ended career with 549 yards on 107 carries with eight touchdowns. Also caught nine passes for 94 yards and two TDs out of the backfield. Was a four-star prospect and ranked the no. 6 running back in the country coming out of Paul Harding High. Carried the football 1,000 times during his high school career and set the Summit Athletic Conference career rushing record with 6,625 yards and 66 touchdowns. Was all-conference in basketball and ran on state runner-up 4x100 relay team. Born on January 10, 1992.



Jimmy Staten, DT, 6-3, 311, 2nd Year, Middle Tennessee State, (Waycross, Ga.)

Drafted by Seattle with the 32nd pick in the fifth round (172nd overall) of the 2014 NFL Draft. Spent the 2014 season on the Seahawks practice squad. Played in 49 collegiate games with 35 starts and voted team captain as a senior. Finished career with 100 tackles (46 solo), 7.0 tackles for a loss, 2.0 sacks and one pass breakup. Played in all 13 games as a freshman, recording five tackles (3 solo). Attended Ware County High School. Earned all-state honors as a junior and senior. Named All-Region 2-AAAA in 2008 and earned a spot on the GACA All-Star roster. Also lettered in track and field and made the state final in the

shot put in 2008. Full name is Jimmy Lewis Staten IV. Parents are Jimmy Staten III and Shirley Staten.



Triston Wade, FS, 5-11, 185, Rookie, Texas-San Antonio (Tyler, Texas)

Signed by Seattle as an undrafted rookie free agent on May 8, 2015. Started 39 of 45 games played for the Roadrunners, and is UTSA's all-time leader in tackles (288), pass breakups (34), interceptions (12), forced fumbles (8) and fumble recoveries (6). Was a 2014 Jim Thorpe Award semifinalist, three-time all-conference honoree and two-year team captain during his career. Prepped at Tyler High and earned 2010 second-team Class 4A all-state and first-team All-East Texas honors. Also was tabbed the District 14-4A Defensive Most Valuable Player after leading team with 122 tackles and six interceptions as a senior. Attended the same high school as teammate Jeremy Lane. Born on May 19, 1993.



Julius Warmley, DE, 6-2, 276, 2nd Year, Tulane (Baton Rouge, La.)

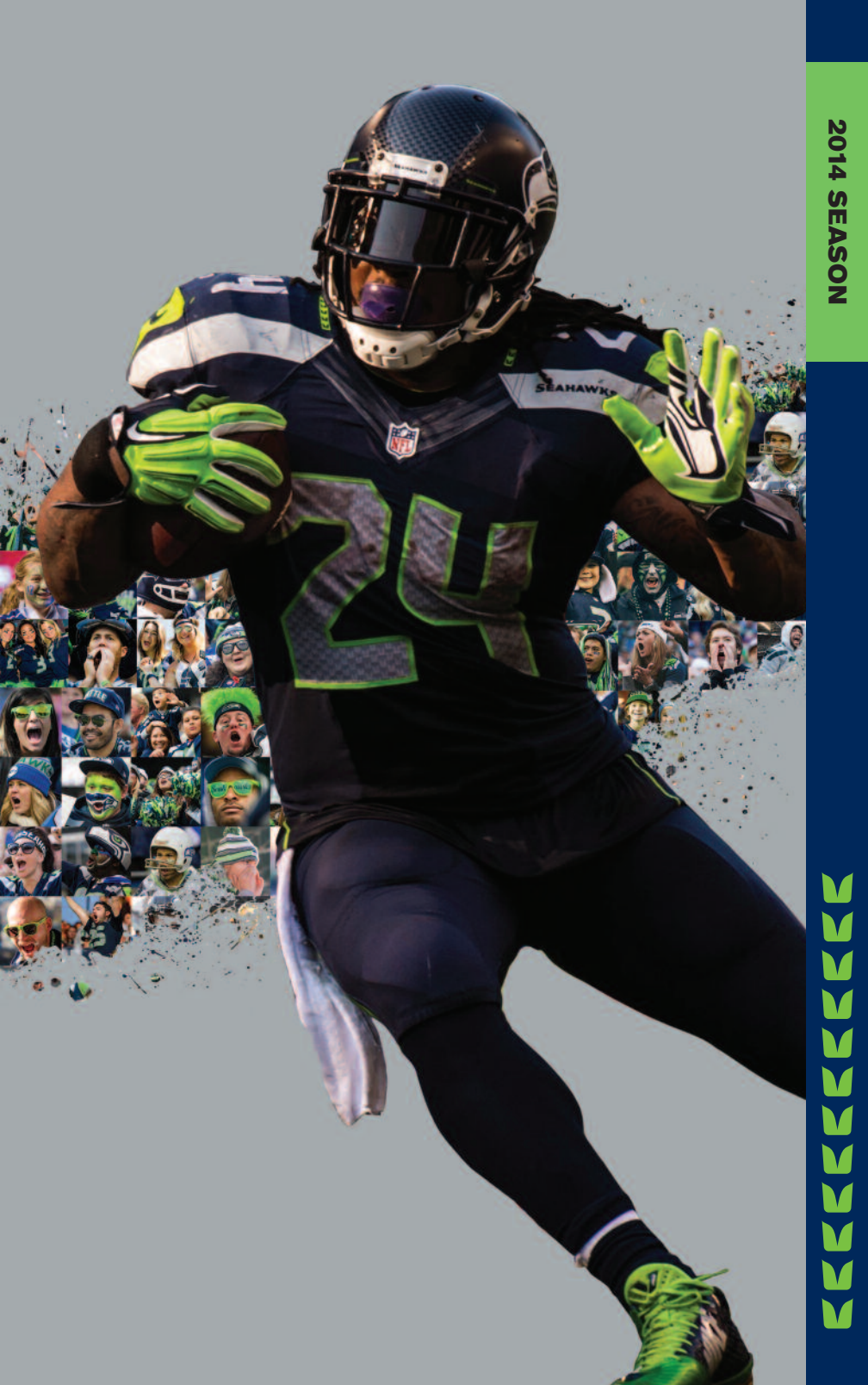
Signed to Seattle's practice squad on September 1, 2014. Originally signed by the Houston Texans on May 19, 2014, but was released after training camp. Played in 44 games for Tulane and racked up 102 tackles (61 solo), 30.5 tackles for loss and 12.5 sacks in his career. Earned first-team All-Conference USA honors his senior season after posting 46 tackles, 6.0 sacks and 18.5 tackles for loss. Enrolled at the U.S. Military Preparatory School for the 2009-10 academic year. Was a three-year letterman at St. Michael's High where he played tight end and defensive end and was named first-team all-state and all-metro as a senior. Also lettered in basketball, weightlifting and track and field. Selected to first-team All-District 7-4A after averaging 22 points and 7.8 rebounds per game on the hardwood. Won the 105-kilogram class and had the second-best overall lift of 211 kg at the Louisiana State High School Olympic Weightlifting Championships and in track, was a Class 4A runner-up in the javelin with a toss of 182-7. Named the Baton Rouge Advocate's Athlete of the Year for his overall athletic achievements. Brother, Titus, played collegiate basketball at Texas and Montana State before joining the Boston Celtics and later playing professionally in Europe. Born on May 15, 1990.



Kasen Williams, WR, 6-1, 219, Rookie, Washington (Sammamish, Wash.)

Signed by Seattle on June 15, 2015, after participating in Seattle's rookie mini-camp on a tryout basis. Played in 48 games during his four years at Washington. Recorded 162 receptions for 1,915 yards and 15 touchdowns. Returned punts as a freshman and junior, totalling 153 yards on 20 returns (7.3 avg.). Attended Skyline High School (Issaquah, Wash.) and helped lead Skyline to the state title game four times, winning three state championships. Was named the Parade All-America National Player of the Year his senior year, the first player from Washington ever so honored. Named MaxPrep.com's National Athlete of the

Year (all sports) for 2010-11. Also named a first-team All-American by USA Today, ESPN and MaxPreps.com. The state's player of the year (all levels), according to the Associated Press. Gatorade State Football Player of the Year in 2010 and in Track and Field for 201. Two-time Seattle Times all-state selection and the newspaper's state player of the year as a senior. Named the Seattle Times' boy's athlete of the year three years in a row (all sports). Three-time member of the Times' "StarTimes" all-area team. KingCo 4A Crest Division Offensive Player of the Year, first-team All-KingCo wide receiver and second-team kick/punt returner in 2010. Born on May 20, 1992.



2014 SEASON





The Seattle Seahawks opened the 2014 season with a prime-time win over the Green Bay Packers on Thursday, September 4 by a score of 36-16 while rushing for over 200 yards and holding the Packers' offense to just 255 total yards. The Seahawks scored first on a Steven Hauschka field goal but after an Earl Thomas muffed punt which Green Bay recovered, the Packers drove into the red zone and scored on a John Kuhn two-yard run, giving Green Bay the 7-3 lead. It was the only time the Packers would lead, as Russell Wilson hit Ricardo Lockette on a 33-yard touchdown for the 10-7 lead. Green Bay would pull even with a Mason Crosby field goal in the second quarter before Marshawn Lynch scored on a 9-yard run with 3:41 left in the half, giving Seattle the 17-10 lead. Seattle added a third quarter Hauschka field goal, along with a safety when Tony McDaniel tackled Derek Sherrod in the end zone after Michael Bennett strip-sacked Aaron Rodgers, bringing Seattle's lead to 22-10. Lynch scored his second TD on the day on a 3-yard run five seconds into the fourth quarter, pushing the lead to 29-10. Green Bay responded with an 82-yard drive resulting in a 3-yard TD pass from Rodgers to Randall Cobb, but failed to convert the two-point try. Seattle then went on an 80-yard drive, eating up 7 minutes and Russell Wilson found Derrick Coleman out of the backfield for a 15-yard TD, giving Seattle the 36-16 lead with 2:30 remaining.

Green Bay	7	3	0	6	16	GB	Seattle
Seattle	3	14	5	14	36		
SEA 1 6:03	Hauschka 35 FG (11-48, 5:50)					0	3
GB 1 1:25	Kuhn 2 run (Crosby kick) (6-34, 3:07)					7	3
SEA 2 13:00	Lockette 33 pass Wilson (Hauschka kick) (6-80, 3:25)					7	10
GB 2 6:52	Crosby 23 FG (12-79, 6:08)					10	10
SEA 2 3:41	Lynch 9 run (Hauschka kick) (6-70, 3:11)					10	17
SEA 3 10:28	Hauschka 20 FG (4-6, 1:26)					10	20
SEA 3 4:42	Sherrod tackled in end zone by T. McDaniel for a safety					10	22
SEA 4 14:55	Lynch 3 run (Hauschka kick) (9-53, 4:47)					10	29
GB 4 9:31	Cobb 3 pass Rodgers (pass failed) (10-82, 5:24)					16	29
SEA 4 4:31	Coleman 15 pass Wilson (Hauschka kick) (13-80, 7:00)					16	36
Att. 68,424							

INDIVIDUAL STATISTICS

RUSHING

Green Bay	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
J. Starks	7	37	12	0	M. Lynch	20	110	21	2
E. Lacy	12	34	15	0	P. Harvin	4	41	16	0
D. Harris	1	7	7	0	R. Wilson	7	29	13	0
J. Kuhn	1	2	2t	1	R. Turbin	6	27	7	0
TOTAL	21	80	15	1	TOTAL	37	207	21	2

PASSING

Green Bay	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
A. Rodgers	33	23	189	1	1	81.5	R. Wilson	28	19	191	2	0	110.9
TOTAL	33	23	189	1	1	81.5	TOTAL	28	19	191	2	0	110.9

RECEIVING

Green Bay	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
J. Nelson	9	83	16	0	P. Harvin	7	59	33	0
R. Cobb	6	58	23	1	Z. Miller	3	42	24	0
A. Quarless	3	26	18	0	D. Baldwin	3	14	6	0
E. Lacy	3	11	12	0	R. Lockette	2	38	33t	1
J. Starks	2	11	11	0	D. Coleman	1	15	15t	1
TOTAL	23	189	23	1	TOTAL	19	191	33t	2

TEAM STATISTICS

	Green Bay	Seattle
Total First Downs	19	25
Third Down Eff.	6-12-50%	4-11-36%
Total Net Yards	255	398
Total Off. Plays	57	66
Avg. per Play	4.5	6.0
Net Yards Rushing	80	207
Total Rushing Plays	21	37
Net Yards Passing	175	191
Times Sacked/Yards Lost	3/14	1/0
Pass Atts-Comps-Ints	33-23-1	28-19-0
Punts-No. and Avg.	4-38.3	2-33.0
Penalties-No. and Yards	8-65	4-69
Fumbles-No. and Lost	1-0	2-1
Touchdowns	2	4
Field Goals Made-Att	1-1	2-2
Time of Possession	26:40	33:20

DEFENSE

Green Bay	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
M. Burnett	8	5	3	0.0	0.0	0	0	0	0	0
A. Hawk	8	4	4	0.0	0.0	0	0	0	0	0
M. Daniels	6	3	3	0.0	0.0	0	0	0	0	0
D. Jones	5	4	1	0.0	0.0	0	0	0	0	0
Additional Stats: FF: C. Matthews 1.										
Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
B. Wagner	14	6	8	0.0	0.0	0	0	0	0	0
K. Chancellor	11	8	3	0.0	0.0	0	0	0	0	0
K. Wright	7	4	3	0.0	0.0	0	0	0	0	0
B. Maxwell	5	4	1	0.0	0.0	1	21	2	0	0
Additional Stats: Sacks: C. Avril 1.0, M. Bennett 1.0, O. Schofield 1.0. FF: M. Bennett 1. Safety: T. McDaniel.										





Despite possessing the ball for just under 18 minutes and running only 40 plays, the Seahawks still had two opportunities in the fourth quarter to drive the ball for a go-ahead touchdown. The Chargers held on for a 30-21 victory in 94 degree weather - tied for the third hottest game on record for Seattle. The Chargers scored first on a 50-yard field goal by Nick Novak. The Seahawks responded quickly with a 51-yard TD run by Percy Harvin, the longest rush of his career, to take a 7-3 lead just over a minute later. The Chargers scored on three-consecutive drives following Seattle's score. Two Antonio Gates' touchdown receptions were sandwiched around a 43-yard Novak field goal giving the Chargers a 20-7 lead with 1:04 remaining in the first half. The Seahawks closed the gap before halftime driving 69 yards on five plays taking just :52 and culminating with Robert Turbin's first-career touchdown, a 3-yard scoring pass from Russell Wilson. The teams entered halftime with the Chargers holding a 20-14 lead. The teams swapped punts to start the third quarter, but San Diego added to their lead after Gates hauled in his third TD reception of the day, this from 21 yards late in the quarter. Down 27-14, Seattle responded with a 14-yard Wilson-to-Marshawn Lynch touchdown pass to pull within 27-21. The Seahawks could not capitalize in the fourth quarter and the Chargers tacked on a late field goal in the closing minutes after taking over on downs deep in Seahawks territory.

Seattle	7	7	7	0	21
San Diego	3	17	7	3	30

						Seattle	SD
SD	1	2:52	Novak 50 FG (14-48, 8:01)			0	3
SEA	1	1:27	Harvin 51 run (Hauschka kick) (3-60, 1:25)			7	3
SD	2	12:05	Gates 8 pass Rivers (Novak kick) (9-80, 4:22)			7	10
SD	2	4:40	Novak 43 FG (10-31, 5:08)			7	13
SD	2	1:04	Gates 8 pass Rivers (Novak kick) (6-28, 3:30)			7	20
SEA	2	0:12	Turbin 3 pass Wilson (Hauschka kick) (5-69, 0:52)			14	20
SD	3	3:01	Gates 21 pass Rivers (Novak kick) (12-75, 6:24)			14	27
SEA	3	0:03	Lynch 14 pass Wilson (Hauschka kick) (8-70, 2:58)			21	27
SD	4	0:16	Novak 28 FG (4-5, 1:30)			21	30

Att. 67,916

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	San Diego	Att	Yds	LG	TD
P. Harvin	2	45	51t	1	D. Woodhead	8	32	13	0
M. Lynch	6	36	10	0	Ry. Mathews	11	31	6	0
R. Wilson	2	18	13	0	D. Brown	7	21	16	0
R. Turbin	2	7	10	0	P. Rivers	11	17	12	0
R. Lockette	1	2	2	0					
TOTAL	13	108	51t	1	TOTAL	37	101	16	0

PASSING

Seattle	A	C	Yds	TD	INT	RT	San Diego	A	C	Yds	TD	INT	RT
R. Wilson	25	17	202	2	0	119.1	P. Rivers	37	28	284	3	0	124.2
TOTAL	25	17	202	2	0	119.1	TOTAL	37	28	284	3	0	124.2

RECEIVING

Seattle	No	Yds	LG	TD	San Diego	No	Yds	LG	TD
J. Kearse	4	61	30	0	A. Gates	7	96	21t	3
M. Lynch	4	27	14t	1	E. Royal	7	69	16	0
D. Baldwin	3	35	16	0	K. Allen	5	55	14	0
R. Turbin	2	35	32	1	D. Woodhead	4	28	14	0
B. Walters	2	17	17	0	D. Brown	3	10	8	0
Z. Miller	1	22	22	0	Ry. Mathews	2	26	16	0
P. Harvin	1	5	5	0					
TOTAL	17	202	32	2	TOTAL	28	284	21t	3

TEAM STATISTICS

DEFENSE

	Seattle	San Diego	Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Total First Downs	14	26	B. Wagner	10	9	1	0.0	0.0	0	0	0	0	0
Third Down Eff.	3-8-38%	10-17-59%	K. Wright	7	6	1	0.0	0.0	0	0	0	0	0
Total Net Yards	288	377	E. Thomas	7	5	2	0.0	0.0	0	0	0	0	0
Total Off. Plays	40	75	R. Sherman	6	6	0	0.0	0.0	0	0	0	0	0
Avg. per Play	7.2	5.0	Additional Stats:	Sacks: M. Bennett 1.0.									
Net Yards Rushing	108	101	San Diego	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Total Rushing Plays	13	37	S. Wright	7	5	2	0.0	0.0	0	0	1	0	0
Net Yards Passing	180	276	J. Verrett	5	5	0	0.0	0.0	0	0	0	0	0
Times Sacked/Yards Lost	2/22	1/8	M. Ingram	5	4	1	1.0	9.0	0	0	0	1	0
Pass Atts-Comps-Ints	25-17-0	37-28-0	E. Weddle	4	3	1	0.0	0.0	0	0	0	0	0
Punts-No. and Avg.	4-53.3	3-41.3	Additional Stats:	Sacks: D. Freney 1.0.									
Penalties-No. and Yards	8-53	6-53											
Fumbles-No. and Lost	2-1	3-0											
Touchdowns	3	3											
Field Goals Made-Att	0-0	3-3											
Time of Possession	17:45	42:15											





Russell Wilson led the Seahawks to a game-winning touchdown drive in overtime, leading Seattle to a 26-20 victory over Peyton Manning and the Denver Broncos in a rematch of Super Bowl XLVIII. The Seahawks defense contained Manning for nearly the entire game until Manning drove 80 yards on six plays in 41 seconds and converted a twopoint conversion to tie the game at 20 with 18 seconds remaining, forcing the overtime period. After being forced to punt on the Seahawks opening possession of the game, Seattle's defense forced a fumble on the Broncos first play from scrimmage, as K.J. Wright recovered for Seattle, setting up a Steven Hauschka field goal and the early 3-0 lead. The Broncos responded with a field goal drive as Brandon McManus connected on a 24-yarder. Seattle scored twice late in the first half when Russell Wilson hit Ricardo Lockette deep down the sideline for a 39-yard touchdown. A quick three-and-out by Denver's offense gave Seattle the ball with 2:38 in the half and Wilson drove the Seahawks 68 yards and connected with Marshawn Lynch on a slant route for a 5-yard touchdown with :12 seconds remaining. Both team's defenses dominated the third quarter, and the Broncos defense recorded a safety early in the fourth after tackling Lynch in Seattle's end zone, bringing the score to 17-5. On Seattle's next possession, Aqib Talib tipped a Wilson pass intended for Percy Harvin, and intercepted by Chris Harris, returning it to Seattle's 13-yard line, setting up a Manning shovel pass to Julius Thomas for a three-yard touchdown to pull to within a score, at 17-12. Seattle added a Hauschka field goal after a Kam Chancellor interception, leaving Manning with under a minute. Manning hit Jacob Tamme down the left sideline on a 26-yard touchdown, and converted the two-point attempt to force overtime. But Wilson and Seattle's offense systematically drove the 80 yards necessary, with Wilson passing for four first downs and rushing for two others, as Lynch finished the drive with a 6-yard touchdown run, securing the 26-20 victory.

Denver	3	0	0	17	0	20		
Seattle	3	14	0	3	6	26		

	SEA	DEN	SEA	DEN	SEA	DEN	SEA	DEN	SEA	DEN
SEA 1	10:33	Hauschka 20 FG (5-21, 2:50)							0	3
DEN 1	3:27	McManus 24 FG (15-75, 7:06)							3	3
SEA 2	3:05	Lockette 39 pass Wilson (Hauschka kick) (4-73, 2:22)							3	10
SEA 2	0:12	Lynch 5 pass Wilson (Hauschka kick) (10-68, 2:26)							3	17
DEN 4	13:07	Lynch tackled in end zone by Irving, Ward for a safety							5	17
DEN 4	9:20	J. Thomas 3 pass Manning (McManus kick) (5-19, 1:42)							12	17
SEA 4	0:59	Hauschka 28 FG (5-25, 1:13)							12	20
DEN 4	0:18	Tamme 26 pass Manning (Manning-Thomas pass) (6-80, 0:41)							20	20
SEA OT	9:14	Lynch 6 run (13-80, 5:46)							20	26

Att. 68,447

INDIVIDUAL STATISTICS

RUSHING

Denver	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
M. Ball	14	38	10	0	M. Lynch	26	88	12	1
R. Hillman	2	2	2	0	R. Wilson	9	40	9	0
V. Green	1	0	0	0	R. Turbin	2	1	1	0
TOTAL	20	36	10	0	TOTAL	37	129	12	1

PASSING

Denver	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
P. Manning	49	31	303	2	1	85.7	R. Wilson	34	24	258	2	1	99.9
							J. Kearse	1	1	17	0	0	118.8
TOTAL	49	31	303	2	1	85.7	TOTAL	35	25	275	2	1	101.5

RECEIVING

Denver	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
E. Sanders	11	149	42	0	P. Harvin	7	42	11	0
W. Welker	6	60	15	0	D. Baldwin	4	56	16	0
D. Thomas	4	31	12	0	M. Lynch	3	40	21	1
TOTAL	31	303	42	2	TOTAL	25	275	39t	2

TEAM STATISTICS

	Denver	Seattle
Total First Downs	20	26
Third Down Eff.	6-16-38%	7-17-41%
Total Net Yards	332	384
Total Off. Plays	70	75
Avg. per Play	4.7	5.1
Net Yards Rushing	36	129
Total Rushing Plays	20	37
Net Yards Passing	296	255
Times Sacked/Yards Lost	1/7	3/20
Pass Atts-Comps-Ints	49-31-1	35-25-1
Punts-No. and Avg.	8-47.3	6-50.2
Penalties-No. and Yards	4-27	7-34
Fumbles-No. and Lost	1-1	0-0
Touchdowns	2	3
Field Goals Made-Att	1-1	2-3
Time of Possession	27:42	38:04

DEFENSE

Denver	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
N. Irving	13	2	11	0.0	0.0	0	0	0	0	0
B. Marshall	12	5	7	0.0	0.0	0	0	0	0	0
T. Ward	8	4	4	1.0	10.0	0	0	0	0	0
V. Miller	7	3	4	1.0	3.0	0	0	0	0	0
Additional Stats: Sacks D. Ware 1.0. Int C. Harris 1.										
Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
B. Maxwell	11	9	2	0.0	0.0	0	0	1	0	0
B. Wagner	11	4	7	0.0	0.0	0	0	1	0	0
K. Chancellor	9	6	3	0.0	0.0	1	52	2	1	0
K. Wright	7	6	1	0.0	0.0	0	0	0	0	1
Additional Stats: Sacks O. Schofield 1.0.										



The Seattle Seahawks overcame a slew of penalties to secure a 27-17 victory over the Washington Redskins on Monday Night Football behind a strong performance by QB Russell Wilson, who completed 75 percent of his passes for over 200 yards and two TDs, in addition to 122 rushing yards and a rushing TD on 11 carries. Seattle leads the league in Monday Night Football winning percentage (.724) with a record of 21-8, and the club is now 11-1 in prime time games under head coach Pete Carroll. Seattle jumped to an early lead with a touchdown drive on the game's opening possession when Wilson connected with Jermaine Kearse on a 15-yard TD. In the second quarter, the Seahawks added a Steven Hauschka field goal and a Wilson rushing TD to grab a 17-0 lead. Washington responded when Kirk Cousins found DeSean Jackson streaking down the sideline for a 60-yard touchdown cutting the halftime lead to 17-7. Washington added a Kai Forbath 27-yard field goal in the third quarter, as Seattle's offense was unable to get anything going. Wilson and the Seahawks' offense returned to form in the fourth when Wilson connected with Marshawn Lynch for a 9-yard TD pass, for a 24-10 lead. Cousins then hit Andre Roberts for a 6-yard TD, pulling the Redskins to within a touchdown, 24-17, with 3:35 remaining in the game. Wilson led Seattle on a 55-yard drive culminating in a 43-yard field goal by Hauschka with just 0:21 remaining in the game, giving Seattle the 27-17 victory.

Seattle		7	10	0	10	27		
Washington		0	7	3	7	17	Seattle	Was
SEA 1	12:44	Kearse 15 pass Wilson (Hauschka kick) (6-65, 2:16)					7	0
SEA 2	9:04	Hauschka 40 FG (8-31, 4:49)					10	0
SEA 2	4:37	Wilson 9 run (Hauschka kick) (5-70, 2:44)					17	0
WAS 2	2:32	Jackson 60 pass Cousins (Forbath kick) (4-80, 2:05)					17	7
WAS 3	10:41	Forbath 27 yd FG (7-71, 4:19)					17	10
SEA 4	6:31	Lynch 9 pass Wilson (Hauschka kick) (12-53, 7:33)					24	10
WAS 4	3:35	Roberts 6 pass Cousins (Forbath kick) (11-80, 2:56)					24	17
SEA 4	0:21	Hauschka 43 FG (8-55, 3:14)					27	17
Att. 79,522								

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	Washington	Att	Yds	LG	TD
R. Wilson	11	122	29	1	A. Morris	13	29	11	0
M. Lynch	17	72	17	0	K. Cousins	2	4	4	0
R. Turbin	5	19	9	0	R. Helu	2	-1	4	0
P. Harvin	2	7	6	0					
J. Ryan	1	5	5	0					
TOTAL	36	225	29	1	TOTAL	17	32	11	0

PASSING

Seattle	A	C	Yds	TD	INT	RT	Washington	A	C	Yds	TD	INT	RT
R. Wilson	24	18	201	2	0	127.3	K. Cousins	36	21	283	2	0	102.0
TOTAL	24	18	201	2	0	127.3	TOTAL	36	21	283	2	0	102.0

RECEIVING

Seattle	No	Yds	LG	TD	Washington	No	Yds	LG	TD
M. Lynch	5	45	30	1	D. Jackson	5	157	60t	1
D. Baldwin	4	50	20	0	R. Helu	5	59	22	0
P. Harvin	4	27	13	0	A. Roberts	5	29	7	1
L. Willson	3	28	19	0	P. Garcon	2	23	18	0
C. Helfet	1	36	36	0	L. Paulsen	2	11	7	0
J. Kearse	1	15	15t	1	N. Paul	1	6	6	0
					A. Morris	1	-2	-2	0
TOTAL	18	201	36	2	TOTAL	21	283	60t	2

TEAM STATISTICS

	Seattle	Was
Total First Downs	20	14
Third Down Eff.	5-14-36%	3-12-25%
Total Net Yards	403	307
Total Off. Plays	63	54
Avg. per Play	6.4	5.7
Net Yards Rushing	225	32
Total Rushing Plays	36	17
Net Yards Passing	178	275
Times Sacked/Yards Lost	3/23	1/8
Pass Atts-Comps-Ints	24-18-0	36-21-0
Punts-No. and Avg.	6-43.3	8-49.9
Penalties-No. and Yards	13-90	3-30
Fumbles-No. and Lost	2-0	1-0
Touchdowns	3	2
Field Goals Made-Att	2-2	1-1
Time of Possession	34:56	25:04

DEFENSE

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
B. Wagner	8	5	3	1.0	8.0	0	0	2	0	0
B. Maxwell	5	5	0	0.0	0.0	0	0	0	0	0
K. Wright	5	4	1	0.0	0.0	0	0	1	1	0
Chancellor	5	4	1	0.0	0.0	0	0	0	0	0
Additional Stats: None.										
Washington	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
P. Riley	10	7	3	0.0	0.0	0	0	0	0	0
K. Robinson	8	4	4	0.0	0.0	0	0	0	0	0
B. Orakpo	8	4	4	0.0	0.0	0	0	0	0	0
Meriweather	7	3	4	1.0	8.0	0	0	0	0	0
Additional Stats: None.										





The Seattle Seahawks defense could not get off the field on third downs and the offense could not sustain drives as Tony Romo and DeMarco Murray led the Dallas Cowboys to victory over the Seahawks in a rare home loss by a score of 30-23. Seattle started fast with a Steven Hauschka field goal on the opening drive of the game. Doug Baldwin blocked a Dallas punt on the ensuing possession, which Mike Morgan recovered and returned 25 yards for a touchdown and the 10-0 lead. The Cowboys responded on consecutive drives with Romo hitting Gavin Escobar for a 2-yard TD pass and Dan Bailey connecting on a 42-yard field goal to tie the game at 10-10. Dallas took a 17-10 lead with :16 to go in the first half when Romo found Jason Witten on a 3-yard TD. Seattle evened the score 17-17 after a muffed punt set the Seahawks up at the Dallas 14-yard line and Russell Wilson scored on a 9-yard run. Seattle again got the ball deep in Cowboys territory after Jordan Hill recovered a botched snap by Romo, and Hauschka converted on a 33-yard field goal for the 20-17 lead. The Cowboys responded with a 56-yard field goal by Bailey. Seattle regained the lead after a short punt set the offense up at the Dallas 42-yard line and Hauschka made his third field goal of the day, a 48-yarder for the 23-20 lead with 8:16 remaining. Dallas was able to regain the lead after a drive which saw a third-and-20 conversion by Romo to Terrance Williams, with DeMarco Murray finishing the drive on a 15-yard TD run, giving Dallas the 27-23 lead with 3:16 to play. Seattle could not convert one first down on their drive and Dallas took over and added Bailey's third field goal with just over a minute remaining. Down 30-23 with a minute to play, Wilson was intercepted by Rolando McClain, sealing the Dallas victory.

Dallas	7	10	3	10	30	Dallas	Seattle
Seattle	10	0	10	3	23		
SEA 1	10:06	Hauschka 33 FG (10-64, 4:54)				0	3
SEA 1	7:13	Morgan 25 return of blocked punt (Hauschka kick)				0	10
DAL 1	2:34	Escobar 2 pass Romo (Bailey kick) (9-80, 4:39)				7	10
DAL 2	5:15	Bailey 42 FG (15-71, 9:45)				10	10
DAL 2	0:16	Witten 3 pass Romo (Bailey kick) (10-80, 2:48)				17	10
SEA 3	6:19	Wilson 9 run (Hauschka kick) (2-14, 0:38)				17	17
SEA 3	3:20	Hauschka 33 FG (4-5, 1:26)				17	20
DAL 3	1:04	Bailey 56 FG (5-43, 2:16)				20	20
SEA 4	8:16	Hauschka 48 FG (7-12, 2:28)				20	23
DAL 4	3:16	Murray 15 run (Bailey kick) (9-80, 5:00)				27	23
DAL 4	1:09	Bailey 31 FG (5-10, 1:26)				30	23

Att. 68,432

INDIVIDUAL STATISTICS

RUSHING

Dallas	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
D. Murray	29	115	25	1	M. Lynch	10	61	32	0
J. Randle	5	52	38	0	R. Wilson	2	12	9t	1
T. Romo	2	-1	0	0	R. Turbin	2	10	7	0
L. Dunbar	1	-4	-4	0	P. Harvin	3	-1	0	0
TOTAL	37	162	38	1	TOTAL	18	80	32	1

PASSING

Dallas	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
T. Romo	32	21	250	2	0	110.2	R. Wilson	28	14	126	0	1	47.6
TOTAL	32	21	250	2	0	110.2	TOTAL	28	14	126	0	1	47.6

RECEIVING

Dallas	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
D. Murray	6	31	14	0	J. Kearse	3	62	53	0
D. Bryant	4	63	23	0	P. Harvin	3	0	5	0
L. Dunbar	4	48	21	0	D. Baldwin	2	32	20	0
T. Williams	2	70	47	0	L. Willson	2	11	10	0
TOTAL	21	250	47	2	TOTAL	14	126	53	0

TEAM STATISTICS

	Dallas	Seattle
Total First Downs	23	9
Third Down Eff.	10-17-59%	5-13-38%
Total Net Yards	401	206
Total Off. Plays	70	48
Avg. per Play	5.7	4.3
Net Yards Rushing	162	80
Total Rushing Plays	37	18
Net Yards Passing	239	126
Times Sacked/Yards Lost	1/11	2/0
Pass Atts-Comps-Ints	32-21-0	28-14-1
Punts-No. and Avg.	3-21.7	4-41.8
Penalties-No. and Yards	6-46	9-58
Fumbles-No. and Lost	2-2	1-0
Touchdowns	3	2
Field Goals Made-Att	3-3	3-3
Time of Possession	37:39	22:21

DEFENSE

Dallas	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
J. Durant	9	3	6	0.0	0.0	0	0	1	0	0
O. Scandrick	5	4	1	0.0	0.0	0	0	0	0	0
G. Selvie	5	2	3	1.0	0.0	0	0	0	0	0
B. Church	5	2	3	0.0	0.0	0	0	1	0	0
Additional Stats: None.										
Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
M. Burley	8	6	2	0.0	0.0	0	0	0	0	0
K. Wright	8	5	3	0.0	0.0	0	0	0	0	0
R. Sherman	8	5	3	0.0	0.0	0	0	0	0	0
B. Wagner	7	3	4	0.0	0.0	0	0	0	0	0
Additional Stats: Sacks B. Irvin 1.0. FR: J. Hill 1, K. Pierre-Louis 1.										





In a game where Russell Wilson became the first player in NFL history to pass for more than 300 yards and rush for more than 100, the Seattle Seahawks dropped the game in St. Louis, 28-26. The Seahawks got off to a slow start and despite a strong second-half performance, outscoring the Rams 20-7, could not overcome gutsy special teams play by the St. Louis Rams and lost their second game in row. After a Steven Hauschka field goal on Seattle's first possession, the Rams' Benny Cunningham returned the ensuing kickoff 75 yards to Seattle's 31-yard line, setting up a 6-yard TD run by Tre Mason. The Rams made it 14-3 after a 74-yard drive where QB Austin Davis hit Cunningham on a 5-yard TD pass. Forcing a second-quarter punt by Seattle, the Rams executed a fake punt return, baiting the defense into following returner Tavon Austin one way, while Stedman Bailey pulled away from the Seahawks player he was blocking, catching the ball on the other side of the field with no defenders around and proceeded to take it 90 yards for a TD and the 21-3 lead. Seattle could only add another field goal before halftime. In the second half, Seattle found its rhythm as Russell Wilson ran for a 19-yard touchdown in the third quarter and found Cooper Helfet on a 19-yard TD pass early in the fourth quarter, bringing the score to 21-19 after a failed two-point attempt. Davis, who went 18-of-21 for 152 yards in the game, led the Rams on an 80-yard drive, connecting with Lance Kendricks on a 4-yard TD pass, giving the Rams a nine-point lead with 5:36 remaining. Wilson continued his brilliant play, driving 80 yards, finding Doug Baldwin on a 9-yard TD pass to pull within two points with 3:18 to go in the game. Seattle's defense forced a three-and-out, but on fourth down, the Rams executed a fake punt from their own 18-yard line, as punter Johnny Hekker completed a pass to Cunningham for 18 yards. The Rams were able to retain possession for the remainder of the game and held on for the victory.

Seattle	3	3	7	13	26		
St. Louis	7	14	0	7	28		

SEA 1 9:01 Hauschka 24 FG (9-68, 4:06)	Seattle	StL
STL 1 5:19 Mason 6 run (Zuerlein kick) (6-31, 3:42)	3	0
STL 2 13:12 Cunningham 5 pass from Davis (Zuerlein kick) (9-74, 5:09)	3	14
STL 2 7:05 Bailey 90 punt return (Zuerlein kick)	3	21
SEA 2 0:07 Hauschka 35 FG (9-41, 1:48)	6	21
SEA 3 4:22 Wilson 19 run (Hauschka kick) (12-82, 6:06)	13	21
SEA 4 9:44 Helfet 19 pass Wilson (pass failed) (9-91, 5:10)	19	21
STL 4 5:36 Kendricks 4 pass Davis (Zuerlein kick) (8-80, 4:08)	19	28
SEA 4 3:18 Baldwin 9 pass Wilson (Hauschka kick) (8-80, 2:18)	26	28

Att. 57,855

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	St. Louis	Att	Yds	LG	TD
R. Wilson	7	106	52	1	T. Mason	18	85	28	1
M. Lynch	18	53	13	0	T. Austin	5	16	8	0
TOTAL	29	171	52	1	TOTAL	27	102	28	1

PASSING

Seattle	A	C	Yds	TD	INT	RT	St. Louis	A	C	Yds	TD	INT	RT
R. Wilson	36	23	313	2	0	110.1	A. Davis	21	18	152	2	0	128.6
							J. Hekker	1	1	18	0	0	118.8
TOTAL	36	23	313	2	0	110.1	TOTAL	22	19	170	2	0	129.2

RECEIVING

Seattle	No	Yds	LG	TD	St. Louis	No	Yds	LG	TD
D. Baldwin	7	123	49	1	B. Cunningham	5	46	18	1
P. Richardson	4	33	11	0	J. Cook	3	25	10	0
C. Helfet	3	61	22	1	T. Austin	3	6	5	0
TOTAL	23	313	49	2	TOTAL	19	170	30	2

TEAM STATISTICS

	Seattle	St. Louis
Total First Downs	25	18
Third Down Eff.	6-12-50%	4-9-44%
Total Net Yards	463	272
Total Off. Plays	68	49
Avg. per Play	6.8	5.6
Net Yards Rushing	171	102
Total Rushing Plays	29	27
Net Yards Passing	292	170
Times Sacked/Yards Lost	3/21	0/0
Pass Atts-Comps-Ints	36-23-0	22-19-0
Punts-No. and Avg.	4-42.3	3-51.0
Penalties-No. and Yards	10-89	2-20
Fumbles-No. and Lost	0-0	1-0
Touchdowns	3	4
Field Goals Made-Att	2-2	0-1
Time of Possession	32:24	27:36

DEFENSE

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
M. Smith	10	10	0	0.0	0.0	0	0	1	0	0
K. Wright	10	7	3	0.0	0.0	0	0	0	0	0
K. Chancellor	7	6	1	0.0	0.0	0	0	0	0	0
E. Thomas	6	4	2	0.0	0.0	0	0	0	0	0
Additional Stats: None.										
St. Louis	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
J. Jenkins	9	7	2	0.0	0.0	0	0	1	0	0
L. Joyner	7	7	0	0.0	0.0	0	0	0	0	0
E. Gaines	6	6	0	0.0	0.0	0	0	1	0	0
A. Ogletree	6	4	2	0.0	0.0	0	0	0	0	0
Additional Stats: Sacks: R. Quinn 1.0, E. Sims 1.0.										





Down three with 4:37 remaining in the game, Russell Wilson led the Seahawks offense 80 yards for the go-ahead touchdown with 0:47 left in the game, giving Seattle the 13-9 victory and beating the Carolina Panthers on the road by less than a touchdown for the third year in a row. The Panthers scored first with a Graham Gano field goal in the first quarter and added to their lead with another Gano field goal in the second quarter. Seattle cut the Panthers' lead in half when Steven Hauschka connected on a 58-yard field goal, tying the franchise-long (Josh Brown). Hauschka evened the score in the third quarter with a 29-yard field goal, bringing the score to 6-6. Cam Newton led the Panthers offense 64 yards setting up a Gano 46-yard field goal, giving Carolina the 9-6 lead with 4:37 remaining. Wilson went 4-for-4 on the ensuing drive, rushing twice for 21 yards, and hit Luke Willson on a 23-yard touchdown, giving Seattle the 13-9 lead with just 0:47 remaining. The Seahawks defense ramped up the pass rush on the Panthers final possession, as Bruce Irvin sacked Newton on two-consecutive plays, and forced a turnover on downs, securing the Seattle victory.

Seattle	0	3	3	7	13		
Carolina	3	3	0	3	9		

						Seattle	Carolina
CAR 1	6:21	Gano 31 FG (11-58, 6:26)				0	3
CAR 2	13:23	Gano 26 FG (12-46, 6:21)				0	6
SEA 2	11:00	Hauschka 58 FG (5-13, 2:23)				3	6
SEA 3	7:13	Hauschka 29 FG (12-29, 6:00)				6	6
CAR 4	4:37	Gano 46 FG (9-64, 4:56)				6	9
SEA 4	0:47	Willson 23 pass Wilson (Hauschka kick) (9-80, 3:50)				13	9
Att.	74,042						

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	Carolina	Att	Yds	LG	TD
M. Lynch	14	62	25	0	J. Stewart	16	79	18	0
R. Wilson	6	35	15	0	C. Newton	12	24	8	0
C. Michael	4	12	6	0	C. Ogbonnaya	1	9	9	0
R. Turbin	2	10	5	0	J. Avant	1	1	1	0
					D. Reaves	1	1	1	0
TOTAL	26	119	25	0	TOTAL	31	114	18	0

PASSING

Seattle	A	C	Yds	TD	INT	RT	Carolina	A	C	Yds	TD	INT	RT
R. Wilson	32	20	199	1	1	77.5	C. Newton	22	12	171	0	1	61.0
TOTAL	32	20	199	1	1	77.5	TOTAL	22	12	171	0	1	61.0

RECEIVING

Seattle	No	Yds	LG	TD	Carolina	No	Yds	LG	TD
D. Baldwin	6	61	18	0	K. Benjamin	4	94	51	0
R. Turbin	3	32	21	0	J. Cotchery	3	33	13	0
R. Lockette	2	22	12	0	J. Stewart	3	15	8	0
P. Richardson	2	20	11	0	G. Olsen	1	16	16	0
J. Kearse	2	15	12	0	E. Dickson	1	13	13	0
K. Norwood	2	13	10	0					
L. Willson	1	23	23t	1					
C. Helfet	1	11	11	0					
M. Lynch	1	2	2	0					
TOTAL	20	199	23t	1	TOTAL	12	171	51	0

TEAM STATISTICS

	Seattle	Carolina
Total First Downs	19	17
Third Down Eff.	4-11-36%	2-10-20%
Total Net Yards	310	266
Total Off. Plays	59	56
Avg. per Play	5.3	4.8
Net Yards Rushing	119	114
Total Rushing Plays	26	31
Net Yards Passing	191	152
Times Sacked/Yards Lost	1/8	3/19
Pass Atts-Comps-Ints	32-20-1	22-12-1
Punts-No. and Avg.	3-40.0	2-39.0
Penalties-No. and Yards	7-41	4-20
Fumbles-No. and Lost	2-1	4-1
Touchdowns	1	0
Field Goals Made-Att	2-2	3-3
Time of Possession	29:00	31:00

DEFENSE

Seattle	T	S	A	QB Yds.	Int. Yds.	PD	FF	FR
E. Thomas	9	4	5	0.0	0.0	0	0	0
M. Smith	8	4	4	0.0	0.0	0	0	1
K. Wright	7	2	5	0.0	0.0	0	0	0
R. Sherman	5	3	2	0.0	0.0	0	0	0
Additional Stats: Sacks: B. Irvin 2.0, B. Mebane 1.0. INT: M. Burley 1.								
Carolina	T	S	A	QB Yds.	Int. Yds.	PD	FF	FR
T. Davis	10	4	6	0.0	0.0	0	0	0
L. Kuechly	7	4	3	0.0	0.0	0	1	0
C. Johnson	7	3	4	0.0	0.0	0	0	0
J. Norman	5	2	3	0.0	1.0	2	0	0
Additional Stats: Sacks: K. Ealy 1.0. FR: M. Addison 1.								





The Seattle Seahawks improved to 5-3 on the season with a 30-24 victory over the visiting Oakland Raiders behind a strong performance by Marshawn Lynch, who led the team in both rushing (67) and receiving yards (76). Sebastian Janikowski connected on a 48-yard field goal on the game's opening drive. Seattle responded with an eight-play, 72-yard drive in which Lynch touched the ball six times, including a three-yard touchdown run, giving Seattle the 7-3 lead. After trading punts, Seattle's defense and special teams forced turnovers on three consecutive Raiders' possessions. Bruce Irvin returned an interception 35 yards for a touchdown and Richard Sherman notched his first interception of the season and returned it 18 yards, setting up a Steven Hauschka 34-yard field goal, giving Seattle the 17-3 lead. On the ensuing kickoff, Jermaine Kearse punched the ball loose from returner T.J. Carrie, and Hauschka recovered for Seattle, but could not convert on the following 46-yard field goal attempt. The Seahawks added a touchdown late in the first half as Lynch rushed five yards for the score, giving Seattle a 24-3 halftime lead. A blocked punt on Seattle's opening possession of the second half was recovered in the end zone for a touchdown by Brice Butler, cutting Seattle's lead to 24-10. Oakland scored again late in the third quarter on a one-yard pass from Derek Carr to Mychal Rivera. Seattle added two fourth-quarter field goals by Hauschka, pushing the lead to 30-17 with 9:19 to play. Carr again found Rivera for a one-yard touchdown pass with 1:52 left in the game, pulling to within six. Kearse recovered the ensuing onside kick try by the Raiders, and Seattle was able to take a knee and run out the clock, preserving the 30-24 victory.

Oakland	3	0	14	7	24
Seattle	14	10	0	6	30

				Oakland	Seattle
OAK 1	9:10	Janikowski 48 FG (12-50, 5:50)		3	0
SEA 1	4:07	Lynch 3 run (Hauschka kick) (8-72, 5:03)		3	7
SEA 1	0:00	Irvin 35 INT return (Hauschka kick)		3	14
SEA 2	12:24	Hauschka 34 FG (4-2, 0:59)		3	17
SEA 2	0:54	Lynch 5 run (Hauschka kick) (11-78, 2:56)		3	24
OAK 3	13:52	Butler blocked punt recovery in end zone (Janikowski kick)		10	24
OAK 3	2:58	Rivera 1 pass Carr (Janikowski kick) (5-30, 2:16)		17	24
SEA 4	14:50	Hauschka 30 FG (9-68, 3:08)		17	27
SEA 4	9:19	Hauschka 40 FG (7-25, 3:52)		17	30
OAK 4	1:52	Rivera 1 pass Carr (Janikowski kick) (9-64, 2:22)		24	30
Att. 68,337					

INDIVIDUAL STATISTICS

RUSHING

Oakland	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
D. McFadden	13	20	9	0	M. Lynch	21	67	11	2
M. Reece	1	10	10	0	R. Turbin	5	35	17	0
D. Carr	2	9	7	0	R. Wilson	8	31	19	0
M. Jones-Drew	2	-2	0	0	C. Michael	4	16	8	0
TOTAL	18	37	10	0	TOTAL	38	149	19	2

PASSING

Oakland	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
D. Carr	41	24	194	2	2	66.5	R. Wilson	35	17	179	0	0	63.9
TOTAL	41	24	194	2	2	66.5	TOTAL	35	17	179	0	0	63.9

RECEIVING

Oakland	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
M. Rivera	8	38	16	2	M. Lynch	5	76	39	0
D. McFadden	4	47	23	0	D. Baldwin	5	38	20	0
J. Jones	3	18	8	0	P. Richardson	3	12	10	0
A. Holmes	2	28	17	0	K. Norwood	1	19	19	0
TOTAL	24	194	23	2	TOTAL	17	179	39	0

TEAM STATISTICS

	Oakland	Seattle
Total First Downs	17	21
Third Down Eff.	5-15-33%	7-18-39%
Total Net Yards	226	326
Total Off. Plays	60	74
Avg. per Play	3.8	4.4
Net Yards Rushing	37	149
Total Rushing Plays	18	38
Net Yards Passing	189	177
Times Sacked/Yards Lost	1/5	1/2
Pass Atts-Comps-Ints	41-24-2	35-17-0
Punts-No. and Avg.	6-52.3	6-35.2
Penalties-No. and Yards	5-69	9-65
Fumbles-No. and Lost	3-1	0-0
Touchdowns	3	3
Field Goals Made-Att	1-2	3-4
Time of Possession	24:54	35:06

DEFENSE

Oakland	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
S. Moore	11	8	3	1.0	2.0	0	0	0	0	0
D. Hayden	7	5	2	0.0	0.0	0	0	2	0	0
K. Mack	7	4	3	0.0	0.0	0	0	0	0	0
M. Burris	7	4	3	0.0	0.0	0	0	0	0	0

Additional Stats: None.

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
K. Wright	13	10	3	0.0	0.0	0	0	1	0	0
D. Shead	4	4	0	0.0	0.0	0	0	0	0	0
M. Morgan	4	4	0	0.0	0.0	0	0	0	0	0
C. Avril	3	3	0	1.0	5.0	0	0	0	1	0

Additional Stats: INT: Irvin 1 (35-yd TD). FF: Kearse 1.

FR: Hauschka 1.



The Seattle Seahawks rushed for a franchise-record 350 yards as Marshawn Lynch ran for 140 yards and a career-high four touchdowns. Russell Wilson also topped 100 yards rushing, and the Seahawks scored 21 points in the fourth quarter to defeat the visiting New York Giants 38-17. Lynch's first touchdown came on a 1-yard rush on the Seahawks' opening drive. After Wilson was intercepted on the first play of the Seahawks' second drive, Eli Manning found Preston Parker on a 6-yard TD pass, tying the score at 7-7. New York took the lead in the second quarter when Andre Williams ran for a 3-yard TD. Lynch's second TD came in the second quarter on a 2-yard run, knotting the score at 14-14, but the Giants took a 17-14 lead into halftime after a Josh Brown 41-yard field goal as time expired. Seattle then went on a 24-0 run in the second half, as the defense forced two turnovers, a turnover on downs and two punts on the Giants' five possessions. Steven Hauschka added a 28-yard field goal in the third quarter, tying the score at 17-17. In the fourth quarter, Lynch ran for 3- and 16-yard touchdowns, and Wilson also ran for a 1-yard touchdown, pushing the final score to 38-17.

N.Y. Giants	7	10	0	0	17
Seattle	7	7	3	21	38

					N.Y. Giants	Seattle
SEA	1	10:23	Lynch 1 run (Hauschka kick) (6-80, 3:19)		0	7
NYG	1	4:32	Parker 6 pass Manning (Brown kick) (5-24, 1:37)		7	7
NYG	2	13:38	Williams 3 run (Brown kick) (5-80, 2:23)		14	7
SEA	2	1:57	Lynch 2 run (Hauschka kick) (15-85, 8:25)		14	14
NYG	2	0:00	Brown 41 FG (11-57, 1:57)		17	14
SEA	3	4:13	Hauschka 28 FG (8-70, 3:55)		17	17
SEA	4	12:47	Lynch 3 run (Hauschka kick) (7-58, 2:52)		17	24
SEA	4	7:47	Lynch 16 run (Hauschka kick) (7:53, 3:28)		17	31
SEA	4	5:19	Wilson 1 run (Hauschka kick) (2-46, 0:27)		17	38
Att. 68,352						

INDIVIDUAL STATISTICS

RUSHING

N.Y. Giants	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
A. Williams	13	33	7	1	M. Lynch	21	140	22	4
O. Beckham	1	11	11	0	R. Wilson	14	107	26	1
M. Cox	2	6	4	0	C. Michael	4	71	45	0
P. Hillis	1	4	4	0	R. Turbin	6	32	6	0
TOTAL	17	54	11	1	TOTAL	45	350	45	5

PASSING

N.Y. Giants	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
E. Manning	44	29	283	1	1	81.9	R. Wilson	17	10	172	0	2	53.7
TOTAL	44	29	283	1	1	81.9	TOTAL	17	10	172	0	2	53.7

RECEIVING

N.Y. Giants	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
O. Beckham	7	108	44	0	D. Baldwin	4	31	14	0
P. Parker	7	79	25	1	J. Kearsse	3	70	60	0
R. Randle	5	39	11	0	C. Helfet	1	32	32	0
L. Donnell	4	26	7	0	M. Lynch	1	23	23	0
M. Cox	2	9	9	0	R. Lockette	1	16	16	0
A. Williams	2	5	5	0					
D. Fells	1	12	12	0					
P. Hillis	1	5	5	0					
TOTAL	29	283	44	1	TOTAL	10	172	60	0

TEAM STATISTICS

	N.Y. Giants	Seattle
Total First Downs	20	27
Third Down Eff.	6-12-50%	7-12-58%
Total Net Yards	324	510
Total Off. Plays	63	64
Avg. per Play	5.1	8.0
Net Yards Rushing	54	350
Total Rushing Plays	17	45
Net Yards Passing	270	160
Times Sacked/Yards Lost	2/13	2/12
Pass Atts-Comps-Ints	44-29-1	17-10-2
Punts-No. and Avg.	5-38.6	1-46.0
Penalties-No. and Yards	4-35	6-50
Fumbles-No. and Lost	1-1	3-1
Touchdowns	2	5
Field Goals Made-Att	1-1	1-1
Time of Possession	26:48	33:12

DEFENSE

N.Y. Giants	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
J. McClain	12	5	7	0.0	0.0	0	0	0	1	0
J. Williams	9	5	4	0.0	0.0	0	0	0	0	0
J. Pierre-Paul	8	6	2	0.0	0.0	0	0	1	1	0
Q. Demps	5	4	1	0.0	0.0	1	0	1	1	0
Additional Stats: Sacks: Hankins 1.0. FR: Rolle 1. INT: Bowman 1.										
Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
J. Johnson	8	5	3	0.0	0.0	0	0	1	0	0
K. Wright	7	4	3	0.0	0.0	0	0	0	0	0
E. Thomas	6	3	3	0.0	0.0	1	47	1	0	0
K. Pierre-Louis	5	3	2	0.0	0.0	0	0	0	0	0
Additional Stats: Sacks: Bennett 1.0, Team 1.0. FR: Hill 1.										





The Seattle Seahawks turned the ball over on downs on their final three possessions in the fourth quarter and allowed Jamaal Charles to rush for 159 yards and two touchdowns on 20 carries as the Kansas City Chiefs defeated the Seahawks in frigid temperatures by a score of 24-20. The Chiefs took a 7-0 lead in the first quarter on a 1-yard TD run by Charles. Seattle responded with a 16-play, nine-minute drive covering 90 yards as Russell Wilson connected with Doug Baldwin on a 7-yard TD pass. The Chiefs drove 80 yards on four plays and Charles found the end zone a second time on a 16-yard run, giving Kansas City the 14-7 lead. Steven Hauschka added a 24-yard field goal to pull within four points and another field goal to pull within one after Earl Thomas forced a fumble that Jordan Hill recovered just before the half. The Chiefs scored an early field goal in the second half, pushing their lead to 17-13. Seattle took its first lead of the game after another forced fumble by Thomas led to a one-yard pass from Wilson to former Chiefs tight end Tony Moeaki. Seattle's 20-17 lead was short-lived as the Chiefs drove 71 yards in four plays as Knile Davis scored on a four-yard run, re-taking the lead at 24-20 with 13:41 remaining. Needing a touchdown, the Seahawks then faced fourth down situations on their three remaining drives and could not convert on 4th-and-2 from the Chiefs' two-yard line, 4th-and-1 from the Chiefs' 36, and 4th-and-18 from their own 20, turning the ball over and allowing the Chiefs to run out the clock for the 24-20 victory.

Seattle	0	13	7	0	20		
Kansas City	7	7	3	7	24		

				Seattle	Kansas City
KC	1	4:22	Charles 1 run (Santos kick) (15-86, 9:01)	0	7
SEA	2	10:22	Baldwin 7 pass Wilson (Hauschka kick) (16-90, 9:00)	7	7
KC	2	8:09	Charles 16 run (Santos kick) (4-80, 2:13)	7	14
SEA	2	1:39	Hauschka 24 FG (13-76, 6:30)	10	14
SEA	2	0:00	Hauschka 27 FG (8-38, 0:54)	13	14
KC	3	7:39	Santos 23 FG (12-67, 7:21)	13	17
SEA	3	0:23	Moeaki 1 pass Wilson (Hauschka kick) (5-44, 2:42)	20	17
KC	4	13:41	Davis 4 run (Santos kick) (4-71, 1:42)	20	24

Att. 76,463

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	Kansas City	Att	Yds	LG	TD
M. Lynch	24	124	17	0	J. Charles	20	159	47	2
R. Wilson	8	71	14	0	D. Thomas	3	22	8	0
R. Turbin	4	11	4	0	K. Davis	5	10	4t	1
C. Michael	1	-2	-2	0	A. Smith	2	-1	0	0
TOTAL	37	204	17	0	TOTAL	30	190	47	3

PASSING

Seattle	A	C	Yds	TD	INT	RT	Kansas City	A	C	Yds	TD	INT	RT
R. Wilson	32	20	178	2	0	98.2	A. Smith	16	11	108	0	0	87.5
TOTAL	32	20	178	2	0	98.2	TOTAL	16	11	108	0	0	87.5

RECEIVING

Seattle	No	Yds	LG	TD	Kansas City	No	Yds	LG	TD
D. Baldwin	6	45	23	1	T. Kelce	3	37	23	0
J. Kearse	5	54	24	0	J. Charles	2	19	13	0
L. Willson	3	51	27	0	D. Bowe	2	18	9	0
P. Richardson	3	24	10	0	A. Sherman	1	13	13	0
C. Helfet	1	2	2	0	D. Thomas	1	10	10	0
M. Lynch	1	1	1	0	K. Davis	1	8	8	0
T. Moeaki	1	1	1t	1	P. Supernaw	1	3	3	0
TOTAL	20	178	27	2	TOTAL	11	108	23	0

TEAM STATISTICS

	Seattle	KC
Total First Downs	25	20
Third Down Eff.	5-12-42%	2-6-33%
Total Net Yards	372	298
Total Off. Plays	71	46
Avg. per Play	5.2	6.5
Net Yards Rushing	204	190
Total Rushing Plays	37	30
Net Yards Passing	168	108
Times Sacked/Yards Lost	2/10	0/0
Pass Atts-Comps-Ints	32-20-0	16-11-0
Punts-No. and Avg.	2-51.5	2-52.0
Penalties-No. and Yards	8-50	3-6
Fumbles-No. and Lost	1-0	3-2
Touchdowns	2	3
Field Goals Made-Att	2-2	1-1
Time of Possession	35:57	24:03

DEFENSE

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
E. Thomas	11	10	1	0.0	0.0	0	0	1	2	0
K. Chancellor	5	5	0	0.0	0.0	0	0	0	0	0
M. Smith	4	4	0	0.0	0.0	0	0	1	0	0
R. Sherman	4	3	1	0.0	0.0	0	0	0	0	0
Additional Stats: FR: J. Hill 1, B. Maxwell 1.										
Kansas City	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
R. Parker	11	11	0	0.0	0.0	0	0	0	0	0
T. Hali	7	7	0	1.0	2.0	0	0	0	0	0
E. Berry	5	5	0	0.0	0.0	0	0	1	0	0
P. Gaines	5	5	0	0.0	0.0	0	0	0	0	0
Additional Stats: Sacks: D. Poe 1.0.										





The Seattle Seahawks' defense held the Arizona Cardinals to 204 total yards and Steven Hauschka connected on four of five field goals, giving Seattle a 19-3 victory over the NFC West-leading Cardinals. Seattle's defense forced seven Arizona punts (including one blocked), four three-and-outs, and created one turnover on a Byron Maxwell interception, giving Seattle a strong advantage in field position. Seattle's average drive started from the 38-yard line, whereas Arizona's average drive started on the 20. Hauschka connected on an early first quarter field goal to give Seattle a 3-0 lead and added a 32-yarder and a 52-yarder in the second quarter and Chandler Catanzaro connected on a 23-yard field goal for Arizona with 0:14 remaining in the first half for a halftime score of 9-3, with Seattle leading. Hauschka converted a 40-yard field goal attempt in the third quarter to push Seattle's lead to 12-3, and Russell Wilson found Cooper Helfet on a 20-yard TD pass late in the third quarter for the 19-3 lead. Seattle's defense continued to shut down Arizona's offense throughout the second half as Cardinals' possessions ended in a blocked punt and three punts. Seattle's offense took over with 6:53 remaining in the fourth quarter and drove 64 yards in 11 plays, finishing the drive on Arizona's three-yard line and taking a knee to run out the clock, securing the 19-3 victory.

Arizona	0	3	0	0	3
Seattle	3	6	10	0	19

Arizona	Seattle
0	3
0	6
0	9
3	9
3	12
3	19

SEA	1	8:45	Hauschka 27 FG (9-40, 4:40)	
SEA	2	12:52	Hauschka 32 FG (5-42, 2:38)	
SEA	2	10:09	Hauschka 52 FG (5-14, 1:52)	
ARI	2	0:14	Catanzaro 23 FG (15-74, 5:14)	
SEA	3	8:34	Hauschka 40 FG (4-2, 2:30)	
SEA	3	0:52	Helfet 20 pass Wilson (Hauschka kick) (9-75, 5:41)	
Att.	68,327			

INDIVIDUAL STATISTICS

RUSHING

Arizona	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
A. Ellington	10	24	7	0	R. Wilson	10	73	40	0
D. Stanton	4	23	13	0	M. Lynch	15	39	13	0
S. Taylor	5	14	5	0	R. Turbin	4	12	6	0
R. Hughes	1	3	3	0					
TOTAL	20	64	13	0	TOTAL	29	124	40	0

PASSING

Arizona	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
D. Stanton	26	14	149	0	1	54.8	R. Wilson	22	17	211	1	0	121.6
TOTAL	26	14	149	0	1	54.8	TOTAL	22	17	211	1	0	121.6

RECEIVING

Arizona	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
A. Ellington	5	39	15	0	T. Moeaki	4	34	17	0
Jo. Brown	3	61	33	0	M. Lynch	3	43	23	0
J. Carlson	3	25	19	0	C. Helfet	2	27	20	1
Ja. Brown	3	24	22	0	D. Baldwin	2	6	3	0
					R. Turbin	2	3	9	0
					R. Lockette	1	48	48	0
					L. Willson	1	21	21	0
					J. Kearse	1	19	19	0
					K. Norwood	1	10	10	0
TOTAL	14	149	33	0	TOTAL	17	211	48	1

TEAM STATISTICS

	Arizona	Seattle
Total First Downs	12	16
Third Down Eff.	3-12-25%	5-13-38%
Total Net Yards	204	293
Total Off. Plays	49	58
Avg. per Play	4.2	5.1
Net Yards Rushing	64	124
Total Rushing Plays	20	29
Net Yards Passing	140	169
Times Sacked/Yards Lost	3/9	7/42
Pass Atts-Comps-Ints	26-14-1	22-17-0
Punts-No. and Avg.	7-31.9	3-50.0
Penalties-No. and Yards	3-25	7-74
Fumbles-No. and Lost	2-0	0-0
Touchdowns	0	1
Field Goals Made-Att	1-2	4-5
Time of Possession	24:33	35:27

DEFENSE

Arizona	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
R. Johnson	9	6	3	0.0	0.0	0	0	0	0	0
C. Campbell	6	4	2	3.0	19.0	0	0	0	0	0
D. Bucannon	6	3	3	1.0	9.0	0	0	0	0	0
L. Foote	6	0	6	0.0	0.0	0	0	0	0	0
Additional Stats: Sacks: A. Okafor 1.0, T. Kelly 1.0.										
Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
K. Chancellor	8	7	1	0.0	0.0	0	0	0	0	0
B. Wagner	8	2	6	0.0	0.0	0	0	0	0	0
K. Wright	6	2	4	0.0	0.0	0	0	1	0	0
R. Sherman	4	1	3	0.0	0.0	0	0	1	0	0
Additional Stats: INT: Maxwell 1. FF: Lane 1.										





The Seattle Seahawks outgained the San Francisco 49ers by a total of 379 to 164 yards and the defense forced three turnovers as the Seahawks defeated the 49ers by a score of 19-3 during the primetime Thanksgiving Day matchup at Levi's Stadium. The teams traded punts several times to start the game until Richard Sherman notched his first of two interceptions on the day, picking off Colin Kaepernick at the 50-yard line and returned it to the 49ers' 45-yard line, setting up a quick Seahawks drive capped off by a 13-yard touchdown pass from Russell Wilson to Robert Turbin near the end of the first quarter. Steven Hauschka added two second quarter field goals to put Seattle up 13-0 at halftime. Hauschka connected on a 35-yard field goal to start the second half, and the 49ers responded with their only scoring drive of the day as Phil Dawson made a 40-yard field goal, bringing the score to 16-3 Seattle at the end of the third quarter. Seattle drove down the field and Hauschka made his fourth field goal of the day to give Seattle the 19-3 lead. Richard Sherman intercepted Kaepernick on the following series, returning the ball to Seattle and allowing the offense to run most of the remaining clock and secure the 19-3 victory.

Seattle	7	6	3	3	19
San Francisco	0	0	3	0	3

Seattle	SF
SEA 1 1:29 Turbin 13 pass Wilson (Hauschka kick) (7-45, 4:00)	7 0
SEA 2 11:07 Hauschka 21 FG (7-63, 2:38)	10 0
SEA 2 5:40 Hauschka 36 FG (5-42, 3:20)	13 0
SEA 3 8:05 Hauschka 35 FG (11-65, 6:55)	16 0
SF 3 1:06 Dawson 40 FG (12-59, 6:59)	16 3
SEA 4 10:11 Hauschka 46 FG (10-52, 5:55)	19 3

Att. 70,799

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	San Francisco	Att	Yds	LG	TD
M. Lynch	20	104	33	0	F. Gore	10	28	7	0
R. Wilson	7	35	12	0	C. Hyde	5	19	12	0
C. Michael	3	10	8	0	C. Kaepernick	3	17	9	0
R. Turbin	4	8	5	0					
TOTAL	34	157	33	0	TOTAL	18	64	12	0

PASSING

Seattle	A	C	Yds	TD	INT	RT	San Francisco	A	C	Yds	TD	INT	RT
R. Wilson	22	15	236	1	0	118.8	C. Kaepernick	29	16	121	0	2	36.7
TOTAL	22	15	236	1	0	118.8	TOTAL	29	16	121	0	2	36.7

RECEIVING

Seattle	No	Yds	LG	TD	San Francisco	No	Yds	LG	TD
L. Willson	4	39	15	0	C. Hyde	3	38	16	0
J. Kearse	3	34	17	0	S. Johnson	3	28	13	0
R. Turbin	2	47	34	1	A. Boldin	3	18	10	0
D. Baldwin	2	28	24	0	M. Crabtree	3	10	5	0
T. Moeaki	1	63	63	0	V. Davis	2	13	10	0
C. Michael	1	12	12	0	F. Gore	1	8	8	0
M. Lynch	1	7	7	0	B. Lloyd	1	6	6	0
P. Richardson	1	6	6	0					
TOTAL	15	236	63	1	TOTAL	16	121	16	0

TEAM STATISTICS

	Seattle	SF
Total First Downs	16	16
Third Down Eff.	5-14-36%	4-11-36%
Total Net Yards	379	164
Total Off. Plays	60	51
Avg. per Play	6.3	3.2
Net Yards Rushing	157	64
Total Rushing Plays	34	18
Net Yards Passing	222	100
Times Sacked/Yards Lost	4/14	4/21
Pass Atts-Comps-Ints	22-15-0	29-16-2
Punts-No. and Avg.	4-44.5	5-47.6
Penalties-No. and Yards	14-105	3-20
Fumbles-No. and Lost	3-0	1-1
Touchdowns	1	0
Field Goals Made-Att	4-4	1-1
Time of Possession	35:19	24:41

DEFENSE

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
B. Wagner	10	9	1	0.0	0.0	0	0	0	0	0
K. Wright	7	6	1	1.0	5.0	0	0	0	0	0
E. Thomas	5	4	1	0.0	0.0	0	0	0	0	0
M. Bennett	4	4	0	1.0	3.0	0	0	0	0	0
Additional Stats: Sacks: B. Irvin 1.0, C. Avril, 1.0. INT: R. Sherman 2.										
SF	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
C. Borland	15	15	0	0.0	0.0	0	0	0	0	0
Q. Dial	6	4	2	0.0	0.0	0	0	0	0	0
A. Lynch	5	5	0	1.0	8.0	0	0	0	0	0
M. Wilhoite	5	5	0	0.0	0.0	0	0	0	0	0
Additional Stats: Sacks: A. Brooks 1.0, J. Smith 1.0, T. Jerod-Eddie 1.0. FF: T. Jerod-Eddie 1.										





The Seattle Seahawks controlled the game offensively and defensively vs. the Philadelphia Eagles, holding a club record time of possession advantage of 41:56 to 18:04 while gaining a total of 440 yards and holding the Eagles' fast tempo offense to a total of just 139 yards, as the Seahawks won in Philadelphia by a score of 24-14. Seattle's defense forced 6 three-and-outs, eight punts, two turnovers and held the Eagles to 57 yards rushing and 82 yards passing on the day. Philadelphia received great field position after Jon Ryan dropped the snap on a first quarter punt and fumbled the ball, which was recovered by Philadelphia on the 14-yard line. Mark Sanchez hit Jeremy Maclin on a one-yard TD pass to take the 7-0 lead. Seattle responded with an 82-yard drive and Russell Wilson capped it off with a 26-yard TD run on a zone read play. Steven Hauschka added a 33-yard field goal with 0:02 left in the half to take a 10-7 lead into halftime. K.J. Wright forced a LeSean McCoy fumble which Earl Thomas recovered on the Eagles first play from scrimmage in the second half, leading to a quick Seattle touchdown drive as Wilson hit Marshawn Lynch on a throwback for a 15-yard TD, giving Seattle the 17-7 lead. Philadelphia responded with a 54-yard TD drive, as Sanchez hit Zach Ertz on a 35-yard TD pass to cut Seattle's lead to 17-14. It was the Eagles' only drive longer than 25 yards. Seattle drove 91 yards on its ensuing possession as Wilson connected with Doug Baldwin on a 23-yard TD pass to give Seattle the 24-14 lead in the middle of the third quarter, as that score would hold for the final. Seattle's offense totaled 188 rushing yards and Wilson was 22 of 37 for 263 yards on the day.

Seattle	0	10	14	0	24
Philadelphia	7	0	7	0	14

						Seattle	Phi
PHI 1	3:37	Maclin 1 pass Sanchez (Parkey kick) (6-14, 2:48)				0	7
SEA 2	14:17	Wilson 26 run (Hauschka kick) (10-82, 4:20)				7	7
SEA 2	0:02	Hauschka 44 FG (10-41, 1:32)				10	7
SEA 3	14:03	Lynch 15 pass Wilson (Hauschka kick) (2-19, 0:47)				17	7
PHI 3	12:09	Ertz 35 pass Sanchez (Parkey kick) (4-54, 1:54)				17	14
SEA 3	9:01	Baldwin 23 pass Wilson (Hauschka kick) (5-91, 3:08)				24	14

Att. 69,596

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	Philadelphia	Att	Yds	LG	TD
M. Lynch	23	86	21	0	L. McCoy	17	50	10	0
R. Wilson	10	48	26t	1	M. Sanchez	1	7	7	0
C. Michael	6	32	11	0	D. Sproles	4	0	6	0
J. Kearse	2	15	11	0					
R. Turbin	4	7	5	0					
TOTAL	46	188	26	1	TOTAL	22	57	10	0

PASSING

Seattle	A	C	Yds	TD	INT	RT	Philadelphia	A	C	Yds	TD	INT	RT
R. Wilson	37	22	263	2	0	99.3	M. Sanchez	20	10	96	2	1	76.2
TOTAL	37	22	263	2	0	99.3	TOTAL	20	10	96	2	1	76.2

RECEIVING

Seattle	No	Yds	LG	TD	Philadelphia	No	Yds	LG	TD
D. Baldwin	5	97	25	1	J. Maclin	3	21	12	1
M. Lynch	5	27	15t	1	R. Cooper	3	13	5	0
J. Kearse	3	37	20	0	Z. Ertz	2	39	35t	1
P. Richardson	2	27	20	0	J. Matthews	2	23	17	0
K. Norwood	2	22	11	0					
R. Lockette	1	19	19	0					
TOTAL	22	263	25	2	TOTAL	10	96	35t	2

TEAM STATISTICS

	Seattle	Phi
Total First Downs	28	9
Third Down Eff.	7-16-44%	2-11-18%
Total Net Yards	440	139
Total Off. Plays	85	45
Avg. per Play	5.2	3.1
Net Yards Rushing	188	57
Total Rushing Plays	46	22
Net Yards Passing	252	82
Times Sacked/Yards Lost	2/11	3/14
Pass Atts-Comps-Ints	37-22-0	20-10-1
Punts-No. and Avg.	6-37.8	8-43.9
Penalties-No. and Yards	8-67	4-69
Fumbles-No. and Lost	2-2	2-1
Touchdowns	3	2
Field Goals Made-Att	1-1	0-0
Time of Possession	41:56	18:04

DEFENSE

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
B. Wagner	7	7	0	0.0	0.0	0	0	0	0	0
J. Hill	4	4	0	0.0	4.0	0	0	0	0	0
B. Maxwell	4	4	0	0.0	0.0	0	0	2	0	0
T. McDaniel	4	1	3	0.0	0.0	0	0	0	0	0

Additional Stats: Sacks: M. Burley 1.0. INT: T. Simon 1.
 FF: K. Wright 1. FR: E. Thomas 1.

Philadelphia	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
F. Cox	11	8	3	0.0	0.0	0	0	0	0	0
M. Kendricks	11	7	4	0.0	0.0	0	0	0	1	0
T. Cole	9	7	2	0.0	0.0	0	0	0	0	0
C. Matthews	9	4	5	0.0	0.0	0	0	0	0	0

Additional Stats: Sacks: V. Curry 1.0. FR: M. Jenkins 1, Z. Ertz 1.



The Seattle Seahawks defense allowed just 245 total yards and one score as the Seahawks defeated the San Francisco 49ers by a score of 17-7, advancing to 10-4 on the season. Steven Hauschka connected on a 38-yard field goal late in the first quarter to give Seattle the early lead. The 49ers responded with an 85-yard drive and Frank Gore found the endzone on a 10-yard run, giving San Francisco the 7-3 lead. Seattle drove into field goal position as time was running out in the first half, but Russell Wilson's shot to the end zone with 0:08 left was intercepted by Eric Reid and returned 73 yards to Seattle's 24-yard line where Wilson broke up the 49ers blockers and Robert Turbin tackled Reid with no time on the clock, saving a touchdown. After allowing 104 yards rushing in the first half, the Seahawks defense tightened up in the second and only allowed 36 yards rushing in the second half. Marshawn Lynch scored on a 4-yard run late in the third quarter, giving Seattle the 10-7 lead. The defense forced a quick three-and-out and Wilson led the offense 60 yards and connected with Paul Richardson on a 10-yard touchdown pass to push Seattle's lead to 17-7 with 13 minutes remaining in the game. The Seahawks defense forced turnovers on downs on the 49ers' final two possessions of the game, securing the Seattle victory. The Seahawks sacked Colin Kaepernick six times on the day, with Jordan Hill recording two.

San Francisco	0	7	0	0	7
Seattle	3	0	7	7	17

					SF	Seattle
SEA 1 3:40	Hauschka 38 FG (9-62, 3:02)				0	3
SF 2 13:22	Gore 10 run (Dawson kick) (11-85, 5:18)				7	3
SEA 3 2:19	Lynch 4 run (Hauschka kick) (10-60, 5:21)				7	10
SEA 4 13:20	Richardson 10 pass Wilson (Hauschka kick) (6-44, 2:25)				7	17
Att. 68,526						

INDIVIDUAL STATISTICS

RUSHING

San Francisco	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
C. Hyde	6	55	28	0	M. Lynch	21	91	15	1
C. Kaepernick	9	46	22	0	R. Turbin	5	33	15	0
F. Gore	11	29	15	1	R. Wilson	5	27	19	0
Alf. Smith	4	6	6	0	C. Michael	1	1	1	0
B. Miller	2	4	4	0					
TOTAL	32	140	28	1	TOTAL	32	152	19	1

PASSING

San Francisco	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
C. Kaepernick	19	11	141	0	0	81.3	R. Wilson	24	12	168	1	1	69.4
TOTAL	19	11	141	0	0	81.3	TOTAL	24	12	168	1	1	69.4

RECEIVING

San Francisco	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
B. Miller	4	56	22	0	J. Kearse	5	78	47	0
M. Crabtree	3	19	10	0	D. Baldwin	3	53	35	0
A. Boldin	2	23	15	0	P. Richardson	3	30	11	1
G. Celek	1	31	31	0	M. Lynch	1	7	7	0
B. Lloyd	1	12	12	0					
TOTAL	11	141	31	0	TOTAL	12	168	47	1

TEAM STATISTICS

	San Francisco	Seattle
Total First Downs	14	18
Third Down Eff.	6-15-40%	8-14-57%
Total Net Yards	245	290
Total Off. Plays	57	61
Avg. per Play	4.3	4.8
Net Yards Rushing	140	152
Total Rushing Plays	32	32
Net Yards Passing	105	138
Times Sacked/Yards Lost	6/36	5/30
Pass Atts-Comps-Ints	19-11-0	24-12-1
Punts-No. and Avg.	5-43.4	4-48.0
Penalties-No. and Yards	8-78	7-50
Fumbles-No. and Lost	0-0	0-0
Touchdowns	1	2
Field Goals Made-Att	0-0	1-1
Time of Possession	31:02	28:58

DEFENSE

SF	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
C. Borland	6	3	3	0.0	0.0	0	0	0	0	0
P. Cox	5	4	1	0.0	0.0	0	0	0	0	0
A. Smith	5	3	2	0.0	0.0	0	0	0	0	0
N. Moody	5	2	3	0.0	0.0	0	0	0	0	0
Additional Stats: Sacks: C. Carradine 2.0, A. Brooks 1.0, D. Skuta 1.0. INT: E. Reid 1.										
Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
B. Wagner	10	9	1	1.0	5.0	0	0	0	0	0
E. Thomas	8	7	1	0.0	0.0	0	0	0	0	0
B. Irvin	5	5	0	1.0	8.0	0	0	1	0	0
K. Wright	5	5	0	1.0	3.0	0	0	0	0	0
Additional Stats: None.										





The Seattle Seahawks set a franchise-record with 596 total yards as Russell Wilson passed for over 300 yards and two touchdowns and rushed for over 80 with a touchdown and Marshawn Lynch added 113 yards on 10 carries with two touchdowns as the Seahawks rolled to a 35-6 victory on the road against the Arizona Cardinals. The Cardinals scored first after a missed 52-yard field goal by Steven Hauschka gave the Cardinals a short field which they were able to convert into a 27-yard field goal by Chandler Catanzaro. Seattle responded with back-to-back touchdown drives, with Wilson hitting Luke Wilson on an 80-yard TD pass and Lynch finishing off a 39-yard drive with a 6-yard TD run, pushing Seattle's lead to 14-3 to end the first half. The Cardinals added another three points after a 49-yard drive as Catanzaro hit on a 32-yard field goal. Seattle then went on a 21-0 run in the fourth quarter, with three consecutive touchdown drives as Wilson again found Willson on 20-yard touchdown, Lynch broke off an 80-yard touchdown run, and Wilson ran one in from five yards out, advancing Seattle's lead to 35-6 with 4:40 left in the fourth quarter. Seattle's defense held the Cardinals to 216 total yards on the day, forcing nine punts, recording four sacks and one turnover as Richard Sherman intercepted Ryan Lindley late in the fourth quarter.

Seattle	0	14	0	21	35
Arizona	0	3	3	0	6

	ARI	SEA	ARI	SEA	ARI	SEA	ARI	SEA	ARI	SEA
ARI 2 7:55	Catanzaro	27	FG (10-49, 6:15)							
SEA 2 7:03	Willson	80	pass Wilson (Hauschka kick) (2-80, 0:52)							
SEA 2 3:41	Lynch	6	run (Hauschka kick) (6-39, 2:48)							
ARI 3 0:59	Catanzaro	32	FG (9-49, 4:30)							
SEA 4 11:59	Willson	20	pass Wilson (Hauschka kick) (7-79, 4:00)							
SEA 4 10:14	Lynch	79	run (Hauschka kick) (1-74, 0:16)							
SEA 4 4:40	Wilson	5	run (Hauschka kick) (7-40, 4:11)							
Att.	63,806									

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	Arizona	Att	Yds	LG	TD
M. Lynch	10	113	79t	2	S. Taylor	11	19	4	0
R. Wilson	6	88	55	1	M. Grice	1	6	6	0
R. Turbin	10	38	11	0	K. Williams	2	4	3	0
C. Michael	8	28	15	0	R. Hughes	1	0	0	0
TOTAL	34	267	79t	3	TOTAL	15	29	6	0

PASSING

Seattle	A	C	Yds	TD	INT	RT	Arizona	A	C	Yds	TD	INT	RT
R. Wilson	31	20	339	2	0	122.9	R. Lindley	44	18	216	0	1	47.2
T. Jackson	1	1	0	0	0	79.2	L. Thomas	1	0	0	0	0	39.6
TOTAL	32	21	339	2	0	121.7	TOTAL	45	18	216	0	1	46.2

RECEIVING

Seattle	No	Yds	LG	TD	Arizona	No	Yds	LG	TD
D. Baldwin	7	113	49	0	L. Fitzgerald	4	33	16	0
P. Richardson	5	52	22	0	Jo. Brown	3	54	24	0
L. Willson	3	139	80t	2	M. Floyd	2	41	32	0
C. Helfet	2	9	6	0	D. Fells	2	26	15	0
R. Lockette	2	5	5	0	S. Taylor	2	25	18	0
B. Walters	1	13	13	0	J. Carlson	2	15	12	0
J. Kearse	1	8	8	0	R. Housler	1	13	13	0
					Ja. Brown	1	6	6	0
TOTAL	21	339	80t	2	TOTAL	18	216	32	0

TEAM STATISTICS

	Seattle	Arizona
Total First Downs	23	17
Third Down Eff.	5-12-42%	3-15-20%
Total Net Yards	596	216
Total Off. Plays	67	64
Avg. per Play	8.9	3.4
Net Yards Rushing	267	29
Total Rushing Plays	34	15
Net Yards Passing	329	187
Times Sacked/Yards Lost	1/10	4/29
Pass Atts-Comps-Ints	32-21-0	45-18-1
Punts-No. and Avg.	4-41.0	9-43.7
Penalties-No. and Yards	11-97	1-5
Fumbles-No. and Lost	1-0	1-0
Touchdowns	5	0
Field Goals Made-Att	0-3	2-2
Time of Possession	33:03	26:57

DEFENSE

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
B. Wagner	9	8	1	0.0	0.0	0	0	0	0	0
E. Thomas	5	3	2	0.0	0.0	0	0	0	0	0
K. Wright	4	4	0	0.0	0.0	0	0	1	0	0
R. Sherman	4	3	1	0.0	0.0	1	53	1	0	0
Additional Stats: Sacks: J. Hill 1.0, D. King, 1.0, O. Schofield 1.0.										
Arizona	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
R. Johnson	8	7	1	0.0	0.0	0	0	0	0	0
T. Jefferson	7	7	0	0.0	0.0	0	0	0	1	0
A. Okafor	6	4	2	1.0	10.0	0	0	1	0	0
T. Mathieu	5	5	0	0.0	0.0	0	0	0	0	0
Additional Stats: None.										





After being shut out in the first half, the Seattle Seahawks put together a 20-0 run in the second half to beat the St. Louis Rams by a score of 20-6, clinching the NFC West and the number one seed in the NFC, locking up home-field advantage through the playoffs. Outgaining St. Louis in the first half 189-66 yards, the Seahawks committed two first half turnovers, as Russell Wilson was intercepted by Marcus Roberson and Marshawn Lynch lost a fumble, giving the Rams field position and Greg Zuerlein connected on two field goals, giving the Rams a 6-0 lead at the half. Seattle didn't turn the ball over in the second half and the defense forced three Rams turnovers. Bruce Irvin recorded his second interception returned for a touchdown of the season, Jordan Hill made a diving interception of a Shaun Hill pass and Earl Thomas knocked the ball out of Benny Cunningham's hands as he was reaching for the end zone pylon, fumbling it out of the end zone for a touchback. Steven Hauschka was two for two on field goals, making 42- and 45-yard attempts in the third quarter to tie the game at 6-6. Marshawn Lynch scored on a 9-yard run in the fourth quarter, pushing Seattle's lead to 13-6, and Irvin's pick-six put Seattle ahead 20-6.

St. Louis	3	3	0	0	6
Seattle	0	0	6	14	20

				St. Louis	Seattle
STL	1	6:25	Zuerlein 33 FG (11-35, 5:38)	3	0
STL	2	4:18	Zuerlein 52 FG (4-0, 1:50)	6	0
SEA	3	11:13	Hauschka 42 FG (8-56, 3:47)	6	3
SEA	3	4:45	Hauschka 45 FG (8-42, 4:27)	6	6
SEA	4	12:07	Lynch 9 run (Hauschka kick) (6-54, 2:44)	6	13
SEA	4	9:50	Irvin 49 INT return (Hauschka kick)	6	20
Att. 68,453					

INDIVIDUAL STATISTICS

RUSHING

St. Louis	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
T. Mason	11	28	13	0	M. Lynch	14	60	14	1
B. Cunningham	4	10	6	0	R. Turbin	11	53	14	0
Z. Stacy	2	3	4	0	D. Baldwin	1	8	8	0
T. Austin	2	1	2	0	R. Wilson	6	7	6	0
					W. Tukuafu	1	2	2	0
					C. Michael	1	2	2	0
TOTAL	19	42	13	0	TOTAL	34	132	14	1

PASSING

St. Louis	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
S. Hill	37	26	243	0	2	65.5	R. Wilson	25	17	239	0	1	81.9
TOTAL	37	26	243	0	2	65.5	TOTAL	25	17	239	0	1	81.9

RECEIVING

St. Louis	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
B. Cunningham	7	57	14	0	P. Richardson	5	60	32	0
K. Britt	4	38	12	0	D. Baldwin	3	43	38	0
J. Cook	3	37	20	0	M. Lynch	3	36	14	0
T. Mason	3	29	12	0	K. Norwood	2	34	31	0
Z. Stacy	3	17	6	0	L. Willson	2	32	28	0
C. Givens	2	18	12	0	T. Moeaki	1	21	21	0
T. Austin	2	13	7	0	R. Turbin	1	13	13	0
TOTAL	26	243	20	0	TOTAL	17	239	38	0

TEAM STATISTICS

	St. Louis	Seattle
Total First Downs	15	16
Third Down Eff.	3-12-25%	7-15-47%
Total Net Yards	245	354
Total Off. Plays	60	62
Avg. per Play	4.1	5.7
Net Yards Rushing	42	132
Total Rushing Plays	19	34
Net Yards Passing	203	222
Times Sacked/Yards Lost	4/40	3/17
Pass Atts-Comps-Ints	37-26-2	25-17-1
Punts-No. and Avg.	5-49.4	3-40.3
Penalties-No. and Yards	6-45	2-20
Fumbles-No. and Lost	2-1	3-1
Touchdowns	0	2
Field Goals Made-Att	2-2	2-2
Time of Possession	28:49	31:11

DEFENSE

St. Louis	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
J. Laurinaitis	9	4	5	0.0	0.0	0	0	0	0	0
A. Ogletree	8	3	5	0.0	0.0	0	0	0	1	0
T. McDonald	7	3	4	0.0	0.0	0	0	0	0	1
A. Donald	7	2	5	1.0	9.0	0	0	0	0	1
Additional Stats: Sacks: L. Joyner 1.0, M. Barron 1.0. INT: M. Roberson 1.										
Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
E. Thomas	12	11	1	0.0	0.0	0	0	0	1	0
B. Wagner	10	5	5	0.0	0.0	0	0	1	0	0
Chancellor	7	4	3	0.0	0.0	0	0	1	0	0
K. Wright	7	4	3	0.0	0.0	0	0	0	0	0
Additional Stats: Sacks: O. Schofield 1.0, K. Williams 1.0, C. Avril 0.5, J. Hill 0.5. INT: J. Hill 1.										

The Seattle Seahawks advanced to their second consecutive NFC Championship Game by defeating the Carolina Panthers by a score of 31-17, behind a strong performance by the Seattle defense which forced three turnovers and quarterback Russell Wilson, who passed for 268 yards and three touchdowns. In a strong defensive effort by both teams, Seattle struck first when Wilson found Doug Baldwin on a 16-yard touchdown at the end of the first quarter. Carolina responded with a 79-yard drive as Cam Newton hit Kelvin Benjamin on a 7-yard slant for a touchdown. Wilson came right back, connecting with Jermaine Kearse on a 63-yard touchdown to take the 14-7 lead, which the Panthers cut to 14-10 with a 35-yard Graham Gano field goal as the half ended. With no scoring in the third quarter, Seattle opened up the game in the fourth as Steven Hauschka added a 37-yard field goal, Wilson hit Luke Willson on a 25-yard TD, and Kam Chancellor intercepted Newton at the 10-yard line and returned it 90 yards for a touchdown, giving Seattle the 31-10 lead. The Panthers scored a late touchdown with two and a half minutes remaining as Newton again connected with Benjamin, bringing the score to 31-17. Wilson completed 15 of 22 passes for 268 yards, the three touchdowns and a 149.2 passer rating. On third downs, he was 8 for 8, 199 yards, three touchdowns and a perfect passer rating of 158.3.

Carolina	0	10	0	7	17		
Seattle	7	7	0	17	31	Carolina	Seattle
SEA 1	0:56	Baldwin 16 pass Wilson (Hauschka kick) (4-28, 1:26)	0	7		0	7
CAR 2	7:44	Benjamin 7 pass Newton (Gano kick) (14-79, 8:12)	7			7	7
SEA 2	4:54	Kearse 63 pass Wilson (Hauschka kick) (5-77, 2:50)	7			7	14
CAR 2	0:00	Gano 35 FG (13-62, 4:54)	10			10	14
SEA 4	14:55	Hauschka 37 FG (12-69, 6:32)	10			10	17
SEA 4	10:26	Willson 25 pass Wilson (Hauschka kick) (6-58, 2:27)	10			10	24
SEA 4	5:55	Chancellor 90 INT return (Hauschka kick)	10			10	31
CAR 4	2:34	Benjamin 15 pass Newton (Gano kick) (8-83, 3:21)	17			17	31
Att. 68,524							

INDIVIDUAL STATISTICS

RUSHING

Carolina	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
J. Stewart	13	70	16	0	M. Lynch	14	59	25	0
C. Newton	11	37	9	0	R. Wilson	7	22	14	0
D. Williams	2	14	8	0	R. Turbin	7	19	13	0
M. Tolbert	2	10	7	0					
F. Whittaker	1	1	1	0					
J. Cotchery	1	0	0	0					
TOTAL	30	132	16	0	TOTAL	28	100	25	0

PASSING

Carolina	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
Newton	36	23	246	2	2	79.2	R. Wilson	22	15	268	3	0	149.2
TOTAL	36	23	246	2	2	79.2	TOTAL	22	15	268	3	0	149.2

RECEIVING

Carolina	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
K. Benjamin	7	75	28	2	L. Willson	4	68	29	1
G. Olsen	4	58	31	0	J. Kearse	3	129	63t	1
J. Cotchery	3	25	13	0	D. Baldwin	3	38	16t	1
E. Dickson	2	33	19	0	M. Lynch	3	6	5	0
C. Brown	2	24	14	0	P. Richardson	1	21	21	0
D. Williams	2	2	2	0	R. Lockette	1	6	6	0
M. Tolbert	1	14	14	0					
B. Bersin	1	11	11	0					
TOTAL	23	246	31	2	TOTAL	15	268	63	3

TEAM STATISTICS

	Carolina	Seattle
Total First Downs	21	16
Third Down Eff.	9-16-56%	7-13-54%
Total Net Yards	362	348
Total Off. Plays	68	52
Avg. per Play	5.3	6.7
Net Yards Rushing	132	100
Total Rushing Plays	30	28
Net Yards Passing	230	248
Times Sacked/Yards Lost	2/16	2/20
Pass Attrs-Comps-Ints	36-23-2	22-15-0
Punts-No. and Avg.	4-39.3	4-38.5
Penalties-No. and Yards	5-35	6-60
Fumbles-No. and Lost	3-1	2-0
Touchdowns	2	4
Field Goals Made-Att	1-1	1-1
Time of Possession	34:03	25:57

DEFENSE

Carolina	T	S	A	QB Yds.	Int.	Yds.	PD	FF	FR
T. Davis	9	6	3	1.0	12.0	0	0	0	0
L. Kuechly	8	2	6	0.0	0.0	0	0	0	0
R. Harper	5	2	3	0.0	0.0	0	0	0	0
K. Short	4	0	4	0.0	0.0	0	0	0	0
Additional Stats: FF: W. Horton 1.									
Seattle	T	S	A	QB Yds.	Int.	Yds.	PD	FF	FR
E. Thomas	11	5	6	0.0	0.0	0	2	1	0
Chancellor	10	8	2	0.0	0.0	1	90t	1	0
B. Wagner	9	4	5	0.0	0.0	0	0	0	0
K. Wright	6	2	4	0.0	0.0	0	0	0	0
Additional Stats: Sacks: Avril 1.0, B. Irvin 1.0. FF: O. Schofield 1. FR: T. McDaniel 1.									



The Seattle Seahawks came back from a 16-0 halftime deficit and down 19-7 with 3:52 remaining in the game, to pull out an improbable 28-22 overtime victory over the Green Bay Packers to claim their second-consecutive NFC title. Russell Wilson bounced back after throwing four interceptions to help finish the comeback by completing a 35-yard TD pass to Jermaine Kearse on the opening possession of overtime. Marshawn Lynch set a postseason franchise record with 157 rushing yards and a TD, with 120 of those yards coming in the second half and OT. Richard Sherman intercepted Aaron Rodgers in the end zone on Green Bay's opening drive, but a Wilson interception and a fumbled kickoff return by Doug Baldwin set up two Packers field goals and a 6-0 lead. As Seattle's offense couldn't get anything going, Rodgers connected with Randall Cobb on a 13-yard pass on a free play to go up 13-0 and Mason Crosby's third field goal of the game put Green Bay up 16-0 early in the second quarter. Wilson's pass to Kearse in the end zone near the end of the half was intercepted by Sam Shields, Wilson's third INT of the half. The Seahawks cut the lead to 16-7 when holder Jon Ryan passed 19 yards to Garry Gilliam for a TD on a fake field goal in the third quarter before the Packers added a fourth Crosby field goal for the 19-7 lead. After a fourth interception by Wilson with 5:04 left in the game, Seattle's defense forced a quick punt and Lynch and Wilson led Seattle 69 yards with Wilson scoring on a 1-yard run, cutting into the Packers lead 19-14 with 2:09 remaining. Chris Matthews recovered an onside kick attempt and the Seahawks drove 50 yards in four plays as Lynch scored on a 24-yard run. Wilson's two-point pass attempt to Luke Willson was successful, giving Seattle the 22-19 lead with 1:25 remaining in the game. Rodgers drove to the Seattle 30 and Crosby connected on his fifth field goal on the day, tying the game at 22 and sending it to overtime. Seattle won the overtime coin toss and chose to receive. Wilson connected with Doug Baldwin on passes of 10 and 35 yards before hitting Kearse on the 35-yard game winner.

Green Bay	13	3	0	6	0	22		
Seattle	0	0	7	15	6	28		
							Green Bay	Seattle
GB 1	8:07	Crosby 18 FG (5-18, 2:21)					3	0
GB 1	5:07	Crosby 19 FG (6-22, 2:54)					6	0
GB 1	0:00	Cobb 13 pass Rodgers (Crosby kick) (7-56, 3:39)					13	0
GB 2	9:37	Crosby 40 FG (6-11, 3:41)					16	0
SEA 3	4:44	Gilliam 19 pass Ryan (Hauschka kick) (11-78, 6:09)					16	7
GB 4	10:53	Crosby 48 FG (10-57, 5:02)					19	7
SEA 4	2:09	Wilson 1 run (Hauschka kick) (7-69, 1:43)					19	14
SEA 4	1:25	Lynch 24 run (Wilson to Willson pass) (4-50, 0:44)					19	22
GB 4	0:14	Crosby 48 FG (7-48, 1:11)					22	22
SEA OT	11:41	Kearse 35 pass Wilson (6-87, 3:19)					22	28

INDIVIDUAL STATISTICS

RUSHING

Green Bay	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
E. Lacy	21	73	13	0	M. Lynch	25	157	24t	1
J. Starks	5	44	32	0	R. Wilson	7	25	15	1
TOTAL	30	135	32	0	TOTAL	35	194	24	2

PASSING

Green Bay	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
A. Rodgers	34	19	178	1	2	55.8	R. Wilson	29	14	209	1	4	44.3
							J. Ryan	1	1	19	1	0	158.3
TOTAL	34	19	178	1	2	55.8	TOTAL	30	15	218	2	4	58.1

RECEIVING

Green Bay	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
R. Cobb	7	62	15	1	D. Baldwin	6	106	35	0
J. Nelson	5	71	23	0	R. Lockette	2	25	14	0
TOTAL	19	178	23	1	TOTAL	15	228	35t	2

TEAM STATISTICS

	Green Bay	Seattle
Total First Downs	19	20
Third Down Eff.	3-14-21%	8-16-50%
Total Net Yards	306	397
Total Off. Plays	65	70
Avg. per Play	4.7	5.7
Net Yards Rushing	135	194
Total Rushing Plays	30	35
Net Yards Passing	171	203
Times Sacked/Yards Lost	1/7	5/25
Pass Atts-Comps-Ints	34-19-2	30-15-4
Punts-No. and Avg.	5-39.4	5-42.4
Penalties-No. and Yards	5-45	8-40
Fumbles-No. and Lost	1-0	2-1
Touchdowns	1	4
Field Goals Made-Att	5-5	0-0
Time of Possession	32:15	31:04

DEFENSE

Green Bay	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
M. Burnett	10	8	2	2.0	6.0	1	4	1	0	1
Barrington	8	3	5	0.0	0.0	0	0	1	0	0
C. Matthews	6	5	1	1.0	15.0	0	0	0	0	0
Clinton-Dix	5	3	2	0.0	0.0	2	53	3	0	0
Additional Stats: Sacks: Guion 0.5. INT: Shields 1. FF: B. Jones 1.										
Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
B. Wagner	10	2	8	0.0	0.0	0	0	0	0	0
B. Maxwell	6	5	1	0.0	0.0	1	0	1	0	0
K. Wright	6	4	2	0.0	0.0	0	0	1	0	0
Chancellor	5	4	1	0.0	0.0	0	0	0	0	0
Additional Stats: Sacks: Avril 1.0. INT: R. Sherman 1.										

The Seattle Seahawks could not defend their 2013 Championship as they lost on a last-minute interception from the 1-yard line, turning the ball over to the New England Patriots who won Super Bowl XLIX by a score of 28-24. The Seahawks stymied an early drive by the Patriots when Jeremy Lane intercepted Tom Brady in the end zone in the first quarter, but would leave the game with a broken arm suffered on the return. The Patriots scored on their following possession as Tom Brady connected with Brandon LaFell on an 11-yard pass in the second quarter. Seattle scored later in the second quarter when Marshawn Lynch carried it in from 3-yards out after a 70-yard drive including a 44-yard completion to Chris Matthews, tying the score at seven with 2:16 remaining in the half. Brady drove 80 yards and connected with Rob Gronkowski on a 22-yard touchdown with :31 left. Wilson drove Seattle to the 11-yard line and with :06 remaining, connected with Chris Matthews on a first down attempt, tying the score at 14 heading into halftime. The Seahawks added a Steven Hauschka field goal early in the third quarter, and a 3-yard touchdown pass from Wilson to Doug Baldwin put Seattle up 24-14 at the start of the fourth quarter. After several stalled drives, Brady got the ball back with 12:10 remaining and drove 68 yards, connecting with Danny Amendola on a 4-yard TD pass. A Seattle punt would give the Patriots the ball again, down three with 6:52 remaining. Brady again drove 64 yards and hit Julian Edelman on a 3-yard TD, pushing the Patriots lead to 28-24. A touchback gave Wilson and the Seahawks offense the ball at the 20 with 2:02 left. Wilson completed a 31-yard pass to Lynch on first down and connected with Ricardo Lockette for 11 yards on a third down conversion. With 1:14 left, Wilson passed deep to Jermaine Kearse, who made a falling, bobbling catch of a pass that looked broken up but put Seattle on the five-yard line with 1:06 left. A Lynch run would put Seattle at the 1-yard line and with the clock running, Wilson threw a slant to his right to Lockette but the ball was intercepted by Patriots DB Malcolm Butler and returned to New England's two-yard line. An encroachment call against the Seahawks allowed the Patriots space to kneel the ball and seal the 28-24 victory.

New England	0	14	0	14	28		
Seattle	0	14	10	0	24		
						New England	Seattle
NE 2 9:47	LaFell 11 pass Brady (Gostkowski kick) (9-65, 4:10)					7	0
SEA 2 2:16	Lynch 3 run (Hauschka kick) (8-70, 4:51)					7	7
NE 2 0:31	Gronkowski 22 pass Brady (Gostkowski kick) (8-80, 1:45)					14	7
SEA 2 0:02	Matthews 11 pass Wilson (Hauschka kick) (5-80, 0:29)					14	14
SEA 3 11:09	Hauschka 27 FG (7-72, 3:51)					14	17
SEA 3 4:54	Baldwin 3 pass Wilson (Hauschka kick) (6-50, 3:13)					14	24
NE 4 7:55	Amendola 4 pass Brady (Gostkowski kick) (9-68, 4:15)					21	24
NE 4 2:02	Edelman 3 pass Brady (Gostkowski kick) (10-64, 4:50)					28	24
Att. 70,288							

INDIVIDUAL STATISTICS

RUSHING

New England	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
L. Blount	14	40	9	0	M. Lynch	24	102	15	1
S. Vereen	4	13	7	0	R. Wilson	3	39	17	0
TOTAL	21	57	9	0	TOTAL	29	162	19	1

PASSING

New England	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
T. Brady	50	37	328	4	2	101.1	R. Wilson	21	12	247	2	1	110.6
TOTAL	50	37	328	4	2	101.1	TOTAL	21	12	247	2	1	110.6

RECEIVING

New England	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
S. Vereen	11	64	16	0	C. Matthews	4	109	45	1
J. Edelman	9	109	23	1	R. Lockette	3	59	25	0
TOTAL	37	328	23	4	TOTAL	12	247	45	2

TEAM STATISTICS

	New England	Seattle
Total First Downs	25	20
Third Down Eff.	8-14-57%	3-10-30%
Total Net Yards	377	396
Total Off. Plays	72	53
Avg. per Play	5.2	7.5
Net Yards Rushing	57	162
Total Rushing Plays	21	29
Net Yards Passing	320	234
Times Sacked/Yards Lost	1/8	3/13
Pass Atts-Comps-Ints	50-37-2	21-12-1
Punts-No. and Avg.	4-49.0	6-44.8
Penalties-No. and Yards	5-36	7-70
Fumbles-No. and Lost	0-0	0-0
Touchdowns	4	3
Field Goals Made-Att	0-0	1-1
Time of Possession	33:46	26:14

DEFENSE

	NE	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
J. Collins	8	6	2	0.0	0.0	0	0	0	0	0	0
R. Ninkovich	6	3	3	1.0	8.0	0	0	0	0	0	0
D. McCourty	5	4	1	0.0	0.0	0	0	0	0	0	0
Hightower	5	3	2	0.0	0.0	0	0	0	0	0	0
Additional Stats: Sacks: Cha. Jones 1.0, D. Revis 1.0. INT: M. Butler 1.											
	Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
B. Wagner	12	10	2	0.0	0.0	1	0	1	0	0	0
K. Wright	11	10	1	0.0	0.0	0	0	0	0	0	0
Chancellor	10	7	3	0.0	0.0	0	0	0	0	0	0
E. Thomas	9	8	1	0.0	0.0	0	0	0	0	0	0
Additional Stats: Sacks: B. Irvin 1.0. INT: J. Lane 1.											



2014 STANDINGS

NFC

	W	L	T	Pct.	Pts.	Opp.
EAST DIVISION						
Dallas *	12	4	0	.750	467	352
Philadelphia	10	6	0	.625	474	400
NY Giants	6	10	0	.375	380	400
Washington	4	12	0	.250	301	438
NORTH DIVISION	W	L	T	Pct.	Pts.	Opp.
Green Bay *	12	4	0	.750	486	348
Detroit *	11	5	0	.688	321	282
Minnesota	7	9	0	.438	325	343
Chicago	5	11	0	.313	319	442
SOUTH DIVISION	W	L	T	Pct.	Pts.	Opp.
Carolina *	7	8	1	.469	339	374
New Orleans	7	9	0	.438	401	424
Atlanta	6	10	0	.375	381	417
Tampa Bay	2	14	0	.125	277	410
WEST DIVISION	W	L	T	Pct.	Pts.	Opp.
Seattle *	12	4	0	.750	394	254
Arizona *	11	5	0	.688	310	299
San Francisco	8	8	0	.500	306	340
St. Louis	6	10	0	.375	324	354

AFC

	W	L	T	Pct.	Pts.	Opp.
EAST DIVISION						
New England *	12	4	0	.750	468	313
Buffalo	9	7	0	.563	343	289
Miami	8	8	0	.500	388	373
NY Jets	4	12	0	.250	283	401
NORTH DIVISION	W	L	T	Pct.	Pts.	Opp.
Pittsburgh *	11	5	0	.688	436	368
Cincinnati *	10	5	1	.656	365	344
Baltimore *	10	6	0	.625	409	302
Cleveland	7	9	0	.438	299	337
SOUTH DIVISION	W	L	T	Pct.	Pts.	Opp.
Indianapolis *	11	5	0	.688	458	369
Houston	9	7	0	.563	372	307
Jacksonville	3	13	0	.188	249	412
Tennessee	2	14	0	.125	254	438
WEST DIVISION	W	L	T	Pct.	Pts.	Opp.
Denver *	12	4	0	.750	482	354
Kansas City	9	7	0	.563	353	281
San Diego	9	7	0	.563	348	348
Oakland	3	13	0	.188	253	452

* Playoff teams

AFC Wild Card

Baltimore 30, PITTSBURGH 17
INDIANAPOLIS 26, Cincinnati 10

AFC Divisional

NEW ENGLAND 35, Baltimore 31
Indianapolis 24, DENVER 13

AFC Championship

NEW ENGLAND 45, Indianapolis 7

NFC Wild Card

CAROLINA 27, Arizona 16
DALLAS 24, Detroit 20

NFC Divisional

SEATTLE 31, Carolina 17
GREEN BAY 26, Dallas 21

NFC Championship

SEATTLE 28, Green Bay 22 (OT)

Super Bowl XLIX

University of Phoenix Stadium - Glendale, Ariz.

New England 28, Seattle 24



2014 STATISTICS

2014 SEASON

Day	Date	W/L	Score	Opponent	Attendance
Thursday	9/04	W	36-16	Green Bay	68,424
Sunday	9/14	L	30-21	at San Diego	67,916
Sunday	9/21	W	26-20 OT	Denver	68,447
Monday	10/06	W	27-17	at Washington	79,522
Sunday	10/12	L	30-23	Dallas	68,432
Sunday	10/19	L	28-26	at St. Louis	57,855
Sunday	10/26	W	13-9	at Carolina	74,042
Sunday	11/02	W	30-24	Oakland	68,337
Sunday	11/09	W	38-17	New York Giants	68,352
Sunday	11/16	L	24-20	at Kansas City	76,463
Sunday	11/23	W	19-3	Arizona	68,327
Thursday	11/27	W	19-3	at San Francisco	70,799
Sunday	12/07	W	24-14	at Philadelphia	69,596
Sunday	12/14	W	17-7	San Francisco	68,526
Sunday	12/21	W	35-6	at Arizona	63,806
Sunday	12/28	W	20-6	St. Louis	68,453

TEAM STATS

	Seahawks	Opponents
TOTAL FIRST DOWNS	328	277
Rushing	144	70
Passing	160	175
Penalty	24	32
3rd Down: Made/Att	90/212	75/202
3rd Down Pct.	42.5	37.1
4th Down: Made/Att	3/11	8/14
4th Down Pct.	27.3	57.1
POSSESSION AVG.	32:11	27:49
TOTAL NET YARDS	6012	4274
Avg. Per Game	375.8	267.1
Total Plays	1021	924
Avg. Per Play	5.9	4.6
NET YARDS RUSHING	2762	1304
Avg. Per Game	172.6	81.5
Total Rushes	525	380
NET YARDS PASSING	3250	2970
Avg. Per Game	203.1	185.6
Sacked/Yards Lost	42/242	37/234
Gross Yards	3492	3204
Att./Completions	454/287	507/313
Completion Pct.	63.2	61.7
Had Intercepted	7	13
PUNTS/AVERAGE	62/43.4	83/43.7
Net Punting Avg.	62/38.3	83/39.7
PENALTIES/YARDS	130/1009	70/613
FUMBLES/BALL LOST	23/7	29/11
TOUCHDOWNS	43	27
Rushing	20	8
Passing	20	17
Returns	3	2

SCORE BY PERIODS

	Q1	Q2	Q3	Q4	OT	PTS
Seahawks	67	117	82	122	6	394
Opponents	57	87	43	67	0	254

PASSING

	Att.	Comp.	Yds.	Comp.%	TD	Int.	Lg	Sack/Lost	Rating
Wilson	452	285	3475	63.1	20	7	80t	42/242	95.0
Jackson	1	1	0	100.0	0	0	0	0/0	79.2
Kearse	1	1	17	100.0	17.00	0	17	0/0	118.8
TEAM	454	287	3492	63.2	20	7	80t	42/242	95.1
OPPONENTS	507	313	3204	61.7	17	13	60t	37/234	80.4

2014 STATISTICS

SCORING

	TD	Rush	Pass	Return	K-PAT	FG	S	Pts.
Hauschka	0	0	0	0	41/41	31/37	0	134
Lynch	17	13	4	0			0	102
Wilson	6	6	0	0			0	36
Baldwin	3	0	3	0			0	18
Willson	3	0	3	0			0	18
Helfet	2	0	2	0			0	12
Irvin	2	0	0	2			0	12
Lockette	2	0	2	0			0	12
Turbin	2	0	2	0			0	12
Coleman	1	0	1	0			0	6
Harvin TM	1	1	0	0			0	6
Kearse	1	0	1	0			0	6
Moeaki	1	0	1	0			0	6
Morgan	1	0	0	1			0	6
Richardson	1	0	1	0			0	6
McDaniel	0	0	0	0			1	2
TEAM	43	20	20	3	41/41	31/37	1	394
OPPONENTS	27	8	17	2	25/25	21/24	1	254

2-Pt Conversions: Seahawks 0-1, Opponents 1-2

RUSHING

	No.	Yds.	Avg.	Long	TD
Lynch	280	1306	4.7	79t	13
Wilson	118	849	7.2	55	6
Turbin	74	310	4.2	17	0
Michael	34	175	5.1	45	0
Harvin TM	11	92	8.4	51t	1
Kearse	2	15	7.5	11	0
Baldwin	1	8	8.0	8	0
Ryan	2	5	2.5	5	0
Lockette	1	2	2.0	2	0
Tukuafu LG	1	2	2.0	2	0
Tukuafu TM	1	2	2.0	2	0
Walters	1	-2	-2.0	-2	0
TEAM	525	2762	5.3	79t	20
OPPONENTS	380	1304	3.4	47	8

RECEIVING

	No.	Yds.	Avg.	Long	TD
Baldwin	66	825	12.5	49	3
Kearse	38	537	14.1	60	1
Lynch	37	367	9.9	39	4
Richardson	29	271	9.3	32	1
Willson	22	362	16.5	80t	3
Harvin TM	22	133	6.0	33	0
Turbin	16	186	11.6	34	2
Helfet	12	185	15.4	36	2
Lockette	11	195	17.7	48	2
Norwood	9	102	11.3	31	0
TEAM	287	3492	12.2	80t	20
OPPONENTS	313	3204	10.2	60t	17



2014 STATISTICS

INTERCEPTIONS

	No.	Yds.	Avg.	Long	TD
Sherman	4	81	20.3	53	0
Irvin	2	84	42.0	49t	2
Maxwell	2	23	11.5	21	0
Chancellor	1	52	52.0	52	0
E. Thomas	1	47	47.0	47	0
Burley	1	24	24.0	24	0
Hill	1	8	8.0	8	0
Simon	1	0	0.0	0	0
TEAM	13	319	24.5	53	2
OPPONENTS	7	138	19.7	73	0

PUNTING

	No.	Yds.	Avg.	Net	TB	In20	Lg	B
Ryan	61	2688	44.1	38.3	6	28	66	1
TEAM	62	2688	43.4	38.3	6	28	66	1
OPPONENTS	83	3630	43.7	39.7	4	26	59	2

PUNT RETURNS

	Ret.	FC	Yds.	Avg.	Long	TD
Walters	27	23	207	7.7	21	0
Baldwin	6	4	42	7.0	38	0
TEAM	36	28	252	7.0	38	0
OPPONENTS	17	22	195	11.5	90t	1

KICKOFF RETURNS

	No.	Yds.	Avg.	Long	TD
Richardson	16	376	23.5	47	0
Harvin TM	12	283	23.6	46	0
Baldwin	5	81	16.2	24	0
Willson	3	37	12.3	20	0
Walters	2	43	21.5	27	0
Helfet	1	0	0.0	0	0
TEAM	39	820	21.0	47	0
OPPONENTS	43	1035	24.1	75	0

FIELD GOALS

	1-19	20-29	30-39	40-49	50+
Hauschka	0/0	10/10	10/10	9/13	2/4
TEAM	0/0	10/10	10/10	9/13	2/4
OPPONENTS	0/0	8/8	4/4	6/7	3/5

Hauschka: (35G,20G) () (20G,46B,28G) (40G,43G) (33G,33G,48G) (24G,35G) (58G,29G) (34G,46N,30G,40G) (28G) (24G,27G) (27G,32G,52G,49B,40G) (21G,36G,35G,46G) (44G) (38G) (52N,50N,47N) (42G,45G)

OPPONENTS: (23G) (50G,43G,28G) (24G) (27G) (42G,56G,31G) (52N) (31G,26G,46G) (48G,51N) (41G) (23G) (49N,23G) (40G) () () (27G,32G) (33G,52G)

SACKS: Bennett 7, Irvin 6.5, Hill 5.5, Avril 5, K. Williams 3, Schofield 2, Wagner 2, Wright 2, Burley 1, King 1, Mebane 1, TEAM 1.

Seahawks 37, Opponents 42

DEFENSE STATISTICS

Name	Tkl.	Solo	Asst.	QB	Yds.	QH	Int	PD	FF	FR
Wright, K.	107	74	33	2.0	8.0	2	0	4	3	1
Wagner, B.	104	67	37	2.0	13.0	6	0	3	0	0
Thomas, E.	95	69	26	0	0	0	1	6	3	1
Chancellor, K.	76	58	18	0	0	0	1	6	1	0
Sherman, R.	57	45	12	0	0	4	8	1	0	0
Bennett, M.	39	27	12	7.0	38.0	19	0	0	1	0
Maxwell, B.	39	35	4	0	0	0	2	12	0	1
Irvin, B.	37	24	13	6.5	45.5	12	2	3	1	0
Smith, M.	33	24	9	0	0	0	0	1	2	0
Burley, M.	32	22	10	1.0	5.0	1	1	5	0	0
McDaniel, T.	31	16	15	0	0	0	0	1	0	0
Williams, K.	30	18	12	3.0	17.0	3	0	2	0	0
Avril, C.	23	16	7	5.0	28.5	20	0	1	1	1
Mebane, B.	20	11	9	1.0	9.0	2	0	0	0	0
Hill, J.	19	15	4	5.5	34.0	9	1	4	0	3
Schofield, O.	15	11	4	2.0	22.0	8	0	0	0	0
Lane, J.	12	8	4	0	0	0	0	3	1	0
Johnson, J.	11	8	3	0	0	0	0	1	0	0
Simon, T.	11	9	2	0	0	0	1	3	0	0
Pierre-Louis, K.	10	7	3	0	0	0	0	0	0	0
Shead, D.	7	6	1	0	0	0	0	2	0	0
Coyle, B.	6	4	2	0	0	0	0	0	0	0
Marsh, C.	5	1	4	0	0	0	0	0	0	0
Dobbs, D.	4	3	1	0	0	0	0	0	0	0
Morgan, M.	4	4	0	0	0	0	0	0	0	0
Scruggs, G.	2	1	1	0	0	1	0	0	0	0
King, D.	1	1	0	1.0	6.0	2	0	0	0	0
Robertson, T.	1	0	1	0	0	0	0	0	0	0
TEAM	1	1	0	1.0	8.0	0	0	0	0	0
Tukuafu, W.	1	0	1	0	0	0	0	0	0	0
Thomas, J.	0	0	0	0	0	0	0	1	0	0

SPECIAL TEAMS STATISTICS

Name	Tkl.	Solo	Asst.	FF	FR	BL
Johnson, J.	8	4	4	0	0	0
Lockette, R.	6	5	1	1	0	0
Morgan, M.	6	3	3	0	0	0
Shead, D.	6	5	1	0	0	1
Schofield, O.	5	4	1	0	1	0
Coyle, B.	5	4	1	0	0	0
Smith, M.	4	3	1	0	0	0
Burley, M.	3	3	0	0	0	0
Pierre-Louis, K.	3	3	0	0	1	0
Chancellor, K.	2	2	0	0	0	0
Dobbs, D.	2	1	1	0	0	0
Kearse, J.	2	2	0	1	0	0
Simon, T.	2	1	1	0	0	0
Thomas, E.	2	2	0	0	0	0
Turbin, R.	2	1	1	0	0	0
Coleman, D.	1	0	1	0	0	0
Hauschka, S.	1	1	0	0	1	0
Helfet, C.	1	1	0	1	0	0
Lane, J.	1	1	0	0	0	0
Matthews, C.	1	1	0	0	0	0
Norwood, K.	1	1	0	0	0	0



2014 PARTICIPATION

Date	9/4	9/14	9/21	10/6	10/12	10/19	10/26	11/2	11/9
Game	GB	@SD	Den	@Was	Dal	@StL	@Car	Oak	NYG
Allen, R.	ps	ps	ps	ps	ps	te	ps		
Avril, C.	RDE	RDE	RDE	RDE	RDE	RDE	RDE	RDE	RDE
Bailey, A.	sub	sub	t	in	dnp	t	g	LT	LG
Baldwin, D.	WR	WR	WR	WR	WR	WR	WR	WR	WR
Bates, P.	in	ps	ps	ps	ps	ps	wr		
Bennett, M.	LDE	LDE	LDE	LDE	LDE	LDE	LDE	LDE	LDE
Bradford, A.									
Brackett, B.							te	ps	
Britt, J.	RT	RT	RT	RT	RT	RT	RT	RT	RT
Burley, M.	cb	cb	cb	cb	cb	cb	cb	cb	cb
Carpenter, J.	LG	LG	LG	LG	LG	LG	LG	LG	in
Chancellor, K.	SS	SS	SS	SS	SS	SS	SS	dnp	in
Coleman, D.	fb	fb	FB	fb	fb	dnp	ir	ir	ir
Coyle, B.	lb	sub	sub	sub	lb	sub	lb	MLB	MLB
Dobbs, D.									de
Fort, L.J.							ps	sub	ps
Gilliam, G.	t	dnp	in	t	sub	sub	g	g	t
Greshman, C.	sub	sub	sub	sub	sub	sub	sub	sub	sub
Harvin, P.	WR	WR	wr	WR	WR				
Hauschka, S.	k	k	k	k	k	k	k	k	k
Helfet, C.	in	in	sub	te	te	TE	te	te	te
Hill, J.	dt	dt	dt	dt	dt	in	in	in	dt
Irvin, B.	lb	lb	in	OLB	OLB	OLB	OLB	OLB	OLB
Jackson, T.	dnp	dnp	dnp	dnp	dnp	dnp	dnp	dnp	dnp
Jeanpierre, L.									
Johnson, J.	sub	s	s	sub	sub	s	s	in	SS
Kearse, J.	wr	WR	WR	WR	WR	WR	WR	WR	WR
King, D.									
Lane, J.	cb	ir	ir	ir	ir	ir	ir	ir	cb
Lewis, P.					dnp	c	dnp	C	dnp
Lockette, R.	wr	wr	wr	wr	wr	wr	wr	wr	wr
Lynch, M.	RB	RB	RB	rb	RB	RB	RB	RB	RB
McDaniel, T.	dt	LDT	LDT	LDT	LDT	LDT	LDT	LDT	LDT
McDonald, A.		in	in	dnp	in	in	in	sub	sub
Marsh, C.	de	de	de	de	de	ir	ir	ir	ir
Matthews, C.								ps	ps
Maxwell, B.	RCB	RCB	RCB	RCB	RCB	in	in	in	cb
Mebane, B.	RDT	RDT	RDT	RDT	RDT	RDT	RDT	RDT	RDT
Michael, C.	in	in	in	in	in	rb	rb	rb	rb
Miller, Z.	TE	TE	TE	in	in	in	in	in	in
Milton, K.									
Moeaki, T.									in
Morgan, M.	lb	lb	sub	sub	lb	sub	sub	lb	lb
Norwood, K.	in	in	in	in	in	wr	wr	wr	wr
Okung, R.	LT	LT	LT	LT	LT	LT	LT	in	LT
Parks, T.		ps	ps	ps	ps	ps	ps	sub	lb
Pierre-Louis, K.	in	in	sub	in	lb	sub	lb	s	lb
Richardson, P.	wr	wr	wr	wr	in	wr	WR	wr	WR
Robertson, T.									
Ryan, J.	p	p	p	p	p	p	p	p	p
Schilling, S.	sub	sub	sub	c	C	C	C	c	ir
Schofield, O.	de	de	de	de	de	de	de	de	de
Scruggs, G.	in	in	in	in	de	de	de	de	ir
Shead, D.	sub	s	sub	sub	sub	s	sub	SS	sub
Sherman, R.	LCB	LCB	LCB	LCB	LCB	LCB	LCB	LCB	LCB
Simon, T.	in	in	in	in	in	RCB	RCB	RCB	RCB
Smith, M.	lb	OLB	OLB	sub	lb	OLB	OLB	in	in
Sweezy, J.	RG	RG	RG	RG	RG	RG	RG	RG	RG
Terrell, S.	ps	ps	ps	ps	s	sub	s	in	in
Thomas, E.	FS	FS	FS	FS	FS	FS	FS	FS	FS
Thomas, J.		cb	cb	sub					
Tukuafu, W.								FB	fb
Turbin, R.	rb	rb	rb	RB	rb	FB	rb	rb	rb
Unger, M.	C	C	C	C	in	in	in	in	C
Wagner, B.	MLB	MLB	MLB	MLB	MLB	in	in	in	in
Walters, B.	wr	wr	wr	wr	wr	wr	in	in	wr
Williams, K.	LDT	dt	dt	dt	dt	dt	dt	dt	dt
Willson, L.	TE	te	te	TE	TE	in	TE	te	TE
Wilson, R.	QB	QB	QB	QB	QB	QB	QB	QB	QB
Wright, K.	OLB	OLB	OLB	OLB	OLB	MLB	MLB	OLB	OLB

CAPS - starter; lower case - substitute; sub - special teams only; dnp - did not play; in - inactive



2014 PARTICIPATION

11/16 @KC	11/23 Ari	11/27 @SF	12/7 @Phi	12/14 SF	12/21 @Ari	12/28 StL	G	S	IN	DNP
in	in	in	in	in	in	ps	1	0	5	0
RDE	RDE	RDE	RDE	RDE	RDE	RDE	16	16	0	0
LG	LG	sub	g	t	LT	t	14	5	1	1
WR	WR	WR	WR	WR	WR	WR	16	16	0	0
							1	0	1	0
LDE	LDE	LDE	LDE	LDE	LDE	LDE	16	16	0	0
lb	in	in	in	ps	ps	ps	1	0	3	0
							1	0	0	0
RT	RT	RT	RT	RT	RT	RT	16	16	0	0
in	in	sub	cb	in	cb	sub	13	0	3	0
in	in	LG	LG	LG	LG	LG	13	13	3	0
SS	SS	SS	SS	SS	SS	SS	14	14	1	1
ir	ir	ir	ir	ir	ir	ir	5	1	0	1
de	sub	sub	sub	sub	lb	sub	15	2	1	0
	in	dt	sub	in	in	in	4	0	4	0
							1	0	0	0
t	t	t	t	t	t	t	14	0	1	1
sub	sub	sub	sub	sub	sub	sub	16	0	0	0
							5	4	0	0
k	k	k	k	k	k	k	16	0	0	0
TE	te	in	in	in	te	in	10	2	6	0
dt	dt	dt	dt	dt	dt	dt	13	0	3	0
OLB	OLB	OLB	OLB	OLB	OLB	OLB	15	13	1	0
dnp	dnp	dnp	dnp	dnp	qb	dnp	1	0	0	15
	sub	C	C	C	c	sub	6	3	0	0
sub	sub	sub	sub	sub	s	sub	15	1	1	0
WR	WR	WR	WR	WR	WR	in	15	14	1	0
					de	de	3	0	0	0
sub	cb	in	in	cb	cb	cb	7	0	2	0
c	C	dnp	dnp	dnp	C	C	6	4	0	6
wr	wr	wr	wr	wr	wr	wr	16	0	0	0
RB	RB	RB	RB	RB	rb	RB	16	14	0	0
LDT	LDT	LDT	LDT	LDT	LDT	LDT	16	15	0	0
in							2	0	6	1
ir	ir	ir	ir	ir	ir	ir	5	0	0	0
ps	ps	ps	ps	wr	in	wr	3	0	1	0
RCB	RCB	RCB	RCB	RCB	RCB	RCB	13	12	3	0
ir	dnp	ir	ir	ir	ir	ir	9	9	0	0
rb	rb	rb	rb	rb	rb	rb	10	0	5	1
ir	ir	ir	ir	ir	ir	ir	3	3	6	0
					dnp	in	0	0	1	1
te	te	te	TE	TE	in	te	6	2	2	0
sub	sub	sub	sub	sub	sub	sub	16	0	0	0
wr	wr	WR	wr	in	in	WR	9	2	7	0
LT	LT	LT	LT	LT	in	LT	14	14	2	0
							1	0	0	0
lb	in	in	ir	ir	ir	ir	7	0	5	0
WR	WR	WR	wr	wr	wr	WR	15	6	1	0
	dt	in	in	in	in	in	1	0	4	0
p	p	p	p	p	p	p	16	0	0	0
ir	ir	ir	ir	ir	ir	ir	8	3	0	0
de	de	de	de	de	de	de	16	0	0	0
ir	ir	ir	ir	ir	ir	ir	3	0	4	0
sub	sub	sub	sub	sub	sub	sub	16	1	0	0
LCB	LCB	LCB	LCB	LCB	LCB	LCB	16	16	0	0
cb	cb	cb	CB	cb	cb	in	10	5	6	0
OLB	sub	sub	sub	sub	lb	lb	14	5	2	0
RG	RG	RG	RG	RG	RG	RG	16	16	0	0
in	ps	ps	ps	ps	ps	ps	4	0	2	0
FS	FS	FS	FS	FS	FS	FS	16	16	0	0
							3	0	0	0
fb/dt	fb	fb	fb	fb/dt	fb/dt	fb/dt	9	1	0	0
rb	rb	rb	rb	rb	RB	rb	16	3	0	0
C	in	in	in	in	in	in	6	6	10	0
in	MLB	MLB	MLB	MLB	MLB	MLB	11	11	5	0
wr	wr	wr	in	wr	wr	wr	13	0	2	0
RDT	RDT	RDT	RDT	RDT	RDT	RDT	16	8	0	0
te	TE	te	TE	TE	TE	TE	15	10	1	0
QB	QB	QB	QB	QB	QB	QB	16	16	0	0
MLB	OLB	OLB	OLB	OLB	OLB	OLB	16	16	0	0

ir - injured reserve; ps - practice squad; pup - physically unable to perform; sus - suspended



2014 OFFENSE

	9/4	9/14	9/21	10/6	10/12	10/19	10/26
	GB	at SD	Den	at Was	Dallas	at StL	at Car
Points	36	21	26	27	23	26	13
1 Qtr	3	7	3	7	10	3	0
2 Qtr	14	7	14	10	0	3	3
3 Qtr	5	7	0	0	10	7	3
4 Qtr	14	0	3	10	3	13	7
OT	-	-	6	-	-	-	-
First Down	25	14	26	20	9	25	19
Rush	13	4	8	10	3	9	8
Pass	8	9	16	8	5	16	9
Penalty	4	1	2	2	1	0	2
3rd Down Eff	4/11	3/8	7/17	5/14	5/13	6/12	4/11
Percent	36%	38%	41%	36%	38%	50%	36%
4th Down Eff	1/1	0/1	0/0	1/1	0/1	0/0	0/0
Percent	100%	0%	-	100%	0%	-	-
Total Net Yds	398	288	384	403	206	463	310
Plays	66	40	75	63	48	68	59
Avg	6.0	7.2	5.1	6.4	4.3	6.8	5.3
Net Yds Rush	207	108	129	225	80	171	119
Plays	37	13	37	36	18	29	26
Avg	5.6	8.3	3.5	6.3	4.4	5.9	4.6
Net Yds Pass	191	180	255	178	126	292	191
Sack/loss	1/0	2/22	3/20	3/23	2/0	3/21	1/8
Gross Yds	191	202	275	201	126	313	199
Att/Comp	28/19	25/17	35/25	24/18	28/14	36/23	32/20
Int	0	0	1	0	1	0	1
Avg	6.6	6.7	6.7	6.6	4.2	7.5	5.8
Punts/Avg	2/33.0	4/53.3	6/50.2	6/43.3	4/41.8	4/42.3	3/40.0
Blocked	0	0	0	0	0	0	0
Punt Ret/Yds	2/3	0/0	5/36	5/54	0/0	2/19	1/0
Kickoff Ret/Yds	3/60	6/94	1/13	3/37	5/142	0/0	2/73
Int Ret/Yds	1/21	0/0	1/52	0/0	0/0	0/0	1/24
Penalties/Yds	4/69	8/53	7/34	13/90	9/58	10/86	7/41
Fumbles/Lost	2/1	2/1	0/0	2/0	1/0	0/0	2/1
Touchdowns	4	3	3	3	2	3	1
Rush	2	1	1	1	1	1	0
Pass	2	2	2	2	0	2	1
Returns	0	0	0	0	1	0	0
Defense	0	0	0	0	0	0	0
Safeties	1	0	0	0	0	0	0
1 Pt PAT/Att	4/4	3/3	2/2	3/3	2/2	2/2	1/1
2 Pt PAT/Att	0/0	0/0	0/0	0/0	0/0	0/1	0/0
FG/Att	2/2	0/0	2/3	2/2	3/3	2/2	2/2
Time of Poss	33:20	17:45	38:04	34:56	22:21	32:24	29:00
Take/Give Ratio	1/1	0/1	2/1	0/0	2/1	0/0	2/2
Avg Drive Start	Sea34	Sea23	Sea28	Sea 35	Sea35	Sea21	Sea34

2014 OFFENSE

11/2	11/9	11/16	11/23	11/27	12/7	12/14	12/21	12/28
Oak	NYG	at KC	Ariz	at SF	at Phi	SF	Ariz	StL
30	38	20	19	19	24	17	35	20
14	7	0	3	7	0	3	0	0
10	7	13	6	6	10	0	14	0
0	3	7	10	3	14	7	0	6
6	21	0	0	3	0	7	21	14
-	-	-	-	-	-	-	-	-
21	27	25	16	16	28	18	23	16
8	19	14	6	5	10	10	10	7
9	8	10	10	10	15	5	13	9
4	0	1	0	1	3	3	0	0
7/18	7/12	5/12	5/13	5/14	7/16	8/14	5/12	7/15
39%	58%	42%	38%	36%	44%	57%	42%	47%
0/0	1/1	0/3	0/0	0/1	0/1	0/0	0/0	0/1
-	100%	0%	-	0%	0%	-	-	0%
326	510	372	293	379	440	290	596	354
74	64	71	58	60	85	61	67	62
4.4	8.0	5.2	5.1	6.3	5.2	4.8	8.9	5.7
149	350	204	124	157	188	152	267	132
38	45	37	29	34	46	32	34	34
3.9	7.8	5.5	4.3	4.6	4.1	4.8	7.9	3.9
177	160	168	169	222	252	138	329	222
1/2	2/12	2/10	7/42	4/14	2/11	5/30	1/10	3/17
179	172	178	211	236	263	168	339	239
35/17	17/10	32/20	22/17	22/15	37/22	24/12	21/32	25/17
0	2	0	0	0	0	1	0	1
4.9	8.4	4.9	5.8	8.5	6.5	4.8	10.0	7.9
6/35.2	1/46.0	2/51.5	3/50.0	4/44.5	6/37.8	4/48.0	4/41.0	3/40.3
1	0	0	0	0	0	0	0	0
3/37	2/1	1/10	2/32	4/29	3/5	3/19	1/0	2/7
2/64	1/28	5/79	1/20	1/23	3/53	1/12	1/27	2/52
2/57	1/47	0/0	1/2	2/6	1/0	0/0	1/53	2/57
9/65	6/50	8/50	7/74	14/105	8/67	7/50	11/97	2/20
0/0	3/1	1/0	0/0	3/0	2/2	0/0	1/0	3/1
3	5	2	1	1	3	2	5	2
2	5	0	0	0	1	1	3	1
0	0	2	1	1	2	1	2	0
0	0	0	0	0	0	0	0	0
1	0	0	0	0	0	0	0	1
0	0	0	0	0	0	0	0	0
3/3	5/5	2/2	1/1	1/1	3/3	2/2	5/5	2/2
0/0	0/0	0/0	0/0	0/0	0/0	0/0	0/0	0/0
3/4	1/1	2/2	4/5	4/4	1/1	1/1	0/3	2/2
35:06	33:12	35:57	35:27	35:19	41:56	28:58	33:03	31:11
3/0	2/3	2/0	1/0	3/0	2/2	0/1	1/0	3/2
Sea33	Sea32	Sea29	Sea38	Sea33	Sea28	Sea29	Sea26	Sea28



2014 DEFENSE

	9/4	9/14	9/21	10/6	10/12	10/19	10/26
	GB	at SD	Den	at Was	Dallas	at StL	at Car
Points	16	30	20	17	30	28	9
1 Qtr	7	3	3	0	7	7	3
2 Qtr	3	17	0	7	10	14	3
3 Qtr	0	7	0	3	3	0	0
4 Qtr	6	3	17	7	10	7	3
OT	-	-	0	-	-	-	-
First Down	19	26	20	14	23	18	17
Rush	4	7	1	1	6	6	9
Pass	13	17	18	12	13	10	7
Penalty	2	2	1	1	4	2	1
3rd Down Eff	6/12	10/17	6/16	3/12	10/17	4/9	2/10
Percent	50%	59%	38%	25%	59%	44%	20%
4th Down Eff	0/1	0/0	0/0	0/0	0/0	1/1	1/2
Percent	0%	-	-	-	-	100%	50%
Total Net Yds	255	377	332	307	401	275	266
Plays	57	75	70	54	70	48	56
Avg	4.5	5.0	4.7	5.7	5.7	5.6	4.8
Net Yds Rush	80	101	36	32	162	102	114
Plays	21	37	20	17	37	27	31
Avg	3.8	2.7	1.8	1.9	4.4	3.8	3.7
Net Yds Pass	175	276	296	275	239	173	152
Sack/loss	3/14	1/8	1/7	1/8	1/11	0/0	3/19
Gross Yds	189	284	303	283	250	173	171
Att/Comp	33/23	37/28	49/31	36/21	32/21	21/18	22/12
Int	1	0	1	0	0	0	1
Avg	4.9	7.3	5.9	7.4	7.2	7.7	6.1
Punts/Avg	4/38.3	3/41.3	8/47.3	8/49.9	3/21.7	3/51.0	2/39.0
Blocked	0	0	0	0	1	0	0
Punt Ret/Yds	0/0	1/6	2/15	0/0	2/0	2/89	1/0
Kickoff Ret/Yds	4/89	1/0	1/22	1/5	3/70	4/112	3/99
Int Ret/Yds	0/0	0/0	1/15	0/0	1/0	0/0	1/27
Penalties/Yds	8/65	6/53	4/27	3/30	6/46	2/20	4/20
Fumbles/Lost	1/0	3/0	1/1	1/0	2/2	1/0	4/1
Touchdowns	2	3	2	2	3	4	0
Rush	1	0	0	0	1	1	0
Pass	1	3	2	2	2	2	0
Returns	0	0	0	0	0	1	0
Defense	0	0	0	0	0	0	0
Safeties	0	0	1	0	0	0	0
1 Pt PAT/Att	1/1	3/3	1/1	2/2	3/3	4/4	0/0
2 Pt PAT/Att	0/1	0/0	1/1	0/0	0/0	0/0	0/0
FG/Att	1/1	3/3	1/1	1/1	3/3	0/1	3/3
Time of Poss	26:40	42:15	27:42	25:04	37:39	27:36	31:00
Take/Give Ratio	1/1	1/0	1/2	0/0	1/2	0/0	2/2
Avg Drive Start	GB22	SD37	Den24	Was17	Dal26	StL29	Car27



2014 DEFENSE

11/2	11/9	11/16	11/23	11/27	12/7	12/14	12/21	12/28
Oak	NYG	at KC	Ariz	at SF	at Phi	SF	Ariz	StL
24	17	24	3	3	14	7	6	6
3	7	7	0	0	7	0	0	3
0	10	7	3	0	0	7	3	3
14	0	3	0	3	7	0	3	0
7	0	7	0	0	0	0	0	0
0	-	-	-	-	-	-	-	-
17	20	20	12	16	9	14	17	15
2	2	14	2	3	3	7	1	2
13	15	4	8	8	5	7	12	13
2	3	2	2	5	1	0	4	0
5/15	6/12	2/6	3/12	4/11	2/11	6/15	3/15	3/12
33%	50%	33%	25%	36%	18%	40%	20%	25%
2/2	0/1	0/0	0/0	0/0	1/1	2/4	1/1	0/1
100%	0%	-	-	-	100%	50%	100%	0%
226	324	298	204	164	139	245	216	245
60	63	46	49	51	45	57	64	60
3.8	5.1	6.5	4.2	3.2	3.1	4.3	3.4	4.1
37	54	190	64	64	57	140	29	42
18	17	30	20	18	22	32	15	19
2.1	3.2	6.3	3.2	3.6	2.6	4.4	1.9	2.2
189	270	108	140	100	82	105	187	203
1/5	2/13	0/0	3/9	4/21	3/14	6/36	4/29	4/40
194	283	108	149	121	96	141	216	243
41/24	44/29	16/11	26/14	29/16	20/10	19/11	45/18	37/26
2	1	0	1	2	1	0	1	2
4.5	5.9	6.8	4.8	3.9	3.6	4.2	3.8	5.0
6/52.3	5/38.6	2/52.0	7/31.9	5/47.6	8/43.9	5/43.4	9/43.7	5/49.4
0	0	0	1	0	0	0	0	0
3/52	0/0	1/9	0/0	2/12	1/0	2/12	0/0	0/0
2/69	2/33	3/95	2/45	3/62	4/104	4/90	3/60	3/80
0/0	2/7	0/0	0/0	0/0	0/0	1/73	0/0	1/18
5/69	4/35	3/6	3/25	3/20	4/69	8/78	1/5	6/45
3/1	1/1	3/2	2/0	1/1	2/1	0/0	1/0	2/1
3	2	3	0	0	2	1	0	0
0	1	3	0	0	0	1	0	0
2	1	0	0	0	2	0	0	0
1	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0
3/3	2/2	3/3	0/0	0/0	3/3	1/1	0/0	0/0
0/0	0/0	0/0	0/0	0/0	0/0	0/0	0/0	0/0
1/2	1/1	1/1	1/2	1/1	0/0	0/0	2/2	2/2
24:53	26:48	24:03	24:33	24:41	18:04	31:02	26:57	28:49
0/3	3/2	0/2	0/1	0/2	2/2	1/0	0/1	2/3
Oak28	NYG27	KC32	Ari20	SF20	Phi29	SF18	Ari25	StL31



2014 STARTERS

DATE	GAME	WR	LT	LG	C	RG	RT	TE	WR	QB	RB	FB	K
9/4	Green Bay	Baldwin	Okung	Carpenter	Unger	Sweezy	Britt	Miller	Harvin	Wilson	Lynch	Willson (TE)	Hauschka
9/14	at San Diego	Baldwin	Okung	Carpenter	Unger	Sweezy	Britt	Miller	Harvin	Wilson	Lynch	Kearse (WR)	Hauschka
9/21	Denver	Baldwin	Okung	Carpenter	Unger	Sweezy	Britt	Miller	Kearse	Wilson	Lynch	Coleman	Hauschka
10/6	at Washington	Baldwin	Okung	Carpenter	Unger	Sweezy	Britt	Willson	Harvin	Wilson	Turbin	Kearse (WR)	Hauschka
10/12	Dallas	Baldwin	Okung	Carpenter	Schilling	Sweezy	Britt	Willson	Harvin	Wilson	Lynch	Kearse (WR)	Hauschka
10/19	at St. Louis	Baldwin	Okung	Carpenter	Schilling	Sweezy	Britt	Willson	Kearse	Wilson	Lynch	Turbin	Hauschka
10/26	at Carolina	Baldwin	Okung	Carpenter	Schilling	Sweezy	Britt	Gilliam (T)	Kearse	Wilson	Lynch	Richardson (WR)	Hauschka
11/2	Oakland	Baldwin	Bailey	Carpenter	Lewis	Sweezy	Britt	Willson	Kearse	Wilson	Lynch	Tukuafu	Hauschka
11/9	N.Y. Giants	Baldwin	Okung	Bailey	Unger	Sweezy	Britt	Willson	Kearse	Wilson	Lynch	Richardson (WR)	Hauschka
11/16	at Kansas City	Baldwin	Okung	Bailey	Unger	Sweezy	Britt	Willson	Kearse	Wilson	Lynch	Richardson (WR)	Hauschka
11/23	Arizona	Baldwin	Okung	Bailey	Lewis	Sweezy	Britt	Willson	Kearse	Wilson	Lynch	Richardson (WR)	Hauschka
11/27	at San Francisco	Baldwin	Okung	Carpenter	Jeampierre	Sweezy	Britt	Kearse (WR)	Norwood	Wilson	Lynch	Richardson (WR)	Hauschka
12/7	at Philadelphia	Baldwin	Okung	Carpenter	Jeampierre	Sweezy	Britt	Willson	Kearse	Wilson	Lynch	Moeaki (TE)	Hauschka
12/14	San Francisco	Baldwin	Okung	Carpenter	Jeampierre	Sweezy	Britt	Willson	Kearse	Wilson	Lynch	Moeaki (TE)	Hauschka
12/21	at Arizona	Baldwin	Bailey	Carpenter	Lewis	Sweezy	Britt	Willson	Kearse	Wilson	Turbin	Tukuafu	Hauschka
12/28	St. Louis	Baldwin	Okung	Carpenter	Lewis	Sweezy	Britt	Willson	Richardson	Wilson	Lynch	Norwood (WR)	Hauschka

OFFENSE

DEFENSE

DATE	GAME	LDE	LDT	RDT	RDE	OLB	MLB	OLB	LCB	RCB	SS	FS	P
9/4	Green Bay	Bennett	Williams	Mebane	Avril	Lane (CB)	Wagner	Wright	Sherman	Maxwell	Chancellor	Thomas	Ryan
9/14	at San Diego	Bennett	McDaniel	Mebane	Avril	Smith	Wagner	Wright	Sherman	Maxwell	Chancellor	Thomas	Ryan
9/21	Denver	Bennett	McDaniel	Mebane	Avril	Smith	Wagner	Wright	Sherman	Maxwell	Chancellor	Thomas	Ryan
10/6	at Washington	Bennett	McDaniel	Mebane	Avril	Irvin	Wagner	Wright	Sherman	Maxwell	Chancellor	Thomas	Ryan
10/12	Dallas	Bennett	McDaniel	Mebane	Avril	Irvin	Wagner	Wright	Sherman	Maxwell	Chancellor	Thomas	Ryan
10/19	at St. Louis	Bennett	McDaniel	Mebane	Avril	Irvin	Wright	M. Smith	Sherman	Simon	Chancellor	Thomas	Ryan
10/26	at Carolina	Bennett	McDaniel	Mebane	Avril	Irvin	Wright	M. Smith	Sherman	Simon	Chancellor	Thomas	Ryan
11/2	Oakland	Bennett	McDaniel	Mebane	Avril	Irvin	Coyle	Wright	Sherman	Simon	Shead	Thomas	Ryan
11/9	N.Y. Giants	Bennett	McDaniel	Mebane	Avril	Irvin	Coyle	Wright	Sherman	Simon	Johnson	Thomas	Ryan
11/16	at Kansas City	Bennett	McDaniel	Williams	Avril	Irvin	Wright	M. Smith	Sherman	Maxwell	Chancellor	Thomas	Ryan
11/23	Arizona	Bennett	McDaniel	Williams	Avril	Irvin	Wagner	Wright	Sherman	Maxwell	Chancellor	Thomas	Ryan
11/27	at San Francisco	Bennett	McDaniel	Williams	Avril	Irvin	Wagner	Wright	Sherman	Maxwell	Chancellor	Thomas	Ryan
12/7	at Philadelphia	Irvin	Bennett	Williams	Avril	Simon (CB)	Wagner	Wright	Sherman	Maxwell	Chancellor	Thomas	Ryan
12/14	San Francisco	Bennett	McDaniel	Williams	Avril	Irvin	Wagner	Wright	Sherman	Maxwell	Chancellor	Thomas	Ryan
12/21	at Arizona	Bennett	McDaniel	Williams	Avril	Irvin	Wagner	Wright	Sherman	Maxwell	Chancellor	Thomas	Ryan
12/28	St. Louis	Bennett	McDaniel	Williams	Avril	Irvin	Wagner	Wright	Sherman	Maxwell	Chancellor	Thomas	Ryan



2014 3RD DOWN EFFICIENCY

Date	Team	Yards to Go										Total	Pct.
		1	2	3	4	5	6	7	8	9	10+		
9/4	Seattle	2/2	0/2	1/2	0/0	0/1	0/1	0/0	0/0	0/1	1/2	4/11	36%
	Green Bay	0/0	1/1	0/0	1/2	1/3	1/1	0/0	1/1	0/0	1/4	6/12	50%
9/14	Seattle	1/1	0/0	0/0	0/0	2/3	0/0	0/0	0/1	0/0	0/3	3/8	38%
	at San Diego	2/2	3/3	0/0	0/0	1/1	0/0	0/2	3/5	1/3	0/1	10/17	59%
9/21	Seattle	2/3	1/1	2/2	1/2	0/1	1/1	0/2	0/1	0/1	0/3	7/17	41%
	Denver	0/1	2/3	0/1	0/0	1/3	1/1	1/1	0/0	0/1	1/5	6/16	38%
10/6	Seattle	2/3	0/0	0/2	1/1	1/3	0/0	0/1	0/0	1/2	0/2	5/14	36%
	at Washington	0/2	0/0	1/2	0/0	2/2	0/2	0/0	0/0	0/0	0/4	3/12	25%
10/12	Seattle	0/0	0/0	0/0	1/1	0/0	1/2	0/2	1/1	1/2	1/5	5/13	38%
	Dallas	1/1	1/1	2/3	0/1	2/2	0/1	0/1	1/1	0/1	3/5	10/17	59%
10/19	Seattle	0/0	0/0	1/1	0/0	2/3	0/1	0/0	0/0	1/1	2/6	6/12	50%
	at St. Louis	1/2	1/1	1/2	0/0	0/1	1/1	0/1	0/0	0/0	0/1	4/9	44%
10/26	Seattle	1/2	0/0	0/0	1/2	0/0	0/1	0/1	1/1	0/0	1/4	4/11	36%
	at Carolina	1/3	0/0	0/0	0/0	0/0	0/0	0/1	0/1	0/0	1/5	2/10	20%
11/2	Seattle	1/1	2/2	0/0	0/0	2/2	0/0	0/2	1/4	0/0	1/7	7/18	39%
	Oakland	1/1	1/1	1/2	0/0	0/3	1/1	0/1	1/1	0/1	0/4	5/15	33%
11/9	Seattle	1/1	3/3	0/0	1/2	0/2	0/1	1/1	1/1	0/0	0/1	7/12	58%
	N.Y. Giants	0/0	0/0	1/1	3/3	1/1	0/1	0/0	0/0	0/1	1/5	6/12	50%
11/16	Seattle	0/0	1/2	0/0	0/1	1/1	0/0	2/2	0/2	1/2	0/2	5/12	42%
	at Kansas City	2/4	0/0	0/0	0/0	0/1	0/0	0/0	0/0	0/0	0/1	2/6	33%
11/23	Seattle	2/2	0/0	0/0	0/1	1/2	0/0	0/1	0/0	0/1	2/6	5/13	38%
	Arizona	1/1	1/2	0/1	0/1	0/1	0/0	0/1	1/2	0/0	0/3	3/12	25%
11/27	Seattle	0/1	0/2	0/0	1/1	0/0	1/1	2/3	0/0	1/1	0/5	5/14	36%
	at San Francisco	2/2	0/0	1/1	1/1	0/1	0/1	0/0	0/2	0/0	0/3	4/11	36%
12/7	Seattle	2/2	1/1	0/0	0/0	0/3	1/1	0/1	0/0	0/1	3/7	7/16	44%
	at Philadelphia	0/0	2/2	0/2	0/0	0/0	0/2	0/0	0/0	0/1	0/4	2/11	18%
12/14	Seattle	5/5	1/1	0/1	0/0	0/0	1/2	0/0	0/0	0/1	1/4	8/14	57%
	San Francisco	0/2	0/1	2/2	0/0	2/2	0/0	0/0	1/1	0/2	1/5	6/15	40%
12/21	Seattle	1/1	0/0	1/1	0/2	0/0	0/0	0/0	2/3	0/0	1/5	5/12	42%
	at Arizona	0/2	0/0	1/1	1/2	0/0	0/0	0/0	0/1	0/2	1/7	3/15	20%
12/28	Seattle	2/3	2/2	0/0	1/2	0/0	0/0	1/2	0/3	1/1	0/2	7/15	47%
	St. Louis	0/0	0/0	0/0	2/3	0/0	1/2	0/0	0/0	0/0	0/7	3/12	25%
Totals	Seahawks	22/27	11/16	5/9	7/15	9/21	5/11	6/18	6/17	6/14	13/64	90/212	42%
	Opponents	11/23	12/15	10/18	8/13	10/21	5/13	1/8	8/15	1/12	9/64	75/202	37%



2014 DRIVE CHART

Date	Team	Drive Ended By											Pts	Pts/Drv	Eff
		Drives	3/Out	TD	FG	FGA	Pnt	Dwn	TO	Saf	Clk				
9/4	Seattle	10	2	4	2	2	2	0	0	0	2	34	3.4	0.600	
	Green Bay	10	3	2	1	1	4	1	1	1	0	16	1.6	0.300	
9/14	Seattle	9	3	3	0	0	4	1	0	0	1	21	2.3	0.333	
	at San Diego	10	2	3	3	3	3	0	0	0	1	30	3.0	0.600	
9/21	Seattle	15	6	3	2	3	6	0	1	1	1	26	1.7	0.333	
	Denver	14	5	2	1	1	8	0	2	0	1	18	1.3	0.214	
10/6	Seattle	12	4	3	2	2	6	0	0	0	1	27	2.3	0.417	
	at Washington	12	5	2	1	1	8	0	0	0	1	17	1.4	0.250	
10/12	Seattle	11	4	1	3	3	4	1	1	0	1	16	1.5	0.364	
	Dallas	11	3	3	3	3	3	0	1	0	1	30	2.7	0.545	
10/19	Seattle	9	1	3	2	2	4	0	0	0	0	26	2.9	0.556	
	at St. Louis	9	3	3	0	1	3	0	0	0	2	21	2.3	0.333	
10/26	Seattle	9	3	1	2	2	3	0	2	0	1	13	1.4	0.333	
	at Carolina	9	3	0	3	3	2	1	2	0	1	9	1.0	0.333	
11/2	Seattle	13	6	2	3	4	6	0	0	0	1	23	1.8	0.385	
	Oakland	12	5	2	1	2	6	0	2	0	0	17	1.4	0.250	
11/9	Seattle	11	1	5	1	1	1	0	3	0	1	38	3.5	0.545	
	N.Y. Giants	11	2	2	1	1	5	1	2	0	0	17	1.5	0.273	
11/16	Seattle	9	2	2	2	2	2	3	0	0	0	20	2.2	0.444	
	at Kansas City	9	5	3	1	1	2	0	2	0	1	24	2.7	0.444	
11/23	Seattle	11	4	1	4	5	3	0	0	0	2	19	1.7	0.455	
	Arizona	10	4	0	1	2	7	0	1	0	0	3	0.3	0.100	
11/27	Seattle	10	4	1	4	4	4	1	0	0	0	19	1.9	0.500	
	at San Francisco	10	3	0	1	1	5	0	2	0	2	3	0.3	0.100	
12/7	Seattle	13	3	3	1	1	6	0	2	0	1	24	1.8	0.308	
	at Philadelphia	12	6	2	0	0	8	0	2	0	0	14	1.2	0.167	
12/14	Seattle	9	1	2	1	1	4	0	1	0	1	17	1.9	0.333	
	San Francisco	8	3	1	0	0	5	2	0	0	0	7	0.9	0.125	
12/21	Seattle	13	2	5	0	3	4	0	0	0	1	35	2.7	0.385	
	at Arizona	13	4	0	2	2	9	0	1	0	1	6	0.5	0.154	
12/28	Seattle	11	3	1	2	2	3	1	2	0	2	13	1.2	0.273	
	St. Louis	11	5	0	2	2	5	1	3	0	0	6	0.5	0.182	
Totals	Seahawks	175	49	40	31	37	62	7	12	1	16	371	2.1	0.406	
	Opponents	171	61	25	21	24	83	6	21	1	11	238	1.4	0.269	

INSIDE THE 20

2014 SEASON

Date	Team	Trips/Scores	TD	FG/Att	Points	Int	Fum	Downs	Clock
9/4	Seattle	5/5	3	2/2	27	0	0	0	0
	Green Bay	3/3	2	1/1	16	0	0	0	0
9/14	Seattle	2/2	2	0/0	14	0	0	0	0
	at San Diego	4/4	3	1/1	24	0	0	0	0
9/21	Seattle	4/4	2	2/2	19	0	0	0	0
	Denver	2/2	1	1/1	10	0	0	0	0
10/6	Seattle	5/5	3	2/2	27	0	0	0	0
	at Washington	2/2	1	1/1	10	0	0	0	0
10/12	Seattle	3/3	1	2/2	13	0	0	0	0
	Dallas	4/4	3	1/1	24	0	0	0	0
10/19	Seattle	5/5	3	2/2	26	0	0	0	0
	at St. Louis	3/3	3	0/0	21	0	0	0	0
10/26	Seattle	1/3	0	1/1	3	1	0	0	1
	at Carolina	2/3	0	2/2	6	0	1	0	0
11/2	Seattle	4/4	2	2/2	20	0	0	0	0
	Oakland	2/2	2	0/0	14	0	0	0	0
11/9	Seattle	6/7	5	1/1	38	0	0	0	1
	N.Y. Giants	2/2	2	0/0	14	0	0	0	0
11/16	Seattle	4/5	2	2/2	20	0	0	1	0
	at Kansas City	4/4	3	1/1	24	0	0	0	0
11/23	Seattle	3/5	1	2/3	13	0	0	0	1
	Arizona	1/1	0	1/1	3	0	0	0	0
11/27	Seattle	4/5	1	3/3	16	0	0	1	0
	at San Francisco	1/1	0	1/1	3	0	0	0	0
12/7	Seattle	1/1	1	0/0	7	0	0	0	0
	at Philadelphia	1/1	1	0/0	7	0	0	0	0
12/14	Seattle	3/3	2	1/1	17	0	0	0	0
	San Francisco	1/1	1	0/0	7	0	0	0	0
12/21	Seattle	2/2	2	0/0	14	0	0	0	0
	at Arizona	2/2	0	2/2	6	0	0	0	0
12/28	Seattle	1/1	1	0/0	7	0	0	0	0
	St. Louis	1/2	0	1/1	3	0	1	0	0
Totals	Seahawks	53/60	31	22/23	281	1	0	2	3
	Opponents	35/37	22	13/13	192	0	2	0	0



2014 SUPERLATIVES

OVERALL	12-4	WHEN SCORING...	
Home	7-1	First	7-2
Road	5-3	Less than 20 points	3-0
		20 or more points	9-4
BY MONTH			
September	2-1	When leading at halftime	8-0
October	2-2	When trailing at halftime	4-4
November	4-1	When leading after three quarters	10-1
December	4-0	When trailing after three quarters	0-2
January	0-0	When tied after three quarters	2-1
TURF			
		When outrushing opponents	12-3
Artificial	7-2		
Natural Grass	5-2	When plus in time of possession	10-2
		When minus in time of possession	2-2
INDOORS	1-1	When equal in time of possession	0-0
VS. CONFERENCE			
vs. AFC		When plus in takeaway/giveaway	6-2
North	2-2	When minus in takeaway/giveaway	2-1
West	0-0	When equal in takeaway/giveaway	4-1
East	2-2		
South	0-0	With a 100-yard rusher	5-2
vs. NFC	0-0	With a 100-yard receiver	1-1
North	10-2	With a 300-yard passer	1-1
West	1-0		
East	5-1	Versus an opponent 100-yard rusher	0-2
South	3-1	Versus an opponent 100-yard receiver	3-0
	1-0	Versus an opponent 300-yard passer	1-0

2014 WEEKLY RANKINGS

NFL							NFC						
Week	Offense			Defense			Week	Offense			Defense		
	Total	Rush	Pass	Total	Rush	Pass		Total	Rush	Pass	Total	Rush	Pass
1	12	2	23	4	10	7	1	7	1	12	2	6	5
2	14T	4	25	11	9	18	2	7	3	14	7	6	12
3	14	4	23	8	5	20	3	8	2	13	5	4	10
4	14	3	26	6	5	19	4	8	2	15	4	3	9
5	12	1	30	5	1	22	5	6	1	16	3	1	10
6	20	2	31	9	6	19	6	10	2	16	4	4	9
7	15	2	29	8	6	15	7	8	2	15	4	4	8
8	18	2	30	5	6	10	8	8	2	15	3	4	6
9	15	2	30	4	4	6	9	7	2	15	3	3	4
10	10	1	31	3	4	8	10	6	1	16	3	4	8
11	11	1	30	3	7	3	11	7	1	16	2	4	1
12	13	1	30	1	6	3	12	7	1	16	1	3	2
13	13	1	29	1	5	3	13	7	1	15	1	2	1
14	11	1	29	1	3	1	14	6	1	15	1	2	1
15	11	1	31	1	5	1	15	6	1	16	1	2	1
16	9	1	29	1	3	1	16	6	1	15	1	2	1
17	9	1	27	1	3	1	17	6	1	14	1	2	1

Italics – bye week



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	0	60
09/25	L 42-20	at Cincinnati	45,579	Leyboldt	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	Rushing									
11/20	L 22-10	Houston	61,519	Smith	163	763	4.7	39	4				
11/27	L 30-28	San Diego	55,338	Testerman	119	459	3.8	20	1				
12/04	L 30-20	at Pittsburgh	45,429	Sims	99	369	3.7	17	5				
12/11	W 34-31	at Kansas City	22,562	Hunter	32	179	5.5	20	1				
12/18	W 20-19	Cleveland	61,583	Zorn	25	141	5.6	15	1				

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	251	295
Rushing	116	152
Passing	116	125
Penalty	19	18
3rd Down: Made/Att.	72/187	86/206
3rd Down Pct.	38.5	41.7
4th Down: Made/Att.	6/16	9/14
4th Down Pct.	37.6	64.3
TOTAL NET YARDS	4292	4818
Avg. Per Game	306.6	344.1
Total Plays	869	963
Avg. Per Play	4.9	5.0
NET YARDS RUSHING	1964	2485
Avg. Per Game	140.3	177.5
Total Rushes	461	596
NET YARDS PASSING	2328	2333
Avg. Per Game	166.3	166.6
Sacked/Yards Lost	21/131	18/131
Gross Yards	2459	2464
Att./Completions	387/175	349/196
Completion Pct.	45.2	56.2
Had Intercepted	32	25
PUNTS/AVERAGE	64/38.0	54/36.0
NET PUNTING AVG.	30.6	30.8
PENALTIES/YARDS	76/666	96/794
FUMBLES/BALL LOST	26/13	20/11
TOUCHDOWNS	37	43
Rushing	12	21
Passing	23	19
Returns	2	3
TOTAL POINTS	282	373

	Att	Yds	Avg	LG	TD
Rushing					
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

	No	Yds	Avg	LG	TD
Receiving					
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

	No	Yds	Avg	LG	TD
Interceptions					
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

	No	Yds	Avg	LG	TD
Kickoff Returns					
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

	No	FC	Yds	Avg	LG	TD
Punt Returns						
Packer	20	0	131	6.5	31	0
SEA	31	4	217	7.0	31	0
OPP	41	2	372	9.1	39	0

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



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

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Baltimore	10	4	0	.714	295	221
Miami	10	4	0	.714	313	197
New England	9	5	0	.643	278	217
N.Y. Jets	3	11	0	.214	191	300
Buffalo	3	11	0	.214	160	313

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	9	5	0	.643	283	243
Houston	8	6	0	.571	299	230
Cincinnati	8	6	0	.571	238	235
Cleveland	6	8	0	.429	269	267

WESTERN	W	L	T	Pct.	Pts.	Opp.
Denver	12	2	0	.857	274	148
Oakland*	11	3	0	.786	351	230
San Diego	7	7	0	.500	222	205
Seattle	5	9	0	.357	282	373
Kansas City	2	12	0	.143	225	349

* Wild Card team

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	W	L	T	Pct.	Pts.	Opp.
Dallas	12	2	0	.857	345	212
Washington	9	5	0	.643	196	189
St. Louis	7	7	0	.500	272	287
Philadelphia	5	9	0	.357	220	207
N.Y. Giants	5	9	0	.357	181	265

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Minnesota	9	5	0	.643	231	227
Chicago*	9	5	0	.643	255	253
Detroit	6	8	0	.429	183	252
Green Bay	4	10	0	.286	134	219
Tampa Bay	2	12	0	.143	103	223

WESTERN	W	L	T	Pct.	Pts.	Opp.
Los Angeles	10	4	0	.714	302	146
Atlanta	7	7	0	.500	179	129
San Francisco	5	9	0	.357	220	260
New Orleans	3	11	0	.214	232	336

1978 REVIEW (9-7)

Date	W/L	Score	Opponents	Att	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	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
10/08	W	29-28	Minnesota	62,031	Sims	15	14	1	0	0	0	0	90
10/15	L	45-28	at Green Bay (Mil)	52,712	Herrera	0	0	0	0	40-44	13-21	0	79
10/22	W	27-7	Oakland	62,529	Largent	8	0	8	0	0	0	0	48
10/29	L	20-17	Denver (OT)	62,948	Smith	7	6	1	0	0	0	0	42
11/05	W	31-29	at Chicago	50,697	Zorn	6	6	0	0	0	0	0	36
11/12	L	17-14	Baltimore	61,905	SEA	44	28	15	1	40-44	13-21	1	1345
11/19	W	13-10	at Kansas City	35,252	OPP	43	20	21	2	41-43	19-27	1	358
11/26	W	17-16	at Oakland	52,978	Rushing		Att	Yds	Avg	LG	TD		
12/03	W	47-24	Cleveland	62,262	Smith	165	805	4.9	67	6			
12/10	L	37-10	at San Diego	49,975	Sims	174	752	4.3	44	14			
12/17	W	23-19	Kansas City	58,490	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			

Team Statistics

	Sea	Opp		No	Yds	Avg	LG	TD			
TOTAL FIRST DOWNS	345	331									
Rushing	150	153									
Passing	156	160	Receiving	No	Yds	Avg	LG	TD			
Penalty	39	18	Largent	71	1168	16.5	57	8			
3rd Down: Made/Att.	98/235	88/216	McCullum	37	525	14.2	44	3			
3rd Down Pct.	41.7	40.7	Sims	30	195	6.5	25	1			
4th Down: Made/Att.	20/31	8/14	Smith	28	366	13.1	64	1			
4th Down Pct.	64.5	57.1	Raible	22	316	14.4	38	1			
TOTAL NET YARDS	5511	5522	SEA	261	3401	13.0	64	15			
Avg. Per Game	344.4	345.1	OPP	263	3225	12.3	55	21			
Total Plays	1072	1036									
Avg. Per Play	5.1	5.3	Interceptions	No	Yds	Avg	LG	TD			
NET YARDS RUSHING	2394	2517	Webster	5	9	1.8	4	0			
Avg. Per Game	149.6	157.3	Harris	4	65	16.3	28	0			
Total Rushes	561	551	Beamon	4	17	4.3	15	0			
NET YARDS PASSING	3117	3005	Brown	3	44	14.7	44	0			
Avg. Per Game	194.8	187.8	SEA	22	193	8.8	44	1			
Sacked/Yards Lost	44/284	25/220	OPP	22	300	13.6	52	1			
Gross Yards	3401	3225									
Att./Completions	467/261	460/263	Punting	No	Yds	Avg	Net	TB	I20	LG	B
Completion Pct.	55.9	57.2	Weaver	66	2440	37.0	29.5	6	13	59	0
Had Intercepted	22	22	SEA	69	2543	36.9	29.9	6	15	59	0
PUNTS/AVERAGE	69/36.9	66/38.0	OPP	66	2507	38.0	31.0	6	16	67	1
NET PUNTING AVG.	29.9	31.0									
PENALTIES/YARDS	94/789	125/997	Punt Returns	No	FC	Yds	Avg	LG	TD		
FUMBLES/BALL LOST	36/19	34/17	Crawford	34	4	284	8.4	22	0		
TOUCHDOWNS	44	43	SEA	40	5	342	8.6	42	0		
Rushing	28	20	OPP	36	9	363	10.1	24	0		
Passing	15	21									
Returns	1	2									
TOTAL POINTS	345	358									

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	Smith	194	775	4.0	31	11			
11/11	W	29-24	at Cleveland	72,440	Doornink	152	500	3.3	26	8			
11/18	W	38-24	New Orleans	60,055	Zorn	46	279	6.1	41	2			
11/26	W	30-7	N.Y. Jets	59,977	Hunter	34	174	5.1	67	1			
12/02	L	37-21	at Kansas City	42,160	Moore	44	168	3.8	18	2			
12/08	W	28-23	Denver	60,038	SEA	500	1967	3.9	67	24			
12/16	W	29-24	at Oakland	53,177	OPP	533	2375	4.5	84	23			

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								
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								
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								
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								
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								
SEA	78	114	87	99	--	378								
OPP	63	116	84	109	--	372								

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Zorn	505	285	3661	56.4	7.25	20	4.0	18	3.6	65	23/201	77.6
SEA	523	292	3791	55.8	7.25	20	3.8	18	3.4	65	23/201	76.2
OPP	508	317	3739	62.4	7.36	21	4.1	17	3.3	51	37/280	84.6

Field Goals	1-19	20-29	30-39	40-49	50+
Herrera	1-1	7-8	5-6	6-7	0-1
SEA	1-1	7-8	5-6	6-7	0-1
OPP	0-0	10-11	6-9	2-8	0-1
Herrera: (34) (32,49R) (23B,46,20) (28,22,39B) (38,53S,20) (—) (19) (48,30) (24) (—) (34) (27) (49,42,45) (—) (—) (24,42)					
OPP: (31,42,22,23) (36,31) (34L,50S,37) (27) (36) (25) (40R,38L) (—) (25R) (40B,23) (28,44L) (37S,40) (42L) (27,31,22) (41R,29) (20,43S)					

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Beeson	116	89	27	2.0	4	0	1
Beamon	112	75	37	0.0	14	1	2
Jackson	95	53	42	0.0	8	0	1
Hardy	87	67	20	3.5	1	1	0
Butler	88	56	32	2.0	9	0	2
Simpson	88	73	15	2.0	12	4	0

Record (Finish): 9-7 (T3rd, AFC West)

Head Coach: Jack Patera (25-35, .417)

Assistants: Jack Christensen (DBs), Andy MacDonald (RBs), Jim Mora (DL), Howard Mudd (OL), Larry Peccatiello (Def. Coach/LBs), Jerry Rhome (Off. Coach/QBs/WRs/TEs), Rusty Tillman (Sp. Teams)

Captains: WR Steve Largent (Off.), DE Dennis Boyd (Def.), FS Autry Beamon (Sp. Teams)

MVP: WR Steve Largent

Pro Bowl: WR Steve Largent (2)

National Honors: None

All-NFL: WR Steve Largent (*SI*, *N.Y. Daily News*)

OFFENSE

Pos.		Starts
WR	Sam McCullum	16
LT	Nick Bebout	13
LG	Tom Lynch	16
C	John Yarno	16
RG	Bob Newton	11
	Ron Coder	5
RT	Steve August	16
TE	Brian Peets	14
WR	Steve Largent	15
QB	Jim Zorn	16
RB	Sherman Smith	15
FB	Dan Doornink	12
	David Sims	4

DEFENSE

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								
TOTAL FIRST DOWNS	302	301								
Rushing	114	129								
Passing	166	147								
Penalty	22	25								
3rd Down: Made/Att.	85/230	110/235								
3rd Down Pct.	37.0	46.8								
4th Down: Made/Att.	10/15	13/14								
4th Down Pct.	66.7	92.9								
TOTAL NET YARDS	4879	5177								
Avg. Per Game	304.9	323.6								
Total Plays	1024	1038								
Avg. Per Play	4.8	5.0								
NET YARDS RUSHING	1783	2067								
Avg. Per Game	111.4	129.2								
Total Rushes	456	550								
NET YARDS PASSING	3096	3110								
Avg. Per Game	193.5	194.4								
Sacked/Yards Lost	51/398	26/170								
Gross Yards	3494	3280								
Att./Completions	517/287	462/267								
Completion Pct.	55.5	57.8								
Had Intercepted	23	23								
PUNTS/AVERAGE	70/40.4	66/40.2								
NET PUNTING AVG.	31.6	34.6								
PENALTIES/YARDS	109/901	103/876								
FUMBLES/BALL LOST	38/15	33/11								
TOUCHDOWNS	33	47								
Rushing	13	17								
Passing	18	28								
Returns	2	2								
TOTAL POINTS	291	408								

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			No	Yds	Avg	LG	TD			
TOTAL FIRST DOWNS		295	371										
Rushing		103	175	Receiving									
Passing		166	173		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	Efren Herrera	12
	Wilson Alvarez	4
P	Jeff West	15

*Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Miami	11	4	1	.719	345	275
N.Y. Jets*	10	5	1	.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							
10/10			at San Diego	Cxl							
10/17			L.A. Raiders	Cxl							
10/24			San Diego	Cxl							
10/31			at Kansas City	Cxl							
11/07			Denver	Cxl							
11/14			at St. Louis	Cxl							
11/21	W	17-10	at Denver	73,916							
11/28	W	16-0	Pittsburgh	55,553							
12/05	L	28-23	at L.A. Raiders	42,170							
12/12	W	20-14	Chicago	52,826							
12/19	L	16-0	New England	53,457							
12/26	L	24-10	at Cincinnati	55,330							
01/02	W	13-11	Denver	43,145							

Team Statistics	Sea	Opp	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
TOTAL FIRST DOWNS	159	167	N. Johnson	0	0	0	0	13-14	10-14	0	43
Rushing	51	86	Largent	3	0	3	0	0	0	0	18
Passing	89	68	T. Brown	2	2	0	0	0	0	0	12
Penalty	19	13	Carr	2	0	2	0	0	0	0	12
3rd Down: Made/Att.	43/130	50/126	Walker	2	0	2	0	0	0	0	12
3rd Down Pct.	33.1	39.7	SEA	14	4	9	1	13-14	10-14	0	127
4th Down: Made/Att.	6/12	5/8	OPP	18	12	4	2	17-18	6-15	2	147
4th Down Pct.	50.0	62.5									
POSSESSION AVG.	28:04	31:56	Rushing	Att	Yds	Avg	LG	TD			
TOTAL NET YARDS	2594	2794	Smith	63	202	3.2	19	0			
Avg. Per Game	288.2	310.4	Doornink	45	178	4.0	46	0			
Total Plays	589	600	T. Brown	53	141	2.7	17	2			
Avg. Per Play	4.4	4.7	Zorn	15	113	7.5	35	1			
NET YARDS RUSHING	795	1461	Hughes	30	106	3.5	13	0			
Avg. Per Game	88.3	162.3	SEA	227	795	3.5	46	4			
Total Rushes	227	337	OPP	337	1461	4.3	53	12			
NET YARDS PASSING	1799	1333	Receiving	No	Yds	Avg	LG	TD			
Avg. Per Game	199.9	148.1	Largent	34	493	14.5	45	3			
Sacked/Yards Lost	36/269	17/135	Doornink	22	176	8.0	44	0			
Gross Yards	2068	1468	Smith	19	196	10.3	39	0			
Att./Completions	326/176	246/138	Carr	15	265	17.7	50	2			
Completion Pct.	54.0	56.1	Johns	15	234	15.6	35	1			
Had Intercepted	13	13	Metzelaars	15	152	10.1	26	0			
PUNTS/AVERAGE	49/38.6	50/40.6	SEA	176	2068	11.8	50	9			
NET PUNTING AVG.	35.9	34.9	OPP	138	1468	10.6	56	4			
PENALTIES/YARDS	59/523	44/406	Interceptions	No	Yds	Avg	LG	TD			
FUMBLES/BALL LOST	21/11	18/9	Easley	4	48	12.0	44	0			
TOUCHDOWNS	14	18	Harris	4	33	8.3	18	0			
Rushing	4	12	Jackson	2	29	14.5	28	0			
Passing	9	4	SEA	13	160	12.3	44	1			
Returns	1	2	OPP	13	88	6.8	39	1			
TOTAL POINTS	127	147	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	9
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		No	Yds	Avg	LG	TD
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 (SM), 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									
10/06	W	26-21	San Diego	61,300	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
10/13	W	30-26	Atlanta	60,430	Johnson	0	0	0	0	40-41	14-25	0	82
10/20	L	13-10	at Denver (OT)	74,899	Turner	13	0	13	0	0	0	0	78
10/27	L	17-14	at N.Y. Jets	69,320	Warner	9	8	1	0	0	0	0	54
11/03	W	33-3	L.A. Raiders	64,060	Largent	6	0	6	0	1-1	0	0	37
11/10	W	27-3	at New Orleans	47,365	SEA	44	9	28	7	41-44	14-25	1	349
11/17	L	20-13	New England	60,345	OPP	35	12	22	1	31-35	20-28	1	303
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	Receiving					
Rushing	96	90	Largent	79	1287	16.3	43	6
Passing	179	179	Warner	47	307	6.5	27	1
Penalty	24	21	Turner	34	670	19.7	54	13
3rd Down: Made/Att.	96/244	72/218	C. Young	28	351	12.5	32	2
3rd Down Pct.	39.3	33.0	Skansi	21	269	12.8	32	1
4th Down: Made/Att.	10/17	9/13	Walker	19	285	15.0	28	2
4th Down Pct.	58.8	69.2	SEA	304	3820	12.6	54	28
POSSESSION AVG.	30:13	29:47	OPP	273	3787	13.9	71	22
TOTAL NET YARDS	5007	5160	Interceptions					
Avg. Per Game	312.9	322.5	Harris	7	20	2.9	17	0
Total Plays	1090	1030	Brown	6	58	9.7	28	1
Avg. Per Play	4.6	5.0	Taylor	4	75	18.8	75	1
NET YARDS RUSHING	1644	1837	SEA	24	272	11.3	75	3
Avg. Per Game	102.8	114.8	OPP	23	389	16.9	83	1
Total Rushes	462	473	Punting					
NET YARDS PASSING	3363	3323	Finzer	68	2766	40.7	34.6	6
Avg. Per Game	210.2	207.7	Colquitt	12	481	40.1	34.3	2
Sacked/Yards Lost	53/457	61/464	West	11	420	38.2	28.3	3
Gross Yards	3820	3787	SEA	91	3667	40.3	33.8	11
Att./Completions	575/304	496/273	OPP	97	4081	42.1	34.6	12
Completion Pct.	52.9	55.0	Punt Returns					
Had Intercepted	23	24	Skansi	31	7	312	10.1	32
PUNTS/AVERAGE	91/40.3	97/42.1	Easley	8	0	87	10.9	25
NET PUNTING AVG.	33.8	34.6	SEA	53	11	483	9.1	32
PENALTIES/YARDS	102/827	106/840	OPP	47	14	374	8.0	19
FUMBLES/BALL LOST	34/18	39/20	Passing					
TOUCHDOWNS	44	35	Att	532	285	3602	53.6	6.77
Rushing	9	12	Cmp	40	19	218	47.5	5.45
Passing	28	22	Yds	575	304	3820	52.9	6.64
Returns	7	1	Cmp%	496	273	3787	55.0	7.64
TOTAL POINTS	349	303	Yds/Att	27	5.1	20	3.8	54
			TD	27	5.1	20	3.8	54
			TD%	27	5.1	20	3.8	54
			Int	20	3.8	54	52/448	76.2
			Int%	20	3.8	54	52/448	76.2
			LG	37	5.0	37	1/9	51.9
			Sacked	54	4.0	54	53/457	73.4
			Rating	54	4.0	54	53/457	73.4

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	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
10/06	W 33-7	San Diego	63,207	N. Johnson	0	0	0	0	42-42	22-35	0	108
10/12	L 14-10	at L.A. Raiders	70,635	Warner	13	13	0	0	0	0	0	78
10/19	W 17-12	N.Y. Giants	62,282	Largent	9	0	9	0	0	0	0	54
10/26	L 20-13	at Denver	76,089	Turner	7	0	7	0	0	0	0	42
11/02	L 38-7	N.Y. Jets	62,497	R. Butler	4	0	4	0	0	0	0	24
11/09	L 27-7	at Kansas City	53,268	SEA	43	15	24	4	42-43	22-35	0	366
11/16	L 34-7	at Cincinnati	54,410	OPP	34	12	20	2	32-34	19-28	0	293
11/23	W 24-20	Philadelphia	55,786									
11/27	W 31-14	at Dallas	58,020	Rushing	Att	Yds	Avg	LG	TD			
12/08	W 37-0	L.A. Raiders	62,923	Warner	319	1481	4.6	60	13			
12/14	W 34-24	at San Diego	47,096	Williams	129	538	4.2	36	0			
12/20	W 41-16	Denver	63,697	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			

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	Interceptions								
Rushing	120	133	Easley	4	47	11.8	22	0			
Passing	154	148	Robinson	3	75	25.0	44	0			
Penalty	27	16	Jenkins	3	46	15.3	34	0			
3rd Down: Made/Att.	92/189	85/196	SEA	17	289	17.0	53	1			
3rd Down Pct.	48.7	43.4	OPP	21	146	7.0	32	0			
4th Down: Made/Att.	4/9	4/10	Punt Returns								
4th Down Pct.	44.4	40.0	Edmonds	20	4	251	12.6	40	0		
POSSESSION AVG.	30:35	29:25	SEA	32	8	322	10.1	40	0		
TOTAL NET YARDS	4735	5159	OPP	32	12	251	7.8	91	1		
Avg. Per Game	315.7	343.9	Punting								
Total Plays	937	954	Rodriguez	47	1880	40.0	34.0	5	17	63	0
Avg. Per Play	5.1	5.4	SEA	61	2370	38.9	33.1	5	18	63	0
NET YARDS RUSHING	2023	2201	OPP	63	2465	39.1	32.7	4	13	60	1
Avg. Per Game	134.9	146.7	Kickoff Returns								
Total Rushes	937	472	Edmonds	27	564	20.9	43	0			
NET YARDS PASSING	2712	2958	Hollis	10	263	26.3	41	0			
Avg. Per Game	180.8	197.2	SEA	64	1236	19.3	43	0			
Sacked/Yards Lost	36/316	37/238	OPP	67	1379	20.6	92	1			
Gross Yards	3028	3196	Field Goals								
Att./Completions	405/237	445/255	1-19	0-0	7-7	4-7	4-5	0-1			
Completion Pct.	58.5	57.3	20-29	0-0	2-2	0-0	0-0	0-0			
Had Intercepted	21	17	30-39	0-0	9-9	4-7	4-5	0-1			
PUNTS/AVERAGE	61/38.9	63/39.1	40-49	0-0	7-7	9-9	5-8	0-2			
NET PUNTING AVG.	33.1	32.7	50+								
PENALTIES/YARDS	79/668	104/890									
FUMBLES/BALL LOST	32/16	38/21									
TOUCHDOWNS	46	36									
Rushing	13	14									
Passing	31	20									
Returns	2	2									
TOTAL POINTS	371	314									

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 (QB), 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
	Ron Mattes	16
LT	Edwin Bailey	16
LG	Blair Bush	14
C	Bryan Millard	14
RG	Mike Wilson	16
RT	Mike Tice	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							

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

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

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)

Largest 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	By Quarters	1	2	3	4	OT	Tot									
09/08	W	20-13	N.Y. Jets	56,770	SEA	39	78	79	80	0	276									
09/15	L	16-10	at Denver	74,152	OPP	25	112	47	74	3	261									
09/22	L	20-13	at Kansas City	71,789	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts							
09/29	W	31-3	Indianapolis	56,656	Kasay	0	0	0	0	27/28	25/31	0	102							
10/06	W	13-7	at Cincinnati	60,010	Williams	5	4	1	0	0	0	0	30							
10/13	L	23-20	L.A. Raiders (OT)	61,974	Fenner	4	4	0	0	0	0	0	24							
10/20	W	27-7	at Pittsburgh	54,678	Tice	4	0	4	0	0	0	0	24							
10/27	W	20-9	San Diego	58,025	SEA	29	11	15	3	27/29	25/31	0	276							
11/03			BYE		OPP	25	4	18	3	25/25	28/32	1	261							
11/10	L	17-14	at San Diego	43,597	Rushing															
11/17	L	31-7	at L.A. Raiders	49,317	Williams															
11/24	W	13-10	Denver	60,430	Fenner															
12/01	L	19-6	Kansas City	57,248	Jones															
12/08	L	24-22	San Francisco	56,711	SEA															
12/15	L	26-13	at Atlanta	53,834	OPP															
12/22	W	23-9	L.A. Rams	51,100																
Team Statistics			Sea	Opp	Receiving															
TOTAL FIRST DOWNS			253	263	Blades															
Rushing			80	92	Williams															
Passing			159	159	Kane															
Penalty			14	12	Chadwick															
3rd Down: Made/Att.			67/193	78/220	SEA															
3rd Down Pct.			34.7	35.5	OPP															
4th Down: Made/Att.			2/9	9/20																
4th Down Pct.			22.2	45.0	Interceptions															
POSSESSION AVG.			29:27	30:33	Robinson															
TOTAL NET YARDS			4534	4703	Harper															
Avg. Per Game			283.4	293.9	SEA															
Total Plays			924	988	OPP															
Avg. Per Play			4.9	4.8	Punting															
NET YARDS RUSHING			1426	1684	Tuten															
Avg. Per Game			89.1	105.3	Donnelly															
Total Rushes			394	435	Waits															
NET YARDS PASSING			3108	3019	SEA															
Avg. Per Game			194.3	188.7	OPP															
Sacked/Yards Lost			42/263	36/269	Punt Returns															
Gross Yards			3371	3288	Warren															
Att./Completions			488/290	517/296	SEA															
Completion Pct.			59.4	57.3	OPP															
Had Intercepted			26	18	Kickoff Returns															
PUNTS/AVERAGE			76/40.6	79/39.1	Warren															
NET PUNTING AVG.			35.7	33.0	SEA															
PENALTIES/YARDS			85/682	108/845	OPP															
FUMBLES/BALL LOST			26/17	34/21	FC															
TOUCHDOWNS			29	25	Avg															
Rushing			11	4	LG															
Passing			15	18	TD															
Returns			3	3																
TOTAL POINTS			276	261																

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									
Avg. Per Game	99.8	120.1	Punting	No	Yds	Avg	Net	TB	I20	LG	B
Total Rushes	402	513	Tuten	108	4760	44.1	38.7	8	29	65	0
NET YARDS PASSING	1778	2661	SEA	108	4760	44.1	38.7	8	29	65	0
Avg. Per Game	111.1	166.3	OPP	96	4015	41.8	36.8	10	23	65	0
Sacked/Yards Lost	67/545	46/317									
Gross Yards	2323	2978	Punt Returns	No	FC	Yds	Avg	LG	TD		
Att./Completions	476/230	428/251	Warren	34	25	252	7.4	16	0		
Completion Pct.	48.3	58.6	SEA	38	27	283	7.4	16	0		
Had Intercepted	23	20	OPP	56	26	416	7.4	86t	1		
PUNTS/AVERAGE	108/44.1	96/41.8									
NET PUNTING AVG.	38.7	36.8	Kickoff Returns	No	Yds	Avg	LG	TD			
PENALTIES/YARDS	111/918	100/776	Warren	28	524	18.7	34	0			
FUMBLES/BALL LOST	37/18	25/11	Mayes	19	311	16.4	29	0			
TOUCHDOWNS	14	32	SEA	50	885	17.7	34	0			
Rushing	4	14	OPP	36	685	19.0	64	0			
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

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

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

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	Jordan Kennedy	16
RE	Natu Tuatagaloa	15
RLB	Terry Wooden	16
MLB	Rod Stephens	13
RLB	Kevin Murphy	10
	Rufus Porter	6
LCB	Dwayne Harper	14
RCB	Patrick Hunter	15
SS	Robert Blackmon	16
FS	Eugene Robinson	16

SPECIAL TEAMS

K	John Kasay	16
P	Rick Tuten	16

* Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Buffalo	12	4	0	.750	329	242
Miami	9	7	0	.563	349	351
N.Y. Jets	8	8	0	.500	270	247
New England	5	11	0	.313	238	286
Indianapolis	4	12	0	.250	189	378

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Houston	12	4	0	.750	368	238
Pittsburgh*	9	7	0	.563	308	281
Cleveland	7	9	0	.438	304	307
Cincinnati	3	13	0	.188	187	319

WESTERN	W	L	T	Pct.	Pts.	Opp.
Kansas City	11	5	0	.688	328	291
L.A. Raiders*	10	6	0	.625	306	326
Denver*	9	7	0	.563	373	284
San Diego	8	8	0	.500	322	290
Seattle	6	10	0	.375	280	314

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Dallas	12	4	0	.750	376	229
N.Y. Giants*	11	5	0	.688	288	205
Philadelphia	8	8	0	.500	293	315
Phoenix	7	9	0	.438	326	269
Washington	4	12	0	.250	230	345

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Detroit	10	6	0	.625	298	292
Minnesota*	9	7	0	.563	277	290
Green Bay*	9	7	0	.563	340	282
Chicago	7	9	0	.438	234	230
Tampa Bay	5	11	0	.313	237	376

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Francisco	10	6	0	.625	473	295
New Orleans	8	8	0	.500	317	343
Atlanta	6	10	0	.375	316	385
L.A. Rams	5	11	0	.313	221	367

1994 REVIEW (6-10)

Date	W/L	Score	Opponents	Att	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
09/01	L	29-7	at San Diego	58,780
09/08	L	30-20	Denver	43,671
09/15	L	35-17	Kansas City	39,790
09/22	W	17-13	at Tampa Bay	30,212
09/29	L	31-10	Green Bay	59,973
10/06	W	22-15	at Miami	59,539
10/13			BYE	
10/17	L	34-16	at Kansas City	76,057
10/27	W	32-13	San Diego	38,143
11/03	W	23-16	Houston	36,320
11/10	W	42-23	Minnesota	50,794
11/17	L	17-16	at Detroit	51,194
11/24	L	27-21	Oakland	47,506
12/01	L	34-7	at Denver	74,982
12/08	W	26-18	Buffalo	41,373
12/15	L	20-13	at Jacksonville	66,134
12/22	W	28-21	at Oakland	33,455

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	268	325
Rushing	94	114
Passing	147	181
Penalty	27	30
3rd Down: Made/Att.	64/212	80/211
3rd Down Pct.	30.2	37.9
4th Down: Made/Att.	7/17	7/15
4th Down Pct.	41.2	46.7
POSSESSION AVG.	28:01	31:59
TOTAL NET YARDS	5024	5437
Avg. Per Game	314.0	339.8
Total Plays	974	1066
Avg. Per Play	5.2	5.1
NET YARDS RUSHING	1997	2098
Avg. Per Game	124.8	131.1
Total Rushes	442	506
NET YARDS PASSING	3027	3339
Avg. Per Game	189.2	208.7
Sacked/Yards Lost	38/189	48/285
Gross Yards	3216	3624
Att./Completions	494/261	512/303
Completion Pct.	52.8	59.2
Had Intercepted	17	14
PUNTS/AVG.	86/43.6	76/42.3
Net Punting Avg.	34.5	34.0
PENALTIES/YARDS	112/879	98/804
FUMBLES/LOST	24/12	37/18
TOUCHDOWNS	33	40
Rushing	16	15
Passing	14	25
Defense	1	0
Returns	2	0
TOTAL POINTS	317	376

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

By Quarters	1	2	3	4	OT	Tot
SEA	53	117	57	90	--	317
OPP	85	111	64	116	--	376

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Peterson	0	0	0	0	27/27	28/34	0	111
Smith	8	8	0	0	0	0	0	54
Galloway	8	0	7	1	0	0	0	48
Warren	5	5	0	0	0	0	0	32
SEA	33	16	14	3	27/27	28/34	0	317
OPP	40	15	25	0	35/35	31/34	1	376

2-Point PATs: Smith 3-3, Warren 1-3
SEA 4-6, OPP 3-5.

Rushing	Att	Yds	Avg	LG	TD
Warren	203	855	4.2	51	5
Smith	153	680	4.4	29	8
Mirer	33	191	5.8	33	2
SEA	442	1997	4.5	51	16
OPP	506	2098	4.1	40	15

Receiving	No	Yds	Avg	LG	TD
Galloway	57	987	17.3	65t	7
Blades	43	556	12.9	80t	2
Warren	40	273	6.8	33	0
Crumpler	26	258	9.9	26	0
Proehl	23	309	13.4	56	2
SEA	261	3216	12.3	80t	14
OPP	303	3624	12.0	65t	25

Punt Returns	No	FC	Yds	Avg	LG	TD
Galloway	15	5	158	10.5	88t	1
R. Harris	19	10	194	10.2	35	0
SEA	34	15	352	10.4	88t	1
OPP	52	17	640	12.3	50	0

Interceptions	No	Yds	Avg	LG	TD
D. Williams	5	148	29.6	79t	1
2 players with	3				
SEA	14	256	18.3	79t	1
OPP	17	305	17.9	63	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	85	3746	44.1	34.5	7	21	66	1
SEA	86	3746	43.6	34.5	7	21	66	1
OPP	76	3214	42.3	34.0	14	23	57	0

Kickoff Returns	No	Yds	Avg	LG	TD
Broussard	43	979	22.8	86	0
SEA	71	1542	21.7	86	0
OPP	72	1642	22.8	60	0



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	1365
OPP	38	10	19	9	35/35	31/34	1	1358

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		Att	Yds	Avg	LG	TD
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)

Largest 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							

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.

POSTSEASON

01/09	L	20-17	Miami	66,170
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(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

Rushing	Att	Yds	Avg	LG	TD
Watters	325	1210	3.7	45	5
Green	26	120	4.6	21	0
Kitna	35	56	1.6	10	0
R. Brown	14	38	2.7	0	0
SEA	408	1408	3.5	45	5
OPP	484	1934	4.0	71	9

Receiving	No	Yds	Avg	LG	TD
Mayes	65	829	13.4	54t	10
Dawkins	58	992	17.1	45t	7
Watters	40	387	9.7	25	2
Fauria	35	376	10.7	25	0
R. Brown	34	228	6.7	26	1
Pritchard	26	375	14.4	51	2
Galloway	22	335	15.2	48	1
Mili	5	28	5.6	8	1
Bownes	4	68	17.0	49t	1
SEA	288	3629	12.6	51	25
OPP	320	3744	11.7	76t	19

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Feagles	84	3425	40.8	35.2	5	34	59	0
SEA	84	3425	40.8	35.2	5	34	59	0
OPP	81	3398	42.0	34.3	10	23	68	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Rogers	22	18	318	14.5	94t	1
SEA	30	24	419	14.0	94t	1
OPP	36	18	370	10.3	81t	1

Interceptions	No	Yds	Avg	LG	TD
Springs	5	77	15.4	42	0
W. Williams	5	43	8.6	40t	1
D. Williams	4	41	10.3	21	0
Bellamy	4	4	1.0	7	0
Joseph	3	82	27.3	40	0
Hanks	2	30	15.0	23t	1
SEA	30	336	11.2	42	2
OPP	16	210	13.1	43	0

Kickoff Returns	No	Yds	Avg	LG	TD
Green	36	818	22.7	54	0
Rogers	18	465	25.8	49	0
SEA	68	1547	22.8	61	0
OPP	81	1500	18.5	39	0



Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Kitna	495	270	3346	54.5	6.76	23	4.6	16	3.2	51	32/198	77.7
Foley	30	18	283	60.0	9.43	2	6.7	0	0.0	49t	6/34	113.6
SEA	525	288	3629	54.9	6.91	25	4.8	16	3.0	51	38/232	79.8
OPP	582	320	3744	55.0	6.43	19	3.3	30	5.2	76t	38/252	64.1

Field Goals	1-19	20-29	30-39	40-49	50+
Peterson	1/1	10/10	8/11	14/16	1/2
SEA	1/1	10/10	8/11	14/16	1/2
OPP	1/1	9/9	8/8	9/12	3/8

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
C. Brown	117	87	30	5.5	6	2	1
Bellamy	96	85	11	0.0	8	0	0
D. Smith	90	65	25	1.0	3	0	0
Simmons	90	55	35	0.0	2	0	0
D. Williams	78	63	15	0.0	11	0	1
Springs	74	64	10	0.0	15	0	1
Kennedy	73	61	12	6.5	15	0	1
W. Williams	72	66	6	0.0	16	0	0
Daniels	45	38	7	9.0	2	1	0

Record (finish): 9-7 (1st, AFC West)

Head Coach: Mike Holmgren (9-7, .563)

Assistants: Mike Sherman (Offensive Coordinator/Tight Ends), Larry Brooks (Defensive Line), Jerry Colquitt (Off. Quality Control), Nolan Cromwell (Wide Receivers), Ken Flajole (Defensive Backs), Kent Johnston (Strength & Cond.), Jim Lind (Linebackers), Clayton Lopez (Def. Quality Control), Tom Lovat (Asst. Head Coach/Offensive Line), Stump Mitchell (Running Backs), Dick Roach (Def. Assistant), Pete Rodriguez (Special Teams), Mike Sheppard (Quarterbacks), Rod Springer (Asst. Strength & Cond.), Bob Zeman (Def. Assistant)

Captains: Game-to-Game

Largent Award: LB Chad Brown

MVP: LB Chad Brown

Pro Bowl: LB Chad Brown (3), T Walter Jones (1), DT Cortez Kennedy (8)

EASTERN	AFC					
	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	AFC					
	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	AFC					
	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

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

EASTERN	NFC					
	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	NFC					
	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	NFC					
	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	Hepppner, 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	Rushing								
11/12	W	28-21	at Jacksonville	68,063	Watters	278	1242	4.5	55	7			
11/19			BYE		Alexander	64	313	4.9	50	2			
11/26	L	38-31	Denver	68,661	Kitna	48	127	2.6	13	1			
12/03	W	30-10	at Atlanta	44,680	Huard	5	29	5.8	10	0			
12/10	L	31-24	at Denver	75,218	SEA	403	1720	4.3	55	10			
12/16	W	27-24	Oakland	68,681	OPP	503	2454	4.9	80t	20			
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

	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

	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

	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

	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

	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

By Quarters	1	2	3	4	OT	Tot	Field Goals	1-19	20-29	30-39	40-49	50+
SEA	70	100	59	91	0	320	Lindell	0/0	4/5	1/1	7/8	3/3
OPP	96	140	71	98	0	405	Hepppner, 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 (QB), 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
	Brook 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	Receiving	No	Yds	Avg	LG	TD
TOTAL FIRST DOWNS	347	356	Robinson	78	1240	15.9	83	5
Rushing	104	140	Jackson	62	877	14.1	48	4
Passing	208	191	Alexander	59	460	7.8	80t	2
Penalty	35	25	Engram	50	619	12.4	38	0
3rd Down: Made/Att.	93/216	100/215	Mili	43	508	11.8	49	2
3rd Down Pct.	43.1	46.5	Stevens	26	252	9.7	29	3
4th Down: Made/Att.	6/21	6/13	Strong	22	120	5.5	12	2
4th Down Pct.	28.6	46.2	SEA	361	4257	11.8	83	19
POSSESSION AVG.	28:55	31:05	OPP	321	3596	11.2	64t	21

Team Statistics	Sea	Opp	Punting	No	Yds	Avg	Net	TB	I20	LG	B
TOTAL NET YARDS	5818	5852	Feagles	61	2542	41.7	37.0	4	22	58	0
Avg. Per Game	363.6	365.8	SEA	61	2542	41.7	37.0	4	22	58	0
Total Plays	1050	1083	OPP	65	2538	39.0	33.0	7	20	59	0
Avg. Per Play	5.5	5.4									
NET YARDS RUSHING	1740	2441									

Team Statistics	Sea	Opp	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							

Team Statistics	Sea	Opp	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

Team Statistics	Sea	Opp	6 players with	No	Yds	Avg	LG	TD
PUNTS/AVERAGE	61/41.7	65/39.0	SEA	19	245	12.9	46t	1
Net Punting Avg.	37.0	33.0	OPP	16	119	7.4	22t	1
PENALTIES/YARDS	100/792	99/816						

Team Statistics	Sea	Opp	Kickoff Returns	No	Yds	Avg	LG	TD
FUMBLES/LOST	23/12	22/11	Morris	34	821	24.1	97t	1
TOUCHDOWNS	41	43	J. Williams	21	354	16.9	46	0
Rushing	17	18	SEA	74	1533	20.7	97t	1
Passing	19	21	OPP	73	1591	21.8	95t	2
Defensive	3	1						
Returns	2	3						

Team Statistics	Sea	Opp	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
By Quarters	1	2	3	4	OT	Tot		
SEA	67	123	58	98	9	355		
OPP	75	99	82	113	0	369		

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	Rushing								
11/23	L	44-41	at Baltimore (OT)	69,477	Alexander	326	1435	4.4	55	14			
11/30	W	34-7	Cleveland	64,680	Morris	38	239	6.3	43	0			
12/07	L	34-7	at Minnesota	63,968	Strong	37	174	4.7	21t	1			
12/14	L	27-22	at St. Louis	66,152	Hasselbeck	36	125	3.5	18	2			
12/21	W	28-10	Arizona	64,899	H. Evans	7	24	3.4	8	0			
12/27	W	24-17	at San Francisco	67,840	K. Robinson	4	15	3.8	16	0			

POSTSEASON

01/04	L	33-27	at Green Bay (OT)	71,457									
(NFC Wild Card Game)													

Team Statistics	Sea	Opp				
TOTAL FIRST DOWNS	338	304				
Rushing	121	93				
Passing	190	183				
Penalty	27	28				
3rd Down: Made/Att.	96/205	99/235				
3rd Down Pct.	46.8	42.1				
4th Down: Made/Att.	2/7	7/18				
4th Down Pct.	28.6	38.9				
POSSESSION AVG.	28:33	31:27				
TOTAL NET YARDS	5627	5239				
Avg. Per Game	351.7	327.4				
Total Plays	1017	1069				
Avg. Per Play	5.5	4.9				
NET YARDS RUSHING	2009	1759				
Avg. Per Game	125.6	109.9				
Total Rushes	453	456				
NET YARDS PASSING	3618	3480				
Avg. Per Game	226.1	217.5				
Sacked/Yards Lost	43/254	40/248				
Gross Yards	3872	3728				
Att./Completions	521/317	573/343				
Completion Pct.	60.8	59.9				
Had Intercepted	16	16				
PUNTS/AVERAGE	69/40.0	76/39.8				
NET PUNTING AVG.	37.1	34.1				
PENALTIES/YARDS	91/777	105/825				
FUMBLES/BALL LOST	23/13	25/12				
TOUCHDOWNS	48	36				
Rushing	17	9				
Passing	27	24				
Defensive	0	0				
Returns	4	3				
FIELD GOALS	22/30	25/31				
TOTAL POINTS	404	327				
By Quarters	1	2	3	4	OT	Tot
SEA	89	166	67	82	0	404
OPP	51	104	73	96	3	327

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

Largent Award: QB Trent Dilfer

Pro Bowl: RB Shaun Alexander (1), ST Alex Bannister (1), QB Matt Hasselbeck (1), G Steve Hutchinson (1), T Walter Jones (4)

OFFENSE

Pos.	Starts
WR	16
	Darrell Jackson
	Koren Robinson
	Bobby Engram
LT	16
LG	16
C	16
RG	16
RT	16
	Floyd Womack
TE	12
QB	16
RB	15
FB	9
	Mack Strong

DEFENSE

LE	7
	Antonio Cochran
	Brandon Mitchell
LT	12
RT	9
	John Randle
	Rashad Moore
RE	16
OLB	13
MLB	14
OLB	14
LCB	8
RCB	16
SS	14
FS	14
	Chike Okeafor
	Anthony Simmons
	Randall Godfrey
	Chad Brown
	Shawn Springs
	Marcus Trufant (5 @ LCB)
	Reggie Tongue
	Ken Hamlin

SPECIAL TEAMS

K	16
P	16
	*Josh Brown
	Tom Rouen

* Rookie or first-year player

AFC

EAST	W	L	T	Pct.	Pts.	Opp.
New England	14	2	0	.875	348	238
Miami	10	6	0	.625	311	261
Buffalo	6	10	0	.375	243	279
N.Y. Jets	6	10	0	.375	283	299
NORTH	W	L	T	Pct.	Pts.	Opp.
Baltimore	10	6	0	.625	391	281
Cincinnati	8	8	0	.500	346	384
Pittsburgh	6	10	0	.375	300	327
Cleveland	5	11	0	.313	254	322
SOUTH	W	L	T	Pct.	Pts.	Opp.
Indianapolis	12	4	0	.750	447	336
Tennessee*	12	4	0	.750	435	324
Jacksonville	5	11	0	.313	276	331
Houston	5	11	0	.313	255	380
WEST	W	L	T	Pct.	Pts.	Opp.
Kansas City	13	3	0	.812	484	332
Denver*	10	6	0	.625	381	301
Oakland	4	12	0	.250	270	379
San Diego	4	12	0	.250	313	441

* Wild Card team

NFC

EAST	W	L	T	Pct.	Pts.	Opp.
Philadelphia	12	4	0	.750	374	287
Dallas*	10	6	0	.625	289	260
Washington	5	11	0	.312	287	372
N.Y. Giants	4	12	0	.250	243	387
NORTH	W	L	T	Pct.	Pts.	Opp.
Green Bay	10	6	0	.625	442	307
Minnesota	9	7	0	.563	416	353
Chicago	7	9	0	.438	283	346
Detroit	5	11	0	.313	270	379
SOUTH	W	L	T	Pct.	Pts.	Opp.
Carolina	11	5	0	.688	325	304
New Orleans	8	8	0	.500	340	326
Tampa Bay	7	9	0	.438	301	264
Atlanta	5	11	0	.313	299	422
WEST	W	L	T	Pct.	Pts.	Opp.
St. Louis	12	4	0	.750	447	328
Seattle*	10	6	0	.625	404	327
San Francisco	7	9	0	.438	384	337
Arizona	4	12	0	.250	225	452

2004 REVIEW (9-7; 0-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att	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	Rushing	Att	Yds	Avg	LG	TD			
11/28	L	38-9	Buffalo	66,271	Alexander	353	1696	4.8	44	16			
12/06	L	43-39	Dallas	68,093	Strong	36	131	3.6	11	0			
12/12	W	27-23	at Minnesota	64,110	Morris	30	126	4.2	12	0			
12/19	L	37-14	at New York Jets	77,894	Hasselbeck	27	90	3.3	19	1			
12/26	W	24-21	Arizona	65,825	SEA	468	2095	4.5	44	17			
01/02	W	28-26	Atlanta	66,740	OPP	452	2031	4.5	53	17			

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

	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

	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

	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

	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

	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

	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

	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

EAST	W	L	T	Pct.	Pts.	Opp.
New England	14	2	0	.875	437	260
N.Y. Jets*	10	6	0	.625	333	261
Buffalo	9	7	0	.563	395	284
Miami	4	12	0	.250	275	354
NORTH	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	15	1	0	.938	372	251
Baltimore	9	7	0	.563	317	268
Cincinnati	8	8	0	.500	374	372
Cleveland	4	12	0	.250	276	390
SOUTH	W	L	T	Pct.	Pts.	Opp.
Indianapolis	12	4	0	.750	522	351
Jacksonville	9	7	0	.563	261	280
Houston	7	9	0	.438	309	339
Tennessee	5	11	0	.313	344	439
WEST	W	L	T	Pct.	Pts.	Opp.
San Diego	12	4	0	.750	446	313
Denver*	10	6	0	.625	381	304
Kansas City	7	9	0	.438	483	435
Oakland	5	11	0	.313	320	442

* Wild Card teams

NFC

EAST	W	L	T	Pct.	Pts.	Opp.
Philadelphia	13	3	0	.812	386	260
N.Y. Giants	6	10	0	.375	303	347
Dallas	6	10	0	.375	293	405
Washington	6	10	0	.375	240	265
NORTH	W	L	T	Pct.	Pts.	Opp.
Green Bay	10	6	0	.625	424	380
Minnesota*	8	8	0	.500	405	395
Detroit	6	10	0	.375	296	350
Chicago	5	11	0	.313	231	331
SOUTH	W	L	T	Pct.	Pts.	Opp.
Atlanta	11	5	0	.688	340	337
New Orleans	8	8	0	.500	348	405
Carolina	7	9	0	.438	355	339
Tampa Bay	5	11	0	.313	301	304
WEST	W	L	T	Pct.	Pts.	Opp.
Seattle	9	7	0	.563	371	373
St. Louis*	8	8	0	.500	319	392
Arizona	6	10	0	.375	284	322
San Francisco	2	14	0	.125	259	452

2005 REVIEW (13-3; 2-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att	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	Scoring								
10/02	L	20-17	at Washington (OT)	90,215	Alexander	28	27	1	0	0	0	168	
10/09	W	37-31	at St. Louis	65,707	J. Brown	0	0	0	0	56/57	18/25	0	110
10/16	W	42-10	Houston	66,196	Jurevicius	10	0	10	0	0	0	0	60
10/23	W	13-10	Dallas	67,046	Stevens	5	0	5	0	0	0	0	30
10/30			BYE		Engram	3	0	3	0	0	0	0	18
11/06	W	33-19	at Arizona	43,542	Jackson	3	0	3	0	0	0	0	18
11/13	W	31-16	St. Louis	67,192	SEA	57	29	25	3	56/57	18/25	0	452
11/20	W	27-25	at San Francisco	63,590	OPP	24	5	18	1	21/21	34/42	0	271
11/27	W	24-21	N.Y. Giants (OT)	67,102	2-Point Conversions: SEA 0-0, OPP 2-3.								
12/05	W	42-0	at Philadelphia	67,637	Rushing	Att	Yds	Avg	LG	TD			
12/11	W	41-3	San Francisco	66,690	Alexander	370	1880	5.1	88t	27			
12/18	W	28-24	at Tennessee	69,149	Morris	71	288	4.1	49	1			
12/24	W	28-13	Indianapolis	67,855	Hasselbeck	36	124	3.4	23	1			
01/01	L	23-17	at Green Bay	69,928	Weaver	17	80	4.7	24	0			

POSTSEASON

01/14	W	20-10	Washington (NFC Divisional Playoff)	67,551	Receiving	No	Yds	Avg	LG	TD
01/22	W	34-14	Carolina (NFC Championship Game)	67,837	Engram	67	778	11.6	56	3
02/05	L	21-10	Pittsburgh (Super Bowl XL)	68,206	Jurevicius	55	694	12.6	52	10

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 Returns	3	0
Returns	0	1
FIELD GOALS	18/25	34/42
TOTAL POINTS	452	271

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

Largent Award: FB Mack Strong

Pro Bowl: RB Shaun Alexander (3), QB Matt Hasselbeck (2), G Steve Hutchinson (3), T Walter Jones (6), FB Mack Strong (1), LB Lofa Tatupu (1), C Robbie Tobeck (1)

	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	335
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	Receiving	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 (QBs)

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					
	W	L	T	Pct.	Pts.	Opp.
EAST						
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						
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						
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						
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					
	W	L	T	Pct.	Pts.	Opp.
EAST						
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.	Player	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	
	Shaun Alexander	10
RB	Maurice Morris	8
	Mack Strong	10
FB		

DEFENSE

LE	Bryce Fisher	16
	Chuck Darby	14
	Marcus Tubbs	2
RT	Rocky Bernard	16
	Grant Wistrom	16
RE	Grant Wistrom	16
	Leroy Hill	15
OLB	D.D. Lewis	1
	Lofa Tatupu	16
MLB	Lofa Tatupu	16
	Julian Peterson	16
OLB	Julian Peterson	16
	Kelly Herndon	16
LCB	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

	NFC					
	W	L	T	Pct.	Pts.	Opp.
NORTH						
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						
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						
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 (NFC Wild Card Game)	68,297
01/12	L 42-20	at Green Bay (NFC Divisional Playoff)	72,168

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	Ingram	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										
Avg. Per Game	274.1	378.0	Punting	No	Yds	Avg	Net	TB	I20	LG	B	
Total Plays	927	1058	Ryan	78	3557	45.6	37.9	12	22	63	1	
Avg. Per Play	4.7	5.7	SEA	90	4007	44.5	36.9	12	24	63	1	
NET YARDS RUSHING	1768	1899	OPP	68	3009	44.3	38.2	3	20	68	0	
Avg. Per Game	110.5	118.7										
Total Rushes	417	457	Punt Returns	No	FC	Yds	Avg	LG	TD			
NET YARDS PASSING	2617	4149	Forsett	23	9	227	9.9	29	0			
Avg. Per Game	163.6	259.3	SEA	35	17	353	10.1	30	0			
Sacked/Yards Lost	36/214	35/193	OPP	44	8	444	10.1	63t	1			
Gross Yards	2831	4342										
Att./Completions	474/262	566/366	Interceptions	No	Yds	Avg	LG	TD				
Completion Pct.	55.3	64.7	Wilson	4	135	33.8	75t	1				
Had Intercepted	15	9	Grant	2	31	15.5	31	0				
PUNTS/AVERAGE	90/44.5	68/44.3	Babineaux	1	35	35.0	35t	1				
NET PUNTING AVG.	90/36.9	68/38.2	Tatupu	1	16	16.0	16	0				
PENALTIES/YARDS	79/601	81/671	Trufant	1	0	0.0	0	0				
FUMBLES/BALL LOST	20/12	26/11	SEA	9	217	24.1	75t	2				
TOUCHDOWNS	32	40	OPP	15	233	15.5	86t	1				
Rushing	10	13										
Passing	18	25	Kickoff Returns	No	Yds	Avg	LG	TD				
Defensive	4	1	Wilson	69	1753	25.4	61	0				
Returns	0	1	SEA	77	1948	25.3	61	0				
FIELD GOALS	24/27	37/41	OPP	47	1205	25.6	58	0				
TOTAL POINTS	294	392										
				Field Goals	1-19	20-29	30-39	40-49	50+			
By Quarters	1	2	3	4	OT	Tot						
SEA	74	95	38	87	0	294	Mare	0/0	7/7	9/10	5/6	3/4
OPP	78	137	105	69	3	392	TEAM	0/0	7/7	9/10	5/6	3/4
							OPP	0/0	15/15	8/8	11/14	3/4

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Wallace	242	141	1532	58.3	6.33	11	4.5	3	1.2	90t	14/76	87.0
Hasselbeck	209	109	1216	52.2	5.82	5	2.4	10	4.8	34	19/119	57.8
TEAM	474	262	2831	55.3	5.97	18	3.8	15	3.2	90t	36/214	72.5
OPP	566	366	4342	64.7	7.67	25	4.4	9	1.6	63	35/193	96.0

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Tatupu	94	69	25	0.0	1	4	1	0
Peterson	86	65	21	5.0	0	5	4	1
Hill	81	61	20	1.0	0	3	0	0
Grant	77	60	17	0.0	2	8	0	0
Wilson	76	69	7	1.0	4	9	3	2
Russell	69	53	6	1.0	0	3	1	0

Record (finish): 4-12 (3rd, NFC West)

Head Coach: Mike Holmgren (86-74, .538)

Assistants: Gil Haskell (Off. Coord.), John Marshall (Def. Coord.), Chris Beake (Offensive Asst./Quality Control), Jim Mora (DBs), Dwaine Board (DL), Mike Clark (Strength & Conditioning), Mike DeBord (Asst. OL), Bruce DeHaven (Special Teams), Kasey Dunn (RBs), Keith Gilbertson (WRs), Tom Headlee (Quality Control/Def.), John Jamison (Special Teams Asst.), Darren Krein (Strength & Conditioning Asst.), Bill Lazor (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

Largent Award: Coach Mike Holmgren

Pro Bowl: T Walter Jones (9), LB Julian Peterson (3, 5 overall)

All-Pro: T Walter Jones (6).

OFFENSE

Pos.	Starts
WR	12
	Koren Robinson
	Bobby Engram
	Deion Branch
LT	12
LG	10
	Floyd Womack
	Chris Spencer
	Steve Vallos
RG	5
	Floyd Womack
	Mansfield Wrotto
RT	9
	Sean Locklear
	Ray Willis
TE	9
	John Carlson*
QB	8
	Seneca Wallace
	Matt Hasselbeck
RB	10
	Julius Jones
	Maurice Morris
FB	6
	Leonard Weaver

DEFENSE

LE	9
	Darryl Tapp
	Patrick Kerney
LT	16
RT	15
RE	14
	Lawrence Jackson*
OLB	12
	Leroy Hill
MLB	15
	Lofa Tatupu
OLB	15
	Julian Peterson
LCB	16
	Marcus Trufant
RCB	12
	Josh Wilson
	Kelly Jennings
SS	4
	Deon Grant
FS	16
	Brian Russell

SPECIAL TEAMS

K	Olindo Mare	16
P	Jon Ryan	15

* Rookie or first-year player

AFC

EAST	W	L	T	Pct.	Pts.	Opp.
Miami	11	5	0	.688	345	317
New England	11	5	0	.688	410	309
N.Y. Jets	9	7	0	.563	405	356
Buffalo	7	9	0	.438	336	342
NORTH	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	12	4	0	.750	347	223
Baltimore*	11	5	0	.688	385	244
Cincinnati	4	11	1	.281	204	364
Cleveland	4	12	0	.250	232	350
SOUTH	W	L	T	Pct.	Pts.	Opp.
Tennessee	13	3	0	.813	375	234
Indianapolis*	12	4	0	.750	377	298
Houston	8	8	0	.500	366	394
Jacksonville	5	11	0	.313	302	367
WEST	W	L	T	Pct.	Pts.	Opp.
San Diego	8	8	0	.500	439	347
Denver	8	8	0	.500	370	448
Oakland	5	11	0	.313	263	388
Kansas City	2	14	0	.125	291	440

* Wild Card teams

NFC

EAST	W	L	T	Pct.	Pts.	Opp.
N.Y. Giants	12	4	0	.750	427	294
Philadelphia*	9	6	1	.594	416	289
Dallas	9	7	0	.563	362	365
Washington	8	8	0	.500	265	296
NORTH	W	L	T	Pct.	Pts.	Opp.
Minnesota	10	6	0	.625	379	333
Chicago	9	7	0	.563	375	350
Green Bay	6	10	0	.375	419	380
Detroit	0	16	0	.000	268	517
SOUTH	W	L	T	Pct.	Pts.	Opp.
Carolina	12	4	0	.750	414	329
Atlanta*	11	5	0	.688	391	325
Tampa Bay	9	7	0	.563	361	323
New Orleans	8	8	0	.500	463	393
WEST	W	L	T	Pct.	Pts.	Opp.
Arizona	9	7	0	.563	427	426
San Francisco	7	9	0	.438	339	381
Seattle	4	12	0	.250	294	392
St. Louis	2	14	0	.125	232	465

2009 REVIEW (5-11)

Date	W/L	Score	Opponents	Att	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.	75/225	87/223
3rd Down Pct.	33.3	39.0
4th Down: Made/Att.	8/19	6/12
4th Down Pct.	42.1	50.0
POSSESSION AVG.	27:31	32:29
TOTAL NET YARDS	5069	5703
Avg. Per Game	316.8	356.4
Total Plays	1045	1024
Avg. Per Play	4.9	5.6
NET YARDS RUSHING	1566	1776
Avg. Per Game	97.9	111.0
Total Rushes	395	428
NET YARDS PASSING	3503	3927
Avg. Per Game	218.9	245.4
Sacked/Yards Lost	41/268	28/185
Gross Yards	3771	4112
Att./Completions	609/372	568/374
Completion Pct.	61.	65.8
Had Intercepted	19	13
PUNTS/AVERAGE	89/46.1	82/47.2
NET PUNTING AVG.	89/38.7	82/41.5
PENALTIES/YARDS	95/840	111/971
FUMBLES/BALL LOST	33/12	21/10
TOUCHDOWNS	30	46
Rushing	7	17
Passing	20	27
Defensive	3	1
Returns	3	2
FIELD GOALS	24/26	22/31
TOTAL POINTS	280	390

By Quarters	1	2	3	4	OT	Tot
SEA	37	118	46	79	0	280
OPP	100	109	104	77	0	390

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
	Chris Spencer
RG	12
	Stacy Andrews
RT	15
	Sean Locklear
TE	13
	John Carlson
QB	14
	Matt Hasselbeck
RB	12
	Marshawn Lynch
FB	4
	Michael Robinson

DEFENSE

LE	Chris Clemons	16
LT	Brandon Mebane	12
RT	Colin Cole	11
RE	Kentwan Balmer	8
	Red Bryant	7
OLB	David Hawthorne	16
MLB	Lofa Tatupu	16
OLB	Aaron Curry	16
LCB	Marcus Trufant	16
RCB	Kelly Jennings	14
SS	Lawyer Milloy	16
FS	Earl Thomas*	16

SPECIAL TEAMS

P	Jon Ryan	16
K	Olindo Mare	16
LS	Clint Gresham*	16

* Rookie or first-year player

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							

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

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.

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.), Mondray 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	No	Yds	Avg	LG	TD			
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	No	Yds	Avg	Net	TB	I20	LG	B
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	No	FC	Yds	Avg	LG	TD		
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	No	Yds	Avg	LG	TD			
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	1-19	20-29	30-39	40-49	50+			
FUMBLES/BALL LOST	16/8	27/13	Hauschka	1/1	7/7	10/10	5/5	1/4			
TOUCHDOWNS	49	25	SEA	1/1	7/7	10/10	5/5	1/4			
Rushing	16	8	OPP	0/0	6/7	8/8	5/5	4/5			
Passing	27	15									
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

	AFC					
	W	L	T	Pct.	Pts.	Opp.
EAST						
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						
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						
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						
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

	NFC					
	W	L	T	Pct.	Pts.	Opp.
EAST						
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						
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						
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						
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

2013 REVIEW (13-3, 3-0 PLAYOFFS)

Date	W/L	Score	Opponents	Att	By Quarters	1	2	3	4	OT	Tot
9/8	W	12-7	at Carolina	73,294	SEA	69	140	87	115	6	417
9/15	W	29-3	San Francisco	68,338	OPP	22	108	41	60	0	231
9/22	W	45-17	Jacksonville	68,087							
9/29	W	23-20	at Houston (OT)	71,756							
10/6	L	34-28	at Indianapolis	66,608							
10/13	W	20-13	Tennessee	68,127							
10/17	W	34-22	at Arizona	61,200							
10/28	W	14-9	at St. Louis	55,966							
11/3	W	27-24	Tampa Bay (OT)	67,873							
11/10	W	33-10	at Atlanta	70,309							
11/17	W	41-20	Minnesota	68,235							
11/24			BYE								
12/2	W	34-7	New Orleans	68,387							
12/8	L	19-17	at San Francisco	69,732							
12/15	W	23-0	at N.Y. Giants	79,691							
12/22	L	17-10	Arizona	68,266							
12/29	W	27-9	St. Louis	68,264							

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Hauschka	0	0	0	0	44/44	33/35	0	143
Lynch	14	12	2	0			0	84
Baldwin	5	0	5	0			0	30
Miller	5	0	5	0			0	30
Tate	5	0	5	0			0	30
Kearse	4	0	4	0			1	26
Rice	3	0	3	0			0	18
SEA	45	14	27	4	44/44	33/35	2	417
OPP	22	4	16	2	17/17	26/27	0	231

2-Point Conversions: SEA 0-1, OPP 2-5.

POSTSEASON

1/11	W	23-15	New Orleans (NFC Divisional Playoff)	68,388
1/19	W	23-17	San Francisco (NFC Championship Game)	68,454
2/2	W	43-8	Denver (Super Bowl XLVIII)	82,529

Rushing	Att	Yds	Avg	LG	TD
Lynch	301	1257	4.2	43	12
Wilson	96	539	5.6	27	1
Turbin	77	264	3.4	15	0
Michael	18	79	4.4	13	0
SEA	509	2188	4.3	43	14
OPP	422	1626	3.9	5.1	4

Receiving	No	Yds	Avg	LG	TD
Tate	64	898	14.0	80t	5
Baldwin	50	778	15.6	52	5
Lynch	36	316	8.8	55	2
Miller	33	387	11.7	60	5
Kearse	22	346	15.7	43t	4
SEA	267	3508	13.1	80t	27
OPP	309	3050	9.9	73t	16

Interceptions	No	Yds	Avg	LG	TD
Sherman	8	125	15.6	58t	1
Thomas	5	9	1.8	11	0
Maxwell	4	6	1.5	6	0
Chancellor	3	78	26.0	32	0
SEA	28	385	13.8	58t	3
OPP	9	21	2.3	10	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Ryan	74	3159	42.7	39.2	5	28	69	2
SEA	76	3159	41.6	39.2	5	28	69	2
OPP	82	3779	46.1	38.0	4	22	61	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Tate	51	14	585	11.5	71	0
SEA	52	14	579	11.1	71	0
OPP	21	30	82	3.9	32	0

Kickoff Returns	No	Yds	Avg	LG	TD
Kearse	13	283	21.8	40	0
SEA	33	698	21.2	58	0
OPP	44	1056	24.0	40	0

Field Goals	1-19	20-29	30-39	40-49	50+
Hauschka	0/0	10/11	9/9	11/12	3/3
SEA	0/0	10/11	9/9	11/12	3/3
OPP	0/0	9/9	7/7	7/7	3/4

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	307	282
Rushing	116	83
Passing	160	156
Penalty	31	43
3rd Down: Made/Att.	76/204	76/216
3rd Down Pct.	37.3	35.2
4th Down: Made/Att.	6/11	4/11
4th Down Pct.	54.5	36.4
POSSESSION AVG.	29:57	30:03
TOTAL NET YARDS	5424	4378
Avg. Per Game	339.0	273.6
Total Plays	973	990
Avg. Per Play	5.6	4.4
NET YARDS RUSHING	2188	1626
Avg. Per Game	136.8	101.6
Total Rushes	509	422
NET YARDS PASSING	3236	2752
Avg. Per Game	202.3	172.0
Sacked/Yards Lost	44/272	44/298
Gross Yards	3508	3050
Att./Completions	420/267	524/309
Completion Pct.	63.6	59.0
Had Intercepted	9	28
PUNTS/AVERAGE	76/41.6	82/46.1
NET PUNTING AVG.	76/39.2	82/38.0
PENALTIES/YARDS	128/1183	98/879
FUMBLES/BALL LOST	26/10	26/11
TOUCHDOWNS	45	22
Rushing	14	4
Passing	27	16
Defensive	4	2
Returns	0	0
FIELD GOALS	33/35	26/27
TOTAL POINTS	417	231



Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Wilson	407	257	3357	63.1	8.25	26	6.4	9	2.2	80t	44/272	101.2
Jackson	13	10	151	76.9	11.62	1	7.7	0	0.0	35t	0/0	140.2
SEA	420	267	3508	63.6	8.35	27	6.4	9	2.1	80t	44/272	102.4
OPP	524	309	3050	59.0	5.82	16	3.1	28	5.3	73t	44/298	63.4

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Wagner	119	71	48	5.0	2	6	0	1
Thomas	100	75	25	0.0	5	8	2	0
Chancellor	93	61	32	0.0	3	6	1	0
Wright	80	46	34	1.5	0	4	0	1
McDaniel	52	23	29	2.0	0	1	0	1
Smith	50	30	20	1.0	2	4	1	0

Record (finish): 13-3 (1st, NFC West)

Head Coach: Pete Carroll (38-26, .594)

Assistants: Darrell Bevell (Off. Coord.), Dan Quinn (Def. Coord.), Kippy Brown (Wide Receivers), Tom Cable (Asst. Head Coach/Off. Line), Dave Canales (Asst. QBs/Quality Control-Off.), Chris Carlisle (Head Strength & Cond.), Nate Carroll (Off. Asst.), Keith Carter (Quality Control/Offense), Mondray Gee (Asst. Strength & Cond.), John Glenn (Coaching Asst./ST), Travis Jones (Def. Line), Pat McPherson (Tight Ends), Marquand Manuel (Def. Asst.), 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), Nick Sorensen (Coaching Asst./ST), Jamie Yanchar (Asst. Strength & Cond.).

Captains: QB Russell Wilson, DE Red Bryant, LB/ST Heath Farwell

Largest Award: FS Earl Thomas

Pro Bowl: S Kam Chancellor, RB Marshawn Lynch, CB Richard Sherman, S Earl Thomas, C Max Unger, QB Russell Wilson

All-Pro: S Kam Chancellor, CB Richard Sherman, S Earl Thomas

	AFC					
	W	L	T	Pct.	Pts.	Opp.
EAST						
New England	12	4	0	.750	444	338
N.Y. Jets	8	8	0	.500	290	387
Miami	8	8	0	.500	317	335
Buffalo	6	10	0	.375	339	388
NORTH						
Cincinnati	11	5	0	.688	430	305
Pittsburgh	8	8	0	.500	379	370
Baltimore	8	8	0	.500	320	352
Cleveland	4	12	0	.250	308	406
SOUTH						
Indianapolis	11	5	0	.688	391	336
Tennessee	7	9	0	.438	362	381
Jacksonville	4	12	0	.250	247	449
Houston	2	14	0	.125	276	428
WEST						
Denver	13	3	0	.813	606	399
Kansas City*	11	5	0	.688	430	305
San Diego*	9	7	0	.563	396	348
Oakland	4	12	0	.250	322	453

* Wild Card teams

OFFENSE

Pos.		Starts
WR	Golden Tate	13
	Doug Baldwin	10
	Sidney Rice	6
LT	Russell Okung	8
	Paul McQuistan	8
LG	James Carpenter	10
	Paul McQuistan	6
C	Max Unger	13
RG	J.R. Sweezy	15
RT	Breno Giacomini	9
	Michael Bowie*	7
TE	Zach Miller	11
QB	Russell Wilson	16
RB	Marshawn Lynch	16
FB	Michael Robinson	3

DEFENSE

LE	Red Bryant	15
LT	Tony McDaniel	15
RT	Brandon Mebane	16
RE	Chris Clemons	11
OLB	K.J. Wright	13
MLB	Bobby Wagner	14
OLB	Bruce Irvin	12
	Malcolm Smith	8
LCB	Richard Sherman	16
RCB	Brandon Browner	8
	Byron Maxwell	5
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

NFC

	NFC					
	W	L	T	Pct.	Pts.	Opp.
EAST						
Philadelphia	10	6	0	.625	442	382
Dallas	8	8	0	.500	439	432
N.Y. Giants	7	9	0	.438	294	383
Washington	3	13	0	.188	334	478
NORTH						
Green Bay	8	7	1	.531	417	428
Chicago	8	8	0	.500	445	478
Detroit	7	9	0	.438	395	376
Minnesota	5	10	1	.344	391	480
SOUTH						
Carolina	12	4	0	.750	366	241
New Orleans*	11	5	0	.688	414	304
Atlanta	4	12	0	.250	353	443
Tampa Bay	4	12	0	.250	288	389
WEST						
Seattle	13	3	0	.813	417	231
San Francisco*	12	4	0	.750	406	272
Arizona	10	6	0	.625	379	324
St. Louis	7	9	0	.438	348	364

2014 REVIEW (12-4, 2-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att	By Quarters	1	2	3	4	OT	Tot		
9/4	W	36-16	Green Bay	68,424	SEA	67	117	82	122	6	394		
9/14	L	30-21	at San Diego	67,916	OPP	57	87	43	67	0	254		
9/21	W	26-20	Denver (OT)	68,447									
9/28			BYE										
10/6	W	27-17	at Washington	79,522	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
10/12	L	30-23	Dallas	68,432	Hauschka	0	0	0	0	41/41	31/37	0	134
10/19	L	28-26	at St. Louis	57,855	Lynch	17	13	4	0			0	102
10/26	W	13-9	at Carolina	74,042	Wilson	6	6	0	0			0	36
11/2	W	30-24	Oakland	68,337	Baldwin	3	0	3	0			0	18
11/9	W	38-17	N.Y. Giants	68,352	Willson	3	0	3	0			0	18
11/16	L	24-20	at Kansas City	76,463	SEA	43	20	3	41/41	31/37		1	1394
11/23	W	19-3	Arizona	68,327	OPP	27	8	17	2	25/25	21/24	1	254
11/27	W	19-3	at San Francisco	70,799									
12/7	W	24-14	at Philadelphia	69,596									
12/14	W	17-7	San Francisco	68,526									
12/21	W	35-6	at Arizona	63,806									
12/28	W	20-6	St. Louis	68,453									

2-Point Conversions: SEA 0-1, OPP 1-2.

POSTSEASON

1/10	W	31-17	Carolina (NFC Divisional Playoff)	68,524
1/18	W	28-22	Green Bay (OT) (NFC Championship Game)	68,538
2/1	L	28-24	New England (Super Bowl XLIX)	70,288

Team Statistics

	Sea	Opp
TOTAL FIRST DOWNS	328	277
Rushing	144	70
Passing	160	175
Penalty	24	32
3rd Down: Made/Att.	90/212	75/202
3rd Down Pct.	42.5	37.1
4th Down: Made/Att.	3/11	8/14
4th Down Pct.	27.3	57.1
POSSESSION AVG.	32:11	27:49
TOTAL NET YARDS	6012	4274
Avg. Per Game	375.8	267.1
Total Plays	1021	924
Avg. Per Play	5.9	4.6
NET YARDS RUSHING	2762	1304
Avg. Per Game	172.6	81.5
Total Rushes	525	380
NET YARDS PASSING	3250	2970
Avg. Per Game	203.1	185.6
Sacked/Yards Lost	42/242	37/234
Gross Yards	3492	3204
Att./Completions	454/287	507/313
Completion Pct.	63.2	61.7
Had Intercepted	7	13
PUNTS/AVERAGE	62/43.4	83/43.7
NET PUNTING AVG.	62/38.3	83/39.7
PENALTIES/YARDS	130/1009	70/613
FUMBLERS/BALL LOST	23/7	29/11
TOUCHDOWNS	43	27
Rushing	20	8
Passing	20	17
Defensive	3	2
Returns	0	0
FIELD GOALS	31/37	21/24
TOTAL POINTS	394	254

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Hauschka	0	0	0	0	41/41	31/37	0	134
Lynch	17	13	4	0			0	102
Wilson	6	6	0	0			0	36
Baldwin	3	0	3	0			0	18
Willson	3	0	3	0			0	18
SEA	43	20	3	41/41	31/37		1	1394
OPP	27	8	17	2	25/25	21/24	1	254

Rushing	Att	Yds	Avg	LG	TD
Lynch	280	1306	4.7	79t	13
Wilson	118	849	7.2	55	6
Turbin	74	310	4.2	17	0
Michael	34	175	5.1	45	0
SEA	525	2762	5.3	79t	20
OPP	380	1304	3.4	47	8

Receiving	No	Yds	Avg	LG	TD
Baldwin	66	825	12.5	49	3
Kearse	38	537	14.1	60	1
Lynch	37	367	9.9	39	4
Richardson	29	271	9.3	32	1
Willson	22	362	16.5	80t	3
SEA	287	3492	12.2	80t	20
OPP	313	3204	10.2	60t	17

Interceptions	No	Yds	Avg	LG	TD
Sherman	4	81	20.3	53	0
Irvin	2	84	42.0	49t	2
Maxwell	2	23	11.5	21	0
SEA	13	319	24.5	53	2
OPP	7	138	19.7	73	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Ryan	61	2688	44.1	38.3	6	28	66	1
SEA	62	2688	43.4	38.3	6	28	66	1
OPP	83	3630	43.7	39.7	4	26	59	2

Punt Returns	No	FC	Yds	Avg	LG	TD
Walters	27	23	207	7.7	21	0
SEA	36	28	252	7.0	38	0
OPP	17	22	195	11.5	90t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Richardson	16	376	23.5	47	0
SEA	39	820	21.0	47	0
OPP	43	1035	24.1	75	0

Field Goals	1-19	20-29	30-39	40-49	50+
Hauschka	0/0	10/10	10/10	9/13	2/4
SEA	0/0	10/10	10/10	9/13	2/4
OPP	0/0	8/8	4/4	6/7	3/5



Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Wilson	452	285	3475	63.1	7.69	20	4.4	7	1.5	80t	42/242	95.0
SEA	454	287	3492	63.2	7.69	20	4.4	7	1.5	80t	42/242	95.1
OPP	507	313	3204	61.7	6.32	17	3.4	13	2.6	60t	37/234	80.4

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Wright	107	74	33	2.0	0	4	3	1
Wagner	104	67	37	2.0	0	3	0	0
Thomas	95	69	26	0	1	6	3	1
Chancellor	76	58	18	0	1	6	1	0
Sherman	57	45	12	0	4	8	1	0
Bennett	39	27	12	7.0	0	0	1	0

Record (finish): 12-4 (1st, NFC West)

Head Coach: Pete Carroll (50-30, .625)

Assistants: Darrell Bevell (Off. Coord.), Dan Quinn (Def. Coord.), Kippy Brown (Wide Receivers), Tom Cable (Asst. Head Coach/Off. Line), Dave Canales (Asst. QBs/Quality Control-Off.), Chris Carlisle (Head Strength & Cond.), Nate Carroll (Asst. WRs), Mondray Gee (Asst. Strength & Cond.), John Glenn (Quality Control-Def.), Will Harriger (Off. Asst.), Travis Jones (Def. Line), Pat McPherson (Tight Ends), Marquand Manuel (Def. Asst.), Chris Morgan (Asst. Off. Line), Chad Morton (Asst. Special Teams), Ken Norton, Jr. (Linebackers), Kris Richard (Defensive Backs), Pat Ruel (Asst. Offensive Line), Brian Schneider (Special Teams), Rocky Seto (Defensive Passing Game Coord.), Carl Smith (Quarterbacks), Sherman Smith (Running Backs), Nick Sorensen (Coaching Asst./ST), Jamie Yanchar (Asst. Strength & Cond.).

Captains: QB Russell Wilson, S Kam Chancellor, K/ST Steven Hauschka, P/ST Jon Ryan

Largest Award: S Kam Chancellor

Pro Bowl: S Kam Chancellor, RB Marshawn Lynch, CB Richard Sherman, S Earl Thomas, LB Bobby Wagner

EAST	AFC					
	W	L	T	Pct.	Pts.	Opp.
New England	12	4	0	.750	468	313
Buffalo	9	7	0	.563	343	289
Miami	8	8	0	.500	388	373
N.Y. Jets	4	12	0	.250	283	401
NORTH	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	11	5	0	.688	436	368
Cincinnati*	10	5	1	.656	365	344
Baltimore*	10	6	0	.625	409	302
Cleveland	7	9	0	.438	299	337
SOUTH	W	L	T	Pct.	Pts.	Opp.
Indianapolis	11	5	0	.688	458	369
Houston	9	7	0	.563	372	307
Jacksonville	3	13	0	.188	249	412
Tennessee	2	14	0	.125	254	438
WEST	W	L	T	Pct.	Pts.	Opp.
Denver	12	4	0	.750	482	354
Kansas City	9	7	0	.563	353	281
San Diego	9	7	0	.563	348	348
Oakland	3	13	0	.188	253	452

* Wild Card teams

OFFENSE

Pos.	Player	Starts
WR	Doug Baldwin	16
	Jermaine Kearse	14
LT	Russell Okung	14
LG	James Carpenter	13
C	Max Unger	6
	Patrick Lewis	4
	Lemuel Jeanpierre	3
	Stephen Schilling	3
RG	J.R. Sweezy	16
RT	Justin Britt*	16
TE	Luke Willson	10
QB	Russell Wilson	16
RB	Marshawn Lynch	14
FB	Will Tukuafu	2

DEFENSE

LE	Michael Bennett	16
LT	Tony McDaniel	15
RT	Brandon Mebane	9
	Kevin Williams	7
RE	Cliff Avril	16
OLB	K.J. Wright	13
MLB	Bobby Wagner	11
	K.J. Wright	3
OLB	Bruce Irvin	13
LCB	Richard Sherman	16
RCB	Byron Maxwell	12
	Tharold Simon	4
SS	Kam Chancellor	14
FS	Earl Thomas	16

SPECIAL TEAMS

P	Jon Ryan	16
K	Steven Hauschka	16
LS	Clint Gresham	16

*Rookie or first-year player

NFC

EAST	NFC					
	W	L	T	Pct.	Pts.	Opp.
Dallas	12	4	0	.750	467	352
Philadelphia	10	6	0	.625	474	400
N.Y. Giants	6	10	0	.375	380	400
Washington	4	12	0	.250	301	438
NORTH	W	L	T	Pct.	Pts.	Opp.
Green Bay	12	4	0	.750	486	348
Detroit*	11	5	0	.688	321	282
Minnesota	7	9	0	.438	325	343
Chicago	5	11	0	.313	319	442
SOUTH	W	L	T	Pct.	Pts.	Opp.
Carolina	7	8	1	.469	339	374
New Orleans	7	9	0	.438	401	424
Atlanta	6	10	0	.375	381	417
Tampa Bay	2	14	0	.125	277	410
WEST	W	L	T	Pct.	Pts.	Opp.
Seattle	12	4	0	.750	394	254
Arizona*	11	5	0	.688	310	299
San Francisco	8	8	0	.500	306	340
St. Louis	6	10	0	.375	324	354

COACHES ALL-TIME ROSTER

Name	Responsibility	Years	College
Arnold, Dave	Special Teams	1995-97	Drake
Austin, Teryl	Defensive Backs	2003-06	Pittsburgh
Barrow, Michael	Linebackers	2015-	Miami
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 Asst. Defensive Line	2003-08 2015-	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	2010-14	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 Wide Receivers	2010-12 2013-14 2015	Azusa Pacific
Carlisle, Chris	Head Strength & Conditioning	2010-	Chadron State
Carroll, Brennan	Asst. Offensive Line	2015-	Pittsburgh
Carroll, Nate	Defensive Assistant Offensive Assistant Assistant Wide Receivers	2010-12 2013 2014-	Southern California
Carroll, Pete	Exec. VP & Head Coach	2010-	Pacific
Carter, Keith	Quality Control/Offense	2012-13	UCLA
Cash, Chris	Asst. Secondary/Cornerbacks	2015-	Southern California
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
Curtis, Andre	Asst. Secondary/Safeties	2015-	Virginia Military Institute
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, Mondray	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



Name	Responsibility	Years	College
Glenn, John	Coaching Assistant	2012-13	East Stroudsburg Univ.
	Quality Control/Defense	2014-	
Gray, Jerry	Defensive Backs	2010	Texas
Harriger, Will	Offensive Asst.	2014	Auburn
	Asst. QBs/Quality Control-Off.	2015-	
Harris, Chick	Running Backs	1983-91	Northern Arizona
Haskell, Gil	Offensive Coordinator	2000-06	San Francisco State
	Asst. Head Coach/Off. Coord.	2007-08	
Hawkins, Ralph	Defensive Backs	1983-88	Maryland
Headlee, Tom	Quality Control/Defense	2006-09	Washington State
Holland, Johnny	Asst. Special Teams & Strength	2000	Texas A&M
	Linebackers	2001-02	
Hollway, Bob	Defensive Coordinator/DBs	1976-77	Michigan
Holmgren, Mike	Head Coach	1999-08	Southern California
Houck, Hudson	Offensive Line	1992	Southern California
Jackson, Milt	Wide Receivers	1998	Tulsa
James, Ned	Offensive Asst.	1995-96	New Mexico
	Defensive Asst.	1997	
Jamison, John	Special Teams Asst.	2005-08	California
Johnson, Jim	Linebackers	1998	Missouri
Johnston, Kent	Strength & Conditioning	1999-2003	Stephen F. Austin
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	2001-03	California
	Offensive Line	2004-07	
Lazor, Bill	Quarterbacks	2008-09	Cornell
LeDuc, Dana	Strength & Conditioning	1995-98	Texas
Leggett, Earl	Defensive Line	1976-77	Louisiana State
Lewis, Tim	Defensive Backs	2009	Pittsburgh
Lind, Jim	Linebackers	1999	Bemidji (Minn.) State
	Tight Ends	2000-08	
Lopez, Clayton	Defensive Quality Control	1999-2001	Nevada
	Defensive Asst./Secondary	2002-2003	
Lovat, Tom	Offensive Line	1999-2003	Utah
MacDonald, Andy	Running Backs	1976-82	Central Michigan
McCormack, Mike	Head Coach	1982	Kansas
McMackin, Greg	Defensive Coordinator	1995-98	So. Oregon State
McPherson, Pat	Tight Ends	2010-	Santa Clara
Manuel, Marquand	Assistant Special Teams	2012	Florida
	Defensive Assistant	2013-14	
Marmie, Larry	Defensive Asst./Secondary	2006-09	Eastern Kentucky
Marshall, John	Linebackers	2003-05	Oregon
	Defensive Coordinator	2006-08	
Matsumoto, Arnie	Staff Asst.	1989-95	Lewis and Clark
Meyer, Ken	Quarterbacks	1983-91	Denison
Meyers, Bill	Asst. Offensive Line	1998	Stanford
Michaels, Mark	Asst. Special Teams	2001-03	Connecticut
	Special Teams	2004	
Mitchell, Stump	Running Backs	1999-2007	Citadel
Moore, Steve	Wide Receivers	1983-85	UC-Santa Barbara
	Offensive Coordinator/WRs	1986-88	
Mora, Jim E.	Defensive Line	1978-81	Occidental
Mora, Jim L.	Asst. Head Coach/Secondary	2007-08	Washington
	Head Coach	2009	
Morgan, Chris	Assistant Offensive Line	2014	Colorado
Morton, Chad	Asst. Special Teams	2014-	Southern California

Name	Responsibility	Years	College
Moyer, Paul	Special Assignments	1990-91	Arizona State
Mudd, Howard	DBs/Asst. Special Teams	1992-94	Hillsdale
	Offensive Line	1978-82	
		1993-97	
Murphy, Mike	Linebackers	1995-97	Huron
Norton, Jr., Ken	Linebackers	2010-14	UCLA
Olson, Rich	Quarterbacks	1995-98	Washington State
Patera, Jack	Head Coach	1976-82	Oregon
Peccatiello, Larry	Linebackers	1976-77	William and Mary
	Defensive Coordinator/LBs	1978-80	
Perry, Rod	Defensive Backs	1989-91	Colorado
Phair, Mike	Asst. Linebackers	2008	Arizona State
	Asst. Defensive Line	2009	
	Defensive Asst.	2010	
	Wide Receivers	2009	
Prince, Robert	Wide Receivers	2009	Humboldt State
Prochaska, Ray	Offensive Coordinator/OL	1983-85	Nebraska
Purnell, Russ	Special Assignments	1986	Whittier
	TEs/Asst. Special Teams	1987-91	
	TEs/Special Teams	1992-94	
Quinn, Dan	Asst. Head Coach/Def. Line	2009	Salisbury State
	Defensive Line	2010	
	Defensive Coordinator	2013-14	
Raines, Frank	Strength & Conditioning	1990-94	George Mason
Reynolds, Gary	Off. Asst./Quality Control	2003-07	Texas A&M
Rhodes, Ray	Defensive Coordinator	2003-05	Tulsa
	Special Projects/Defense	2006-07	
	QB/WRs/TEs	1976-77	
Rhome, Jerry	Offensive Coord./QB/WRs/TEs	1978-79	Tulsa
	Offensive Coord./QB/WRs	1980-82	
Richard, Kris	Asst. Defensive Backs	2010	Southern California
	Defensive Backs	2011-14	
	Defensive Coordinator	2015-	
	Defensive Asst.	1999-2000	
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	
Ruel, Pat	Asst. Offensive Line	2010-	Miami
Saleh, Robert	Quality Control/Defense	2011-13	Northern Michigan
Schneider, Brian	Special Teams Coordinator	2010-	Colorado State
Seto, Rocky	Quality Control/Defense	2010	Southern California
	Asst. Defensive Backs/Safeties	2011	
	Defensive Passing Game Coord.	2012-14	
	Asst. Head Coach/Defense	2015-	
Shelmon, Clarence	Running Backs	1992-97	Houston
Sheppard, Mike	Quarterbacks	1999-2000	California Lutheran
Sherman, Mike	Offensive Coordinator	1999	Central Connecticut State
Shurmur, Fritz	Defensive Coordinator	1999	Albion College (Mich.)
Sidwell, Steve	Defensive Coordinator	2000-02	Colorado
Simpson, Jackie	Defensive Coord./LBs	1981-82	Mississippi
Smith, Carl	Quarterbacks	2011-	Cal Poly-SLO
Smith, Gregg	Asst. Head Coach/TEs	1995-96	Idaho
	Asst. Head Coach/Offensive Line	1997	
	Offensive Line	1998	
Smith, Sherman	Running Backs	2010-	Miami (Ohio)
Solari, Mike	Offensive Line	2008-09	San Diego State
Sorensen, Nick	Asst. Special Teams	2013-	Virginia Tech
Springer, Rod	Asst. Strength & Cond.	1999-2002	Tarrleton State
Stephenson, Kent	Offensive Line	1985-91	Northern Iowa
Tatupu, Lofa	Asst. Linebackers	2015-	Southern California

Name	Responsibility	Years	College
Tillman, Rusty	Special Teams	1979-82	Northern Arizona
	Special Teams/TEs	1983-86	
	Special Teams/LBs	1987-91	
	Defensive Coordinator/LBs	1992-94	
Ulbrich, Jeff	Asst. Special Teams	2010-11	Hawaii
Valero, Art	Offensive Line	2010	Boise State
Vitt, Joe	Special Assignments	1982-91	Towson State
Wash, Todd	Defensive Line	2011-12	North Dakota State
Yanchar, Jamie	Asst. Strength & Conditioning	2010-	Louisville
Yarber, Eric	Offensive Quality Control	1998	Idaho
Zorn, Jim	Offensive Asst.	1997	Cal Poly-Pomona
	Quarterbacks	2001-07	

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	1977-83	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
Allen, RaShaun	TE	2014-	1	0	Southern
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
Avril, Cliff	DE	2013-	31	19	Purdue

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, Alvin	T	2013-	28	5	Arkansas
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-	62	30	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

B

Player	Position	Years	GP	GS	College
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, 2013-	32	19	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
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
Bowie, Michael	T	2013	9	8	Northeastern St. (Okla.)
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	2012-13	2	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
Brizl, Darrick	G/C	1989-93	78	44	Oregon State
Brinson, Larry	RB	1980	8	0	Florida
Britt, Justin	T	2014-	16	16	Missouri
Brock, Lou	CB	1988	1	0	Southern California
Brock, Raheem	DE	2010-11	32	0	Temple
Brooks, Michael	DT	2013	1	0	East Carolina
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	2011-13	36	36	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	2008-13	64	55	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
Burly, Marcus	CB	2014-	13	0	Delaware
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

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	2011-14	45	39	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-	77	61	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	2010-13	62	59	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
Cohen, Landon	DT	2014-	^0	0	Ohio University
Colbert, Keary	WR	2008	7	4	Southern California
Cole, Colin	DT	2009-10	27	26	Iowa
Coleman, Andre	WR	1997	2	0	Kansas State
Coleman, Derrick	FB	2013-	17	4	UCLA
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



C

Player	Position	Years	GP	GS	College
Cooke, Bill	DE/DT	1978-80	34	3	Massachusetts
Cooper, Chris	DT	2006	*0	0	Nebraska-Omaha
Cooper, Marquis	LB	2006	1	0	Washington
Corley, Chris	TE	1987	1	0	South Carolina
Cortes, Julio	LB	1987	3	3	Miami
Cotton, Marcus	LB	1991	3	0	Southern California
Coutu, Brandon	K	2008	*0	0	Georgia
Covington, Tony	S	1995	11	0	Virginia
Cowlings, Al	DE	1976	1	0	Southern California
Cox, Kennard	CB	2010-11	23	0	Pittsburgh
Cox, Parrish	CB	2013	2	0	Oklahoma State
Coyle, Brock	LB	2014-	15	2	Montana
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, B.J.	QB	2013-	*0	0	South Florida
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
Davis, Harlan	CB	1991	0	0	Tennessee
Davis, Kellen	TE	2013	15	4	Michigan State
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
Dobbs, Demarcus	DE	2014-	4	0	Georgia
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
Fangupo, Hebron	DT	2012	1	0	Brigham Young
Fanning, Mike	DE	1984	16	0	Notre Dame
Farrell, Sean	G	1992	6	0	Penn State
Farwell, Heath	LB	2011-14	43	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
Fort, L.J.	LB	2014	1	0	Northern Iowa
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

Player	Position	Years	GP	GS	College
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	2010-13	40	33	Louisville
Gibson, Mike	G	2009-11	20	8	California
Gilbert, Gale	QB	1985-86	25	2	California
Gilliam, Garry	T	2014-	14	1	Penn State
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-	80	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

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
Harvin, Percy	WR	2013-14	6	4	Florida
Hass, Mike	WR	2009	1	0	Oregon State
Hasselbeck, Matt	QB	2001-10	138	131	Boston College
Hauck, Tim	S	1997	16	0	Montana
Hauptmann, Caylin	T	2013	*0	0	Florida International
Hauschka, Steven	K	2011-	64	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
Helfet, Cooper	TE	2013-	10	2	Duke
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
Herdon, Kelly	CB	2005-06	28	22	Toledo
Herrera, Efen	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, Jordan	DT	2013-	17	0	Penn State
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



H

Player	Position	Years	GP	GS	College
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-	43	25	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, 2013-	19	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	C/G	2010-	53	11	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	2011-14	46	1	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-	37	20	Washington
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, David	DE	2014-	3	0	Oklahoma
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-	35	4	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, Patrick	C	2014-	6	4	Texas A&M
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, 2013-	26	1	Fort Valley State
Locklear, Sean	T	2004-10	96	78	North Carolina State
Logan, James	LB	1995-00	63	4	Memphis



L

Player	Position	Years	GP	GS	College
Long, Doug	WR	1977-78	16	0	Whitworth
Longwell, Ryan	K	2012	^1	0	California
Losman, J.P.	QB	2010	*0	0	Tulane
Lotulelei, John	LB	2013	2	0	UNLV
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-	75	71	California
Lynch, Tom	G	1977-80	60	48	Boston College
Lytle, Matt	QB	2000	1	0	Pittsburgh

M

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
McDaniel, Tony	DT	2013-	32	29	Tennessee
McDonald, Andrew	T	2014	2	0	Indiana
McDonald, Clinton	DT	2011-13	44	2	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	2011-13	48	40	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	2011-13	42	0	Wisconsin
Mare, Olindo	K	2008-10	48	0	Syracuse
Marinano, 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
Matthews, Chris	WR	2014-	3	0	Kentucky
Mawae, Kevin	C/G	1994-97	62	59	Louisiana State

Maxwell, Byron	CB	2011-14	47	17	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
Mayowa, Benson	DE	2013	2	0	Idaho
Mebane, Brandon	DT	2007-	116	110	California
Merriman, Sam	LB	1983-87	71	1	Idaho
Metzelaars, Pete	TE	1982-84	34	13	Wabash
Michael, Christine	RB	2013-	14	0	Texas A&M
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	2011-14	48	44	Arizona State
Milloy, Lawyer	S	2009-10	32	18	Washington
Milne, Brian	FB	1999	10	0	Penn State
Milton, Keavon	G	2014-	*0	0	Louisiana-Monroe
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
Moeaki, Tony	TE	2014	6	2	Iowa
Moffitt, John	G	2011-12	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-	53	1	Southern California
Morra, 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
Norwood, Kevin	WR	2014-	9	1	Alabama

Player	Position	Years	GP	GS	College
Obomanu, Ben	WR	2006-11	66	13	Auburn
O'Brien, Mike	S	1979	3	0	California
O'Callaghan, John	TE	1987	1	0	San Diego State
Okeafor, Chike	DE	2003-04	32	32	Purdue
Okung, Russell	T	2010-	59	59	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	2011-12	4	0	Newberry College
Parks, Terrance	S	2014	1	0	Florida State
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	2012-13	1	0	Montana State
Peterson, Julian	LB	2006-08	48	47	Michigan State
Peterson, Todd	K	1995-99	80	0	Georgia
Pierre-Louis, Kevin	LB	2014-	7	0	Boston College
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	2011-13	33	31	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
Richardson, Paul	WR	2014-	15	6	Colorado
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
Robertson, Travian	DT	2014	1	0	South Carolina
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	2010-13	50	18	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-	111	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
Schilling, Stephen	C	2014	8	3	Michigan
Schmitt, Owen	FB	2008-09	30	2	West Virginia
Schmitt, Tyler	LS	2008	*0	0	San Diego State
Schofield, O'Brien	LB	2013-14	31	2	Wisconsin
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
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-	21	1	Portland State
Sherman, Richard	CB	2011-	64	58	Stanford
Siavii, Junior	DT	2010	14	6	Oregon
Simmons, Anthony	LB	1998-04	86	79	Clemson
Simon, Tharold	CB	2013-	10	5	Louisiana State
Simonson, Dave	T	1976	5	0	Minnesota
Simpson, Keith	CB/S	1978-85	108	70	Memphis State



S

Player	Position	Years	GP	GS	College
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, D'Anthony	DT	2013-	2	0	Louisiana Tech
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	2011-14	57	16	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
Spitz, Jason	C	2013	*0	0	Louisville
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, Tyrone	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-	44	34	North Carolina State

T

Tafoya, Joe	DE	2005-06	28	1	Arizona
Tapp, Darryl	DE	2006-09	65	30	Virginia Tech
Tate, Golden	WR	2010-13	58	33	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
Terrell, Steven	S	2014-	4	0	Texas A&M
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-	80	80	Texas
Thomas, Fred	CB	1996-99	45	5	Tennessee-Martin
Thomas, Garth	G	1987	1	1	Washington
Thomas, Josh	CB	2014	3	0	Buffalo
Thomas, Ricky	S	1987	1	1	Alabama
Thomas, Robb	WR	1992-95	62	3	Oregon State

Thomas, Rodell	LB	1981-82	19	1	Alabama State
Thurmond, Walter	CB	2010-13	33	8	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
Tukuafu, Will	FB	2014-	9	2	Oregon
Turbin, Robert	RB	2012-	48	3	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	C/G	2009-14	67	67	Oregon
Unverzagt, Eric	LB	1996-97	9	0	Wisconsin
Urban, Jerheme	WR	2003-05	10	2	Trinity

V

Player	Position	Years	GP	GS	College
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-	41	40	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
Walters, Bryan	WR	2012-14	17	1	Cornell
Ware, Spencer	FB	2013	2	0	Louisiana 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



W

Player	Position	Years	GP	GS	College
West, Jeff	P	1981-85	58	0	Cincinnati
Wheat, Warren	G	1989-91	16	7	Brigham Young
White, Chris	S	1987	1	0	Tennessee
White, Chris	C	2010	6	0	Southern Mississippi
White, Jim	DE	1976	2	0	Colorado State
White, Mike	DT	1981-82	20	8	Albany State
White, Tracy	LB	2003-04	20	2	Howard
Whitehurst, Charlie	QB	2010-11	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, Kevin	DT	2014	16	8	Oklahoma State
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, Stephen	WR	2013	4	0	Toledo
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
Willson, Luke	TE	2013-	31	17	Rice
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-	48	48	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-	60	56	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 (49-29)

ARIZONA CARDINALS (16-16)

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
10/17/13	-	W	@ 34-22	61,200
12/22/13	-	L	10-17	68,266
11/23/14	-	W	19-3	68,327
12/21/14	-	W	@ 35-6	63,806

Franchise moved from St. Louis in 1988.

Points: Arizona 606 (18.9)
Seattle 798 (24.9)

ST. LOUIS RAMS (21-12)

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
10/28/13	-	W	@ 14-9	55,966
12/29/13	-	W	27-9	68,264
10/19/14	-	L	@ 26-28	57,855
12/28/14	-	W	20-6	68,453

Moved from L.A. Coliseum to Anaheim Stadium in 1980. Moved from Anaheim to St. Louis in 1995.

Points: St. Louis 645 (19.5), Seattle 736 (22.3)

SAN FRANCISCO 49ERS (17-15)

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
9/15/13	-	W	29-3	68,338
12/8/13	-	L	@ 17-19	69,732
11/27/14	-	W	@ 19-3	70,799
12/14/14	-	W	17-7	68,526

Points: San Francisco 590 (18.4)
Seattle 747 (23.3)

NFC EAST (13-15)

DALLAS COWBOYS (5-10)

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

* Overtime + at Husky Stadium



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
10/12/14	-	L	30-23	68,432

Points: Dallas 387 (25.8), Seattle 270 (18.0)

NEW YORK GIANTS (8-9)

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
12/15/13	-	W @	23-0	79,691
10/17/13	-	W @	34-22	61,200
11/9/14	-	W	38-17	68,352

Points: N.Y. Giants 391 (23.0)
Seattle 320 (18.8)

PHILADELPHIA EAGLES (7-7)

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
12/7/14	-	W @	24-14	69,596

Points: Philadelphia 271 (19.4)
Seattle 287 (21.2)

WASHINGTON REDSKINS (5-11)

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
10/6/14	-	W @	27-17	79,522

Points: Washington 311 (19.4)
Seattle 249 (15.6)

NFC NORTH (14-9)

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
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 307 (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 (7-8)

10/10/76	-	L @	20-27	54,983
10/15/78	-	L @	28-45	52,712
11/1/81	-	L @	24-34	49,467
10/21/84	-	W @	30-24	52,286
11/15/87	-	W	24-13	60,963
12/9/90	-	W @	20-14	52,015
9/29/96	-	L	10-31	59,973
11/1/99	-	W @	27-7	59,869
10/5/03	-	L @	13-35	70,365
1/1/06	-	L @	17-23	69,928
11/27/06	-	W	34-24	68,256
10/12/08	-	L	17-27	68,302
12/27/09	-	L	10-48	70,429
9/24/12	-	W	14-12	68,218
9/4/14	-	W	36-16	68,424

1981 & 1999 games played at Green Bay.
1976, 1978 & 1990 played in Milwaukee.

Points: Green Bay 380 (25.3)
Seattle 324 (21.6)

* Overtime + at Husky Stadium



**MINNESOTA VIKINGS (8-5)**

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
11/17/13	-	W		41-20	68,235

Played in Metropolitan Stadium from 1961-81. Moved into the Metrodome in 1982.

Points: Minnesota 317 (24.4)
Seattle 336 (25.8)

NFC SOUTH (14-8)**ATLANTA FALCONS (9-5)**

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
11/10/13	-	W	@	33-10	70,309

Played at Atlanta-Fulton County Stadium from 1966-91. Moved into Georgia Dome in 1992.

Points: Atlanta 333 (23.8)
Seattle 381 (27.2)

CAROLINA PANTHERS (5-2)

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
9/8/13	-	W	@	12-7	73,294
10/26/14	-	W	@	13-9	74,042

Points: Carolina 98 (14.0)
Seattle 108 (15.4)

NEW ORLEANS SAINTS (6-6)

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
12/8/13	-	W		34-7	68,387

Points: New Orleans 241 (20.1)
Seattle 290 (24.2)

TAMPA BAY BUCCANERS (8-4)

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
11/3/13	-	*W		27-24	67,873

Points: Tampa Bay 208 (17.3)
Seattle 197 (16.4)

AFC WEST (7-9)**DENVER BRONCOS (19-34)**

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		28-21	61,759
9/4/88	-	W	@	21-14	75,986
12/11/88	-	W		42-14	62,839
10/22/89	-	*L		21-24	62,353
11/26/89	-	L	@	14-41	75,117
9/23/90	-	*L	@	31-34	75,290
12/23/90	-	W		17-12	55,845
9/15/91	-	L	@	10-16	74,152
11/24/91	-	W		13-10	60,430
11/30/92	-	*W		16-13	51,612
12/20/92	-	L	@	6-10	72,570
10/31/93	-	L	@	17-28	73,644
11/28/93	-	L		9-17	57,812
10/9/94	-	L	+	9-16	63,872
11/13/94	-	L	@	10-17	71,290
10/1/95	-	W		27-10	49,914
12/10/95	-	W	@	31-27	71,488
9/8/96	-	L		20-30	43,671
12/1/96	-	L	@	7-34	74,982
9/7/97	-	L		14-35	55,859
11/2/97	-	L	@	27-30	74,212
10/11/98	-	L		16-21	66,258
12/27/98	-	L	@	21-28	74,057
11/14/99	-	W		20-17	66,314
12/19/99	-	*L	@	30-36	65,987
11/26/00	-	L	+	31-38	68,661
12/10/00	-	L	@	24-31	75,218
10/14/01	-	W	+	34-21	61,837
12/09/01	-	L	@	7-20	74,524
11/17/02	-	L		9-31	65,495
12/03/06	-	W	@	23-20	76,146
9/19/10	-	L	@	14-31	75,130
9/21/14	-	*W		26-20	68,447

Points: Denver 1242 (23.4), Seattle 1057 (19.9)

KANSAS CITY CHIEFS (18-33)

12/11/77	-	W	@	34-31	22,562
11/19/78	-	W	@	13-10	32,252
12/17/78	-	W		23-19	58,490
9/30/79	-	L		6-24	61,169
12/2/79	-	L	@	21-37	42,160
9/14/80	-	W	@	17-16	42,403
11/9/80	-	L		30-31	58,976
9/27/81	-	L		14-20	59,255
11/22/81	-	L	@	13-40	49,002
9/4/83	-	L	@	13-17	42,531
11/27/83	-	*W		51-48	56,795
11/4/84	-	W		45-0	61,396
12/9/84	-	L	@	7-34	34,855
9/29/85	-	L	@	7-28	50,485
12/1/85	-	W		26-6	52,655
9/14/86	-	W		23-17	61,068
11/9/86	-	L	@	7-27	53,268
9/20/87	-	W		43-14	61,667
12/27/87	-	L	@	20-41	20,370
9/11/88	-	W		31-10	61,512
11/20/88	-	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
11/16/14	-	L	@	24-20	76,463

Points: Kansas City 1199 (23.5)
Seattle 979 (19.2)

OAKLAND RAIDERS (24-28)

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
10/1/89	-	W	@	24-20	44,319
12/17/89	-	W		23-17	61,076
9/16/90	-	L		13-17	61,889
10/14/90	-	L	@	17-24	50,624
10/13/91	-	*L		20-23	61,974
11/17/91	-	L	@	7-31	49,317
10/18/92	-	L		0-19	56,904
11/15/92	-	L	@	3-20	46,862
9/12/93	-	L		13-17	58,836
12/12/93	-	L	@	23-27	38,161
9/11/94	-	W	@	38-9	47,319
12/11/94	-	L		16-17	53,301
10/8/95	-	L	@	14-34	50,213
12/17/95	-	W		44-10	58,428
11/24/96	-	L		21-27	47,506
12/22/96	-	W	@	28-21	33,455
10/26/97	-	W		45-34	66,264
12/14/97	-	W	@	22-21	40,124
11/1/98	-	L		18-31	66,246
11/15/98	-	L	@	17-20	51,527
10/3/99	-	W		22-21	66,400
12/5/99	-	L	@	21-30	44,716
10/22/00	-	L	@	3-31	57,490
12/16/00	-	W	+	27-24	68,681
9/30/01	-	L	@	14-38	54,629
11/11/01	-	W	+	34-27	67,231
9/8/02	-	L	@	17-31	53,260
11/6/06	-	W		16-0	67,816
10/31/10	-	L	@	3-33	35,721
11/2/14	-	W		30-24	68,337

Franchise moved from Oakland to Los Angeles in 1982. Moved back to Oakland in 1995.

Points: Oakland 1174 (22.6)
Seattle 1108 (21.3)

SAN DIEGO CHARGERS (26-24)

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

* Overtime + at Husky Stadium





11/10/91	-	L	@	14-17	43,597
10/4/92	-	L	@	6-17	36,783
12/27/92	-	L	@	14-31	49,324
9/5/93	-	L	@	12-18	58,039
10/3/93	-	W	@	31-14	54,778
9/18/94	-	L	+	10-24	65,536
10/30/94	-	L	@	15-35	59,001
9/10/95	-	L	@	10-14	54,420
10/22/95	-	L	@	25-35	45,821
9/1/96	-	L	@	7-29	58,780
10/27/96	-	W	@	32-13	38,143
9/21/97	-	W	@	26-22	51,110
11/9/97	-	W	@	37-31	64,616
10/25/98	-	W	@	27-20	58,512
12/13/98	-	W	@	38-17	62,690
10/17/99	-	L	@	10-13	59,432
12/12/99	-	L	@	16-19	66,318
9/24/00	-	W	@	20-12	47,233
11/05/00	-	W	+	17-15	59,884
12/2/01	-	*W	+	13-10	55,466
12/30/01	-	W	@	25-22	51,412
12/29/02	-	*W	@	31-28	52,159
12/24/06	-	L	@	17-20	68,174
9/26/10	-	W	@	27-20	67,106
9/14/14	-	L	@	21-30	67,916

Points: San Diego 1042 (20.8)
Seattle 1049 (21.0)

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)

* Overtime + at Husky Stadium % Toronto

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
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 (7-5)

HOUSTON TEXANS (2-1)

10/16/05	—	W		42-10	66,196
12/13/09	—	L	@	7-34	70,380
9/29/13	—	*W	@	23-20	71,756

Points: Houston 64 (21.3)
Seattle 72 (24.0)

INDIANAPOLIS COLTS (4-7)

9/18/77	—	L		14-29	58,991
11/12/78	—	L		14-17	61,905
9/29/91	—	W		31-3	56,656
10/2/94	—	L	@	15-17	49,876
12/4/94	—	L		19-31	39,574
9/14/97	—	W	@	31-3	49,194
12/20/98	—	W		27-23	58,703
10/15/00	—	L	+	24-37	63,593
12/24/05	—	W		28-13	67,855
10/4/09	—	L	@	17-34	66,112
10/6/13	—	L	@	28-34	66,608

Franchise transferred from Baltimore in 1984.

Points: Indianapolis 241 (21.9)
Seattle 248 (22.5)

JACKSONVILLE JAGUARS (5-2)

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
9/22/13	—	W		45-17	68,087

Points: Jacksonville 129 (18.4)
Seattle 212 (30.3)

TENNESSEE TITANS (10-5)

11/20/77	—	L		10-22	61,519
10/21/79	—	W		34-14	60,705
10/5/80	—	W	@	26-7	46,860
10/11/81	—	L	@	17-35	42,671
9/19/82	—	L	@	21-23	43,117
11/13/88	—	W		27-24	60,446
12/2/90	—	*W		13-10	57,592
11/7/93	—	L	@	14-24	50,447
12/11/94	—	W	@	16-14	31,453
11/3/96	—	W		23-16	36,320
10/5/97	—	W		16-13	49,897
11/29/98	—	W		20-18	59,048
12/18/05	—	W	@	28-24	69,149
1/3/10	—	L		13-17	67,002
10/13/13	—	W		20-13	68,127

Franchise transferred from Houston in 1997 and changed name from Oilers to Titans in 1999.

Points: Tennessee 274 (18.3)
Seattle 298 (19.9)

* Overtime + at Husky Stadium

RECORD VS. DIVISION (1976-2001)

AFC East (26-27)

Buffalo (6-3)
Indianapolis (3-5)
Miami (2-6)
New England (7-6)
New York Jets (8-7)

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
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
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
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
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
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
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
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
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
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
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
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
2013	13	3	0	.813	417	231	1st	7-1-0	6-2-0	4-2-0	3-1-0	10-2-0	3-0
2014	12	4	0	.750	394	254	1st	7-1-0	5-3-0	5-1-0	2-2-0	10-2-0	2-1
305	307	0	.498	12,864	12,863			184-123-0	121-184-0	130-142-0	167-188-0	138-119-0	14-13

*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	16-16	10-7	6-9	0-3	0-0	9-5
Arizona	16-14	10-6	6-8	0-3	0-0	7-2
St. Louis	0-2	0-1	0-1	0-0	0-0	2-2
Atlanta	9-5	4-3	5-2	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	5-2	2-0	3-2	0-0	2-0	0-0
Chicago	10-4	4-2	6-2	1-0	0-2	3-1
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	5-10	3-4	2-6	0-0	1-0	3-2
Denver	19-34	14-13	5-21	2-5	2-0	3-9
Detroit	7-5	5-2	2-3	0-0	0-0	5-2
+ Green Bay	7-8	4-2	3-6	0-0	1-2	3-2
Houston	2-1	1-0	1-1	1-0	0-0	5-2
# Indianapolis	4-7	3-4	1-3	0-0	0-0	8-9
Indianapolis	4-5	3-2	1-3	0-0	0-0	7-9
Baltimore	0-2	0-2	0-0	0-0	0-0	1-0
Jacksonville	5-2	3-0	2-2	0-0	0-0	0-0
Kansas City	18-33	13-12	5-21	1-1	0-0	5-0
Miami	3-8	2-2	1-6	0-0	1-2	0-1
Minnesota	8-5	6-2	2-3	0-0	0-0	7-6
New England	8-8	3-4	5-4	0-0	0-1	1-1
New Orleans	6-6	4-3	2-3	0-1	2-0	3-0
N.Y. Giants	8-9	5-3	3-6	1-0	0-0	0-0
N.Y. Jets	10-8	5-3	5-5	0-0	0-0	0-0
@Oakland	24-28	15-10	9-18	0-1	1-1	9-4
Oakland	13-15	9-4	4-11	0-0	0-0	9-4
Los Angeles	11-13	6-6	5-7	0-1	1-1	0-0
Philadelphia	7-7	3-5	4-2	0-1	0-0	0-0
Pittsburgh	8-8	6-1	2-7	0-0	0-1	0-0
% St. Louis	21-12	13-4	8-8	0-1	0-1	2-6
St. Louis	20-8	12-2	8-6	0-1	0-1	0-0
Los Angeles	1-4	1-2	0-2	0-0	0-0	2-6
San Diego	26-24	16-10	10-14	3-0	0-0	8-4
San Francisco	17-15	10-7	7-8	0-1	1-0	13-15
Tampa Bay	8-4	4-2	4-2	0-0	0-0	3-0
= Tennessee	10-5	7-2	3-3	1-0	0-1	3-0
Tennessee	4-1	3-1	1-0	0-0	0-0	2-0
Houston	6-4	4-1	2-3	1-0	0-1	1-0
Washington	5-11	1-6	4-5	0-1	2-0	0-0
TOTALS	305-307	184-122	121-185	12-18	14-13	98-68

* 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			
Sat.	8/12	W	34-15	Preseason (2-2)			
Mon.	8/22	L	18-10	at New Orleans Saints		38,529	
Fri.	8/26	W	23-17	Dallas Cowboys		47,641	
Fri.	9/2	L	23-21	at Kansas City Chiefs		74,158	
				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	
				2013			
				Preseason (4-0)			
Thurs.	8/8	W	31-10	at San Diego Chargers		54,709	
Sat.	8/17	W	40-10	Denver Broncos		67,635	
Fri.	8/23	W	17-10	at Green Bay		74,030	
Thurs.	8/29	W	22-6	Oakland Raiders		67,341	
				2014			
				Preseason (2-2)			
Thurs.	8/7	L	16-21	at Denver Broncos		75,583	
Fri.	8/15	W	41-14	San Diego Chargers		67,615	
Fri.	8/22	W	34-6	Chicago Bears		67,608	
Thurs.	8/28	L	31-41	at Oakland Raiders		50,831	

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.

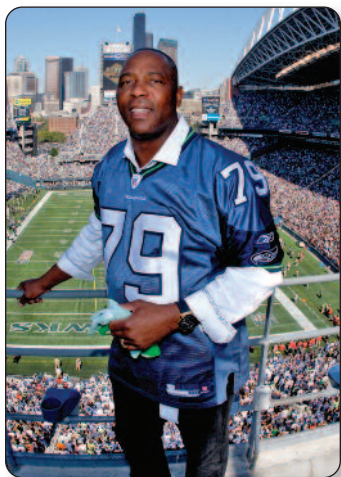
1976 — 1/3 Jack Patera, defensive line coach of the Minnesota Vikings, named head coach. **1/20** Lloyd W. Nordstrom, spokesman for the Nordstrom family, the Seahawks' majority owner, dies of a heart attack while vacationing in Mexico. **3/30** Veteran Allocation held in New York City. Seahawks select 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** Efren Herrera kicks a 19-yard field goal on the final play of the game to give Seattle a 29-28 win over the Minnesota Vikings. **11/26** Seattle becomes the first team since 1965 to beat Oakland twice during the regular season with a 17-16 win on Efren Herrera's 46-yard field goal with just three seconds remaining. **12/17** Seahawks end their third season with a 9-7 record and finish one game behind Denver in the AFC West standings following a 23-19 win over Kansas City. Al Hunter rushes for 133 yards on 27 carries as Seahawks perform before sixth-straight home sellout crowd.

1979 — **1/29** Steve Largent catches a record-equaling five passes as Seattle's first representative to the Pro Bowl. National Football Conference defeats Largent and his AFC teammates, 13-7, in the Los Angeles Memorial Coliseum. **5/3** Manu Tuiaosopo, defensive tackle from UCLA, becomes Seattle's first-round draft choice. **10/29** After trailing 14-0, the Seahawks rebound for a 31-28 win over Atlanta in Seattle's first appearance on ABC's Monday Night Football. Dan Doornink rushes for 122 yards on 21 carries and scores twice. **12/16** The Seahawks close out their second straight 9-7 season with a 29-24 win over Oakland. Sam McCullum sets a club record with 173 yards receiving on eight catches.



1980 — **4/29** Seattle trades its first-round draft choice (#16) and a third-round pick to Buffalo for the Bills' first-round choice, the tenth player in the draft. The Seahawks then select defensive end Jacob Green of Texas A&M in the first round. **9/28** Seahawks score second shutout in the club's history with a 14-0 win over Washington Redskins in Robert F. Kennedy Memorial Stadium. **10/5** Sam McCullum catches two touchdown passes and Efren Herrera kicks four field goals in 26-7 win over Houston at the Astrodome. The win would prove to be Seattle's last of the season.

1981 — **4/28** Seahawks select UCLA safety Kenny Easley in the first round of the NFL draft. **11/8** Seattle holds the Pittsburgh Steelers scoreless in the second half and rallies for a pair of fourth quarter touchdowns to capture a 24-21 victory at the Kingdome. **11/16** The Seahawks score on their

last eight possessions to defeat the San Diego Chargers, 44-23, on Monday Night

Football. It is the Seahawks' first regular season victory over the Chargers after eight straight losses.

1982 — 3/11 Mike McCormack, former head coach with the Philadelphia Eagles and Baltimore Colts, is named Director of Football Operations. **4/27** Seahawks select Clemson defensive end Jeff Bryant in the first round of the college draft. **9/21** Players go on strike for 57 days. **10/13** Mike McCormack named interim head coach after the firing of head coach Jack Patera and general manager John Thompson. **11/21** Seahawks capture 17-10 victory over the host Denver Broncos in Mike McCormack's first game as head coach following the players' strike. Steve Largent catches a 34-yard touchdown pass from Jim Zorn with 49 seconds left for the victory. **11/28** Seahawks shutout the Pittsburgh Steelers, 16-0, for the club's third shutout in history and first at the Kingdome.

1983 — 1/2 Seahawks conclude nine-game season with a 13-11 win over the Denver Broncos as Dave Krieg throws a 19-yard touchdown pass to Roger Carr with 47 seconds left. The Seahawks drive 87 yards in 10 plays with no timeouts to score the winning touchdown. Seattle finishes the season 4-5 but were 4-3 under Mike McCormack. **1/3** Mike McCormack named President and General Manager after previously serving as Director of Football Operations since March 11, 1982, and interim head coach since October 13, 1982.



1/26 Chuck Knox named head coach. Knox previously had served as head coach of the Los Angeles Rams (1973-77) and the Buffalo Bills (1978-82). He guided seven-of-his-ten teams to the playoffs, while winning six division championships. **3/15** Chuck Allen, who joined the Seahawks staff in June of 1975 as Director of Pro Scouting, named Assistant General

Manager. **4/26** Seattle selects Penn State running back Curt Warner in the NFL Draft. Warner is the third player taken in the first round. To be able to get Warner, the Seahawks trade their first, second and third-round selections to the Houston Oilers for the Oilers first-round pick. **9/11** Seahawks win first game under Chuck Knox, 17-10, over the New York Jets, as the club sets a team record with 57 rushing attempts and Curt Warner gains 128 yards on 24 carries. **10/16** Seahawks force eight turnovers and register eight sacks in 38-36 victory over the Los Angeles Raiders. **10/30** Seahawks make it two straight over Raiders with 34-21 win. **12/18** Seahawks clinch first playoff berth with 24-6 win over New England. **12/24** Dave Krieg throws three touchdown passes and Curt Warner rushes for 99 yards in 31-7 win over Denver in the AFC Wild Card Game before 60,752 fans in Kingdome. **12/31** Seahawks drive 66 yards in five plays late in the fourth quarter to capture divisional 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 WLAFL 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

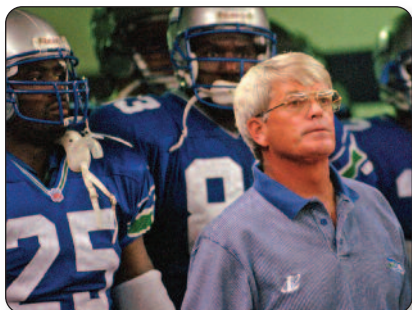


that he would start for an injured Chris Warren (abdominal muscle), rushes for a career-high 131 yards in a 16-6 win over the Pittsburgh Steelers. Seattle gains 267 yards rushing, giving them back-to-back 200-yard rushing games for the first time in franchise history.

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.

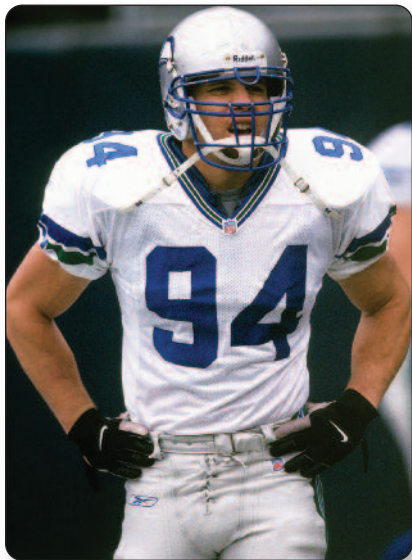
4/22 Seahawks select Ohio State University wide receiver Joey Galloway with the eighth pick in the first round of the NFL draft. Galloway is the second wide receiver chosen overall and the first ever picked by the Seahawks in the first round of the draft. **7/29** Steve Largent is formally inducted into 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, includ-



ing 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 post-season 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 (quadriiceps). 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 Shelton (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 week-long 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 postseason record with three touchdown runs and Hasselbeck became first passer with at least 300 yards in a playoff game. Seahawks offensive line coach Tom Lovat retires. Bill Laveroni takes over offensive line duties. **2/24** Seahawks designate T Walter Jones as franchise player for third consecutive year. **2/26** Senior VP Mike Reinfeldt declined contract offer to remain with Seahawks. **3/4** Seahawks sign unrestricted free agent Grant Wistrom to a multi-year contract. **3/9** WR Darrell Jackson re-signed a multi-year contract with the Seahawks. **3/24-3/31** In cooperation with the Department of Defense Armed Forces Entertainment Office, Seahawks Alex Bannister and Damien Robinson led a Seahawks contingent including former Seahawks receiver Paul Johns and the Sea Gals Show Group on a tour of Southwest Asia, including the countries of United Arab Emirates and Qatar. **3/24** The Seattle Seahawks name Steve Raible as the new "Voice of the Seahawks" for radio broadcasts, and will be joined by Warren Moon as color analyst on the broadcast team. Raible served the previous 22 years as color analyst on Seahawks radio. **5/19** Jay Nienkark named Director of Player Administration and will oversee the team's salary cap. **6/2** Seahawks Stadium is renamed Qwest Field. Introduced Blue Ribbon Partners. **6/8** Martha Fuller named CFO. **8/7** The Seahawks traveled to Portland's PGE Park for "Seahawks Live," an intrasquad scrimmage. **9/26** The Seahawks opened the season 3-0 after shutting out the 49ers 34-0 at Qwest Field. The victory ended the 49ers NFL record of scoring in 420 consecutive games. **10/19** The Seahawks traded a conditional draft choice to the Oakland Raiders for WR Jerry Rice. **11/21** S Michael Boulware turned in one of the most exciting plays of the season when he, with 56 seconds remaining, returned a Dolphins' pass 63 yards for the game-winning touchdown. **12/6** In front of a record crowd at Qwest Field (68,093), the Seahawks hosted a Monday Night Football shootout versus the Cowboys. Matt Hasselbeck passed for 414 yards and three touchdowns, but the Cowboys scored 14 points in just under three minutes to earn a 43-39 victory.

2005 — 1/2 The Seahawks clinched their first NFC West title after fending off the Atlanta Falcons in the season finale. The Seahawks stopped a two-point conversion attempt at the end of regulation to keep the game from going into overtime. **1/8** The Seahawks hosted the Rams in a Wild Card Playoff game and lost 27-20. A Seahawks bid to tie the game on a fourth-and-4 play from the Rams' 5-yard line with :27 fell incomplete. Matt Hasselbeck joined Dan Fouts and Marc Bulger as the only quarterbacks in NFL history to throw for 300-plus yards in his first two career postseason starts. **1/10** Relieved Mark Michaels from duties as special teams coach. **1/14** Bob Whitsitt was relieved of his duties as president of football operations. **2/3** Mike Reinfeldt is named consultant. **2/10** Bob Casullo is named special teams coach. **2/16**

T Walter Jones signed a multi-year contract. **2/22** Matt Hasselbeck signed a multi-year contract. Bob Ferguson was relieved of his duties as general manager. Shaun Alexander was named franchise player. **2/23** Tim Ruskell was introduced as the Seahawks' president of football operations and became the primary decision maker regarding all player and personnel decisions, including oversight of the club's pro and college scouting departments. **3/24** Mike Reinfeldt named Vice President of Football Administration. **4/21** Signed LB Jamie Sharper and former University of Washington WR Jerome Pathon. Released veteran LB Chad Brown. **4/23** Drafted Mississippi center Chris Spencer in the first round (26th overall) of the NFL Draft. **6/8** Mike Phair and Mike Yowarsky hired to the college scouting department. **7/27** Shaun Alexander signed one-year contract. **8/12** In a preseason matchup, the Seahawks defeated the Saints 34-15 in New Orleans just two weeks before Hurricane Katrina devastated the area. **10/2** The Seahawks lost an overtime game at Washington to fall to 2-2 on the season. It was the last game the team would lose before winning a club-record 11 consecutive games. **10/16** Seattle set a club record with 320 yards rushing versus the Houston Texans on ESPN Sunday Night Football. Alexander rushed for four scores for the second time of the season. **10/17** Seahawks S Ken Hamlin was victimized outside of a Seattle club following the game sustaining head injuries that ended his season. **10/23** The Seahawks defeated the Dallas Cowboys 13-10 on a 50-yard Josh Brown field goal as time expired. The winning kick was set up when Jordan Babineaux intercepted Drew Bledsoe and returned it to the Cowboys' 32-yard line with :05 remaining. **11/6** Shaun Alexander rushed for 173 yards and two touchdowns, which included an 88-yard touchdown run tying his own franchise record. **11/27** The Seahawks defeated the N.Y. Giants 24-21 in overtime after Giants' kicker Jay Feely missed three game-winning field goal attempts. The Giants committed 16 penalties, including 11 false start penalties. **11/28** Mike Holmgren presented the Seahawks 12th Man with the game ball following the win over the Giants. **12/5** Seattle trounced Philadelphia 42-0 on a snowy Monday Night Football game. **12/11** The Seahawks outscored the 49ers 41-3 marking a perfect 6-0 division record, first in team history. **12/17** Seattle secured a first-round bye in the playoffs with a 28-24 come-from-behind win at Tennessee. **12/24** Seattle clinched home field advantage throughout the playoffs with a 28-13 win over the 13-1 Indianapolis Colts.

2006 — 1/14 The Seahawks ended their 21-year streak without a playoff win by defeating the Washington Redskins 20-10 in a Divisional Playoff Game at Qwest Field. **1/22** Hosting their first-ever Championship Game, Seattle routed the Carolina Panthers 34-14 earning their first trip to the Super Bowl in the club's 30-year history. **2/5** The Seahawks lost to the Pittsburgh Steelers 21-10 in Super Bowl XL. **2/16** The Seahawks named John Marshall defensive coordinator and Ray Rhodes took on the title of special projects/defense. The Seahawks also named Zerick Rollins linebackers coach and promoted Tom Headlee to quality control/defense. Larry Marmie was also hired as a defensive assistant/secondary. **2/23** Placed transition tag on G Steve Hutchinson. **3/6** Re-signed RB Shaun Alexander to a multi-year contract. **3/27** Signed LB Julian Peterson. **3/31** Seahawks acquired restricted free agent WR Nate Burleson from the Vikings in exchange for a third-round draft choice. **4/30** Drafted Miami cornerback Kelly Jennings with the 31st pick in the NFL Draft. **5/9** Seahawks announce plans to move practice facility to Renton waterfront. **9/10** Opened the season at Detroit's Ford Field, site of Super Bowl XL, and won 9-6 on Josh Brown's 42-yard game-winning field goal as time expired. **9/11** Seattle acquired WR Deion Branch from the New England Patriots in exchange for the Seahawks first-round selection in the 2007 NFL Draft. **9/17** Former Seahawks DT Cortez Kennedy was



inducted into the Seahawks Ring of Honor. **9/24** Seattle led the New York Giants 35-3 at halftime and won the game 42-30 behind Matt Hasselbeck's club-record tying five touchdown passes. **10/1** Seahawks Shaun Alexander missed the first of six games (at Chicago) with a broken foot he suffered in the season opener. **10/15** Josh Brown connected on his second game-winner of the season, a 54-yard field goal at St. Louis as time expired. **10/22** Seattle's Matt Hasselbeck injured his right knee on the first series of the second half versus the Vikings. He would miss the next four ballgames. Seneca Wallace went 2-2 in Hasselbeck's absence. **11/6** Seattle recorded nine sacks at Qwest Field versus Oakland on Monday Night Football on the way to a 16-0 shutout of the Raiders. **11/12** Josh Brown connected on a 38-yard field goal with :09 remaining versus the Rams for his third game-winner of the season. **11/27** Snow covered Qwest Field as Seattle defeated Green Bay 34-24 on Monday Night Football. Shaun Alexander rushed for 201 yards on a franchise-record 40 carries. **12/3** Josh Brown tied an NFL record with his fourth game-winning field goal (inside the final minute of overtime) with a 50-yard field goal at Denver with :05 left in the game. The win was the Seahawks first in Denver since December 10, 1995.

2007 — 1/6 The Seahawks won their third consecutive home playoff game upending the Dallas Cowboys 21-20 in an NFC Wild Card thriller. **1/14** Seattle's hopes of returning to NFC Championship Game were dashed in an overtime loss at Chicago. Seattle battled into overtime, but a Robbie Gould 49-yard field goal allowed the Bears to prevail. **1/21** The Seahawks added Jim Mora to the coaching staff as assistant head coach/defensive backs coach. **1/22** Seattle hired former Cowboys special teams coach Bruce DeHaven to the same position. **3/20** In partnership with Virginia Mason Medical Center, the Seahawks announced naming rights for their new training facility in Renton: Virginia Mason Athletic Center (VMAC). **4/29** Traded WR Darrell Jackson to San Francisco for a fourth-round draft choice. **7/28** Training camp began and was held in Kirkland for the first time since 1996. The team trained at Eastern Washington University in Cheney from 1997-2007. **10/7** FB Mack Strong suffered a career-ending neck injury at Plttsburgh. **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. **12/5** Walter Jones' number is retired.



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 his-





tory 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 resign 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 (KCQO 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. **10/14** Cortez Kennedy's number is retired. **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. **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. **6/21** Seahawks General Manager John Schneider signed extension. **6/28** Cortez Kennedy named Team Ambassador. **9/8** Seahawks won their season opener at Carolina 12-7, the first of a team-record tying 13-win season. **11/3** The Seahawks erased a 21-0 first half deficit vs Tampa Bay to come back and win 27-24 in OT, the largest come-from-behind victory in team history. **12/14** Chuck Arnold was promoted to Chief Operating Officer for the Seahawks. **12/22** The Seahawks club record 14-game home winning streak was snapped versus the Arizona Cardinals in a 17-10 loss. It was QB Russell Wilson's first loss at CenturyLink Field in two seasons as a starter. **12/29** The Seahawks tied a franchise record by limiting the St. Louis Rams to just 13 rushing yards in the season finale.

2014 — **1/11** Seattle defeated the New Orleans Saints 23-15 in a Divisional Playoff Game. **1/19** The Seahawks advanced to the second Super Bowl in franchise history after defeating division rival San Francisco 23-17 in the NFC Championship Game. **1/17** Former tackle Walter Jones was voted into the Pro Football Hall of Fame in his first year of eligibility. Jones spent his entire 12-year career with Seattle and was a nine-time Pro Bowler. **2/1** Walter Jones became the third original Seahawks member to be voted into the Pro Football Hall of Fame joining Steve Largent and Cortez Kennedy. **2/2** The Seahawks won the franchise's first Super Bowl after defeating the Denver Broncos 43-8 at MetLife Stadium. The Seahawks first score came on a safety 12 seconds into the game becoming the quickest score in Super Bowl history. **2/5** The Seahawks victory parade through downtown Seattle culminating at CenturyLink Field was celebrated by an estimated crowd of more than 700,000 fans. **3/10** The Seahawks re-signed free agent DE Michael Bennett to a multi-year contract. **4/14** Signed Pete Carroll to a multi-year extension. **4/24** Former Seahawks CB Marcus Trufant announces his retirement. **4/29** Safety Earl Thomas signed a multi-year extension. **5/6** Amy Sprangers named VP of Corporate Partnerships and Suites. **5/7** Cornerback Richard Sherman signed a multi-year extension. **5/21** The Seahawks traveled to Washington D.C. to meet President Obama at the Super Bowl Champions annual White House visit. **5/29** Wide receiver Doug Baldwin signed a multi-year extension. **6/10** Jeff Dunn named Vice President of Business Strategy & Analytics. **6/19** The Seahawks received their Super Bowl Championship rings at a ceremony at Seattle's EMP. **8/2** Former Seahawks tackle Walter Jones was officially inducted into the Pro Football Hall of Fame in Canton, Ohio. **9/4** Seattle officially kicked off the 2014 NFL season hosting a Thursday night prime time game versus Green Bay. A pregame concert was performed by Pharrell Williams and Soundgarden, with pop star Ariana Grande singing The Star Spangled Banner. Seattle's Super Bowl banner was unveiled at CenturyLink Field as Seattle won the game, 36-16. **9/21** In a rematch of Super Bowl XLVIII, the Seahawks defeated the



Denver Broncos 26-20 in OT on a Marshawn Lynch 6-yard TD run. **10/17** Seattle traded WR Percy Harvin to the N.Y. Jets for an undisclosed draft choice. **10/19** At St. Louis, Russell Wilson became the first player in NFL history to pass for 300 or more yards and rush for 100 or more in the same game. **11/9** Totaled 350 rushing yards versus the N.Y. Giants, a club single-game record. Marshawn Lynch also rushed for a career-best four TDs tying a single-game club record. **12/18** Signed LB K.J. Wright to a multi-year extension. **12/19** Signed DE Cliff Avril to a multi-year extension. **12/21** Seattle set a franchise record versus the Cardinals totaling 596 total yards in a 35-6 win at Arizona.

2015 — 1/10 The Seahawks defeated the Carolina Panthers, 31-17, in a Divisional Playoff Game. **1/18** Seattle became the 12th team in NFL history to advance to the Super Bowl after winning it the previous year by defeating the Green Bay Packers in the NFC Championship Game, 28-22, in OT. Seattle overcame a 16-point, second-half deficit to win after Russell Wilson connected with Jermaine Kearse on a 35-yard TD to end the game. It marked Seattle's ninth consecutive postseason win at home, tied for the third-longest streak in NFL history. The game also marked a record for CenturyLink Field attendance record with 68,538 12s on hand. **1/19** Construction began on the Toyota Fan Deck on the south deck of CenturyLink Field. The expansion added 1,000 padded seats and an exclusive fan experience. **2/1** The Seahawks lost to the New England Patriots in Super Bowl XLIX, 28-24. **2/9** Named Kris Richard defensive coordinator following the departure of Dan Quinn to become head coach of the Atlanta Falcons. Also named Michael Barrow LB coach following the departure of Ken Norton, Jr., leaving to become defensive coordinator of the Oakland Raiders. Named Lofa Tatupu assistant LB coach and Brennon Carroll assistant offensive line coach. **2/10** Promoted Rocky Seto to assistant head coach/defense. **2/19** David Young named VP of Operations/GM of CenturyLink Field. **2/23** Announced the



expansion of CenturyLink Field by 1,000 seats with the launch of the Toyota Fan Deck on the south end. Also announced the expansion of eight new suites. **3/6** Signed Marshawn Lynch to a multi-year extension. **3/10** Traded for Saints TE Jimmy Graham and a 2015 fourth-round draft choice in exchange for center Max Unger and the Seahawks first-round draft choice (No. 31 overall). **3/25** Named Dwaine Board assistant defensive line coach. Named Chris Cash assistant secondary/CB coach. Named Andre Curtis assistant secondary/safeties coach. Dave Canales promoted to WR coach. Will Harriger named assistant QB coach/quality control offense.



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 Steven Hauschka, 2011-	504
7 Curt Warner, 1983-89	372
8 John Kasay, 1991-94	341
9 Efren Herrera, 1978-81	331
10 Olindo Mare, 2008-10	308

TOTAL TOUCHDOWNS

Player, Seasons	No.
1 Shaun Alexander, 2000-07	112
2 Steve Largent, 1976-89	101
3 Curt Warner, 1983-89	62
Marshawn Lynch, 2010-	62
5 Chris Warren, 1990-97	48
6 Darrell Jackson, 2000-06	47
7 Joey Galloway, 1995-99	42
8 Sherman Smith, 1976-82	38
9 Daryl Turner, 1984-87	36
10 Brian Blades, 1988-98	34

FIELD GOALS

Player, Seasons	No.
1 Norm Johnson, 1982-90	159
2 Todd Peterson, 1995-99	126
3 Josh Brown, 2003-07	116
4 Steven Hauschka, 2011-	113
5 John Kasay, 1991-94	82
6 Olindo Mare, 2008-10	73
7 Efren Herrera, 1978-81	64
8 Rian Lindell, 2000-02	58
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 Steven Hauschka, 2011-	129
5 John Kasay, 1991-94	105
6 Efren Herrera, 1978-81	92
7 Olindo Mare, 2008-10	83
8 Rian Lindell, 2000-02	78
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 Steven Hauschka, 2011-	165
5 Efren Herrera, 1978-81	139
6 Rian Lindell, 2000-02	96
7 John Kasay, 1991-94	95
8 Olindo Mare, 2008-10	89
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 Steven Hauschka, 2011-	167
5 Efren Herrera, 1978-81	148
6 John Kasay, 1991-94	97
7 Rian Lindell, 2000-02	96
8 Olindo Mare, 2008-	89
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 Marshawn Lynch, 2010-	1,346
5 John L. Williams, 1986-93	1,148
6 Ricky Watters, 1998-01	994
7 Sherman Smith, 1976-82	810
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 Curt Warner, 1990-97	6,706
3 Curt Warner, 1983-89	6,705
4 Marshawn Lynch, 2010-	5,930
5 John L. Williams, 1986-93	4,579
6 Ricky Watters, 1998-01	4,009
7 Sherman Smith, 1976-82	3,429
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 Marshawn Lynch, 2010-	54
4 Chris Warren, 1990-97	44
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 Russell Wilson, 2012-	1,252
6 Jon Kitna, 1997-00	1,130
7 Warren Moon, 1997-98	786
8 Seneca Wallace, 2003-09	556
9 Tarvaris Jackson, 2011, 2013-	450
10 Kelly Stouffer, 1988-92	437

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 Russell Wilson, 2012-	794

PASSING COMPLETIONS, continued

6 Jon Kitna, 1997-00	658
7 Warren Moon, 1997-98	458
8 Seneca Wallace, 2003-09	333
9 Tarvaris Jackson, 2011, 2013-	271
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 Russell Wilson, 2012-	9,950
5 Rick Mirer, 1993-96	9,094
6 Jon Kitna, 1997-00	7,552
7 Warren Moon, 1997-98	5,310
8 Seneca Wallace, 2003-09	3,547
9 Tarvaris Jackson, 2011, 2013-	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 Russell Wilson, 2012-	72
5 Jon Kitna, 1997-00	49
6 Rick Mirer, 1993-96	41
7 Warren Moon, 1997-98	36
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 Russell Wilson, 2012-	26
7 Warren Moon, 1997-98	24
8 Kelly Stouffer, 1988-92	19
9 Jeff Kemp, 1987-91	18
10 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 Russell Wilson, 2012-	119
6 Jon Kitna, 1997-00	79
7 Warren Moon, 1997-98	52
8 Kelly Stouffer, 1988-92	50
9 Seneca Wallace, 2003-09	43
10 Tarvaris Jackson, 2011, 2013-	42



QUARTERBACK RATING (MINIMUM 100 ATTEMPTS)

Player, Seasons	No.
1 Russell Wilson, 2012-	98.6
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 Tarvaris Jackson, 2011, 2013-	80.9
7 Brock Huard, 1999-01	80.1
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 Doug Baldwin, 2010-	2,757
10 Sherman Smith, 1976-82	2,342

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
Golden Tate, 2010-13	15
Doug Baldwin, 2010-	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 Richard Sherman, 2011-	24
6 Marcus Trufant, 2003-12	21
7 Darryl Williams, 1996-99	20
Shawn Springs, 1997-03	20
9 Keith Simpson, 1978-85	19
10 Willie Williams, 1997-03	17

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, 2011-13	308
Richard Sherman, 2011-	308
10 Robert Blackmon, 1990-96	246

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, 2011-13	2
Richard Sherman, 2011-	2
Bruce Irvin, 2012-	2

PUNTS

Player, Seasons	No.
1 Rick Tuten, 1991-97	554
2 Jon Ryan, 2008-	539
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-	24,120
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 Jon Ryan, 2008-	197
2 Rick Tuten, 1991-97	147
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-	44
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 Jon Ryan, 2008-	4
3 Rick Engles, 1976-77	3
4 Kyle Richardson, 1997	2
Rick Tuten, 1991-97	2
Jeff Feagles, 1998-02	2
Tom Rouen, 2003-05	2
8 Ruben Rodriguez, 1987-89	1
Donnie Jones, 2004	1
Ken Walter, 2004	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 Golden Tate, 2010-13	68
10 Kelvin Martin, 1993-94	65

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
Bryan Walters, 2012-14	23

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 Golden Tate, 2010-13	787
9 Bobby Ingram, 2001-08	773
10 Kelvin Martin, 1993	550

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	48
4 Jon Kitna, 1997-00	38
5 Curt Warner, 1983-89	36
6 Shaun Alexander, 2000-07	31
7 Russell Wilson, 2012-	27
8 Chris Warren, 1990-97	26
9 Rick Mirer, 1993-96	24
10 Sherman Smith, 1976-82	22

OWN FUMBLE RECOVERIES

Player, Seasons	No.
1 Dave Krieg, 1980-91	27
2 Jon Kitna, 1997-00	20
3 Matt Hasselbeck, 2001-10	14
4 Curt Warner, 1983-89	13
Shaun Alexander, 2000-07	13
Russell Wilson, 2012-	13
7 Jim Zorn, 1976-84	12
8 Chris Warren, 1990-97	10
9 John L. Williams, 1986-93	9
10 Sherman Smith, 1976-82	7
Edwin Bailey, 1981-91	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
John Harris, 1978-85	11
Jeff Bryant, 1982-93	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 23 tied with	1
(last: Michael Bennett in 2013)	

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 Chris Clemons, 2010-13	38.0
8 Rufus Porter, 1988-94	37.5
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 Chris Clemons, 2010-13	290.0
8 Chad Brown, 1997-04	284.5
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, 2010-13	1
Malcolm Smith, 2011-14	1
Mike Morgan, 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
Doug Baldwin, 2010-	2
6 15 tied with (last: Jermaine Kearse in 2013)	1

BLOCKED PAT'S

Player, Seasons	No.
1 Mike White, 1981-82	3
2 Jeff Bryant, 1982-93	2
Jacob Green, 1980-91	2
Joe Nash, 1982-96	2
5 Dennis Boyd, 1977-79, 1981-82	1
Brian Flones, 1981-82	1
Terry Wooden, 1990-96	1
Red Bryant, 2008-13	1

BLOCKED FIELD GOALS

Player, Seasons	No.
1 Joe Nash, 1982-96	8
Craig Terrill, 2004-10	8
3 Red Bryant, 2008-13	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
2013	Marshawn Lynch	16	14	12*	2	0	0/0	84
2014	Marshawn Lynch	16	17*	13*	4	0	0/0	102*

*Led NFL; + Led 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
2013	Steven Hauschka	16	44-44	33-35	143 [^]
2014	Steven Hauschka	16	41-41	31-37	134

[^] Led NFC

RUSHING

		G	Att.	Yds.	Avg.	LG	TD
1976	Sherman Smith	12	119	537	4.5	53t	4
1977	Sherman Smith	14	163	763	4.7	39	4
1978	Sherman Smith	12	165	805	4.9	67t	6
1979	Sherman Smith	16	194	775	4.0	41t	11
1980	Jim Jodat	16	155	632	4.1	26	5
1981	Theotis Brown	10	141	531	3.8	43t	6
1982	Sherman Smith	9	63	202	3.2	19	0
1983	Curt Warner	16	335+	1449+	4.3	60	13
1984	David Hughes	16	94	327	3.3	15	1
1985	Curt Warner	16	291	1094	3.8	38t	8
1986	Curt Warner	16	319+	1481+	4.6	60t	13+
1987	Curt Warner	12	234	985	4.2	57t	8
1988	Curt Warner	16	266	1025	3.9	29t	10
1989	Curt Warner	16	194	631	3.3	34	3
1990	Derrick Fenner	16	215	859	4.0	36t	14*
1991	John L. Williams	16	188	741	3.9	42	4
1992	Chris Warren	16	223	1017	4.6	52	3
1993	Chris Warren	14	273	1072	3.9	45t	7
1994	Chris Warren	16	333	1545+	4.6+	41	9
1995	Chris Warren	16	310	1346	4.3	52	15+
1996	Chris Warren	14	203	885	4.2	51	5
1997	Chris Warren	15	200	847	4.2	36t	4
1998	Ricky Watters	16	319	1239	3.9	39t	9
1999	Ricky Watters	16	325	1210	3.7	45	5
2000	Ricky Watters	16	278	1242	4.5	55t	7
2001	Shaun Alexander	16	309	1318	4.3	88t	14+
2002	Shaun Alexander	16	295	1175	4.0	58	16 [^]
2003	Shaun Alexander	16	326	1435	4.4	55	14
2004	Shaun Alexander	16	353	1696 [^]	4.8 [^]	44	16 [^]
2005	Shaun Alexander	16	370	1880*	5.1	88t	271*
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
2013	Marshawn Lynch	16	301	1,257	4.2	43	12*
2014	Marshawn Lynch	16	280	1,306	4.7	79t	13*

! NFL single-season record; * Led NFL; + Led AFC; [^] Led NFC



PASSING

		G/S	Att.	Comp.	Yds.	Pct.	TD	Int.	Rate
1976	Jim Zorn	14/14	439*	208	2571	47.3	12	27	49.5
1977	Jim Zorn	10/10	251	104	1683	41.4	16	19	54.3
1978	Jim Zorn	16/16	443+	248+	3283+	56.0	15	20	72.2
1979	Jim Zorn	16/16	505	285	3661	56.4	20	18	77.7
1980	Jim Zorn	16/16	488	276	3346	56.6	17	20	72.3
1981	Jim Zorn	13/13	397	236	2788	59.4	13	9	82.3
1982	Jim Zorn	9/7	245	126	1540	51.4	7	11	62.0
1983	Dave Krieg	9/8	243	147	2139	60.5	18	11	95.0
1984	Dave Krieg	16/16	480	276	3671	57.5	32	24	83.3
1985	Dave Krieg	16/16	532	285	3602	53.6	27	20	76.2
1986	Dave Krieg	15/15	375	225	2921	60.0	21	11	91.0
1987	Dave Krieg	12/12	294	178	2131	60.5	23	15	87.6
1988	Dave Krieg	9/9	228	134	1741	58.8	18	8*	94.6
1989	Dave Krieg	15/14	499	286	3309	57.3	21	20	74.8
1990	Dave Krieg	16/16	448	265	3194	59.2	15	20	73.6
1991	Dave Krieg	10/9	285	187	2080	65.6*	11	12	82.5
1992	Stan Gelbaugh	10/8	255	121	1307	47.5	6	11	52.9
1993	Rick Mirer	16/16	486	274	2833	56.4	12	17	67.0
1994	Rick Mirer	13/13	381	195	2151	51.2	11	7*	70.2
1995	Rick Mirer	15/13	391	209	2564	53.5	13	20+	63.7
1996	John Friesz	8/6	211	120	1629	56.9	8	4	86.4
1997	Warren Moon	15/14	528	313	3678	59.3	25	16	83.7
1998	Warren Moon	10/10	258	145	1632	56.2	11	8	76.6
1999	Jon Kitna	15/15	495	270	3346	54.5	23	16	77.7
2000	Jon Kitna	15/12	418	259	2658	62.0	18	19	75.6
2001	Matt Hasselbeck	13/12	321	176	2023	54.8	7	8	70.9
2002	Matt Hasselbeck	16/10	419	267	3075	63.7^	15	10	87.8
2003	Matt Hasselbeck	16/16	513	313	3841	61.0	26	15	88.8
2004	Matt Hasselbeck	14/14	474	279	3382	58.9	22	15	83.1
2005	Matt Hasselbeck	16/16	449	294	3459	65.5	24^	9	98.2^
2006	Matt Hasselbeck	12/12	371	210	2442	56.6	18	15	76.0
2007	Matt Hasselbeck	16/16	562	352	3966	62.6	28	12	91.4
2008	Seneca Wallace	10/8	242	141	1532	58.3	11	3	87.0
2009	Matt Hasselbeck	14/14	488	293	3029	60.0	17	17	75.1
2010	Matt Hasselbeck	14/14	444	266	3001	59.9	12	17	73.2
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
2013	Russell Wilson	16/16	407	257	3357	63.1	26	9	101.2
2014	Russell Wilson	16/16	452	285	3475	63.1	20	7	95.0

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	t8
1979	Steve Largent	15	66	1237+	18.7	55t	9
1980	Steve Largent	16	66	1064	16.1	67t	6
1981	Steve Largent	16	75	1224	16.3	57t	9
1982	Steve Largent	8	34	493	14.5	45	3
1983	Steve Largent	15	72	1074	14.9	46t	11
1984	Steve Largent	16	74	1164	15.7	65t	12
1985	Steve Largent	16	79	1287+	16.3	43	6
1986	Steve Largent	16	70	1070	15.3	38t	9
1987	Steve Largent	13	58	912	15.7	55t	8
1988	John L. Williams	16	58	651	11.2	75t	3
1989	Brian Blades	16	77	1063	13.8	60t	5
1990	John L. Williams	16	73	699	9.6	60	0
1991	Brian Blades	16	70	1003	14.3	52	2
1992	John L. Williams	16	74	556	7.5	27t	2
1993	Brian Blades	16	80	945	11.8	41	3
1994	Brian Blades	16	81	1086	13.4	41	4
1995	Brian Blades	16	77	1001	13.0	49	4
1996	Joey Galloway	16	57	987	17.3	65t	7
1997	Joey Galloway	15	72	1049	14.6	53t	12+
1998	Joey Galloway	16	65	1047	16.1	81t	10+
1999	Derrick Mayes	16	62	829	13.4	43t	10
2000	Sean Dawkins	16	63	731	11.6	40	5

	Ricky Watters	16	63	613	9.7	59	2
2001	Darrell Jackson	16	70	1081	15.4	64	8
2002	Koren Robinson	16	78	1240	15.9	83	5
2003	Darrell Jackson	16	68	1137	16.7	80t	9
2004	Darrell Jackson	16	87	1199	13.8	56t	7
2005	Bobby Engram	13	67	778	11.6	56	3
2006	Darrell Jackson	13	63	956	15.2	72t	10
2007	Bobby Engram	16	94	1147	12.2	49	6
2008	John Carlson	16	55	627	11.4	33	5
2009	T.J. Houshmandzadeh	16	79	911	11.5	53	3
2010	Mike Williams	14	65	751	11.6	68	2
2011	Doug Baldwin	16	51	788	15.5	55t	4
2012	Sidney Rice	16	50	748	15.0	46t	7
2013	Golden Tate	16	64	898	14.0	80t	5
2014	Doug Baldwin	16	66	825	12.5	49	3

* Led NFL; + Led 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
2013	Golden Tate	16	898	64	14.0	80t	5
2014	Doug Baldwin	16	825	66	12.5	49	3

* Led NFL; + Led 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+



INTERCEPTIONS (CONTINUED)

1982	Kenny Easley	8	4	48	12.0	44	0
	John Harris	9	4	33	8.3	18	0
1983	Kenny Easley	16	7	96	13.2	38	0
1984	Kenny Easley	16	10+	126	12.6	58t	2*
1985	John Harris	16	7	20	2.9	17	0
1986	Dave Brown	16	5	58	11.6	24	1
1987	Kenny Easley	12	4	47	11.8	22	0
1988	Paul Moyer	16	6	79	13.2	34	0
1989	Eugene Robinson	16	5	24	4.8	20	0
1990	Eugene Robinson	16	3	89	29.7	39	0
	Dwayne Harper	16	3	69	23.0	47	0
1991	Eugene Robinson	16	5	56	11.2	27	0
1992	Eugene Robinson	16	7	126	18.0	49	0
1993	Eugene Robinson	16	9*	80	8.9	28	0
1994	Patrick Hunter	5	3	85	28.3	51	0
	Terry Wooden	16	3	78	26.0	69t	1
	Orlando Watters	16	3	39	13.0	18	1
	Eugene Robinson	13	3	18	6.0	18	0
1995	Robert Blackmon	13	5	46	9.2	21	0
1996	Darryl Williams	16	5	148	29.6	79	1
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
2013	Richard Sherman	16	8*	125	15.6	58t	1
2014	Richard Sherman	16	4	81	20.3	53	0

* 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
2013	Jon Ryan	16	74	3159	42.7	39.2	69	5	28	2
2014	Jon Ryan	16	61	2688	44.1	38.3	66	6	28	1

* 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
2013	Golden Tate	16	51	14	585	11.5	71	0
2014	Bryan Walters	13	27	23	207	7.7	21	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



KICKOFF RETURNS (CONTINUED)

1983	Zachary Dixon	13	49*	1448*	23.4	94t	1*
1984	David Hughes	16	17	348	20.5	38	0
1985	Randall Morris	16	31	636	20.5	58	0
1986	Bobby Joe Edmonds	15	34	764	22.5	46	0
1987	Bobby Joe Edmonds	11	27	564	20.9	43	0
1988	Bobby Joe Edmonds	16	40	900	22.5	65	0
1989	James Jefferson	16	22	511	23.2	97t+	1*
1990	Chris Warren	16	23	478	20.8	71	0
1991	Chris Warren	16	35	792	22.6	55	0
1992	Chris Warren	16	28	524	18.7	34	0
1993	Michael Bates	16	30	602	20.1	46	0
1994	Michael Bates	15	26	508	19.5	38	0
1995	Steve Broussard	15	43	1062	24.7	70	0
1996	Steve Broussard	12	43	979	22.8	86	0
1997	Steve Broussard	16	50	1076	21.5	43	0
1998	Steve Broussard	15	29	781	26.9	90t	1
1999	Ahman Green	14	36	818	22.7	54	0
2000	Charlie Rogers	15	66	1629	24.7	81t	1
2001	Charlie Rogers	13	50	1120	22.4	64	0
2002	Maurice Morris	11	34	821	24.1	97t	1
2003	Maurice Morris	16	47	1007	21.4	56	0
2004	Maurice Morris	15	47	994	21.1	34	0
2005	Josh Scobey	16	59	1326	22.5	53	0
2006	Nate Burleson	16	26	643	24.7	50	0
2007	Nate Burleson	16	27	590	21.9	91t	1
2008	Josh Wilson	16	69	1753	25.4	61	0
2009	Justin Forsett	16	18	432	24.0	46	0
2010	Leon Washington	16	57	1461	25.6	101t	3*
2011	Leon Washington	16	43	1084	25.2	54	0
2012	Leon Washington	16	27	784	29.0	98t	1
2013	Jermaine Kearse	15	13	283	21.8	40	0
2014	Paul Richardson	15	16	376	23.5	47	0

* Led NFL; + Led AFC

DEFENSIVE STATISTICS

TACKLES

Includes solo and assists

	G	No.		G	No.		
1976	Dave Brown	14	111	1996	Dean Wells	16	107
1977	Terry Beeson	14	134	1997	Chad Brown	15	104
1978	Terry Beeson	16	153	1998	Chad Brown	16	150
1979	Terry Beeson	16	114	1999	Chad Brown	15	117
1980	Michael Jackson	15	136	2000	Anthony Simmons	16	147
1981	Michael Jackson	16	140	2001	Anthony Simmons	16	123
1982	Michael Jackson	8	64	2002	Reggie Tongue	16	93
1983	Bruce Scholtz	16	104	2003	Anthony Simmons	13	100
1984	Shelton Robinson	16	93	2004	Marcus Trufant	16	93
1985	Fredd Young	16	118	2005	Lofa Tatupu	16	105
1986	Fredd Young	15	121	2006	Lofa Tatupu	16	123
1987	Fredd Young	13	101	2007	Lofa Tatupu	16	109
1988	Eugene Robinson	16	114	2008	Lofa Tatupu	15	94
1989	Eugene Robinson	16	102	2009	David Hawthorne	16	116
1990	Nesby Glasgow	16	83	2010	David Hawthorne	16	105
1991	Terry Wooden	16	100	2011	David Hawthorne	15	115
1992	Eugene Robinson	16	94	2012	Bobby Wagner	16	140
1993	Eugene Robinson	16	111	2013	Bobby Wagner	14	119
1994	Rod Stephens	16	128	2014	K.J. Wright	16	107
1995	Terry Wooden	16	135				

SACKS

	G	No.		G	No.		
1976	Steve Niehaus	14	9.5	1979	Manu Tuiaosopo	16	8.0
1977	Alden Roche	12	3.5	1980	Jacob Green	14	6.5
1978	Bill Gregory	16	9.0	1981	Jacob Green	16	12.0

		G	No.			G	No.
1982	Jeff Bryant	9	3.0	1999	Phillip Daniels	16	9.0
	Jacob Green	9	3.0	2000	Chad Brown	16	6.0
1983	Jacob Green	16	16.0		Lamar King	14	6.0
1984	Jeff Bryant	16	14.5	2001	John Randle	15	11.0
1985	Jacob Green	16	13.5	2002	John Randle	12	7.0
1986	Jacob Green	16	12.0	2003	Chike Okeafor	16	8.0
1987	Jacob Green	12	9.5	2004	Chike Okeafor	16	8.5
1988	Jacob Green	16	9.0	2005	Bryce Fisher	16	9.0
1989	Rufus Porter	16	10.5	2006	Julian Peterson	16	10.0
1990	Jacob Green	16	12.5	2007	Patrick Kerney	16	14.5 ^A
1991	Rufus Porter	15	10.0	2008	Brandon Mebane	16	5.5
1992	Cortez Kennedy	16	14.0		Darryl Tapp	16	5.5
1993	Michael Sinclair	9	8.0	2009	Patrick Kerney	14	5.0
1994	Michael Sinclair	12	4.5	2010	Chris Clemons	16	11.0
1995	Antonio Edwards	13	6.5	2011	Chris Clemons	16	11.0
	Cortez Kennedy	16	6.5	2012	Chris Clemons	16	11.5
1996	Michael McCrary	16	13.5 ⁺	2013	Michael Bennett	16	8.5
1997	Michael Sinclair	16	12.0	2014	Michael Bennett	16	7.0
1998	Michael Sinclair	16	16.5 [*]				

* Led NFL; ⁺ Led AFC; ^A Led NFC

SPECIAL TEAMS TACKLES

		G	No.			G	No.
1976	Don Dufek	14	15	1995	Mack Strong	16	19
1977	Peter Cronan	14	11	1996	Jay Bellamy	16	34
	Charles McShane	14	11	1997	Tim Hauck	16	22
1978	Cornell Webster	15	12	1998	Kerry Joseph	16	14
1979	Don Dufek	13	18	1999	James Logan	16	18
1980	Don Dufek	8	13	2000	Isaiah Kacyvenski	16	15
1981	Mike Tice	16	11	2001	Isaiah Kacyvenski	16	21
1982	Eric Lane	9	6	2002	Terreal Bierria	14	16
	Ken McAlister	9	6	2003	Alex Bannister	16	18
1983	Don Dufek	14	18	2004	Niko Koutouvides	16	16
1984	Sam Merriman	16	21	2005	Josh Scobey	16	23
1985	John Kaiser	16	14	2006	Kevin Bentley	14	14
1986	Eric Lane	15	16		Niko Koutouvides	16	14
1987	David Hollis	11	10	2007	Niko Koutouvides	15	20
1988	Rufus Porter	16	16	2008	Jordan Babineaux	14	14
1989	Rufus Porter	16	13		C.J. Wallace	12	14
1990	James Jones	16	15	2009	Lance Laury	16	21
1991	David Daniels	16	12	2010	Matt McCoy	14	19
	Rod Stephens	16	12	2011	Heath Farwell	11	21
	Chris Warren	16	12	2012	Heath Farwell	16	15
1992	Tracy Johnson	16	18	2013	Jeremy Lane	14	13
1993	Michael Bates	16	22	2014	Jeron Johnson	15	8
1994	Dean Wells	15	16				

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	68,538*	Green Bay	CenturyLink Field	January 18, 2015	W 28-22 (OT)
4	68,526	San Francisco	CenturyLink Field	December 14, 2014	W 17-7
5	68,524*	Carolina	CenturyLink Field	January 10, 2015	W 31-17
6	68,454*	San Francisco	CenturyLink Field	January 19, 2014	W 23-17
7	68,453	St. Louis	CenturyLink Field	December 28, 2014	W 20-6
8	68,447	Denver	CenturyLink Field	September 21, 2014	W 26-20 (OT)
9	68,432	Dallas	CenturyLink Field	October 12, 2014	L 30-23
10	68,424	Green Bay	CenturyLink Field	September 4, 2014	W 36-16

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

ROAD ATTENDANCE (CONTINUED)

	Att.	Opponent	Stadium	Date	W/L	Score
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	79,691	N.Y. Giants	MetLife Stadium	December 15, 2013	W	23-0
10	79,529	N.Y. Giants	Giants Stadium	October 5, 2008	L	44-6

NEUTRAL SITE ATTENDANCE

	Att.	Opponent	Stadium	Date	W/L	Score
1	82,529 [^]	Denver	MetLife Stadium	February 2, 2014	W	43-8
2	70,288!	New England	Univ. of Phoenix Stadium	February 1, 2015	L	28-24
3	68,206#	Pittsburgh	Ford Field	February 5, 2006	L	23-10

* Playoff Game, ^ Super Bowl XLVIII, ! Super Bowl XLIX, # Super Bowl XL

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	21	at Kansas City	November 16, 2014	L	24-20
5	22	at Denver	December 10, 2000	L	31-24
6	24*	at Chicago	January 16, 2011	L	35-24
7	26	at Pittsburgh	December 6, 1992	L	20-14
8	27	at Denver	December 19, 1999	L	36-30 (OT)
9	30	at Cincinnati	December 10, 1989	W	24-17
10	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
	94	at San Diego	September 14, 2014	L	30-21
5	93	at Philadelphia	September 10, 1989	L	31-7
6	91	at Denver	September 19, 2010	L	31-14
7	89	at Miami	September 3, 2000	L	23-0
8	88	at Cincinnati	September 8, 1985	W	28-24
	88	at Tampa Bay	September 19, 2004	W	10-6
10	87	at Carolina	September 8, 2013	W	12-7

* 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

REGULAR SEASON (CONTINUED)

Year	Aug.	Sept.	Oct.	Nov.	Dec.	Jan.	Record
1992		1-3	0-4	1-3	0-4		2-14
1993		2-2	2-2	1-2	1-3	0-1	6-10
1994		3-1	0-4	2-2	1-3		6-10
1995		1-2	1-4	3-1	3-1		8-8
1996		1-4	2-1	2-2	2-2		7-9
1997	0-1	2-2	3-0	1-4	2-1		8-8
1998		3-1	1-2	2-3	2-2		8-8
1999		2-1	2-1	4-1	1-3	0-1	9-7
2000		2-2	0-5	2-1	2-2		6-10
2001		1-2	2-1	2-2	3-2	1-0	9-7
2002		1-3	1-2	2-2	3-2		7-9
2003		3-0	2-2	3-2	2-2		10-6
2004		3-0	1-3	2-2	2-2	1-0	9-7
2005		2-1	3-1	4-0	4-0	0-1	13-3
2006		3-0	1-3	3-1	2-3		9-7
2007		3-1	1-2	3-1	3-2		10-6
2008		1-2	1-3	0-5	2-2		4-12
2009		1-2	1-2	2-3	1-3	0-1	5-11
2010		2-1	2-2	1-3	1-3	1-0	7-9
2011		1-2	1-3	2-2	3-1	0-1	7-9
2012		2-2	2-2	2-1	5-0		11-5
2013		4-0	3-1	3-0	3-2		13-3
2014		2-1	2-2	4-1	4-0		12-4
Total	0-1	69-70	70-82	81-79	81-70	4-5	305-307

INCLUDING PLAYOFFS

Year	Aug.	Sept.	Oct.	Nov.	Dec.	Jan./Feb.	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
2013		4-0	3-1	3-0	3-2	3-0*	16-3*	3-0
2014		2-1	2-2	4-1	4-0	2-1*	14-5*	2-1
Total	0-1	69-70	70-82	81-79	84-72*	15-16*	319-320*	14-13

* 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
2013	Russell Wilson	13-3
2014	Russell Wilson	12-4

BY WINNING %

Quarterback	Record	Win %
Glenn Foley	1-0	1.000
Russell Wilson	36-12	.750
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



PRIME TIME RECORD (45-26)

MONDAY NIGHT FOOTBALL (21-8)

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
October 28, 2013	W	14-9	at St. Louis
December 2, 2013	W	34-7	vs. New Orleans
October 6, 2014	W	27-17	at Washington



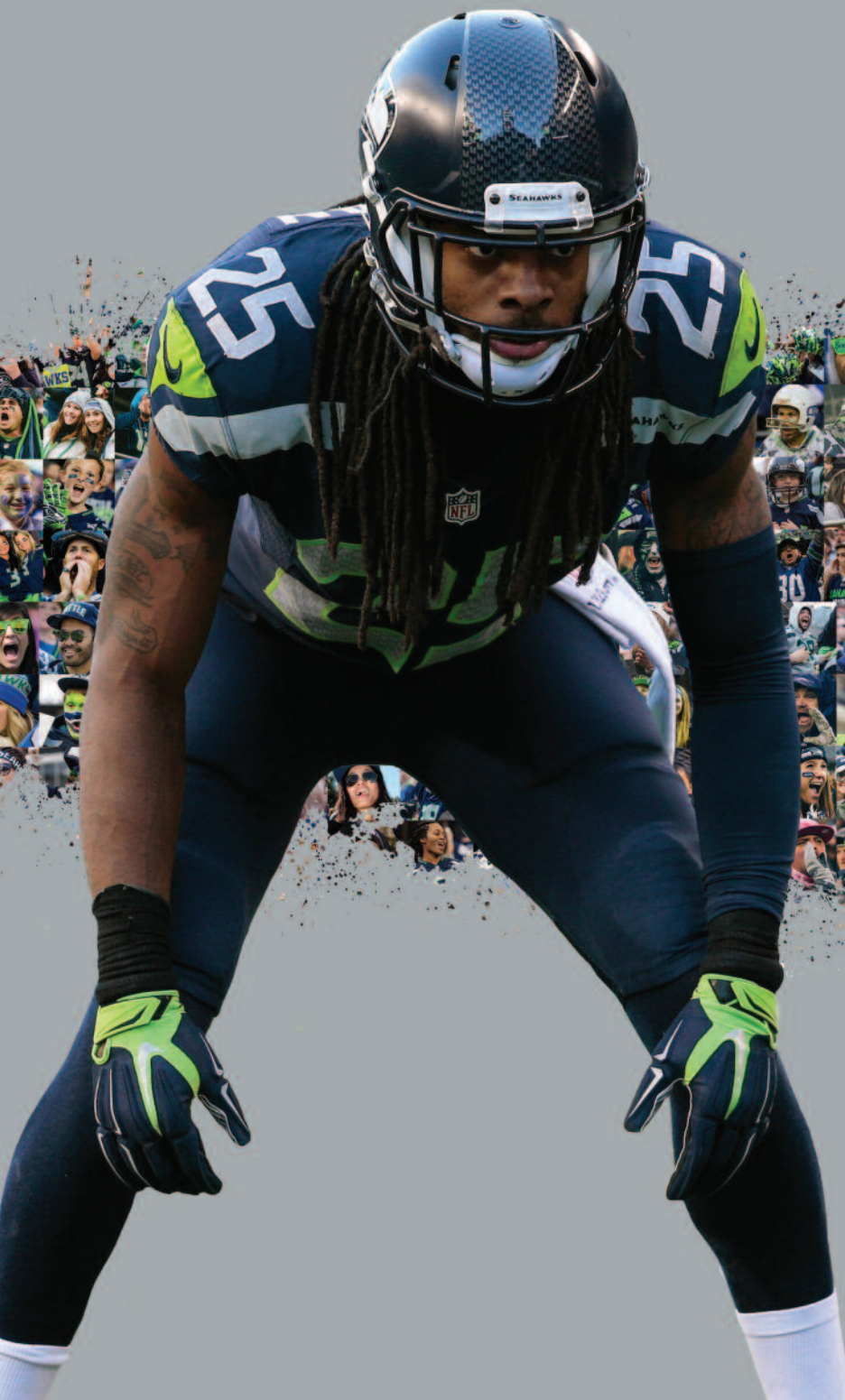
THURSDAY-SUNDAY NIGHT (24-18)

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
Sunday, September 15, 2013	NBC	W	29-3	vs. San Francisco
Thursday, October 17, 2013	NFL Net.	W	34-22	at Arizona
Thursday, September 4, 2014	NBC	W	36-16	vs. Green Bay
Thursday, November 27, 2014*	NBC	W	19-3	at San Francisco
Sunday, December 21, 2014	NBC	W	35-6	at Arizona

*Thanksgiving Day Game

RECORDS BY TELEVISION NETWORK

NFL Network (2-2) ESPN (21-8) NBC (8-4) 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
Darryl 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
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
Fabian Bownes, WR
James Logan, LB

Season captains discontinued in 1999 and 2000

2001	Offense Matt Hasselbeck, QB	Robbie Tobeck, C	Ricky Watters, RB
	Defense Chad Brown, LB	Levon Kirkland, LB	Marcus Robertson, S
2002	Offense Trent Dilfer, QB	Robbie Tobeck, C	Mack Strong, FB
	Defense Chad Brown, LB	Chad Eaton, DT	Marcus Robertson, S
2003	Matt Hasselbeck, QB	John Randle, DT	Alex Bannister, WR
2004	Matt Hasselbeck, QB	Anthony Simmons, LB	Alex Bannister, WR
2005	Matt Hasselbeck, QB	Grant Wistrom, DE	Alex Bannister, WR
	Shaun Alexander, RB*	Lofa Tatupu, LB*	Josh Scobey, KR*
2006	Matt Hasselbeck, QB	Lofa Tatupu, LB	J.P. Darche, LS
	Walter Jones, T	Ken Hamlin, FS	Jimmy Williams, CB
2007	Matt Hasselbeck, QB	Lofa Tatupu, LB	Josh Brown, K
	Mack Strong, FB	Deon Grant, SS	Niko Koutouvides, LB
2008	Matt Hasselbeck, QB	Lofa Tatupu, LB	Lance Laury, LB
	Walter Jones, T	Deon Grant, SS	D.D. Lewis, LB
2009	Matt Hasselbeck, QB	Lofa Tatupu, LB	Lance Laury, LB
	Walter Jones, T	Deon Grant, SS	Olindo Mare, K
2010	Matt Hasselbeck, QB	Lofa Tatupu, LB	Roy Lewis, CB
2011	Tarvaris Jackson, QB	Marcus Trufant, CB	M. Robinson/ L. Washington
2012	Max Unger, C	Red Bryant, DE	H. Farwell/M. Robinson
2013	Russell Wilson, QB	Red Bryant, DE	Heath Farwell, LB
2014	Russell Wilson, QB	Kam Chancellor, S	S. Hauschka/J. Ryan

* 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	2002	Mack Strong	FB
1990	Jacob Green	DE	2003	Trent Dilfer	QB
1991	Rufus Porter	LB	2004	Mack Strong	FB
1992	Jeff Bryant	DE	2005	Mack Strong	FB
	Joe Nash	DT	2006	Mack Strong	FB
1993	Eugene Robinson	S	2007	Bobby Engram	WR
1994	Brian Blades	WR	2008	Mike Holmgren	Coach
1995	Terry Wooden	LB	2009	Matt Hasselbeck	QB
1996	Cortez Kennedy	DT	2010	Roy Lewis	CB
1997	Winston Moss	LB	2011	Red Bryant	DE
1998	Michael Sinclair	DE	2012	Russell Wilson	QB
1999	Chad Brown	LB	2013	Earl Thomas	S
2000	Ricky Watters	RB	2014	Kam Chancellor	S
2001	Mack Strong	FB			



2014 Steve Largent Award Winner Kam Chancellor



MAN OF THE YEAR

1976	Norm Evans	T	1997	Rick Tuten	P
1980	Jim Zorn	QB	1998	Sam Adams	DT
1981	Manu Tuiaosopo	DT	1999	Jon Kitna	QB
1982	Dave Brown	CB	2000	Jon Kitna	QB
1983	Paul Johns	WR	2001	Brock Huard	QB
1984	Jeff West	P	2002	Trent Dilfer	QB
1985	Mike Tice	TE	2003	Matt Hasselbeck	QB
1986	Mike Tice	TE	2004	Mack Strong	FB
1987	Mike Tice	TE	2005	Shaun Alexander	RB
1988	Steve Largent	WR	2006	Marcus Trufant	CB
1989	Norm Johnson	K	2007	Bobby Engram	WR
1990	Jacob Green	DE	2008	Patrick Kerney	DE
1991	Eugene Robinson	S	2009	Josh Wilson	CB
1992	Eugene Robinson	S	2010	Roy Lewis	CB
1993	Eugene Robinson	S	2011	John Carlson	TE
1994	Brian Blades	WR	2012	Russell Okung	T
1995	Eugene Robinson	S	2013	Doug Baldwin	WR
1996	Todd Peterson	K	2014	Russell Wilson	QB

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	2003	Steve Hutchinson	
1979		Steve Largent	2004	Walter Jones	Shaun Alexander
1983	Kenny Easley	Curt Warner	2005	Shaun Alexander Steve Hutchinson Walter Jones Mack Strong	
1984	Norm Johnson Joe Nash Kenny Easley	Steve Largent Dave Brown	2006		Walter Jones
1985	Steve Largent Kenny Easley		2007	Walter Jones Patrick Kerney Lofa Tatupu	
1986	Bobby Joe Edmunds	Curt Warner	2008		Walter Jones
1987	Fredd Young	Steve Largent Curt Warner	2010		Leon Washington
1992	Cortez Kennedy		2012	Marshawn Lynch Richard Sherman Earl Thomas Max Unger	
1993	Cortez Kennedy	Eugene Robinson	2013	Richard Sherman Earl Thomas	Kam Chancellor
1994	Cortez Kennedy	Chris Warren Rick Tuten	2014	Richard Sherman Earl Thomas Bobby Wagner	Kam Chancellor Marshawn Lynch
1995		Chris Warren			
1996		Cortez Kennedy			
1998		Chad Brown			
2001	Walter Jones				

PRO BOWL

Year	Player	Nominations	Year	Player	Nominations
1978	Steve Largent, WR	1	2002	Walter Jones, T, starter	3
1979	Steve Largent, WR	2	2003	Shaun Alexander, RB	1
1981	Steve Largent, WR	3		Alex Bannister, ST	1
1982	Kenny Easley, S	1		Matt Hasselbeck, QB	1
1983	Kenny Easley, S, starter	2		Steve Hutchinson, G	1
	Curt Warner, RB, starter	1		Walter Jones, T	4
1984	Dave Brown, CB	1	2004	Shaun Alexander, RB	2
	Kenny Easley, S, unanimous	3		Steve Hutchinson, G	2
	Norm Johnson, K	1		Walter Jones, T	5
	Dave Krieg, QB	1	2005	Shaun Alexander, RB, starter	3
	Steve Largent, WR	4		Matt Hasselbeck, QB, starter	2
	Joe Nash, DT, starter	1		Steve Hutchinson, G, starter	3
	Fredd Young, special teams	1		Walter Jones, T, starter	6
1985	Kenny Easley, S, starter	4		Mack Strong, FB, starter	1
	Steve Largent, WR, starter	5		Lofa Tatupu, LB	1
	Fredd Young, special teams	2		Robbie Tobeck, C	1
1986	Bobby Joe Edmonds, KR	1	2006	Walter Jones, T	7
	Jacob Green, DE	1		Julian Peterson, LB	1, 3 total
	Steve Largent, WR, starter	6		Mack Strong, FB	2
	Curt Warner, RB, starter	2		Lofa Tatupu, LB	2
	Fredd Young, LB, starter	3	2007	Matt Hasselbeck, QB	3
1987	Kenny Easley, S, starter	5		Walter Jones, T	8
	Jacob Green, DE	2		Patrick Kerney, DE	1, 2 total
	Steve Largent, WR, starter	7		Julian Peterson, LB	2, 4 total
	Curt Warner, RB, starter	3		Lofa Tatupu, LB	3
	Fredd Young, LB, starter	4		Marcus Trufant, CB	1
1988	Dave Krieg, QB	2	2008	Walter Jones, T	9
	Rufus Porter, special teams	1		Julian Peterson, LB	3, 5 total
1989	Brian Blades, WR	1	2011	Brandon Browner, CB	1
	Dave Krieg, QB	3		Kam Chancellor, S	1
	Rufus Porter, special teams	2		Marshawn Lynch, RB	1, 2 total
1990	John L. Williams, FB	1		Michael Robinson, FB	1
1991	Cortez Kennedy, DT	1		Earl Thomas, S, starter	1
	John L. Williams, FB	2	2012	Marshawn Lynch, RB	2, 3 total
1992	Cortez Kennedy, DT, starter	2		Russell Okung, T, starter	1
	Eugene Robinson, S	1		Earl Thomas, S, starter	2
1993	Cortez Kennedy, DT, starter	3		Max Unger, C, starter	1
	Eugene Robinson, S	2		Leon Washington, RS/KR	1, 2 total
	Chris Warren, RB	1		Russell Wilson, QB	1
1994	Cortez Kennedy, DT, starter	4	2013	Kam Chancellor, S	2
	Rick Tuten, P	1		Marshawn Lynch, RB	3, 4 total
	Chris Warren, RB	2		Richard Sherman, CB	1
1995	Cortez Kennedy, DT	5		Earl Thomas, S	3
	Chris Warren, RB, starter	3		Max Unger, C	2
1996	Cortez Kennedy, DT, starter	6		Russell Wilson, QB	2
	Michael Sinclair, DE	1	2014	Kam Chancellor, S	3
1997	Warren Moon, QB	1, 9 total		Marshawn Lynch, RB	4, 5 total
	Michael Sinclair, DE	2		Richard Sherman, CB	2
	Darryl Williams, S, starter	1		Earl Thomas, S	4
1998	Chad Brown, LB, starter	1, 2 total		Bobby Wagner, LB	1
	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			



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)
 2012 Cortez Kennedy, DT, 1990-00
 2014 Walter Jones, T, 1997-09 (elected in first year of eligibility)

NFL COACH OF THE YEAR

- 1978 Jack Patera (*AP, The Sporting News*, Washington DC Touchdown Club, Seattle Gold Helmet Committee)
 1983 Chuck Knox (Vince Lombardi Committee, Seattle Gold Helmet Committee, *Football News*)
 1984 Chuck Knox (*AP, The Sporting News*, Seattle Gold Helmet Committee)
 1992 Tom Catlin, Assistant Head Coach/Defense (*Sports Illustrated*)

NFL/NATIONAL HONORS

- 1976 Steve Niehaus, DT (NFC Defensive Rookie of the Year)
 Jim Zorn, QB (NFC Offensive Rookie of the Year)
 1978 John Thompson, General Manager (*The Sporting News* NFL Executive of the Year)
 1981 Kenny Easley, S (AFC Defensive Rookie of the Year)
 1983 Kenny Easley, S (*Football News* AFC Defensive Player of the Year)
 Chuck Knox, Head Coach (*UPI* AFC Coach of the Year, *Football News* NFL Coach of the Year)
 Curt Warner, RB (*UPI* AFC Offensive Player of the Year, *UPI* AFC Rookie of the Year)
 1984 Kenny Easley, S (*AP, Pro Football Weekly* and Kansas City 101 Club NFL Defensive Player of the Year, NFL Alumni Association Defensive Back of the Year)
 Chuck Knox, Head Coach (*Football Digest* NFL Coach of the Year, *UPI* & PFWA AFC Coach of the Year)
 Fredd Young, LB (AFC Special Teams Player of the Year)
 1985 Steve Largent, WR (NFL Alumni Association Wide Receiver of the Year)
 Fredd Young, LB (NFL Alumni Association Special Teams Player of the Year)
 Curt Warner, RB (*Sports Illustrated* Comeback Player of the Year)
 1986 Bobby Joe Edmonds, KR (AFC Special Teams Player of the Year)
 Curt Warner, RB (*UPI* AFC Offensive Player of the Year)
 1987 Curt Warner, RB (NFL Alumni Association Running Back of the Year)
 1988 Steve Largent, WR (NFL Man of the Year)
 1992 Cortez Kennedy, DT (*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 of the Year (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)
 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)
 2013 Brandon Mebane, DT (*Sports Illustrated* All-Pro)
 Richard Sherman, CB (*Pro Football Weekly* All-NFL Team, *Sporting News* All-Pro, *Sports Illustrated* All-Pro)
 Malcolm Smith, LB (Pete Rozelle Trophy - Super Bowl MVP)
 Earl Thomas, S (*Pro Football Weekly* All-NFL Team, *Sporting News* All-Pro, *Sports Illustrated* All-Pro)

2014 Richard Sherman, CB (Kansas City 101 Club NFC Defensive Player of the Year, Sporting News All-Pro, PFWA All-NFL Team, Sports Illustrated MMQB All-Pro)
Earl Thomas, S (Sporting News All-Pro, PFWA All-NFL Team)

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)
2013 Richard Sherman, CB (September)
2014 Jon Ryan, P (September), Bobby Wagner, LB (December)

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 Freddie 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)
2013 Richard Sherman, CB (Week 2), Steven Hauschka, K (Week 4), Golden Tate, ST/WR
(Week 9), Russell Wilson, QB (Week 13), Richard Sherman, CB (Week 15)
2014 Kam Chancellor, S (Week 3), Russell Wilson, QB (Week 5), Kam Chancellor, S (Week 12),
Richard Sherman, CB (Week 13), Russell Wilson, QB (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

Allworth (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.

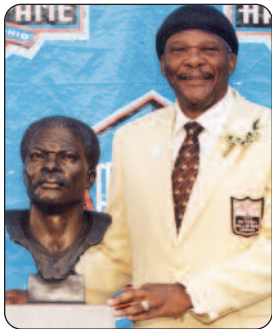
Pro Career: Finished in the AFC's (NFC in 1976) top 10 in receptions 10 times in his first 12 seasons, failing only in 1977 and 1982, and in the top five seven times. Led the AFC in receptions in 1978 with 71 and finished second in 1981 (75) and 1987 (58), and was third in the NFC in 1976 (54). The only 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 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: McCormack passed away on November 15, 2013. He was survived by his wife, Ann, and four children; Michael, Tim, Molly and Colleen. He 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, Moon established the Crescent Moon Foundation in 1989 to raise money for college academic scholarships in Seattle, Los Angeles, Houston, and Minneapolis/St. Paul and also 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.

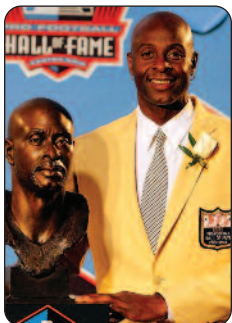
Pro Career: John Randle, a Little All-America from Texas A&I, signed as an undrafted free agent with the Minnesota Vikings in 1990. He embarked on an impressive streak from 1992-01 of 183 games played and 140 starts before a knee injury forced him out of a game. In the 1993 season, Randle registered 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

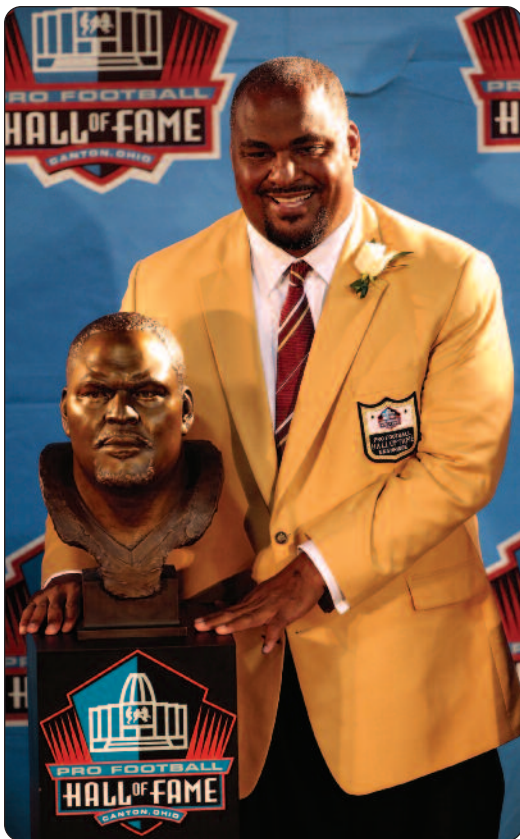
his efforts, he was named to the NFL's All-Rookie team. The following season Kennedy moved into a full-time starting role at right defensive tackle for the Seahawks and responded by earning his first Pro Bowl berth. In 1992, despite the Seahawks finishing with a disappointing 2-14 record, Kennedy was 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.



WALTER JONES, T 1997-2009



Pro Football Hall of Fame: Walter Jones was elected to the Pro Football Hall of Fame on Saturday, February 1, 2014, the day before Seattle defeated Denver in Super Bowl XLVIII in New York/New Jersey. Jones was formally inducted in Canton, Ohio, on Saturday, August 2, along with Derrick Brooks, Ray Guy, Claude Humphrey, Andre Reed, Michael Strahan and Aeneas Williams. Jones joins Steve Largent and Cortez Kennedy to enter the Hall of Fame representing the Seahawks for their entire careers.

Pro Career: Jones retired from the NFL on April 29, 2010. In his honor, the team immediately retired his number 71 jersey and Governor Christine Gregoire declared the following day, Walter Jones Day, urging all citizens to join her in saluting his remarkable career. Since coming to Seattle as a first-round pick in 1997, Jones started all 180 games played while becoming the most dominant left tackle of his time. In 13 seasons, he was called for holding nine times and in 5,703 pass attempts, surrendered just 23 sacks according to coaches statistics. He was selected to nine

Pro Bowls (1999, 2001-08), passing Cortez Kennedy for most in team history, and was also a six-time AP All-Pro (1st Team in 2001, 2004, 2005, 2007 and 2nd Team in 2006 and 2008). Seattle selected Jones with the sixth overall pick in the 1997 NFL Draft, which was acquired in a draft-day trade with the Tampa Bay Buccaneers in exchange for Seattle's first-round pick (#12, RB Warrick Dunn) and third-round pick (#66, CB Ronde Barber). He was named to his first Pro Bowl following the 1999 season, becoming the first Seattle offensive lineman to accomplish that feat. Jones was part of the offensive line that helped Shaun Alexander to the fourth-best (currently seventh) rushing game in NFL history with 266 yards vs. Oakland (11/11/01) and helped Alexander to an NFL-record five first-half touchdowns vs. Minnesota (9/29/02). In 2005, he paved the way for Alexander's MVP year with a Seattle-record 1,880 rushing yards and then-NFL-record 28 total touchdowns.

Seahawks Records: Jones ranks fourth in Seattle history in games played (180) and second in games started (180). He also ranks tied for first in Seahawks history with 10 postseason games played and started in his career.

Personal: A second-team All-ACC selection as a junior, he transferred to Florida State after two seasons at Holmes (Miss.) Community College, where he was named Mississippi Junior College Player of the Year in 1994. Jones prepped at Aliceville (Ala.) High where he lettered in basketball and football.





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

Year	Club	G/S	Receiving				Rushing				TD
			No.	Yds.	Avg.	LG	TD	Att.	Yds.	Avg.	
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)

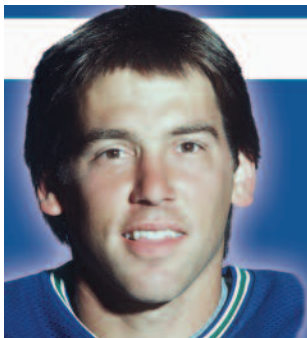
Yards: *261 vs. Detroit (10/18/87)
Most TDs: 3, 3 times, last vs. Detroit (10/18/87)

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).

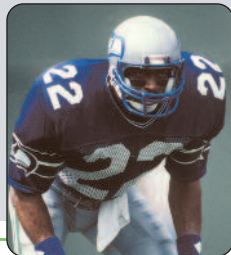
BROWN'S NFL RECORD

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 two days after his induction into the Ring. He was inducted into the Ring during a Monday night game versus the Denver

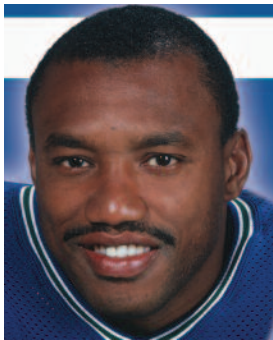
Broncos, a game the 2-14 Seahawks won in overtime. Prior to moving to the Seahawks, he was the play-by-play voice of the University of Washington in both football and basketball. He came to Seattle after calling play-by-play for the University of the Pacific. Gross' legacy remains; the Seahawks are actively 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

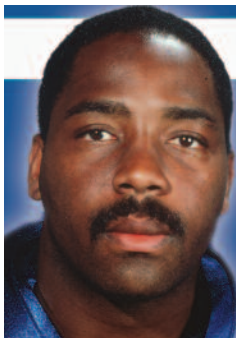
	Club	G/S	Att.	Rushing			Receiving					
				Yds.	Avg.	LG	TD	No.	Yds.	Avg.	LG	TD
1983	Seattle	16/16	335	1,449	4.3	60	13	42	325	7.7	28	1
1984	Seattle	1/1	10	40	4.0	9	0	1	19	19.0	19	0
1985	Seattle	16/16	291	1,094	3.8	38	8	47	307	6.5	27	1
1986	Seattle	16/16	319	1,481	4.6	60	13	41	342	8.3	26	0
1987	Seattle	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, Green 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. Green'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

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

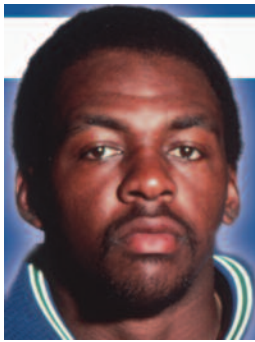
*Team Record

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, Easley 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, Easley 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)



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)

*Ties club record

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, since surpassed by Mike Holmgren. 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 ninth 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





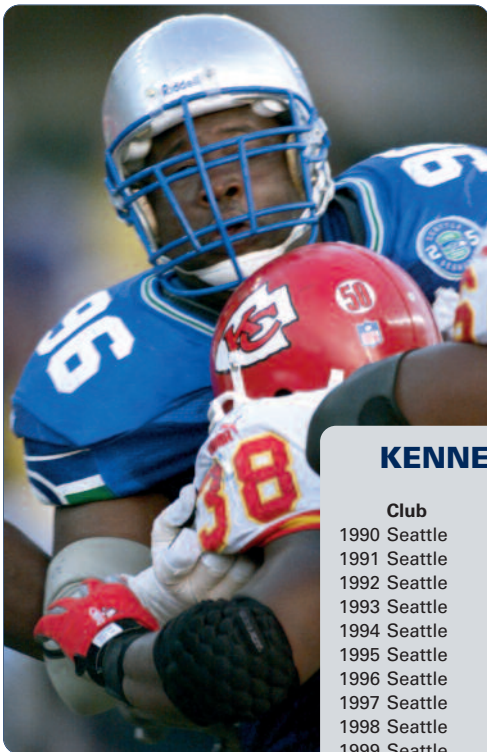
CORTEZ KENNEDY

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)
- 143 Steven Hauschka, 2013 (33 FG, 44 PAT)
- 134 Todd Peterson, 1999 (34 FG, 32 PAT)
- Steven Hauschka, 2014 (31 FG, 41 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)
- Marshawn Lynch, vs. N.Y. Giants 11/9/14 (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)
- Marshawn Lynch, vs. N.Y. Giants 11/9/15 (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 Many Times (Last: Steven Hauschka, vs. Jacksonville 9/22/13)

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 Many Times (Last: Steven Hauschka, vs. Jacksonville 9/23/13)

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)
 98.8 Steven Hauschka, 2011-14 (165-167)

**Most Points After Touchdown, No Misses,
Season**

- 48 Josh Brown, 2003
 44 Steven Hauschka, 2013
 43 Josh Brown, 2007

**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 11Times (Last: Steven Hauschka,
 vs. Jacksonville 9/22/13)

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
 37 Steven Hauschka, 2014
 35 Norm Johnson, 1986
 Steven Hauschka, 2013

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 10 Players (Last: Steven Hauschka,
 vs. Arizona 11/23/14)

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
 33 Steven Hauschka, 2013
 31 Steven Hauschka, 2014

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 Many Times (Last: Steven Hauschka, at
 San Francisco (11/27/14)

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
 12 Steven Hauschka, 2014
 11 Olindo Mare, 2009

Most Consecutive Field Goals

- 30 Olindo Mare, 2009-10
 22 Steven Hauschka, 2013
 19 Steven Hauschka, 2012-13

Longest Field Goal

- 58 Josh Brown, at Green Bay 10/5/03
 Steven Hauschka, at Carolina 10/26/14
 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 Effen 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
 Steven Hauschka, at Carolina (10/26/14)

Highest Field Goal %, Career**(Minimum 25 atts.)**

- 87.95 Olindo Mare, 2008-10 (73-83)
 89.13 Steven Hauschka, 2011-13 (82-92)
 81.81 Todd Peterson, 1995-99 (126-154)

**Highest FG %, Season (Minimum 1 att. per
game)**

- 94.29 Steven Hauschka, 2013 (33-35)
 92.31 Olindo Mare, 2009 (24-26)
 92.00 Josh Brown, 2004 (23-25)

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 Many Times (Last: Steven Hauschka,
 at Atlanta 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
 Steven Hauschka, 2013

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 Many Times

Most Safeties, Season

- 2 Rod Stephens, 1993 (ties NFL record)
- 1 By Many Players
(Last: Tony McDaniel, 2014)

Most Safeties, Game

- 1 By Many Players (Last: Tony McDaniel, vs. Green Bay 9/4/14)

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
- Marshawn Lynch, 2011-14

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
- 24 Marshawn Lynch, 2010-14
- 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)
- at Indianapolis 10/6/13
(Marshawn Lynch 102 and Russell Wilson 102)
- vs. N.Y. Giants (11/9/14)
(Marshawn Lynch 140 and Russell Wilson 107)

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)**

- 6.09 Russell Wilson, 2012-14 (308-1,877)
- 5.51 Steve Broussard, 1995-98 (136-750)
- 4.94 Rick Mirer, 1993-96 (178-880)

Highest Average Gain, Season (100 or More Attempts)

- 7.19 Russell Wilson, 2014 (118-849)
- 5.38 Justin Forsett, 2009 (115-619)
- 5.08 Shaun Alexander, 2005 (370-1,880)

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
- 54 Marshawn Lynch, 2010-14

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
- Marshawn Lynch, vs. N.Y. Giants 11/9/14
- 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)**

- 98.6 Russell Wilson, 2012-14
- 83.1 Seneca Wallace, 2003-09
- 82.3 Dave Krieg, 1980-91

Highest Pass Rating, Season (Minimum 160 Attempts)

- 101.2 Russell Wilson, 2013
- 100.0 Russell Wilson, 2012
- 98.2 Matt Hasselbeck, 2005

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.)**

- 63.42 Russell Wilson, 2012-14 (794-1,252)
- 60.21 Matt Hasselbeck, 2001-10 (4,250-2,559)
- 59.89 Seneca Wallace, 2003-09 (556-333)

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
- Russell Wilson, 2012-14

Most Consecutive Seasons, 3,000 or More Yards Passing

- 4 Matt Hasselbeck, 2002-05
- 3 Jim Zorn, 1978-80
- Russell Wilson, 2012-14
- 2 Dave Krieg, 1984-85 & 1989-90
- Matt Hasselbeck, 2009-10
- Russell Wilson, 2012-13

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 7 Times (Last: Russell Wilson, 2014)

Most Consecutive Games, 300 or More Yards Passing

2 Matt Hasselbeck, 6 Times
 Jim Zorn, 2 Times

Longest Pass Completion

90 Seneca Wallace (to Koren Robinson), vs. Philadelphia 11/2/08
 87 Matt Hasselbeck (to Ben Obomanu), vs. Kansas City 11/28/10
 83 Trent Dilfer (to Koren Robinson), at St. Louis 10/20/02

AVERAGE GAIN**Highest Average Gain, Career (300 Attempts)**

7.94 Russell Wilson, 2012-14 (1,252-9,950)
 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)
 8.25 Russell Wilson, 2013 (407-3,357)

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 6 Times
 (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 Many Times (Last: Russell Wilson, vs. Jacksonville 9/22/13)

Most Consecutive Games, Touchdown Passes

28 Dave Krieg, 1983-85
 14 Russell Wilson, 2013-14
 12 Warren Moon, 1997-98
 Matt Hasselbeck, 2005
 Russell Wilson, 2012-13

HIGHEST %, TOUCHDOWN PASSES**Highest %, TD Passes, Career (500 Attempts)**

5.75 Russell Wilson, 2012-13 (1,252-72)
 5.45 Dave Krieg, 1980-91 (3,576-195)
 4.58 Warren Moon, 1997-98 (786-36)

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, 2010 (393-26)
 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.)**

- 2.07 Russell Wilson, 2012-13 (800-19)
- 2.52 Seneca Wallace, 2003-09 (556-14)
- 2.88 John Friesz, 1995-98 (416-12)

Lowest %, Passes Had Intercepted, Season (Qualifiers)

- 1.24 Seneca Wallace, 2008 (242-3)
- 1.54 Russell Wilson, 2014 (452-7)
- 1.84 Rick Mirer, 1994 (381-7)

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, 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 (16th 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, 2013

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 9 Times (Last: Bruce Irvin, 2014)

Most Touchdowns, Game

- 2 Dave Brown, vs. Kansas City 11/4/84 (Ties NFL record)

PUNTING**Most Punts, Career**

- 539 Jon Ryan, 2008-14
- 554 Rick Tuten, 1991-97
- 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)**

- 44.75 Jon Ryan, 2008-14 (539-24,120)
- 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)

- 60.00 Jon Ryan, vs. New England 10/14/12 (4-240)
 55.20 Rick Tuten, vs. Denver 12/1/96 (5-276)
 53.40 Jon Ryan, at San Francisco 10/26/08 (5-267)

Highest Net Punting Avg., Season

- 40.8 Jon Ryan, 2012
 39.3 Jon Ryan, 2011
 38.8 Jon Ryan, 2013

INSIDE THE 20**Most Punts Inside the 20, Career**

- 197 Jon Ryan, 2008-14
 147 Rick Tuten, 1991-97
 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 8 Times (Last: Jon Ryan, at Washington 10/6/14)

TOUCHBACKS**Most Touchbacks, Career**

- 45 Rick Tuten, 1991-97
 44 Jon Ryan, 2008-14
 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 6 Players (Last: Jon Ryan, vs. Philadelphia 12/14/06)

HAD BLOCKED**Most Punts Had Blocked, Career**

- 6 Herman Weaver, 1977-80
 4 Jon Ryan, 2008-14
 3 Rick Engles, 1976-77
 2 By 4 Players

Most Punts Had Blocked, Season

- 3 Herman Weaver, 1979
 2 By 5 Players (Last: Jon Ryan, 2013)

Most Punts Had Blocked, Game

- 2 Herman Weaver, vs. Kansas City 9/30/79
 1 By Many Players (Last: Jon Ryan, vs. Oakland 11/2/14)

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
 51 Golden Tate, 2013
 41 Will Lewis, 1980
 Leon Washington, 2011
 Leon Washington, 2012

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
 Golden Tate, at N.Y. Giants 12/15/13
 6 5 Times (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
 Bryan Walters, 2014
 22 Bobby Engram, 2003
 Jimmy Williams, 2005

Most Fair Catches, Game

- 6 Bryan Walters, at Arizona 12/21/14
 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
 585 Golden Tate, 2013
 464 Leon Washington, 2011

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)
11.57 Golden Tate, 2010-13 (68-787)
11.39 Paul Johns, 1981-84 (74-843)

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)
- 30.67 Golden Tate, vs. Tampa Bay
11/3/13 (3-92)

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)
Russell Wilson, 2014 (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 Many Times (Last: Michael Sinclair, 2000)

Most Opponents' Fumbles Recovered, Game

- 3 Darryl Williams, at Kansas City, 10/4/98
- 2 6 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: Michael Bennett, vs. New Orleans 12/2/13)

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 11/27/77
- 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 5 Players

Most Blocked Punts, Season

- 2 By 4 Players (Last: Kerry Justin, 1986)

Most Blocked Punts, Game

- 1 29Times (Last: DeShawn Snead, vs. Arizona 11/23/14)

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: Red Bryant, San Francisco 12/23/12)

Longest Return of Blocked Punt

- 32 Jessie Green, vs. N.Y. Jets 10/19/80
- 26 Steve Raible, vs. Green Bay 10/10/76
- 25t Mike Morgan, vs. Dallas 10/12/14

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

- 547,298 2014 (68,412)
- 545,577 2013 (68,197)
- 545,551 2007 (68,194)

Largest Single-Game Regular-Season Home Attendance

-CenturyLink Field

- 68,526 vs. San Francisco 12/14/14
- 68,453 vs. St. Louis 12/28/14
- 68,447 vs. Denver 9/21/14

-Kingdome (1976-1999)

- 66,400 vs. Oakland 10/3/99
- 66,332 vs. Kansas City 12/26/99
- 66,318 vs. San Diego 12/12/99

-Husky Stadium (2000-01)

- 68,681 vs. Oakland 12/16/00
- 68,661 vs. Denver 11/26/00
- 67,231 vs. Oakland 11/11/01

Largest Single-Game Regular-Season Road Attendance

- 90,215 at Washington 10/2/05
- *82,893 at Kansas City 10/2/00
- 82,352 at Washington 11/4/01

* Combined attendance from Arrowhead (79,451) and Kaufmann Stadium adjacent to Arrowhead (3,442).

GAMES WON

REGULAR SEASON

Most Consecutive Games Won

- 11 2005
- 9 2012-13
- 8 1984

Most Consecutive Games Without Defeat

- 11 2005
- 9 2012-13
- 8 1984

Most Games Won, Season

- 13 2005, 2013
- 12 1984, 2014
- 11 2012

Most Consecutive Games Won, One Season

- 11 2005
- 8 1984
- 7 2013

Most Consecutive Games Won, Start of Season

- 4 2013
- 3 1986, 1998, 2003, 2004, 2006
- 2 1984, 1985, 1988, 1994

Most Consecutive Games Won, End of Season

- 6 2014
- 5 1986, 2012
- 3 2002

Most Consecutive Home Games Won

- 14 2012-13
- 12 2004-06
- 10 2002-04

Most Consecutive Road Games Won

- 5 1979-80, 2005
- 4 1984

Most Shutout Games Won or Tied, Season

- 3 1984
- 2 1986, 2009
- 1 11 Times (Last: 2013)

Most Consecutive Shutout Games Won or Tied, Season

- 2 1984
- 1 16 Times (Last: 2013)

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
- 417 2013

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

- 21 vs. Tampa Bay 11/3/13 (Trailed 21-0, Won 27-24 in OT)
- 20 at Denver 12/10/95 (Trailed 20-0, Won 31-27)
- 18 vs. Pittsburgh 11/8/81 (Trailed 21-3, Won 24-21) at Oakland 12/14/97 (Trailed 21-3, 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 5Times (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
vs. N.Y. Giants 11/9/14
at Arizona 12/21
- OT: 6 at Atlanta 12/15/02
at Chicago 12/2/12
vs. Denver 9/21/14
- 3 9Times (Last: vs. Tampa Bay 11/3/13)

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 13Times (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 7Times (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 13Times (Last: vs. Jacksonville 9/22/13)

Most Points After Touchdown, Both Teams, Game

- 12 Seattle (6) vs. Kansas City (6) 11/27/83 (OT)
- 10 5Times (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 ManyTimes (Last: at St. Louis 10/19/14)

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 16Times (Last: at Tampa Bay 12/26/10)

FIELD GOALS**Most Field Goals Attempted, Season**

- 40 1999
- 37 2014
- 35 1986

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 10Times (Last: vs. Arizona 11/23/14)

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
- 33 2013
- 31 2014

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 21 (Last: at San Francisco 11/27/14)

Most Field Goals, Both Teams, Game

- 8 Seattle (5) vs. L.A. Raiders (3) 12/18/88
- 7 8 Times (Last: Seattle [3] vs. Arizona [4] 9/25/05)

Most Consecutive Games Scoring Field Goals

- 19 2002-03
- 15 1990-91
- 14 2011-12

SAFETIES**Most Safeties, Season**

- 4 1993 (Ties NFL record)
- 2 2013
- 1 15 Times (Last: 2014)

Most Safeties, Game

- 1 21 Times (Last: vs. Denver 9/21/14)

Most Safeties, Both Teams, Game

- 2 Seattle (0) vs. Denver (2) 1/2/83
- Seattle (1) vs. Cleveland (1) 11/14/93
- 1 Many Times (Last: Seattle [1] vs. Denver [0] 9/21/14)

FIRST DOWNS**Most Seasons Leading League**

- 1 1978

Most First Downs, Season

- 361 2005
- 347 2002
- 345 1978

Fewest First Downs, Season

- 159 1982 (9 games)
- 208 1992
- 238 1976

Most First Downs, Game

- 34 vs. San Diego 11/22/87
- at San Diego 12/29/02 (OT)
- 33 vs. Kansas City 11/27/83 (OT)
- 32 vs. Kansas City 11/24/02

Fewest First Downs, Game

- 1 vs. L.A. Rams 11/4/79
- 2 vs. New England 12/4/88
- 6 3 Times (Last: at Dallas 10/11/92)

Most First Downs, Rushing, Season

- 150 1978
- 144 2014
- 142 2005

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
- vs. N.Y. Giants 11/9/14
- 18 vs. Kansas City 11/27/83 (OT)

Fewest First Downs, Rushing, Game

- 0 vs. L.A. Rams 11/4/79
- vs. New England 12/4/88
- vs. L.A. Raiders 10/18/92
- vs. Arizona 10/18/09

Most First Downs, Passing, Season

- 211 2007
- 208 2002
- 207 1997

Fewest First Downs, Passing, Season

- 89 1982 (9 games)
- 114 1992
- 116 1977

Most First Downs, Passing, Game

- 22 at Cleveland 11/4/07
- 21 vs. Denver 11/20/83
- vs. Kansas City 11/24/02
- 20 vs. Denver 12/15/84
- vs. Cleveland 11/30/03

Fewest First Downs, Passing, Game

- 1 vs. L.A. Rams 11/4/79
- vs. Oakland 12/22/96
- 2 6 Times (Last: vs. Philadelphia 11/2/08)

Most First Downs, Penalty, Season

- 39 1978
- 35 2002
- 33 2006, 2009

Fewest First Downs, Penalty, Season

- 10 1986
- 14 1991
- 15 2000

Most First Downs, Penalty, Game

- 6 vs. N.Y. Jets 9/17/78
- vs. San Diego 11/16/81
- vs. San Diego 9/18/94

Most First Downs, Both Teams, Game

- 64* vs. Kansas City 11/24/02 (Sea-32, KC-32)
- 62 vs. San Diego 9/15/85 (Sea-30, SD-32)

*NFL Record

**NET YARDS GAINED
RUSHING & PASSING****Most Plays, Season**

- 1,090 1985
- 1,072 1978
- 1,056 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
- vs. Philadelphia 12/7/14
- 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

6,012 2014
5,915 2005
5,818 2002

Fewest Net Yards Gained, Season

2,594 1982 (9 games)
3,374 1992
4,065 1976

Most Net Yards Gained, Game

596 at Arizona 12/21/14
591 at San Diego 12/29/02 (OT)
559 vs. Buffalo 10/30/77

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 16 Times (Last: 2013)

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, 2014
1 1977, 1979, 1983, 1997, 2004, 2007

Highest Average Gain, Season

5.88 2014 (1,021-6,012)
5.80 2005 (1,020-5,915)
5.76 2012 (974-5,610)

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**

2,762 2014
2,579 2012
2,457 2005

Fewest Yards Gained Rushing, Season

795 1982 (9 games)
1,392 1989
1,408 1999

Most Yards Gained Rushing, Game

350 vs. N.Y. Giants 11/9/14
320 vs. Houston 10/16/05
319 vs. Oakland 11/11/01

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**

5.26 2014 (525-2,762)
4.81 2012 (536-2,579)
4.73 2005 (519-2,457)

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
2014 vs. N.Y. Giants 11/9/14
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)
- 63.57 2013 (420-267)

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

- 7 2014
- 9 1994, 2013
- 10 2005, 2012

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
- 62 2014

Most Punts, Game

- 12 vs. Denver 11/28/93
- 11 5Times (Last: vs. Philadelphia 11/2/08)

Fewest Punts, Game

- 1 15Times (Last: vs. N.Y. Giants 11/9/14)

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, 2013

Most Punts Had Blocked, Game

- 2 vs. Kansas City 9/30/79
- 1 ManyTimes (Last: vs. Oakland 11/2/14)

Most Consecutive Punts Without A Block

- 612 1980-88
- 521 1989-93
- 406 2008-13

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
- at Wash. 10/6/14
- vs. Denver 9/21/14

PUNT RETURNS**Most Punt Returns, Season**

- 58 2007
- 53 1985
- 52 2013

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
- at N.Y. Giants 12/15/13
- 6 ManyTimes (Last: at NY Giants 10/9/11)

Fewest Punt Returns, Game

- 0 ManyTimes (Last: vs. Dallas 10/12/14)

FAIR CATCHES**Most Fair Catches, Season**

- 28 2014
- 27 1992
- 26 2004

Fewest Fair Catches, Season

- 4 1977
- 5 1978
- 6 3Times (Last: 1983)

Most Fair Catches, Game

- 6 at Arizona (12/21/14)
- 5 6Times (Last: vs. Dallas 10/23/05)

YARDS GAINED**Most Yards, Punt Returns, Season**

- 658 2007
- 579 2013
- 484 1984

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
- vs. St. Louis 12/29/13

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
 33 2013
 39 2014

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 Many Times (Last: vs. St. Louis
 12/29/13)

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)
 698 2013
 787 2012

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 Many Times (Last: vs. St. Louis
 12/29/13)

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, 2014
 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 8Times (Last: 2008)

Most TDs, Fumbles Recovered, Game, Own and Opponents

- 2 4Times (Last: at New York Giants 12/23/01 [Seattle-1, NY-1])
- 1 ManyTimes

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

- 14 2014 (7 ints, 7 fums)
- 17 2005 (10 ints, 7 fums)
- 19 2013 (9 ints, 10 fums)

Most Turnovers, Game

- 8 vs. Detroit 10/24/76 (6 ints, 2 fums)
- vs. Denver 11/20/83 (4 ints, 4 fums)
- 7 4Times (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 ManyTimes

PENALTIES**Fewest Penalties, Season**

- 59 1982 (9 games), 2007
- 66 2001
- 76 1977

Most Penalties, Season

- 138 2011
- 130 2014
- 128 1984, 2013

Fewest Penalties, Game

- 0 vs. Pittsburgh 12/6/87
- vs. Dallas 12/16/01
- vs. Baltimore 12/23/07
- 1 11Times (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 6Times, (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

- 1,183 2013
- 1,179 1984
- 1,047 2011

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**

- 32:112014
- 31:362012
- 30:47 1990, 1997

Lowest Average Time of Possession, Season

- 26:30 2008
- 26:59 1981
- 27:05 1998

Highest Time of Possession, Game

- 41:56vs. Philadelphia 12/7/14
- 41:35vs. San Diego 11/22/87
- 40:21 vs. Denver 10/22/89 (OT)

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)
231 2013[^]
245 2012[^]
254 2014[^]

Most Points Allowed, Season

429 1976
408 1980
407 2010

Fewest Points Allowed, Game

0 18 Times (Last: at N.Y. Giants 12/15/13)

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)
22 2013
24 2005
25 1991, 2012

Most Touchdowns Allowed, Season

53 1976
48 1983
47 1980, 2010

Fewest Touchdowns Allowed, Game

0 Many Times (Last: at St. Louis 12/28/14)

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 5 Times (Last: 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

70 2014
78 2005, 2007
80 2009, 2012

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 Many Times (Last: at Arizona 12/21/14)

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

43 2013
40 2011
33 1979

Most First Downs Allowed, Penalty, Game

7 at Kansas City 10/17/96
6 vs. Arizona 12/22/13
5 8 Times (Last: vs. Green Bay 9/24/12)

OFFENSIVE PLAYS

Fewest Opponents Plays Allowed, Season

600 1982 (9 games)
924 2014
950 1990

Most Opponents Plays Allowed, Season

1,137 1998
1,126 1981
1,104 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)
at Houston 9/29/13 (OT)

[^] Led NFL



Fewest Opp. Plays Allowed, Rushing, Season

337 1982 (9 games)
368 2012
380 2014

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 2 Times (Last: vs. Pittsburgh 10/23/83)

Fewest Opponents Plays Allowed, Passing, Season

263 1982 (9 games)
367 1977
394 1976

Most Opponents Plays Allowed, Passing, Season

650 1998
633 1993
621 2005

Fewest Opponents Attempts Allowed, Passing, Game

9 at N.Y. Giants 10/25/92
10 vs. New England 12/4/88
11 vs. Cincinnati 10/11/87

Most Opponents Attempts Allowed, Passing, Game

63 at N.Y. Jets 12/6/98
58 New England 10/14/12
55 at Houston 11/7/93

**NET YARDS ALLOWED
RUSHING & PASSING****Fewest Yards Allowed, Season**

2,794 1982 (9 games)
4,274 2014[^]
4,378 2013[^]

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**

1,304 2014
1,461 1982 (9 games)
1,510 2005

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
vs. St. Louis 12/29/13
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, 2013
5 2005
7 1990

Most Touchdowns Allowed, Rushing, Season

23 1979
21 1977
20 1976, 1978, 1981, 2000

Most Touchdowns Allowed, Rushing, Game

5 at Green Bay 12/27/09
4 5 Times (Last: at Cleveland 11/4/07)

PASSING**Fewest Net Yards Allowed, Passing, Season**

1,333 1982 (9 games)
2,333 1977
2,524 1976

Most Net Yards Allowed, Passing, Season

4,240 2010
4,149 2008
4,112 2009

Fewest Net Yards Allowed, Passing, Game

12 at Philadelphia 9/6/98
15 vs. Kansas City 9/30/79
23 at Indianapolis 9/4/97

Most Net Yards Allowed, Passing, Game

494 vs. San Diego 9/15/85
429 vs. San Diego 9/26/10
427 vs. N.Y. Jets 11/2/86

Fewest Touchdowns Allowed, Passing, Season

4 1982 (9 games)
11 1992
15 1994, 2007, 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 (38), 1999 (30), 2013 (28)

Most Passes Intercepted By, Season

- 38 1984
- 30 1999
- 28 2013

Fewest Passes Intercepted By, Season

- 9 1989, 2008
- 12 1990, 2006, 2010
- 13 1982 (9 games), 1997, 2009, 2014

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
- at N.Y. Giants 12/15/13

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)
- 46.08 2013 (82-3,779)

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)
- 21.7 vs. Dallas 10/12/14 (3-65)
- 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, 2014

Most Opponent Punts Blocked, Game

- 2 vs. Buffalo 10/14/84
- at New England 9/21/86
- 1 Many Times (Last: vs. Arizona 11/23/14)

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
- 26 2014

Fewest Opponent Punts Inside Opponents' 20, Season

- 10 1976, 1977, 1982 (9 games)
- 13 1987

Most Opp. Punts Inside Opponents' 20, Game

- 5 vs. Dallas 10/23/05
- 4 Many Times (Last: at St.Louis 10/3/10)

PUNT RETURNS**Fewest Opponent Punt Returns, Season**

- 17 2002, 2014
- 19 1982 (9 games)
- 21 2013

Most Opponent Punt Returns, Season

- 56 1976, 1992
- 52 1996

Fewest Yards Allowed, Punt Returns, Season

- 69 1982 (9 games)
- 82 2013
- 140 2003

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)
- 3.90 2013 (21-82)
- 4.64 1981 (33-153) (Led NFL)

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)
- 90 at St. Louis 10/19/14 (TD)
- 89 at Baltimore 12/7/97 (TD)
- at San Francisco 12/1/02 (TD)
- at Chicago 10/17/10 (TD)

Most Touchdowns Allowed, Punt Returns, Season

- 2 1990, 1997, 2011
- 1 14 Times (Last: 2014)

Most Touchdowns Allowed, Punt Returns, Game

- 2 at Baltimore 12/7/97
- 1 18 Times (Last: at St. Louis 10/19/14)

KICKOFF RETURNS**Fewest Opponent Kickoff Returns, Season**

- 24 1982 (9 games)
- 36 1992
- 43 2014

Most Opponent Kickoff Returns, Season

- 82 2005
- 81 1999
- 79 2003

Fewest Opponent Kickoff Returns, Game

- 0 10 Times (Last: at Carolina 9/8/13)

Most Opponent Kickoff Returns, Game

- 10 vs. Kansas City 9/20/87
- vs. Oakland 10/26/97
- 9 4 Times (Last: vs. Minnesota 9/29/02)

Fewest Yards Allowed, Kickoff Returns, Season

- 361 1982 (9 games)
- 685 1992
- 814 1989

Most Yards Allowed, Kickoff Returns, Season

- 1,802 2005
- 1,790 2007
- 1,779 1997

Fewest Yards Allowed, Kickoff Returns, Game

- 0 11 Times (Last: at San Diego 9/14/14)

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 4Times (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, 2013

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 3Times (Last: vs. San Diego 12/13/98 [7 int, 2 fums])

TIME OF POSSESSION**Lowest Average Time of Possession Allowed, Season**

27:49 2014
 28:24 2012
 29:13 1990, 1997

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 Terdell Middleton, at Green Bay (Milwaukee), 10/15/78 (4 TDs)
- Roy Green, at St. Louis 11/13/83 (4 TDs)
- Marshall Faulk, at St. Louis 10/20/02 (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 Terdell Middleton, at Green Bay (Milwaukee), 10/15/78 (4-R)
- Roy Green, at St. Louis 11/13/83 (4-P)
- Marshall Faulk, at St. Louis 10/20/02 (3-R, 1-P)
- Marcus Robinson, at Baltimore 11/23/03 (4-P)
- Willis McGahee, vs. Buffalo 11/28/04 (4-R)
- Jamal Lewis, at Cleveland 11/4/07 (4-R)
- 3 Many Times (Last: Antonio Gates, at San Diego 9/14/14 [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 9/11/11 (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: Nate Irving vs. Denver 9/21/14)

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)
 85.71 Austin Davis at St. Louis 10/19/14 (21-18)
 83.87 Fran Tarkenton, at Minnesota 11/14/76 (31-26)

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
 Eli Manning, at N.Y. Giants 12/15/13
 4 16Times (Last: Carson Palmer, vs. Arizona 12/22/13)

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)
 31.40 DeSean Jackson, at Washington 10/6/14 (5-157)
 30.60 Derrick Alexander, vs. Kansas City 10/2/00 (5-153)

TOUCHDOWNS**Most Touchdowns, Game**

- 4 Roy Green, at St. Louis 11/13/83
- Marcus Robinson, at Baltimore 11/23/03
- 8 Times (Last: Antonio Gates, at San Diego 9/14/14)

INTERCEPTIONS**Most Interceptions By, Game**

- 4 Deron Cherry, at Kansas City 9/29/85 (ties NFL record)
- 3 Tony Greene, vs. Buffalo 10/30/77
- Steve Wilson, at Denver 11/20/83

YARDS RETURNED**Most Yards Returned, Game**

- 115 Fred Marion, vs. New England 11/17/85
- 102 Gary Barbaro, at Kansas City 12/11/77
- 93 Levi Johnson, vs. Detroit 10/24/76

Longest Return

- 102 Gary Barbaro, at Kansas City 12/11/77 (TD)
- 86 Patrick Willis, vs. San Francisco 9/14/08 (TD)
- 83 Fred Marion, vs. New England 11/17/85

TOUCHDOWNS**Most Touchdowns, Game**

- 1 Many Times (Last: 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 6 Times (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 Many Times (Last: Pat McAfee, at Indianapolis 10/6/13)

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
- Patrick Peterson, vs. Arizona 12/22/13
- 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)
- 90 Stedman Bailey, at St. Louis 10/19/14 (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)

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 18 Times (Last: Stedman Bailey, at St. Louis 10/19/14)

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 26 Times (Last: Stedman Bailey at St.
 Louis 10/19/14)

**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
 19 Paul Worrlow, at Atlanta 11/10/13
 16 7 Times (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 3 Times (Last: Craig Erickson,
 vs. Miami 10/6/96)

Most Own Fumbles Recovered, Game

- 3 Craig Erickson, at Miami 10/6/96
 2 Many Times

Most Opponents' Fumbles Recovered, Game

- 2 9 Times (Last: Blaine Bishop,
 vs. Tennessee 10/5/97)

Longest Fumble Return

- 89 Victor Adeyanju, vs. St. Louis 11/12/06
 (TD)
 86 Derrick Thomas, vs. Kansas City 12/5/93
 (TD)
 75 Ray Bentley, vs. Cincinnati 9/6/92 (TD)

TOUCHDOWNS**Most Touchdowns, Game (Opponents'
Recovered)**

- 1 Many Times (Last: Muhammad
 Wilkerson, vs. N.Y. Jets 11/11/12)

BLOCKED KICKS**Most Blocked Punts, Game**

- 1 Many Times (Last: Denico Autry, vs.
 Oakland 11/2/14)

Most Blocked Field Goals, Game

- 1 20 Times (Last: Tommy Kelly, vs.
 Arizona 11/23/14)

Most Blocked PATs, Game

- 1 10 Times (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 6 Times (Last: Jessie Small, at Philadelphia 9/10/89)

Longest Return of Blocked Field Goal

- 61 Delano Howell, at Indianapolis 10/6/13 (TD)
- 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)
Mike Morgan, vs. Dallas 10/12/14 (punt, 25 yards)

INDIVIDUAL POSTSEASON RECORDS**SERVICE****Most Games, Career**

- 11 Matt Hasselbeck, 2003-07, 2010
Marcus Trufant, 2003-05, 2007, 2010, 2012
- 10 Jordan Babineaux, 2004-07, 2010
Walter Jones, 1999, 2003-07
Sean Locklear, 2004-07, 2010
- 9 Shaun Alexander, 2003-07
Josh Brown, 2003-07
Bobby Engram, 2003-07
Chris Gray, 1999, 2004-07
Maurice Morris, 2003-07
Lofa Tatupu, 2005-07, 2010
Leroy Hill, 2005-07, 2012
Brandon Mebane, 2007, 2010, 2012-13

Most Starts, Career

- 11 Matt Hasselbeck, 2003-07, 2010
- 10 Walter Jones, 1999, 2003-07
- 9 Shaun Alexander, 2003-07
Chris Gray, 1999, 2003-07
Sean Locklear, 2004-07, 2010
Lofa Tatupu, 2005-07, 2010
Marcus Trufant, 2003-05, 2007, 2010, 2012
Leroy Hill, 2005-07, 2012
Brandon Mebane, 2007, 2010, 2012-13

SCORING**POINTS****Most Points, Career**

- 69 Josh Brown, 2003-07
(16 FG, 21 PAT) 9 games
- 48 Shaun Alexander, 2003-07 (8 TD) 9 games
- 43 Steven Hauschka, 2012-13 (11 FG, 10 PAT) 4 games
- 42 Marshawn Lynch, 2010, 2012-13 (7 TD) 7 games

Most Points, Game

- 18 Shaun Alexander, at Green Bay, 1/4/04
- 12 Curt Warner, at Miami 12/31/83 (2 TD)
Steve Largent, at Houston 1/3/88 (2 TD) (OT)
Shaun Alexander, vs. Carolina 1/22/06
Jerramy Stevens, vs. Dallas 1/6/07
Shaun Alexander, at Chicago 1/14/07 (OT)
John Carlson, vs. New Orleans 1/8/11
Mike Williams, at Chicago 1/16/11
Marshawn Lynch, vs. New Orleans 1/11/14
- 11 Olindo Mare, vs. New Orleans 1/8/11
Steven Hauschka, vs. New Orleans 1/11/14
Steven Hauschka, vs. San Francisco 1/19/14
Steven Hauschka, vs. Denver 2/2/14

TOUCHDOWNS**Most Touchdowns, Career**

- 8 Shaun Alexander, 2003-07 (8-R)
- 7 Marshawn Lynch, 2010, 2012-13 (7-R)
- 4 Steve Largent, 1983-84, 1987-88 (4-P)
Jerramy Stevens, 2003-06 (4-P)

Most Touchdowns, Game

- 3 Shaun Alexander, at Green Bay 1/4/04 (3-R) (OT)
- 2 Curt Warner, at Miami 12/31/83 (2-R)
Steve Largent, at Houston 1/3/88 (2-P) (OT)
Shaun Alexander, vs. Carolina 1/22/06 (2-R)
Jerramy Stevens, vs. Dallas 1/6/07 (2-P)
Shaun Alexander, vs. Chicago 1/14/07 (2-R) (OT)
John Carlson, vs. New Orleans 1/8/11 (2-P)
Mike Williams, at Chicago 1/16/11 (2-P)
Marshawn Lynch, vs. New Orleans 1/11/14 (2-R)

Most Consecutive Games Scoring Touchdown

- 5 Marshawn Lynch, 2012-2013
- 3 Darrell Jackson, 2003-05
- Jerramy Stevens, 2005-06
- 2 Steve Largent, 1984, 1987
- Brandon Stokley, 2010
- Mike Williams, 2010
- Jermaine Kearse, 2013

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)
- 10 Steven Hauschka, 2012-13, 4 games (10 att)

Most Points After Touchdown, Game

- 5 Olindo Mare, vs. NO 1/8/11 (5 att)
- Steven Hauschka, vs. Den 2/2/14 (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)
- 11 Steven Hauschka, 2012-13 (4 games)

Most Field Goals Attempted, Game

- 3 6 Times (Last: Steven Hauschka, vs. S.F. 1/19/14)
- 2 10 Times (Last: Steven Hauschka, vs. Den 2/2/14)

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
- 49 Steven Hauschka, vs. New Orleans 1/11/14

Most Field Goals, Career

- 16 Josh Brown, 2003-07, 9 games (19 att)
- 11 Steven Hauschka, 2012-2013, 4 games (11 att)
- 8 Norm Johnson, 1983-84, 1987-88, 7 games (10 att)

Most Field Goals, Game

- 3 Steven Hauschka, at Washington 1/6/13 (3 att)
- Steven Hauschka, vs. New Orleans 1/11/14 (3 att)
- Steven Hauschka, vs. San Francisco 1/19/14 (3 att)
- 2 12 Times (Last: Steven Hauschka, vs. Den 2/2/14 (2 att))

Most Consecutive Field Goals

- 11 Steven Hauschka, 2012-2013
- 8 Josh Brown, 2003-2005
- 7 Josh Brown, 2006

Longest Field Goal

- 50 Josh Brown, vs. Washington 1/5/08
- 50 Todd Peterson, vs. Miami 1/9/00
- 49 Steven Hauschka, vs. New Orleans 1/11/14

Highest Field Goal %, Career (min. 5 att.)

- 100 Steven Hauschka, 2012-13, 4 games (11-11)
- 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**

- 1 Cliff Avril, tackle vs. Den 2/2/14

Most Safeties, Game

- 1 Cliff Avril, tackle vs. Den 2/2/14

RUSHING**Most Attempts, Career**

- 169 Shaun Alexander, 2003-07 (9 games)
- 124 Marshawn Lynch, 2010, 2012-13 (7 games)
- 71 Curt Warner, 1983, 1988 (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
- 28 Marshawn Lynch, vs. New Orleans 1/11/14

YARDS GAINED**Most Yards Gained, Career**

- 599 Marshawn Lynch, 2010, 2012-13 (7 games)
- 564 Shaun Alexander, 2003-07 (9 games)
- 249 Curt Warner, 1983, 1988 (4 games)

Most Yards Gained, Game

- 149 Marshawn Lynch, vs. New Orleans 1/11/14
- 132 Shaun Alexander, vs. Carolina 1/22/06
- Marshawn Lynch, at Washington 1/6/13
- 131 Marshawn Lynch, vs. New Orleans 1/8/11

Most Games, 100 or More Yards Rushing, Career

- 4 Marshawn Lynch, 2010, 2012-13
- 2 Shaun Alexander, 2003-07
- 1 Dan Doornink, 1983-84
- Curt Warner, 1983

Most Consecutive Games, 100 or More Yards Rushing

- 2 Marshawn Lynch, 2013
- 1 Dan Doornink, 1984
- Curt Warner, 1983
- Shaun Alexander, 2005
- Marshawn Lynch, 2010, 2012

Longest Run From Scrimmage

- 67t Marshawn Lynch, vs. New Orleans
1/8/11
40t Marshawn Lynch, vs. San Francisco
1/19/14
32 Mack Strong, vs. Washington 1/14/06

AVERAGE GAIN**Highest Average Gain, Career (Min. 30 Attempts)**

- 4.83 Marshawn Lynch, 2010, 2012-13, 7 games (124-599)
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. 15 attempts)

- 6.90 Marshawn Lynch, vs. New Orleans (19-131)
6.60 Marshawn Lynch, at Washington (20-132)
5.00 Marshawn Lynch, vs. New Orleans 1/11/14 (28-140)

TOUCHDOWNS**Most Touchdowns, Career**

- 8 Shaun Alexander, 2003-07 (9 games)
7 Marshawn Lynch, 2010, 2012-13 (7 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)
Marshawn Lynch, vs. New Orleans 1/11/14

Most Consecutive Games with Rushing Touchdown

- 5 Marshawn Lynch, 2012-13
1 David Hughes, 1983
Curt Warner, 1988
Dave Krieg, 1988
Matt Hasselbeck, 2005
Shaun Alexander, 2003, 2005, 2006, 2007
Leonard Weaver, 2007
Russell Wilson, 2012

PASSING**PASSER RATING****Highest Passer Rating, Career (Min. 50 attempts)**

- 102.0 Russell Wilson, 2012-13 (5 games)
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, 2010 (11 games)
183 Dave Krieg, 1983-84, 1987-88 (7 games)
130 Russell Wilson, 2012-13 (5 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)
82 Russell Wilson, 2012-13 (5 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. 50 attempts)**

- 63.08 Russell Wilson, 2012-13, 5 games (130-82)
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 (Min. 15 completions)

- 72.0 Russell Wilson, vs. Denver 2/2/14 (25-18)
71.4 Matt Hasselbeck, vs. Carolina 1/22/06 (28-20)
66.7 Russell Wilson, at Atlanta 1/13/13 (36-24)

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)
1,096 Russell Wilson, 2012-13 (5 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

Most Consec. Games, 300 or More Yards Passing, Career

- 2 Matt Hasselbeck, 2003-04



Longest Pass Completion

- 56t Dave Krieg (to Steve Largent) at Miami 12/29/84
- 51 Russell Wilson (to Doug Baldwin) vs. S.F. 1/19/14
- 46 Matt Hasselbeck (to Ben Obomanu) at Chi 1/16/11

AVERAGE GAIN**Highest Average Gain, Career (Min. 50 attempts)**

- 8.43 Russell Wilson, 2012-13, 5 games (130-1,096)
- 6.79 Dave Krieg, 1983-84, 1987-88, 7 games (183-1,242)
- 6.75 Matt Hasselbeck, 2003-07, 2010, 11 games (406-2,741)

Highest Average Gain, Game (Min. 20 Attempts)

- 10.69 Russell Wilson, at Atlanta 1/13/13 (36-385)
- 8.60 Russell Wilson, vs. San Francisco 1/19/14 (25-215)
- 8.27 Matt Hasselbeck, vs. Washington 1/14/06 (26-215)

TOUCHDOWNS**Most Touchdown Passes, Career**

- 18 Matt Hasselbeck, 2003-07, 2010 (11 games)
- 9 Dave Krieg, 1983-84, 1987-88 (7 games)
- 6 Russell Wilson, 2012-13 (5 games)

Most Touchdown Passes, Game

- 4 Matt Hasselbeck, vs. New Orleans 1/8/11
- 3 Dave Krieg, vs. Denver 12/24/83
- 2 7 Times (Last: Russell Wilson vs. Denver 2/2/14)

Most Consecutive Games, Touchdown Pass

- 10 Matt Hasselbeck, 2004-2010
- 4 Dave Krieg, 1984, 1987-88
- 2 Dave Krieg, 1983
Russell Wilson, 2012
Russell Wilson, 2013

HAD INTERCEPTED**Lowest %, Passes Had Intercepted, Career (Min. 50 att)**

- 0.77 Russell Wilson, 2012-13, 5 games (1-130)
- 2.22 Matt Hasselbeck, 2003-07, 2010, 11 games (9-406)
- 3.28 Dave Krieg, 1987-88, 7 games (6-183)

Most Attempts Without Interception, Game

- 46 Matt Hasselbeck, at Chicago 1/16/11
- 38 Dave Krieg, at Houston 1/3/88 (OT)
- 35 Dave Krieg, at Miami 12/29/84

Most Passes Had Intercepted, Career

- 9 Matt Hasselbeck, 2003-07, 2010, 11 games
- 6 Dave Krieg, 1983-84, 1987-88, 7 games
- 2 Jim Zorn, 1983-84, 5 games
Jon Kitna, 1999, 1 game

Most Passes Had Intercepted, Game

- 3 Dave Krieg, at L.A. Raiders 1/8/84
- 2 Jim Zorn, at L.A. Raiders 1/8/84
Dave Krieg, at Cincinnati 12/31/88
Jon Kitna, vs. Miami 1/9/00
Matt Hasselbeck, vs. Dallas 1/6/07
Matt Hasselbeck, vs. Washington 1/5/08

Most Consecutive Passes Without Interception

- 109 Matt Hasselbeck, 2004-05
- 87 Dave Krieg, 1984, 1987-88
- 78 Matt Hasselbeck, 2010

PASS RECEIVING**RECEPTIONS****Most Receptions, Career**

- 35 Bobby Engram, 2003-07 (9 games)
- 26 Darrell Jackson, 2003-06 (7 games)
- 23 Steve Largent, 1983-84, 1987-88 (7 games)

Most Receptions, Game

- 12 Darrell Jackson, vs. St. Louis 1/8/05
- 11 John L. Williams, at Cincinnati 12/31/88
- 8 Brandon Stokley, at Chicago 1/16/11
Zach Miller, at Atlanta 1/13/13

Most Consecutive Games, Pass Reception

- 9 Bobby Engram, 2003-07
- 5 Darrell Jackson, 2003-05
Jerramy Stevens, 2004-06
Zach Miller, 2012-13
Golden Tate, 2012-13
Doug Baldwin, 2012-13

YARDS GAINED**Most Yards Gained, Career**

- 503 Darrell Jackson, 2003-06 (7 games)
- 476 Bobby Engram, 2003-07 (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, 2012-13 (5 games)
Golden Tate, 2010, 2012-13 (7 games)
Doug Baldwin, 2012-13 (5 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
Doug Baldwin, 2013

Longest Reception

- 56t Steve Largent, (from Dave Krieg) at Miami 12/29/84
- 51 Doug Baldwin, (from Russell Wilson) vs. S.F. 1/19/14
- 46 Ben Obomanu, (from Matt Hasselbeck) at Chi 1/16/11

AVERAGE GAIN**Highest Average Gain, Career (Min. 10 Receptions)**

- 19.35 Darrell Jackson, 2003-06, 7 games (26-503)
- 18.87 Steve Largent, 1983-84, 1987-88, 7 games (23-434)
- 15.44 Doug Baldwin, 2012-13, 5 games (16-247)

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
- Brandon Stokley, 2010
- Mike Williams, 2010
- Jermaine Kearse, 2013

INTERCEPTIONS BY**MOST INTERCEPTIONS, CAREER**

- 4 John Harris, 1983-84, 5 games
- 2 Gregory Johnson, 1983, 3 games
- Kerry Justin, 1983, 3 games
- Michael Boulware, 2004-06, 6 games
- Earl Thomas, 2010, 2012-13, 7 games
- Kam Chancellor, 2010, 2012-13, 7 games
- Malcolm Smith, 2012-13, 5 games

Most Interceptions, Game

- 2 John Harris, at Miami 12/29/84
- 1 By 21 (Last: K. Chancellor & M. Smith vs. Den, 2/2/14)

YARDS GAINED**Most Yards Gained, Career**

- 78 Marcus Trufant, 2003-05, 2007, 2010 (9 games)
- 76 Kelly Herndon, 2005 (3 games)
- 69 Malcolm Smith, 2012-13 (5 games)

Most Yards Gained, Game

- 78 Marcus Trufant, vs. Washington 1/5/08
- 76 Kelly Herndon, vs. Pittsburgh 2/5/06
- 69 Malcolm Smith, vs. Denver 2/2/14

Longest Return

- 78t Marcus Trufant, vs. Washington, 1/5/08
- 76 Kelly Herndon, vs. Pittsburgh 2/5/06
- 69t Malcolm Smith, vs. Denver 2/2/14

TOUCHDOWNS**Most Touchdowns, Career**

- 1 Marcus Trufant, 2003-05, 2006, 2010 (9 games)
- Jordan Babineaux, 2004-07, 2010 (10 games)
- Malcolm Smith, 2012-13 (5 games)

Most Touchdowns, Game

- 1 Marcus Trufant, vs. Washington 1/5/08
- Jordan Babineaux, vs. Washington 1/5/08
- Malcolm Smith, vs. Denver 2/2/14

PUNTING**Most Punts, Career**

- 28 Jon Ryan, 2010, 2012-13 (7 games)
- 27 Jeff West, 1983-84 (5 games)
- 22 Ryan Plackemeier 2006-07 (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)
- 37.14 Jon Ryan, 2010, 2012-13, 7 games (28-1,040)
- 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, 2006-07 (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, 2006-07 (4 games)
- 96 Bobby Joe Edmonds, 1987-88 (2 games)
- 58 Paul Johns, 1983 (3 games)

Most Yards Gained, Game

- 84 Nate Burleson, vs. Washington 1/5/08
- 66 Bobby Joe Edmonds, at Houston 1/3/88 (OT)
- 58 Paul Johns, vs. Denver 12/24/83

Longest Return

- 54 Bobby Joe Edmonds, at Houston 1/3/88 (OT)
- 20 Nate Burleson, vs. Washington 1/5/08
- 19 Paul Johns, vs. Denver 12/24/83

AVERAGE YARDAGE

Highest Average, Career (Minimum 4 Returns)

- 14.50 Paul Johns, 1983, 3 games (4-58)
- 13.71 Bobby Joe Edmonds, 1987-88, 2 games (7-96)
- 9.50 Kenny Easley, 1983-84, 5 games (6-57)
- Highest Avg. Gain, Game (Minimum 3 Returns)
- 14.5 Paul Johns, vs. Denver 12/24/83 (4-58)
- 10.4 Kenny Easley, vs. L.A. Raiders 12/22/84 (5-52)

TOUCHDOWNS

Most Touchdowns, Career

None

Most Touchdowns, Game

None

KICKOFF RETURNS

Most Kickoff Returns, Career

- 19 Nate Burleson, 2006-07 (4 games)
- 12 Leon Washington, 2010, 2012 (4 games)
- 11 Maurice Morris, 2003-07 (7 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, 2006-07 (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

- 87 Percy Harvin, vs. Denver 2/2/14 (TD)
- 85 Charlie Rogers, vs. Miami 1/9/00 (TD)
- 69 Doug Baldwin, vs. San Francisco 1/19/14

AVERAGE YARDAGE

Highest Average, Career (Minimum 5 Returns)

- 26.14 Zachary Dixon, 1983, 3 games (7-183)
- 25.42 Leon Washington, 2010, 2012, 4 games (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
- 36.33 Doug Baldwin, vs. San Francisco 1/19/14 (3-109)
- 28.60 Leon Washington, at Chicago 1/16/11 (5-143)

TOUCHDOWNS

Most Touchdowns, Career

- 1 Charlie Rogers, 1999 (1 game)
- Percy Harvin, 2013 (2 games)

Most Touchdowns, Game

- 1 Charlie Rogers, vs. Miami 1/9/00
- Percy Harvin, vs. Denver 2/2/14

FUMBLES

Most Fumbles, Career

- 3 Marshawn Lynch, 2010, 2012-13 (6 games)
- 2 John L. Williams, 1987-88 (2 games)
- Koren Robinson, 2003-04 (2 games)
- Jimmy Williams, 2005 (3 games)
- Russell Wilson, 2012-13 (4 games)

Most Fumbles, Game

- 2 Koren Robinson, vs. St. Louis 1/8/05
- Jimmy Williams, vs. Washington 1/14/06
- Russell Wilson, vs. San Francisco 1/19/14

RECOVERIES

Most Own Fumbles Recovered, Career

- 3 Marshawn Lynch, 2010, 2012-13 (6 games)
- 1 Ron Essink, 1983-84 (5 games)
- Pete Metzelaars, 1983-84 (5 games)
- Robbie Tobeck, 2003-05 (5 games)
- Koren Robinson, 2003-04 (2 games)
- Chris Spencer, 2005-07, 2010 (5 games)
- Matt Hasselbeck, 2003-07, 2010 (11 games)
- Ben Obomanu, 2007, 2010 (4 games)
- Michael Robinson, 2010, 2012-13 (6 games)



Most Opponents Fumbles Recovered, Career

- 2 Jeff Bryant, 1983-84, 1987-88 (7 games)
Michael Bennett, 2013 (2 games)
Clinton McDonald, 2012-13 (5 games)
- 1 By Many, (Last: Malcolm Smith, 2012-13 (5 games))

Most Fumbles Recovered, Game, Own and Opponents

- 2 Jeff Bryant, at L.A. Raiders 1/8/84 (2-Opp)
- 1 By Many, (Last: C. McDonald, vs. Denver 2/2/14 (1-Opp))

YARDS GAINED**Longest Return**

- 19 Marshawn Lynch, at Washington 1/6/13
- 17 Michael Bennett, vs. San Francisco 1/19/14
- 7 Malcolm Smith, vs. Denver 2/2/14

TOUCHDOWNS**Most Touchdowns**

None

TACKLES**Most Tackles, Career**

- 71 Leroy Hill, 2005-07, 2012 (9 games)
- 66 Lofa Tatupu, 2005-07, 2010 (9 games)
- 51 Bobby Wagner, 2012-13 (5 games)

Most Tackles, Game

- 17 Brian Bosworth, at Houston 1/3/88 (OT)
- 15 Eugene Robinson, at Houston 1/3/88 (OT)
Bobby Wagner, vs. San Francisco 1/19/14
- 14 Kam Chancellor, vs. New Orleans 1/11/14

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)
Raheem Brock, 2010 (2 games)
Michael Bennett, 2013 (2 games)
Cliff Avril, 2013 (3 games)
Chris Clemons, 2010, 2012-13 (7 games)

Most Forced Fumbles, Game

- 2 Chris Clemons vs. Denver 2/2/14
- 1 By Many (Last: B. Maxwell vs. Denver 2/2/14)

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, 2012-13

Most Games

- 3 1983, 2005, 2013
- 2 1984, 2006, 2007, 2010, 2012
- 1 1987, 1988, 1999, 2003, 2004

Most Games Won

- 3 2013
- 2 1983, 2005, 2013
- 1 1984, 2006, 2007, 2010, 2012

Most Consecutive Games Won

- 3 2013
- 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**

- 43 vs. Denver 2/2/14
- 41 vs. New Orleans 1/8/11
- 35 vs. Washington 1/5/08

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

- 35 (43) vs. Denver (8) 2/2/14
- 24 (31) vs. Denver (7) 12/24/83
- 21 (35) vs. Washington (14) 1/5/08

Most Points, Shutout Victory, Game

None

Most Points Overcome to Win Game

- 14 at Washington 1/6/13 (Trailed 14-0, Won 24-14)
- 10 vs. New Orleans 1/8/11 (Trailed 10-0 and 17-7, Won 41-36)
- vs. San Francisco 1/19/14 (Trailed 10-0, Won 23-17)
- 7 vs. Dallas 1/6/07 (Trailed 20-13, Won 21-20)

Most Points, Each Half

- 1st: 24 vs. New Orleans 1/8/11
- 22 vs. Denver 2/2/14
- 20 vs. Carolina 1/22/06
- 2nd: 28 at Atlanta 1/13/13
- 25 vs. Washington 1/5/08
- 21 vs. Denver 12/24/83
- at Green Bay 1/4/04
- vs. Denver 2/2/14

Most Points, Each Quarter

- 1st: 14 at Green Bay 1/12/08
- 10 vs. Carolina 1/22/06
- 8 vs. Denver 2/2/14
- 2nd: 17 vs. New Orleans 1/8/11
- 14 at Chicago 1/14/06 (OT)
- vs. Denver 2/2/14
- 13 at Washington 1/6/13
- 3rd: 14 at Green Bay 1/4/04
- vs. Denver 2/2/14
- 10 at Chicago 1/14/07 (OT)
- vs. New Orleans 1/8/11
- vs. San Francisco 1/19/14
- 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
- vs. Denver 2/2/14
- 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 10 Times (Last: vs. San Francisco 1/19/14)

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
- vs. Denver 2/2/14
- 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

- 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 (4) at Atlanta (3) 1/13/13

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
- Seattle (2) vs. New Orleans (1) 1/11/14
- 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
- Seattle (2) vs. San Francisco (2) 1/19/14

FIELD GOALS**Most Field Goals, Game**

- 3 at Washington 1/6/13
- vs. New Orleans 1/11/14
- vs. San Francisco 1/19/14
- 2 11 Times (Last: vs. Denver 2/2/14)

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
- Seattle (3) vs. San Francisco (1) 1/19/14

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
- vs. New Orleans 1/11/14
- vs. San Francisco 1/19/14

- 2 vs. L.A. Raiders 12/22/84
at Miami 12/29/84
at Houston 1/3/88 (OT)
at Green Bay 1/4/04 (OT)
vs. St. Louis 1/8/05
vs. Washington 1/14/06
vs. Dallas 1/6/07
vs. Washington 1/5/08
at Green Bay 1/12/08
vs. New Orleans 1/8/11
vs. Denver 2/2/14

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
Seattle (3) vs. New Orleans (2) 1/11/14

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
Seattle (14) vs. San Francisco (16) 1/19/14
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
17 Seattle (12) at L.A. Raiders (5) 12/22/84
Seattle (12) at Washington (5) 1/6/13

Fewest First Downs Rushing, Both Teams, Game

- 7 Seattle (0) vs. Miami (7) 1/9/00
Seattle (3) vs. Washington (4) 1/5/08
8 Seattle (6) vs. Denver (2) 2/2/14
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
5 vs. New Orleans 1/11/14
6 at Miami 12/29/84
at Chicago 1/14/07 (OT)

Most First Downs, Passing, Both Teams, Game

- 35 Seattle (13) vs. New Orleans (22) 1/8/11
35 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

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)
Seattle (8) vs. San Francisco (8) 1/19/14
17 Seattle (9) vs. Dallas (8) 1/6/07
18 Seattle (6) at Miami (12) 12/29/84
Seattle (9) at Washington (9) 1/6/13

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
vs. New Orleans 1/11/14

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) 1/11/14
4 Seattle (3) at Green Bay (1) 1/12/08
Seattle (1) vs. Denver (3) 2/2/14

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
396 vs. Pittsburgh 2/5/06

Fewest Net Yards Gained, Game

- 167 at L.A. Raiders 1/8/84
- 171 vs. Miami 1/9/00
- 200 at Green Bay 1/12/08

Most Yards Gained, Both Teams, Game

- 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
- 737 Seattle (340) at Green Bay (397) 1/4/04 (OT)

Fewest Yards Gained, Both Teams, Game

- 470 Seattle (171) vs. Miami (299) 1/9/00
- 491 Seattle (251) at L.A. Raiders (240) 12/22/84
- 568 Seattle (167) at L.A. Raiders (401) 1/8/84

RUSHING**ATTEMPTS****Most Attempts, Game**

- 51 vs. L.A. Raiders 12/22/84
- 42 at Miami 12/31/83
- 38 vs. Denver 12/24/83

Fewest Attempts, Game

- 11 at Houston 1/3/88 (OT)
- 12 at Chicago 1/16/11
- 16 at Cincinnati 12/31/88

Most Attempts, Both Teams, Game

- 76 Seattle (51) at L.A. Raiders (25) 12/22/84
- 72 Seattle (42) at Miami (30) 12/31/83
- 71 Seattle (38) vs. Denver (33) 12/24/83

Fewest Attempts, Both Teams, Game

- 43 Seattle (29) vs. Denver (14) 2/2/14
- 47 Seattle (25) vs. New Orleans (22) 1/8/11
- Seattle (20) vs. St. Louis (27) 1/8/05
- 50 Seattle (21) vs. Washington (29) 1/5/08

YARDS GAINED**Most Yards Gained, Game**

- 224 at Washington 1/6/13
- 205 vs. L.A. Raiders 12/22/84
- 174 vs. New Orleans 1/11/14

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**

- 6.05 at Washington 1/6/13 (37-224)
- 6.00 vs. New Orleans 1/8/11
- 5.50 vs. Pittsburgh 2/5/06

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 at Chicago 1/14/07 vs. New Orleans 1/11/14

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. New Orleans (2) 1/5/08
- Seattle (1) at Green Bay (3) 1/12/08

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 8 Times (Last: Seattle [1] vs. Denver [0] 2/2/14)

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
- 18 vs. New Orleans 1/11/14

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
- 49 Seattle (25) vs. San Francisco (24) 1/19/14

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
- 9 vs. New Orleans 1/11/14
- 12 vs. Denver 12/24/83

Most Completions, Both Teams, Game

- 61 Seattle (22) vs. New Orleans (39) 1/8/11
- 52 Seattle (18) vs. Denver (34) 2/2/14
- 51 Seattle (25) at Green Bay (26) 1/4/04

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
- Seattle (16) vs. San Francisco (14) 1/19/14

Highest Completion %, Game (Min. 20 Attempts)

- 69.23 vs. Denver 2/2/14 (18-26)
- 66.67 at Atlanta 1/13/13 (24-36)
- 64.00 vs. San Francisco 1/19/14 (16-25)

Lowest Completion %, Game (Min. 20 Attempts)

- 41.03 at Houston 1/3/88 (16-39) (OT)
- 46.67 vs. Miami 1/9/00 (14-30)
- 47.22 at L.A. Raiders 1/8/84 (17-36)

NET YARDS GAINED**Most Yards Gained, Game**

- 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

- 686 Seattle (277) vs. New Orleans (409) 1/11/14
- 669 Seattle (272) vs. New Orleans (397) 1/8/11
- 651 Seattle (341) vs. St. Louis (313) 1/8/05

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
- vs. San Francisco 1/19/14

Fewest Times Sacked, Game

- 0 vs. Dallas 1/6/07
- vs. Denver 2/2/14
- 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
- Seattle (0) vs. Denver (1) 2/2/14
- 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
- vs. New Orleans 1/11/14
- vs. Denver 2/2/14

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
- Seattle (2) vs. New Orleans (2) 1/11/14

INTERCEPTIONS BY**Most Interceptions By, Game**

- 2 9 Times (Last: vs. Denver 2/2/14)

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
- 71 vs. Denver 2/2/14

Most Yards Gained, Both Teams, Game

- 137 Seattle (135) vs. Washington (2) 1/5/08
- 100 Seattle (76) vs. Pittsburgh (24) 2/5/06
- 71 Seattle (71) vs. Denver (0) 2/2/14

TOUCHDOWNS**Most Touchdowns, Game**

- 2 vs. Washington 1/5/08
- 1 vs. Denver 2/2/14

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

- 1 vs. Denver 2/2/14
- 2 vs. San Francisco 1/19/14
- 3 vs. Denver 12/24/83
vs. St. Louis 1/8/05
at Washington 1/6/13

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

- 3 Seattle (1) vs. Denver (2) 2/2/14
- 5 Seattle (3) at Atlanta (2) 1/13/13
- 6 Seattle (3) vs. St. Louis (3) 1/8/05
Seattle (2) vs. San Francisco (4) 1/19/14

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
vs. Denver 2/2/14
- 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
vs. New Orleans 1/11/14

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
Seattle (1) vs. New Orleans (0) 1/11/14
Seattle (0) vs. Denver (1) 2/2/14
- 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
vs. Denver 2/2/14
- 5 at Miami 12/29/84
vs. New Orleans 1/11/14

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
- 5 Seattle (5) vs. New Orleans (0) 1/11/14

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 vs. New Orleans 1/11/14
- 2 vs. Denver 12/24/83
vs. L.A. Raiders 12/22/84
vs. Washington 1/5/08
at Washington 1/6/13
vs. Denver 2/2/14
- 3 at Cincinnati 12/31/88
vs. San Francisco 1/19/14

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

- 3 Seattle (1) vs. New Orleans (2) 1/11/14
- 4 Seattle (2) at L.A. Raiders (2) 12/22/84
- 5 Seattle (1) at Atlanta (4) 1/13/13

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
- 21 vs. New Orleans 1/11/14
- 37 at Atlanta 1/13/13

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

- 64 Seattle (21) vs. New Orleans (43) 1/11/14
- 66 Seattle (38) at L.A. Raiders (28) 12/22/84
- 120 Seattle (66) at Cincinnati (54) 12/31/88

TOUCHDOWNS**Most Touchdowns, Game**

- 1 vs. Miami 1/9/00
- vs. Denver 2/2/14

PENALTIES**Most Penalties, Game**

- 10 vs. Denver 2/2/14
- 9 vs. St. Louis 1/8/05
- 8 vs. San Francisco 1/19/14

Fewest Penalties, Game

- 2 4Times (Last: at Green Bay 1/4/04) (OT)
- 3 4Times (Last: vs. Washington 1/5/08)

Most Penalties, Both Teams, Game

- 15 Seattle (7) at L.A. Raiders (8) 12/22/84
- Seattle (8) vs. San Francisco (7) 1/19/14
- Seattle (10) vs. Denver (5) 2/2/14
- 14 Seattle (6) vs. New Orleans (8) 1/11/14
- 11 Seattle (3) vs. Dallas (8) 1/6/07

Fewest Penalties, Both Teams, Game

- 5 Seattle (4) at Miami (1) 12/29/84
- 7 5Times (Last: Seattle [4] at Washington [3] 1/6/13)

YARDS PENALIZED**Most Yards Penalized, Game**

- 104 vs. Denver 2/2/14
- 70 vs. Pittsburgh 2/5/06
- 66 vs. San Francisco 1/19/14

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

- 148 Seattle (104) vs. Denver (44) 2/2/14
- 131 Seattle (66) vs. San Francisco (65) 1/19/14
- 126 Seattle (52) vs. New Orleans (74) 1/11/14

Fewest Yards Penalized, Both Teams, Game

- 25 Seattle (20) at Miami (5) 12/29/84
- 45 4Times (Last: Seattle [4] at Washington [3] 1/6/13)

FUMBLES**Most Fumbles, Game**

- 3 vs. San Francisco 1/19/14
- 2 vs. St. Louis 1/8/05
- at Washington 1/6/13
- at Green Bay 1/12/08
- 1 8Times (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
- vs. New Orleans 1/11/14
- vs. Denver 2/2/14

Most Fumbles, Both Teams, Game

- 6 Seattle (3) vs. San Francisco (3) 1/19/14
- 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
- Seattle (0) vs. Denver (4) 2/2/14
- 3 Seattle (0) at Miami (3) 12/31/83
- Seattle (1) at Houston (2) 1/3/88 (OT)
- Seattle (1) at Chicago (2) 1/16/11

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 7Times (Last: vs. San Francisco 1/19/14)

Fewest Fumbles Lost, Game

- 0 15Times (Last: vs. Denver 2/2/14)

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)
- vs. San Francisco 1/19/14 (1-opp, 2-own)
- 2 5Times (Last: vs. Denver 2/2/14 [2-opp, 0-own])

Most Own Fumbles Recovered, Game

- 2 vs. St. Louis 1/8/05
- vs. San Francisco 1/19/14
- 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 7Times (Last: vs. Denver 2/2/14)
- 1 8Times (Last: vs. San Francisco 1/19/14 [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

SCORING

Fewest Points Allowed, Game

- 7 vs. Denver 12/24/83
- vs. L.A. Raiders 12/22/84
- 8 vs. Denver 2/2/14
- 10 vs. Carolina 1/22/06

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
- vs. Denver 2/2/14
- 2 7 Times (Last: vs. San Francisco 1/19/14)

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
- 16 vs. San Francisco 1/19/14

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
- vs. New Orleans 1/11/14

Fewest First Downs Allowed, Rushing, Game

- 2 vs. Denver 2/2/14
- 3 vs. St. Louis 1/8/05
- 4 vs. Washington 1/5/08

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
- vs. San Francisco 1/19/14

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
- vs. New Orleans 1/11/14

Most First Downs Allowed, Penalty, Game

- 4 vs. St. Louis 1/8/05
- 3 vs. L.A. Raiders 12/22/84
- at Chicago 1/14/07 (OT)
- vs. New Orleans 1/8/11
- vs. New Orleans 1/11/14
- vs. Denver 2/2/14

OFFENSIVE PLAYS

Fewest Opponent Plays Allowed, Game

- 54 at Washington 1/6/13
- vs. San Francisco 1/19/14
- 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

- 14 vs. Denver 2/2/14
- 22 vs. New Orleans 1/8/11
- 23 at Washington 1/6/13

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 1/5/08
- 49 vs. Denver 2/2/14

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

- 27 vs. Denver 2/2/14
- 36 vs. Carolina 1/22/06
- 59 vs. Washington 1/14/06



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 9Times (Last: vs. Denver 2/2/14)
- 1 7Times (Last: vs. San Francisco 1/19/14)

PASSING**Fewest Net Yards Allowed, Passing, Game**

- 91 at Cincinnati 12/31/88
- 99 at Washington 1/6/13
- 135 vs. L.A. Raiders 12/22/84

Most Yards Allowed, Passing, Game

- 404 vs. New Orleans 1/8/11
- 319 at Green Bay 1/4/04 (OT)
- 301 vs. New Orleans 1/11/14

Fewest Touchdowns Allowed, Passing, Game

- 0 at Cincinnati 12/31/88
- 1 13Times (Last: vs. Denver 2/2/14)

Most Touchdowns Allowed, Passing, Game

- 3 at Miami 12/29/84
- at Green Bay 1/12/08
- at Atlanta 1/13/13
- 2 6Times (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
- vs. New Orleans 1/11/14
- vs. Denver 2/2/14

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
- 1 vs. Denver 2/2/14
- 5 vs. Miami 1/9/00

INTERCEPTIONS BY**Most Passes Intercepted By, Game**

- 2 9Times (Last: vs. Denver 2/2/14)

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
- vs. New Orleans 1/8/11
- vs. New Orleans 1/11/14
- 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 Consec. Games, One or More Interceptions By

- 6 1983-84, 1987

Most Yards Returning Interceptions, Game

- 135 vs. Washington 1/5/08
- 71 vs. Denver 2/2/14
- 45 vs. Denver 12/24/83
- at Miami 12/29/84

Fewest Yards Returning Interceptions, Game

- 0 10Times (Last: vs. San Francisco 1/19/14)

Most Touchdowns Returning Interceptions, Game

- 2 vs. Washington 1/5/08
- 1 vs. Denver 2/2/14

PUNT RETURNS**Fewest Opponent Punt Returns, Game**

- 0 vs. Washington 1/5/08
- at Atlanta 1/13/13
- vs. New Orleans 1/11/14
- 1 at L.A. Raiders 1/8/84
- vs. Washington 1/14/06
- vs. Carolina 1/22/06
- at Green Bay 1/12/08
- vs. San Francisco 1/19/14
- vs. Denver 2/2/14
- 2 at Miami 12/31/83
- vs. Pittsburgh 2/25/06
- vs. New Orleans 1/8/11
- at Chicago 1/16/11
- at Washington 1/6/13

Most Opponent Punt Returns, Game

- 6 vs. Miami 1/9/00
- 4 at Houston 1/3/88(OT)

Most Yards Allowed, Punt Returns, Game

- 63 vs. Miami 1/9/00
- 59 vs. Carolina 1/22/06
- 39 at Green Bay 1/4/04
- 32 at Miami 12/31/83
- vs. Pittsburgh 2/5/06



Fewest Yards Allowed, Punt Returns, Game

- 0 vs. Washington 1/5/08
at Atlanta 1/13/13
vs. New Orleans 1/11/14
vs. San Francisco 1/19/14
- 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)
- 26 at Chicago 1/16/11
- 25 vs. Miami 1/9/00

Most Touchdowns Allowed, Punt Return, Game

- 1 vs. Carolina 1/22/06 (Steve Smith)

KICKOFF RETURNS**Fewest Opponent Kickoff Returns, Game**

- 2 4Times (Last: vs. New Orleans 1/11/14)
- 3 4Times (Last: at Chicago 1/16/11)

Most Opponent Kickoff Returns, Game

- 7 vs. Carolina 1/22/06
vs. Washington 1/5/08
vs. New Orleans 1/8/11
- 6 3Times (Last: at Green Bay 1/4/04 [OT])

Fewest Yards Allowed, Kickoff Returns, Game

- 24 at Chicago 1/16/11
- 28 vs. L.A. Raiders 12/22/84
- 43 vs. Pittsburgh 2/5/06
vs. New Orleans 1/11/14

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**OF TIMES LOSING BALL ON INTERCEPTIONS AND FUMBLES****Most Opponents' Turnovers, Game**

- 5 at Miami 12/31/83
- 4 at L.A. Raiders 1/8/84
vs. Carolina 1/22/06
vs. Denver 2/2/14
- 3 vs. Denver 12/24/83
vs. L.A. Raiders 12/22/84
vs. San Francisco 1/19/14

Fewest Opponents' Turnovers, Game

- 0 vs. Miami 1/9/00
at Green Bay 1/4/04
- 1 vs. St. Louis 1/8/05 (1-Int)
vs. Washington 1/14/06 (1-Fum)
vs. New Orleans 1/8/11 (1-Fum)
vs. Dallas 1/6/07 (1-Fum)
at Chicago 1/16/11
vs. New Orleans 1/11/14 (1-Fum)
- 2 9Times (Last: at Atlanta 1/13/13 [2-Int])

TIME OF POSSESSION**Least Time of Possession Allowed, Game**

- 18:09 vs. Carolina 1/22/06
- 25:02 at Miami 12/31/83
- 25:40 at Washington 1/6/13

Most Time of Possession Allowed, Game

- 47:44 at Houston 1/3/88 (OT)
- 37:11 at Chicago 1/16/11
- 37:06 at L.A. Raiders 1/8/84





A TRADITION CONTINUES

In 2003, the 12s were honored once again, this time with a flag. The tradition of the 12 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 12s. 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.

2014 SEASON

08/15	San Diego	First Responders to Oso Mudslide
08/22	Chicago	DeAndre Yedlin (Sounders FC Defender)
09/04	Green Bay	Walter Jones, Cortez, Kennedy, Steve Largent
9/21	Denver	Nate Robinson (NBA Guard & UW Alum)
10/12	Dallas	Jordan Babineaux (Former Seahawks S)
11/02	Oakland	C. Gray, S. Hutchinson, S. Locklear, R. Tobeck
11/09	N.Y. Giants	Scott Smiley (Veteran)
11/23	Arizona	Lawyer Milloy (Former Seahawks S)
12/14	San Francisco	John Olerud (Former Mariners 1B)
12/28	St. Louis	George Karl (Former Sonics Head Coach)
01/10	Carolina	Kenny Easley (Former Seahawks S)
01/18	Green Bay	Paul Allen (Seahawks Chairman)



SCOTT SMILEY

2013 SEASON

08/17	Denver	Blair Bush (Former Seahawks C)
08/30	Oakland	2012 USA Olympians
09/16	Dallas	Shawn Springs (Former Seahawks CB)
09/24	Green Bay	Trent Dilfer (Former Seahawks QB)
10/14	New England	Walter Jones (Former Seahawks T)
11/04	Minnesota	Detlef Shrempf (Former NBA and Sonics All-Star)
11/11	N.Y. Jets	Joe Moser (WWII Veteran - Buchenwald survivor)
12/09	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)

2012 SEASON

08/11	Tennessee	Steve August (Former Seahawks T)
08/30	Oakland	2012 USA Olympians
09/16	Dallas	Shawn Springs (Former Seahawks CB)
09/24	Green Bay	Trent Dilfer (Former Seahawks QB)
10/14	New England	Walter Jones (Former Seahawks T)
11/04	Minnesota	Detlef Shrempf (Former NBA and Sonics All-Star)
11/11	N.Y. Jets	Joe Moser (WWII Veteran - Buchenwald survivor)
12/09	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)



ALL-TIME 12 FLAG RAISERS

2011 SEASON

08/20	Minnesota	Chip Hanauer (Hydroplane driver)
09/02	Oakland	Greg Haugen (Former light-weight 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 Sonic 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)

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)

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 Williams (Former Supersonics)
12/20	Tampa Bay	Kasey Keller (Sounders FC Goalkeeper)
01/02	Tennessee	Ken Griffey Jr. (Former Mariners CF)

2008 SEASON

08/16	Chicago	Paul Moyer (Former Seahawks DB)
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)

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)



PAUL ALLEN



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)
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)

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)

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

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)



LARGENT, TEZ, JONES

Sea Gals



The 2015 Sea Gals



*Sea Gals Director
Sherri Thompson*

Thirty women make up the 2015 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 29th year as director. Former Sea Gal Courtney Moore will begin her first season as the Sea Gal's choreographer. 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.

For the past 26 years, the Sea Gals hold an annual fundraising 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 Seattle Children's Hospital, which they contribute to annually. The Sea Gals raised more than \$30,000 at their annual auction and designated Broadview Women and Children's Shelter and the Sea Gals Guild at Seattle Children's Hospital as recipients.

The Junior Sea Gals has become a popular program for girls ages 7 – 14 and sold out in minutes for the second consecutive year. The Sea Gals work directly with these young ladies to develop character, team building, and dance skills.

The Sea Gals "Show Group" performs a variety show that includes colorful costume changes, character dance routines, singing and crowd participation. The Show Group has performed across the nation, Middle East and European military bases.

BLITZ & BOOM

As the Seahawks mascot, Blitz does his part to make sure CenturyLink Field is the loudest, most exciting stadium in the NFL. When Blitz isn't busy with fans at CenturyLink Field, he can be found at community and private events all over the Pacific Northwest as well as at local schools with the Play 60 program. Blitz kept an active schedule last year by attending more than 350 events.

Blitz is available to attend birthday parties, company events, weddings, etc. Send invitations to Blitz@seahawks.com.

Born: September 13, 1998

Birthplace: Kingdome

Home: CenturyLink Field

Height: 6' 1" (a touchdown & extra point)

Weight: Featherweight

Hobbies: Reading, Fitness and Birdwatching



BOOM arrived in Seattle at halftime during the Seahawks versus Broncos game on September 21, 2014 at CenturyLink Field. BOOM is an adolescent member of the Seahawks family and is very visible in the community, attending many of the Seahawks family friendly events. Fans will be able to meet BOOM at team-based events, in Touchdown City on Seahawks gamedays and roaming the concourses once the game begins. Learn more about BOOM at:

- Seahawks.com/gameday/Blitz
- [Facebook.com/BlitztheSeahawk](https://www.facebook.com/BlitztheSeahawk)
- On twitter at [@BlitztheSeahawk](https://twitter.com/BlitztheSeahawk) or [@BoomtheSeahawk](https://twitter.com/BoomtheSeahawk).

TAIMA

This living symbol of the team is a nine-year-old, male augur hawk, who's Native American name means "Thunder". Taima has been with the Seahawks since birth and can be seen leading the team out of the tunnel before each game at CenturyLink Field. He can also be seen on the sidelines and in Touchdown City before home games.



BLUE THUNDER



Launched in the summer of 2004, Blue Thunder is an entertainment focused drum-line comprised of 33 local musicians more than 30 years in the industry. Members have a wide variety of musical backgrounds including marching bands, drum corps and rock bands. All music and choreography is original or arranged and written by members of Blue Thunder. Blue Thunder is available for parades, parties and corporate event appearances and made more than 180 appearances last year.

For booking information please visit Seahawks.com.



KIDS CLUB

Generation 12 Kids Club offers fans (12 years and under) an exclusive opportunity to connect with the team through contests and events. More than 5,400 members have already signed up. 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.



SEA HAWKERS 2015

Sea Hawks Booster Club is the official fan organization of the Seattle Seahawks. Today, more than 8,500 members participate in 47 chapters throughout the world with the primary goal to support the team and charities throughout their communities.

Benefits of a Sea Hawks membership include: monthly club meetings, access to Sea Hawks "tailgate zone" in Touchdown City prior to all home games,

opportunity to attend the annual Sea Hawks picnic at VMAC and end of year banquet includes a sneak peak of the NFL Films Seahawks annual highlight video and attended by Seahawks players and staff, plus exclusive offers not available to the general public.

The Sea Hawks will continue their support of the Ronald McDonald House and many Seahawks charity events. Visit www.seahawkers.org.



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, free 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.

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.





The Seahawks Pro Shop is your premier destination for the best selection of authentic Seahawks merchandise. Conveniently located at four area locations, The Pro Shop features a wide range of products from Nike, New Era, Majestic and more. Find everything from jerseys to sweatshirts, caps to 12 flags; The Pro Shop has everything you need for game day.

Visit us at CenturyLink Field, Downtown Seattle at 4th and Pike, Renton Landing, or Alderwood Mall. For the best selection of Seahawks merchandise online, fans can also shop at Proshop.Seahawks.com.

For more information on in-store promotions, player appearances and location hours, visit Seahawks.com/ProShop or call 206-682-2900.



Both the renovated stadium Pro Shop and the Pike Street location feature the full line of Seahawks jerseys, hats, apparel and merchandise.

SEAHAWKS ALUMNI

KEEPING THE SEAHAWKS LEGACY ALIVE



The Seattle Seahawks' connection with the Seattle fan-base runs deep, as Seahawks alumni continue to make their mark off the field throughout the northwest by making community appearances and volunteering at various events every year.

More than 50 Seahawks alumni in the state of Washington make well over 150 community appearances each year, ranging from community celebrations, check presentations, fan rallies, hospital visits and a host of other community events.

Former players such as Jim Zorn (QB, 1976-84), Sam Adkins (QB, 1977-82), Manu Tuiaosopo (1979-83), Jacob Green (DE, 1980-1992), Craig Terrill (DT, 2004-10), and Mack Strong (FB, 1993-2007) all continue to get involved with community events that leave lasting impressions on everyone involved.



PRESIDENT'S FAN ADVISORY COUNCIL

In 2013, the Seahawks announced the formation of the President's Fan Advisory Council. Seahawks President Peter McLoughlin called for the council as an effort to better enhance the fan experience in the stadium on game days, in addition to creating a line of communication which will offer quality feedback and constructive discussion, directly from the 12s. More than 2,000 fans applied for the two-year appointment to assist team executives in the evaluation and enhancement of the overall Seahawks fan experience. Members of the President's Fan Advisory Council have direct access, both online and face-to-face, with team executives in addition to an open forum to share their thoughts and ideas with those who can implement change.

The council is comprised of 12 season ticket holders from varied backgrounds and cities around Seattle and the Northwest.

Following the Council's selection and first meeting in 2013, it was proposed that the team open the entire stadium to all fans three hours before kickoff, instead of just suites and club ticket-holders, who were already permitted to enter three hours prior. McLoughlin and the Seahawks liked the proposal and made the decision to implement the change immediately.

The Council meets regularly and plans are underway to expand the group in the fall.



TELEVISION

Seahawks Broadcasting is the Emmy® Award winning in-house production and syndication unit of the Seattle Seahawks. Now in its 18th 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 2015 season with the Seahawks preseason telecasts on the Seahawks Television Network.

PRESEASON FOOTBALL

Friday, August 14	Denver Broncos	7:00 p.m. PDT	Q13 FOX
Friday, August 21	at Kansas City Chiefs	7:00 p.m. PDT	Q13 FOX
Saturday, August 29	at San Diego Chargers	5:00 p.m. PDT	Q13 FOX
Thursday, September 3	Oakland Raiders	7:00 p.m. PDT	Q13 FOX

CURT MENEFFEE - PLAY-BY-PLAY

Curt Menefee begins his seventh 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, begins his third 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. Since 2009, Huard has co-hosted a sports radio morning show on 710 ESPN Seattle. 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." Beginning with training camp, as the title implies, "All-Access" gives the Seahawks fan a perspective on the club not seen anywhere else through exclusive footage and in-depth analysis. Catch "Seahawks All-Access" each Wednesday night on ROOT Sports.

"SEAHAWKS SATURDAY NIGHT"

"Seahawks Saturday Night" returns August 8th for its third season in primetime at 10:30pm on Q13 FOX and 9:30pm on JOEtv. The half-hour program will feature a player "mic'd up" every week to get a real feel for what's happening on the field and an exclusive one-on-one with Coach Carroll.

"SEAHAWKS PRESS PASS"

Get 30-minutes of Seahawks news every Wednesday with "Seahawks Press Pass." Hear from Pete Carroll and Seahawks players as they address the media and prepare for their upcoming opponent. Get your "Press Pass" every Wednesday night of the regular season on ROOT Sports.



SEAHAWKS BROADCASTING

SEAHAWKS RADIO NETWORK

Seahawks Radio can be found on 710 ESPN Seattle, the flagship station for the 2015 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, Jordan Babineaux and Sidney Rice 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.

“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. 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 34th season in the radio booth, his 12th 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 NewsTribune 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 honored by Governor Christine Gregoire proclaiming May 4, 2005, as Steve Raible Day in honor of his community activities. He was 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 12th 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 seventh 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

Boise	KIVI - 6	ABC
Twin Falls	KSAW - 52	ABC
Sun Valley	KSAW - 52	ABC

OREGON

Bend	KFXO - 39	FOX
Eugene	KLSR - 34	FOX
Medford	KMVU - 26	FOX
Portland	KPTV - 12	FOX

HAWAII

	Station	Network
Honolulu	KHNL - 13	NBC

ALASKA

Anchorage	KYUR - 13	ABC
Fairbanks	KATN - 2	ABC
Juneau	KJUD - 8	ABC

SEAHAWKS ALL-ACCESS

Northwest Region ROOT Sports Cable

SEAHAWKS PRESS PASS

Northwest Region ROOT Sports Cable

SEAHAWKS SATURDAY NIGHT

Seattle KCPQ - 13 FOX

RADIO NETWORK

WASHINGTON

	Station	Frequency
Aberdeen	KDUX	104.7 FM
Bellingham	KPUG	1170 AM
Centralia	KMNT	104.3 FM
Chelan	KOZI	93.5 FM
Colfax	KMAX	840 AM
Colville	KCRK	92.1 FM
Ellensburg	KXLE	1240 AM
Forks	KFKB	1490 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	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
Shelton	KMAS	104.1 FM
Spokane	KHTQ	94.5 FM
Tri-Cities	KONA	610 AM
Walla Walla	KUJ	1420 AM
Wenatchee	KPQ	560 AM
Yakima	KIT	1280 AM
Yakima	KIT	99.3 FM

ALASKA

Anchorage	KBYR	700 AM
Anchorage	KTMB	102.1 FM
Cordova	KLAM	1450 AM
Juneau	KINY	800 AM

ALASKA, CONTINUED

Kodiak Island	KVOK	560 AM
Kodiak Island	KVOK	98.7 FM
Sitka	KIFW	1230 AM

BRITISH COLUMBIA

Kelowna	CKFR	1150 AM
Vancouver	TEAM	1410 AM
Victoria	CFAX	1070 AM

IDAHO

Boise	KBOI	670 AM
Lewiston	KCLK	1430 AM
St. Maries	KOFE	1240 AM

MONTANA

Helena	KCAP	950 AM
Missoula	KGRZ	1450 AM
Missoula	KGRZ	92.7 FM
Missoula	KYLT	1340 AM

OREGON

Astoria	KCRX	102.3 FM
Baker City	KKBC	95.3 FM
Bend	KRCO	690 AM
Bend	KRCO	96.9 FM
Eugene	KUJZ	95.3 FM
La Grande	KRJT	105.9 FM
Lebanon	KGAL	1580 AM
Medford	KTMT	580 AM
Newport	KCUP	1230 AM
Pendleton	KTIX	1240 AM
Portland	KFXX	1080 AM
Portland	KGON	92.3 FM
The Dalles	KODL	1440 AM
The Dalles	KOOL	99.1 FM




**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 the 200,000 sq. ft. CenturyLink Field Event Center. The versatile Event Center is often converted into an intimate music theater to host a wide array of musical acts from Paul Simon to Snoop Dogg. CenturyLink Field and CenturyLink Field Event Center host approximately 185 events that attract more than two million attendees annually. In 2011, the stadium served as host to U2 with more than 70,000 fans in attendance, the largest attend event since the stadium opened in 2002.

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., to manage the stadium and event center on a daily basis.

RECENT UPGRADES

- In 2012, two Mitsubishi Electric Diamond Vision video displays were installed. The new video displays introduced fans to a new and enhanced viewing experience.
- In 2013, capital improvements to the stadium included an expanded and re-designed retail store with an increased footprint from 3,000 to 7,400 square feet and 30 new mobile points-of-sale in addition to a new Beer Hall featuring 14 different selections. FGI installed 47 new digital menu boards and HDTVs to provide flexibility in pricing and menu and 40 additional fixed and portable points of sale.
- In 2014, the Seahawks and Verizon made significant enhancements to the wireless network at CenturyLink Field to provide fans with free open access to Wi-Fi. Super Bowl XLVIII Roman Numerals were installed in the Northwest Plaza.
- This past offseason, the Seahawks constructed the Toyota Fan Deck, which adds 1,000 padded seats in two new seating sections in the south end upper level. Additionally, the Seahawks also added eight new suites to help accommodate the growing demand.

CENTURYLINK FIELD FACTS AND FIGURES

- CenturyLink Field, CenturyLink Field Event Center and WaMu Theater host more than 165 events per year that attract more than two million attendees
- FGI employs over 800 staff for the 10 Seahawks game days and over 400 staff for the 18 Sounders FC matches each season
- 68,000 fixed seats
- 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 1.3 million gallons of water every year.
- 12 elevators — compared to three at the Kingdome
- 50 concession stands and 47 beer concessions – twice as many per person as the Kingdome
- 97% of the concrete from the Kingdome was processed and recycled (35% built into CenturyLink Field)
- 2,000 car garage
- Six electric vehicle chargers - four in north lot and two in the garage
- Events hosted in the CenturyLink Field Event Center have generated more than \$2.1M for Common School Fund

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 G. Allen
- \$127 million from new, sports related lottery 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
- Paul G. Allen agreed to pay for any construction cost overruns
- \$1 million per year of in-kind advertising for the new lottery games will be provided by Paul G. Allen
- All excess stadium revenues will fund youth athletic facilities throughout Washington State in addition to a \$10 million contribution from Paul G. Allen
- \$14 million of the public contribution will come from interest earned on the \$50 million private contribution from Paul Allen
- As an added measure, the debt on the Kingdome was retired, freeing property taxes for other purposes

FGI RESOURCE CONSERVATION PROJECT

In 2011, FGI implemented an energy conservation project that included the installation of a vast rooftop solar array; performance monitoring and other smart technologies, including high-efficiency lighting, 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 has reduced annual utility costs by 25% percent and carbon emissions by 1,666 metric tons per year; the equivalent of removing 319 cars from the roadway, or powering 161 homes.

In addition to these conservation efforts, FGI recycled or composted 96% of all facility waste in 2014 (including 5,000 gallons of cooking oil that was converted to biodiesel fuel) and eliminated the use of over 27,000 gallons of cleaning chemicals by switching to an Electronically Activated Water cleaning system.

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



Online fans all over the world have the opportunity to stay up-to-date with Seahawks news at www.seahawks.com, the official web site of the Seattle Seahawks.

Fans are able to read game previews, post-game summaries, player spotlights, community event articles and all other Seahawks news from Seahawks.com writers John Boyle (above) and Tony Drovetto. The site also includes exclusive game day coverage with in-depth analy-

sis, inside photos and scoring updates. Tony Ventrella (pictured below) is your online host for videos from practice to game day.

Fans are encouraged to become Hawk Mail members. The free e-mail newsletter notifies subscribers of upcoming events, changes to the site and features exclusive stories and numerous downloadable wallpapers.

Fans may also tune in for live video streaming of coach and player press conferences every week during the season.

Fans are encouraged to follow the Seahawks and Coach Carroll on twitter: @Seahawks and @PeteCarroll, and in other forms of social media listed below.

On Facebook:

facebook.com/seahawks

On Twitter:

@Seahawks, @CenturyLink_Fld,
@winSeahawks, @PeteCarroll,
@SeahawksProShop, @TheSeaGals,
@BlitzTheSeahawk

On Instagram: @Seahawks

On SnapChat: "Seahawks",
"TheSeaGals"

On Pinterest:

Pinterest.com/SeattleSeahawks

On Google+: +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.

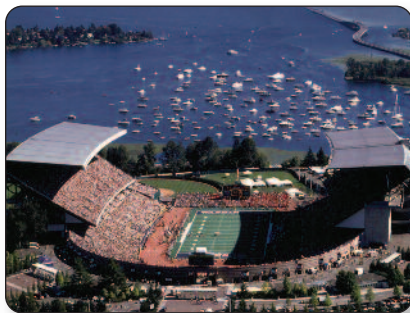
Annual payments of \$6.3 million are received from a 2 percent hotel/motel room tax and a 1 percent rental car tax. This pays for the original construction, the roof and ceiling repair and millions of dollars in improvements.

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 Sounders*).

The Kingdome was imploded on March 26, 2000.

HUSKY STADIUM



The Seattle Seahawks played their entire 2000 and 2001 home schedule at Husky Stadium. With the demolition of the Kingdome and creation of the new football stadium, the Seahawks looked to the home of the Washington Huskies for the 2000 and 2001 NFL seasons.

Seating capacity at Husky Stadium for Seahawks games was 68,589, with nearly 70 percent of those seats between the endzones.

The Seahawks played three regular season and two preseason games at the

stadium in 1994, when ceiling tiles fell from the Kingdome's roof.

Built in 1902 at a cost of \$600,000, the stadium's initial capacity was 30,000. The stadium 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.



2015-2016 KEY DATES

2015

August 9 – Hall of Fame Game, Canton, Ohio (Pittsburgh vs. Minnesota).

August 13-17 – First preseason weekend

September 1 – Clubs must reduce rosters to a maximum of 75 players

September 5 – Roster cut-down to maximum of 53 players

September 6 – Clubs may establish a practice squad of eight players

September 10, 13-14 – 2015 Kickoff Weekend

November 3 – Trading deadline

January 3, 2016 – Regular season ends

2016

Saturday, January 9 – AFC and NFC Wild Card Playoffs

Sunday, January 10 – AFC and NFC Wild Card Playoffs

Saturday, January 16 – AFC and NFC Divisional Playoffs

Sunday, January 17 – AFC and NFC Divisional Playoffs

Sunday, January 24 – AFC and NFC Championship Games (CBS and FOX)

Sunday, January 31 – Pro Bowl (ESPN)

Sunday, February 7 – Super Bowl 50 (CBS)

2015 PRESEASON SCHEDULE

SUNDAY, AUGUST 9 (NFL/HALL OF FAME GAME)

Pittsburgh vs. Minnesota (Canton, OH) NBC

WEEK 1 – AUGUST 13-17

THURSDAY, AUGUST 13

New Orleans at Baltimore	7:30p	(ET)
New York Jets at Detroit	7:30p	(ET)
Green Bay at New England	7:30p	(ET)
Washington at Cleveland	8:00p	(ET)
Miami at Chicago	7:00p	(CT)
Dallas at San Diego	7:00p	(PT)

FRIDAY, AUGUST 14

Tennessee at Atlanta	7:00p	(ET)
Carolina at Buffalo	7:00p	(ET)
New York Giants at Cincinnati	7:30p	(ET)
Pittsburgh at Jacksonville	7:30p	(ET)
St. Louis at Oakland	7:00p	(PT)
Denver at Seattle	7:00p	(PT)

SATURDAY, AUGUST 15

Tampa Bay at Minnesota	7:00p	(CT)
San Francisco at Houston	7:00p	(CT)
Kansas City at Arizona	6:00p	(MST)

SUNDAY, AUGUST 16

Indianapolis at Philadelphia	1:00p	(ET)
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WEEK 2 – AUGUST 20-24

THURSDAY, AUGUST 20

Detroit at Washington	7:30p	(ET)
Buffalo at Cleveland	8:00p	(ET)

FRIDAY, AUGUST 21

Atlanta at New York Jets	7:30p	(ET)
Seattle at Kansas City	7:00p	(CT)

SATURDAY, AUGUST 22

Miami at Carolina	7:00p	(ET)
Baltimore at Philadelphia	7:00p	(ET)
Chicago at Indianapolis	7:30p	(ET)
New England at New Orleans	6:30p	(CT)
Jacksonville at New York Giants	7:30p	(ET)
Denver at Houston	7:00p	(CT)
Oakland at Minnesota	7:00p	(CT)
San Diego at Arizona	7:00p	(MST)

SUNDAY, AUGUST 23

Green Bay at Pittsburgh	8:00p	(ET)
Dallas at San Francisco	5:00p	(PT)
St. Louis at Tennessee	FOX	7:00p (CT)

MONDAY, AUGUST 24

Cincinnati at Tampa Bay	ESPN	8:00p (ET)
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WEEK 3 – AUGUST 27-31

FRIDAY, AUGUST 28

New England at Carolina	7:30p	(ET)
Detroit at Jacksonville	CBS	8:00p (ET)
Tennessee at Kansas City	7:00p	(CT)

SATURDAY, AUGUST 29

Pittsburgh at Buffalo	4:00p	(ET)
Minnesota at Dallas	6:00p	(CT)
Atlanta at Miami	7:00p	(ET)
N.Y. Jets at N.Y. Giants	7:00p	(ET)
Cleveland at Tampa Bay	7:00p	(ET)
Washington at Baltimore	7:30p	(ET)
Chicago at Cincinnati	7:30p	(ET)
Philadelphia at Green Bay	7:00p	(CT)
Indianapolis at St. Louis	7:00p	(CT)
Seattle at San Diego	CBS	5:00p (PT)
San Francisco at Denver	7:00p	(MT)

SUNDAY, AUGUST 30

Houston at New Orleans	FOX	3:00p (CT)
Arizona at Oakland	NBC	5:00p (PT)

WEEK 4 – SEPTEMBER 3

THURSDAY, SEPTEMBER 3

Baltimore at Atlanta	7:00p	(ET)
New Orleans at Green Bay	6:00p	(CT)
Cincinnati at Indianapolis	7:00p	(ET)
Tampa Bay at Miami	7:00p	(ET)
Philadelphia at New York Jets	7:00p	(ET)
Buffalo at Detroit	7:30p	(ET)
New York Giants at New England	7:30p	(ET)
Carolina at Pittsburgh	7:30p	(ET)
Jacksonville at Washington	7:30p	(ET)
Cleveland at Chicago	7:00p	(CT)
Houston at Dallas	7:00p	(CT)
Kansas City at St. Louis	7:00p	(CT)
Minnesota at Tennessee	7:00p	(CT)
Arizona at Denver	7:00p	(MT)
San Diego at San Francisco	7:00p	(PT)
Oakland at Seattle	7:00p	(PT)



2015 NFL SCHEDULE

WEEK 1

THURSDAY, SEPTEMBER 10, 2015

Pittsburgh Steelers at New England Patriots 8:30 PM (ET)

SUNDAY, SEPTEMBER 13, 2015

Indianapolis Colts at Buffalo Bills 1:00 PM (ET)
 Green Bay Packers at Chicago Bears 12:00 PM (CT)
 Kansas City Chiefs at Houston Texans 12:00 PM (CT)
 Carolina Panthers at Jacksonville Jaguars 1:00 PM (ET)
 Cleveland Browns at New York Jets 1:00 PM (ET)
 Seattle Seahawks at St. Louis Rams 12:00 PM (CT)
 Miami Dolphins at Washington Redskins 1:00 PM (ET)
 New Orleans Saints at Arizona Cardinals 1:05 PM (MST)
 Detroit Lions at San Diego Chargers 1:05 PM (PT)
 Baltimore Ravens at Denver Broncos 2:25 PM (MT)
 Cincinnati Bengals at Oakland Raiders 1:25 PM (PT)
 Tennessee Titans at Tampa Bay Buccaneers 4:25 PM (ET)
 New York Giants at Dallas Cowboys 7:30 PM (CT)

MONDAY, SEPTEMBER 14, 2015

Philadelphia Eagles at Atlanta Falcons 7:10 PM (ET)
 Minnesota Vikings at San Francisco 49ers 7:20 PM (PT)

WEEK 2

THURSDAY, SEPTEMBER 17, 2015

Denver Broncos at Kansas City Chiefs 7:25 PM (CT)

SUNDAY, SEPTEMBER 20, 2015

New England Patriots at Buffalo Bills 1:00 PM (ET)
 Houston Texans at Carolina Panthers 1:00 PM (ET)
 Arizona Cardinals at Chicago Bears 12:00 PM (CT)
 San Diego Chargers at Cincinnati Bengals 1:00 PM (ET)
 Tennessee Titans at Cleveland Browns 1:00 PM (ET)
 Detroit Lions at Minnesota Vikings 12:00 PM (CT)
 Tampa Bay Buccaneers at New Orleans Saints 12:00 PM (CT)
 Atlanta Falcons at New York Giants 1:00 PM (ET)
 San Francisco 49ers at Pittsburgh Steelers 1:00 PM (ET)
 St. Louis Rams at Washington Redskins 1:00 PM (ET)
 Miami Dolphins at Jacksonville Jaguars 4:05 PM (ET)
 Baltimore Ravens at Oakland Raiders 1:05 PM (PT)
 Dallas Cowboys at Philadelphia Eagles 4:25 PM (ET)
 Seattle Seahawks at Green Bay Packers 7:30 PM (CT)

MONDAY, SEPTEMBER 21, 2015

New York Jets at Indianapolis Colts 8:30 PM (ET)

WEEK 3

THURSDAY, SEPTEMBER 24, 2015

Washington Redskins at New York Giants 8:25 PM (ET)

SUNDAY, SEPTEMBER 27, 2015

Cincinnati Bengals at Baltimore Ravens 1:00 PM (ET)
 New Orleans Saints at Carolina Panthers 1:00 PM (ET)
 Oakland Raiders at Cleveland Browns 1:00 PM (ET)
 Atlanta Falcons at Dallas Cowboys 12:00 PM (CT)
 Tampa Bay Buccaneers at Houston Texans 12:00 PM (CT)
 San Diego Chargers at Minnesota Vikings 12:00 PM (CT)
 Jacksonville Jaguars at New England Patriots 1:00 PM (ET)
 Philadelphia Eagles at New York Jets 1:00 PM (ET)
 Pittsburgh Steelers at St. Louis Rams 12:00 PM (CT)
 Indianapolis Colts at Tennessee Titans 12:00 PM (CT)
 San Francisco 49ers at Arizona Cardinals 1:05 PM (MST)
 Buffalo Bills at Miami Dolphins 4:25 PM (ET)
 Chicago Bears at Seattle Seahawks 1:25 PM (PT)
 Denver Broncos at Detroit Lions 8:30 PM (ET)

MONDAY, SEPTEMBER 28, 2015

Kansas City Chiefs at Green Bay Packers 7:30 PM (CT)

WEEK 4

THURSDAY, OCTOBER 1, 2015

Baltimore Ravens at Pittsburgh Steelers 8:25 PM (ET)

SUNDAY, OCTOBER 4, 2015

New York Jets at Miami Dolphins (London) 2:30 PM (BST)
 Houston Texans at Atlanta Falcons 1:00 PM (ET)
 New York Giants at Buffalo Bills 1:00 PM (ET)
 Oakland Raiders at Chicago Bears 12:00 PM (CT)
 Kansas City Chiefs at Cincinnati Bengals 1:00 PM (ET)
 Jacksonville Jaguars at Indianapolis Colts 1:00 PM (ET)
 Carolina Panthers at Tampa Bay Buccaneers 1:00 PM (ET)
 Philadelphia Eagles at Washington Redskins 1:00 PM (ET)
 Cleveland Browns at San Diego Chargers 1:05 PM (PT)
 St. Louis Rams at Arizona Cardinals 1:25 PM (MST)
 Minnesota Vikings at Denver Broncos 2:25 PM (MT)
 Green Bay Packers at San Francisco 49ers 1:25 PM (PT)
 Dallas Cowboys at New Orleans Saints 7:30 PM (CT)

MONDAY, OCTOBER 5, 2015

Detroit Lions at Seattle Seahawks 5:30 PM (PT)

Byes: Tennessee, New England

WEEK 5

THURSDAY, OCTOBER 8, 2015

Indianapolis Colts at Houston Texans 7:25 PM (CT)

SUNDAY, OCTOBER 11, 2015

Washington Redskins at Atlanta Falcons 1:00 PM (ET)
 Cleveland Browns at Baltimore Ravens 1:00 PM (ET)
 Seattle Seahawks at Cincinnati Bengals 1:00 PM (ET)
 St. Louis Rams at Green Bay Packers 12:00 PM (CT)
 Chicago Bears at Kansas City Chiefs 12:00 PM (CT)
 New Orleans Saints at Philadelphia Eagles 1:00 PM (ET)
 Jacksonville Jaguars at Tampa Bay Buccaneers 1:00 PM (ET)
 Buffalo Bills at Tennessee Titans 12:00 PM (CT)
 Arizona Cardinals at Detroit Lions 4:05 PM (ET)
 New England Patriots at Dallas Cowboys 3:25 PM (CT)
 Denver Broncos at Oakland Raiders 1:25 PM (PT)
 San Francisco 49ers at New York Giants * 8:30 PM (ET)

MONDAY, OCTOBER 12, 2015

Pittsburgh Steelers at San Diego Chargers 5:30 PM (PT)

Byes: Carolina, Miami, Minnesota, NY Jets

**ALL TIMES HOME TEAM
 LOCAL TIMES.**

*- Sunday night games in Weeks 5-16 subject to change; Week 17 game TBD



WEEK 6

THURSDAY, OCTOBER 15, 2015

Atlanta Falcons at New Orleans Saints 7:25 PM (CT)

SUNDAY, OCTOBER 18, 2015

Cincinnati Bengals at Buffalo Bills 1:00 PM (ET)
 Denver Broncos at Cleveland Browns 1:00 PM (ET)
 Chicago Bears at Detroit Lions 1:00 PM (ET)
 Houston Texans at Jacksonville Jaguars 1:00 PM (ET)
 Kansas City Chiefs at Minnesota Vikings 12:00 PM (CT)
 Washington Redskins at New York Jets 1:00 PM (ET)
 Arizona Cardinals at Pittsburgh Steelers 1:00 PM (ET)
 Miami Dolphins at Tennessee Titans 12:00 PM (CT)
 Carolina Panthers at Seattle Seahawks 1:05 PM (PT)
 San Diego Chargers at Green Bay Packers 3:25 PM (CT)
 Baltimore Ravens at San Francisco 49ers 1:25 PM (PT)
 New England Patriots at Indianapolis Colts* 8:30 PM (ET)

MONDAY, OCTOBER 19, 2015

New York Giants at Philadelphia Eagles 8:30 PM (ET)

Byes: Dallas, Oakland, St. Louis, Tampa Bay

WEEK 7

THURSDAY, OCTOBER 22, 2015

Seattle Seahawks at San Francisco 49ers 5:25 PM (PT)

SUNDAY, OCTOBER 25, 2015

Buffalo Bills at Jacksonville Jaguars (London) 1:30 PM (GMT)
 Minnesota Vikings at Detroit Lions 1:00 PM (ET)
 New Orleans Saints at Indianapolis Colts 1:00 PM (PT)
 Pittsburgh Steelers at Kansas City Chiefs 12:00 PM (CT)
 Houston Texans at Miami Dolphins 1:00 PM (ET)
 New York Jets at New England Patriots 1:00 PM (ET)
 Cleveland Browns at St. Louis Rams 12:00 PM (CT)
 Atlanta Falcons at Tennessee Titans 12:00 PM (CT)
 Tampa Bay Buccaneers at Washington Redskins 1:00 PM (ET)
 Oakland Raiders at San Diego Chargers 1:05 PM (PT)
 Dallas Cowboys at New York Giants 4:25 PM (ET)
 Philadelphia Eagles at Carolina Panthers* 8:30 PM (ET)

MONDAY, OCTOBER 26, 2015

Baltimore Ravens at Arizona Cardinals 5:30 PM (MST)

*Byes: Chicago, Cincinnati, Denver, Green Bay**^ Buffalo at Jacksonville available in Buffalo and Jacksonville on CBS; global Internet distributor TBA*

WEEK 8

THURSDAY, OCTOBER 29, 2015

Miami Dolphins at New England Patriots 8:25 PM (ET)

SUNDAY, NOVEMBER 1, 2015

Detroit Lions at Kansas City Chiefs (London) 2:30 PM (GMT)
 Tampa Bay Buccaneers at Atlanta Falcons 1:00 PM (ET)
 San Diego Chargers at Baltimore Ravens 1:00 PM (ET)
 Minnesota Vikings at Chicago Bears 12:00 PM (CT)
 Arizona Cardinals at Cleveland Browns 1:00 PM (ET)
 Tennessee Titans at Houston Texans 12:00 PM (CT)
 New York Giants at New Orleans Saints 12:00 PM (CT)
 Cincinnati Bengals at Pittsburgh Steelers 1:00 PM (ET)
 San Francisco 49ers at St. Louis Rams 12:00 PM (CT)
 New York Jets at Oakland Raiders 1:05 PM (PT)
 Seattle Seahawks at Dallas Cowboys 3:25 PM (CT)
 Green Bay Packers at Denver Broncos * 6:30 PM (MT)

MONDAY, NOVEMBER 2, 2015

Indianapolis Colts at Carolina Panthers 8:30 PM (ET)

Byes: Buffalo, Jacksonville, Philadelphia, Washington

WEEK 9

THURSDAY, NOVEMBER 5, 2015

Cleveland Browns at Cincinnati Bengals 8:25 PM (ET)

SUNDAY, NOVEMBER 8, 2015

Miami Dolphins at Buffalo Bills 1:00 PM (ET)
 Green Bay Packers at Carolina Panthers 1:00 PM (ET)
 St. Louis Rams at Minnesota Vikings 12:00 PM (CT)
 Washington Redskins at New England Patriots 1:00 PM (ET)
 Tennessee Titans at New Orleans Saints 12:00 PM (CT)
 Jacksonville Jaguars at New York Jets 1:00 PM (ET)
 Oakland Raiders at Pittsburgh Steelers 1:00 PM (ET)
 Atlanta Falcons at San Francisco 49ers 1:05 PM (PT)
 New York Giants at Tampa Bay Buccaneers 4:05 PM (ET)
 Denver Broncos at Indianapolis Colts 4:25 PM (ET)
 Philadelphia Eagles at Dallas Cowboys * 7:30 PM (CT)

MONDAY, NOVEMBER 9, 2015

Chicago Bears at San Diego Chargers 5:30 PM (PT)

Byes: Arizona, Baltimore, Detroit, Houston, Kansas City, Seattle

WEEK 10

THURSDAY, NOVEMBER 12, 2015

Buffalo Bills at New York Jets 8:25 PM (ET)

SUNDAY, NOVEMBER 15, 2015

Jacksonville Jaguars at Baltimore Ravens 1:00 PM (ET)
 Detroit Lions at Green Bay Packers 12:00 PM (CT)
 Miami Dolphins at Philadelphia Eagles 1:00 PM (ET)
 Cleveland Browns at Pittsburgh Steelers 1:00 PM (ET)
 Chicago Bears at St. Louis Rams 12:00 PM (CT)
 Dallas Cowboys at Tampa Bay Buccaneers 1:00 PM (ET)
 Carolina Panthers at Tennessee Titans 12:00 PM (CT)
 New Orleans Saints at Washington Redskins 1:00 PM (ET)
 Minnesota Vikings at Oakland Raiders 1:05 PM (PT)
 Kansas City Chiefs at Denver Broncos 2:25 PM (MT)
 New England Patriots at New York Giants 4:25 PM (ET)
 Arizona Cardinals at Seattle Seahawks* 5:30 PM (PT)

MONDAY, NOVEMBER 16, 2015

Houston Texans at Cincinnati Bengals 8:30 PM (ET)

Byes: Atlanta, Indianapolis, San Diego, San Francisco

WEEK 11

THURSDAY, NOVEMBER 19, 2015

Tennessee Titans at Jacksonville Jaguars 8:25 PM (ET)

SUNDAY, NOVEMBER 22, 2015

Indianapolis Colts at Atlanta Falcons 1:00 PM (ET)
 St. Louis Rams at Baltimore Ravens 1:00 PM (ET)
 Washington Redskins at Carolina Panthers 1:00 PM (ET)
 Denver Broncos at Chicago Bears 12:00 PM (CT)
 Oakland Raiders at Detroit Lions 1:00 PM (ET)
 New York Jets at Houston Texans 12:00 PM (CT)
 Dallas Cowboys at Miami Dolphins 1:00 PM (ET)
 Green Bay Packers at Minnesota Vikings 12:00 PM (CT)
 Tampa Bay Buccaneers at Philadelphia Eagles 1:00 PM (ET)
 Cincinnati Bengals at Arizona Cardinals 2:05 PM (MT)
 San Francisco 49ers at Seattle Seahawks 1:25 PM (PT)
 Kansas City Chiefs at San Diego Chargers * 5:30 PM (PT)

MONDAY, NOVEMBER 23, 2015

Buffalo Bills at New England Patriots 8:30 PM (ET)

*Byes: Cleveland, New Orleans, NY Giants, Pittsburgh***. Sunday night games in Weeks 5-16 subject to change; Week 17 game TBD*

WEEK 12

THURSDAY, NOVEMBER 26, 2015

Philadelphia Eagles at Detroit Lions	12:30 PM (ET)
Carolina Panthers at Dallas Cowboys	3:30 PM (CT)
Chicago Bears at Green Bay Packers	7:30 PM (CT)

SUNDAY, NOVEMBER 29, 2015

Minnesota Vikings at Atlanta Falcons	1:00 PM (ET)
St. Louis Rams at Cincinnati Bengals	1:00 PM (ET)
New Orleans Saints at Houston Texans	12:00 PM (CT)
Tampa Bay Buccaneers at Indianapolis Colts	1:00 PM (ET)
San Diego Chargers at Jacksonville Jaguars	1:00 PM (ET)
Buffalo Bills at Kansas City Chiefs	12:00 PM (CT)
Miami Dolphins at New York Jets	1:00 PM (ET)
Oakland Raiders at Tennessee Titans	12:00 PM (CT)
New York Giants at Washington Redskins	1:00 PM (ET)
Arizona Cardinals at San Francisco 49ers	1:05 PM (PT)
Pittsburgh Steelers at Seattle Seahawks	1:25 PM (PT)
New England Patriots at Denver Broncos*	6:30 PM (MT)

MONDAY, NOVEMBER 30, 2015

Baltimore Ravens at Cleveland Browns	8:30 PM (ET)
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WEEK 13

THURSDAY, DECEMBER 3, 2015

Green Bay Packers at Detroit Lions	8:25 PM (ET)
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SUNDAY, DECEMBER 6, 2015

Houston Texans at Buffalo Bills	1:00 PM (ET)
San Francisco 49ers at Chicago Bears	12:00 PM (CT)
Cincinnati Bengals at Cleveland Browns	1:00 PM (ET)
Baltimore Ravens at Miami Dolphins	1:00 PM (ET)
Seattle Seahawks at Minnesota Vikings	12:00 PM (CT)
Carolina Panthers at New Orleans Saints	12:00 PM (CT)
New York Jets at New York Giants	1:00 PM (ET)
Arizona Cardinals at St. Louis Rams	12:00 PM (CT)
Atlanta Falcons at Tampa Bay Buccaneers	1:00 PM (ET)
Jacksonville Jaguars at Tennessee Titans	12:00 PM (CT)
Kansas City Chiefs at Oakland Raiders	1:05 PM (PT)
Denver Broncos at San Diego Chargers	1:05 PM (PT)
Philadelphia Eagles at New England Patriots	4:25 PM (ET)
Indianapolis Colts at Pittsburgh Steelers*	8:30 PM (ET)

MONDAY, DECEMBER 7, 2015

Dallas Cowboys at Washington Redskins	8:30 PM (ET)
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WEEK 14

THURSDAY, DECEMBER 10, 2015

Minnesota Vikings at Arizona Cardinals	6:25 PM (MT)
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SUNDAY, DECEMBER 13, 2015

Atlanta Falcons at Carolina Panthers	1:00 PM (ET)
Washington Redskins at Chicago Bears	12:00 PM (CT)
Pittsburgh Steelers at Cincinnati Bengals	1:00 PM (ET)
San Francisco 49ers at Cleveland Browns	1:00 PM (ET)
New England Patriots at Houston Texans	12:00 PM (CT)
Indianapolis Colts at Jacksonville Jaguars	1:00 PM (ET)
San Diego Chargers at Kansas City Chiefs	12:00 PM (CT)
Tennessee Titans at New York Jets	1:00 PM (ET)
Buffalo Bills at Philadelphia Eagles	1:00 PM (ET)
Detroit Lions at St. Louis Rams	12:00 PM (CT)
New Orleans Saints at Tampa Bay Buccaneers	1:00 PM (ET)
Oakland Raiders at Denver Broncos	2:05 PM (MT)
Dallas Cowboys at Green Bay Packers	3:25 PM (CT)
Seattle Seahawks at Baltimore Ravens*	8:30 PM (ET)

MONDAY, DECEMBER 14, 2015

New York Giants at Miami Dolphins	8:30 PM (ET)
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WEEK 15

THURSDAY, DECEMBER 17, 2015

Tampa Bay Buccaneers at St. Louis Rams	7:25 PM (CT)
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SATURDAY, DECEMBER 19, 2015

New York Jets at Dallas Cowboys	7:25 PM (CT)
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SUNDAY, DECEMBER 20, 2015

Kansas City Chiefs at Baltimore Ravens	1:00 PM (ET)
Houston Texans at Indianapolis Colts	1:00 PM (ET)
Atlanta Falcons at Jacksonville Jaguars	1:00 PM (ET)
Chicago Bears at Minnesota Vikings	12:00 PM (CT)
Tennessee Titans at New England Patriots	1:00 PM (ET)
Carolina Panthers at New York Giants	1:00 PM (ET)
Arizona Cardinals at Philadelphia Eagles	1:00 PM (ET)
Buffalo Bills at Washington Redskins	1:00 PM (ET)
Green Bay Packers at Oakland Raiders	1:05 PM (PT)
Cleveland Browns at Seattle Seahawks	1:05 PM (PT)
Denver Broncos at Pittsburgh Steelers	4:25 PM (ET)
Miami Dolphins at San Diego Chargers	1:25 PM (PT)
Cincinnati Bengals at San Francisco 49ers*	5:30 PM (PT)

MONDAY, DECEMBER 21, 2015

Detroit Lions at New Orleans Saints	7:30 PM (CT)
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WEEK 16

THURSDAY, DECEMBER 24, 2015

San Diego Chargers at Oakland Raiders	5:25 PM (PT)
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SATURDAY, DECEMBER 26, 2015

Washington Redskins at Philadelphia Eagles	8:25 PM (ET)
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SUNDAY, DECEMBER 27, 2015

Carolina Panthers at Atlanta Falcons	1:00 PM (ET)
Dallas Cowboys at Buffalo Bills	1:00 PM (ET)
San Francisco 49ers at Detroit Lions	1:00 PM (ET)
Cleveland Browns at Kansas City Chiefs	12:00 PM (CT)
Indianapolis Colts at Miami Dolphins	1:00 PM (ET)
New York Giants at Minnesota Vikings	12:00 PM (CT)
Jacksonville Jaguars at New Orleans Saints	12:00 PM (CT)
New England Patriots at New York Jets	1:00 PM (ET)
Chicago Bears at Tampa Bay Buccaneers	1:00 PM (ET)
Houston Texans at Tennessee Titans	12:00 PM (CT)
Green Bay Packers at Arizona Cardinals	2:25 PM (MT)
St. Louis Rams at Seattle Seahawks	1:25 PM (PT)
Pittsburgh Steelers at Baltimore Ravens*	8:30 PM (ET)

MONDAY, DECEMBER 28, 2015

Cincinnati Bengals at Denver Broncos	6:30 PM (MT)
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WEEK 17

SUNDAY, JANUARY 3, 2016

New Orleans Saints at Atlanta Falcons	1:00 PM (ET)
New York Jets at Buffalo Bills	1:00 PM (ET)
Tampa Bay Buccaneers at Carolina Panthers	1:00 PM (ET)
Detroit Lions at Chicago Bears	12:00 PM (CT)
Baltimore Ravens at Cincinnati Bengals	1:00 PM (ET)
Pittsburgh Steelers at Cleveland Browns	1:00 PM (ET)
Washington Redskins at Dallas Cowboys	12:00 PM (CT)
Minnesota Vikings at Green Bay Packers	12:00 PM (CT)
Jacksonville Jaguars at Houston Texans	12:00 PM (CT)
Tennessee Titans at Indianapolis Colts	1:00 PM (ET)
Oakland Raiders at Kansas City Chiefs	12:00 PM (CT)
New England Patriots at Miami Dolphins	1:00 PM (ET)
Philadelphia Eagles at New York Giants	1:00 PM (ET)
Seattle Seahawks at Arizona Cardinals	2:25 PM (MT)
San Diego Chargers at Denver Broncos	2:25 PM (MT)
St. Louis Rams at San Francisco 49ers	1:25 PM (PT)

*- Sunday night games in Weeks 5-16 subject to change; Week 17 game 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
Chief Operating Officer	Chuck Arnold
Chief Financial Officer	Karen Spencer
Senior Vice President/Human Resources & Administration	Cindy Kelley
Senior Vice President/Communications & Broadcasting	Dave Pearson
General Counsel, VP/Government Affairs	Ed Goines
Vice President/Business Strategy & Analytics	Jeff Dunn
Vice President/Community Relations	Mike Flood
Vice President/Player Engagement	Maurice Kelly
Vice President/Corporate Partnerships & Suites	Amy Sprangers
Vice President/Technology	Chip Suttles
Vice President/Football Administration	Matt Thomas
Vice President, Operations/General Manager, CenturyLink Field	David Young
Legal Counsel	Brandon Harrell
Director of Human Resources	Sarita Carter
Human Resources Manager	Eric Heuston
Human Resources Administrative Assistant	Robin Houlbjerg
Director of Security	Rick Ninomiya
Security Manager	Mike Dowd
Security Assistants	Randy Jackson, Aaron Miyasato
Director of Hospitality & Events	Becca Rollins
Executive Assistant/President	Alicia Nickell
Executive Assistant/COO	Chelsy West
Executive Assistant	Heidi Karim
Executive Assistant	Amanda Privatt
Receptionist	Jill Quinn
Office Assistant	Carson Locke



HUMAN RESOURCES & ADMINISTRATION: (seated l-r) Tricia del Mundo, Chelsy West, Karen Spencer, Heidi Karim, Robin Houlbjerg (standing l-r) Ed Goines, Chuck Arnold, Cindy Kelley, Becca Rollins, Jeff Dunn, Alicia Nickell, Peter McLoughlin, Sarita Carter, Eric Heuston, Jill Quinn, Amanda Privatt





FINANCE: (back row) Duncan Patton, Tina Godfrey, Jennifer DeArment, Michelle Wright, Karen Spencer, Peter Fonfara, Heather Stamp, Jeff Dunn, Heidi Karim, Peter Bach (seated l-r) Ben Draeger, Alex Cariveau, Ping Chen, Faruk Punjani, Tory Bray

FINANCE

Director of Finance	Peter Fonfara
Financial Reporting Manager	Ping Chen
Senior Financial Accountant	Deepthi Krishnan
Senior Accountant	Alex Cariveau
Accounting Manager	Faruk Punjani
Revenue Accountant	Tory Bray, Michelle Wright
Payroll Accountant	Ben Draeger
A/P Supervisor	Tina Godfrey
Purchasing Coordinator/Accounts Payable	Heather Stamp
A/P Coordinator	Jennifer DeArment
Business Analyst	Peter Bach
Data Analyst	Duncan Patton

INFORMATION TECHNOLOGY

Director of IT	Sterling Monroe
Application Developer	Monte Happ, Joseph Nicoletti
Senior Systems Administrator	Allen Olson, Steve Steensma
Database Administrator	Robert Ullman
Stadium IT Manager	Nick Johnson



INFORMATION TECHNOLOGY: (l-r) Chip Suttles, Joseph Nicoletti, Monte Happ, Rob Ullman, Sterling Monroe, Steve Steensma, Allen Olson, Nick Johnson



COMMUNICATIONS & BROADCASTING: (l-r) Matt Johnson, Brian O'Connell, Lane Gammel, Julie Barber, Jeff Garza, Kory Kemp, Dave Pearson, Tricia del Mundo, Rich Gonzales

COMMUNICATIONS & BROADCASTING

Director of Football Communications	Lane Gammel
Director of Business Communications	Jeff Garza
Assistant Director of Broadcasting	Brian O'Connell
Communications Manager	Rich Gonzales
Media Services Manager	Julie Barber
Communications Assistant	Kory Kemp
Executive Producer	Matt Johnson
Administrative Assistant	Tricia del Mundo





SUITE SALES & SERVICE: (l-r) Mike Naehr, Amy Sprangers, Melanie Kermin, Eric Engberg

SUITE SALES & SERVICE

Director of Suite Sales Eric Engberg, Mike Naehr
 Suite Services Manager Melanie Kermin



COMMUNITY OUTREACH & FAN DEVELOPMENT: (standing) David Glass, Keith Rousu, Thomas Buren, Paul Johns, Mark Tamar, Armando Mejia, Sean Tabler, Rick Crawford, Shawn Christopherson, Mike Flood (seated l-r) Keli Imus, Sandy Gregory, Suzanne Lavender, Connie Cate, Sherri Thompson

COMMUNITY OUTREACH & FAN DEVELOPMENT

Managing Director of Community Outreach	Sandy Gregory
Managing Director of Fan Development & Game Presentation	Mark Tamar
Director of Communications for Community Relations	Suzanne Lavender
Director of Sea Gals	Sherri Thompson
Director of Youth Football & Alumni Programs	Paul Johns
Assistant Director of Community Outreach	Connie Cate
Assistant Director of Fan Development	Armando Mejia
Fan Development Manager	Thomas Buren, Tiffany Green
Community Relations Coordinator	Keli Imus
Mascot Coordinator	Shawn Christopherson



CORPORATE PARTNERSHIPS: (l-r) Anna Rivera, Courtney Haeg, Brad Posten, Gina Martinez Todd, John Pleas, Amy Sprangers, Lisa Young, Luke Grothkopp, Katie Thompson, Bill Smith

CORPORATE PARTNERSHIPS

Director of Sales	Luke Grothkopp, Anna Rivera, John Pleas, Gina Martinez Todd
Director of Partnership Services	Lisa Young
Account Manager	Shaun Angell, Brad Posten, Bill Smith, Katie Thompson
Assistant to VP/Client Services Coordinator	Courtney Haeg





MARKETING: (l-r) Justin Mitchell, Samantha Jacobs, Ashley Hjalseth, Candice Garza, Glen Iwasaki, John Weaver, Jeff Richards

MARKETING

Managing Director of Marketing & Brand Strategy	Jeff Richards
Creative Director	John Weaver
Creative Manager	Glen Iwasaki
Graphic Design Coordinator	Ashley Hjalseth
Marketing Analysis & Fan Insights Manager	Justin Mitchell
Database & Research Coordinator	Samantha Jacobs
E-mail Marketing & Promotions Coordinator	Candice Garza
Director of Production Services & Game Presentation	Rick Crawford
Production Services Manager	David Glass
Lead Editor	Sean Tabler



DIGITAL & EMERGING MEDIA: (front row) Tony Drovetto, John Boyle (back row) Brian Pan, Kenton Olson, Huy Nguyen, Tony Ventrella

DIGITAL & EMERGING MEDIA

Director of Digital & Emerging Media	Kenton Olson
Assistant Director of Digital Media	Huy Nguyen
Digital Media Video Manager	Brian Pan
Digital Media Coordinator	Tony Drovetto
Digital Media Reporter	John Boyle



BOX OFFICE, TICKET SALES & SERVICE: (front row) Emily Sikma, Steve Lund, Grace Lee, Chris Lawrence, Erin Johnson, Karen Kelly, Will Brantley (back row) Nari Kalafian, Lindsay Walker

BOX OFFICE, TICKET SALES & SERVICE

Director of Ticket Sales & Service	Chris Lawrence
Box Office Manager	Erin Johnson
Box Office Manager - FGI	Don Repp
Assistant Box Office Manager - FGI	Ryan Coffey
Assistant Box Office Manager	Grace Lee
Ticket Services & Fan Relations Manager	Lindsay Walker
Customer Sales Representatives	Will Brantley, Steve Lund
Customer Relationship Representatives	Nari Kalafian, Karen Kelly, Emily Sikma





RETAIL OPERATIONS: (l-r) Gemmalyn Rabang, Tara Cote, Marcos Sepulveda, Mike Smyth, Vikki Knopf, Patrick Herman, Ryan Olson, Doug Orwiler, Sarah Schramm, Adam Compton, Melanie Hoshino, Christopher Coleman, Kasey Jurich, Patrick O'Connor

RETAIL OPERATIONS

Director of Retail Operations	Doug Orwiler
Retail Operations Manager	Ryan Olson
Merchandise Manager	Vikki Knopf
Merchandise Coordinator	Sarah Schramm
Retail Marketing Manager	Adam Compton
Pro Shop Manager	Christopher Coleman, Tara Cote, Melanie Hoshino, Mike Smyth
Pro Shop Assistant Manager	Patrick Herman, Kasey Jurich, Gemmalyn Rabang
Warehouse Manager	Patrick O'Connor
Warehouse Coordinator	Marcos Sepulveda



FOOD SERVICES: (l-r) Nick Acord, Ernesto De La Torre, Stu McNabb, Pedro Flores, Rudy McLean, Mac McNabb

FOOD SERVICES

Executive Chef	Mac McNabb
Cooks	Nick Acord, Ernesto De La Torre, Pedro Flores, Rudy McLean, Stu McNabb



SECURITY: (l-r) Aaron Miyasato, Randy Jackson, Mike Dowd, 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	Sarah Ruttkay
Director of Player Health & Performance	Sam Ramsden
Sports Science Specialist	Thomas Garcia
Sports Scientist	Patrick Ward
Applied Sports Scientist	Dean Riddle
Head Athletic Trainer	Donald Rich
Assistant Athletic Trainer	C.J. Neumann, David Stricklin
Physical Therapist	Michael Tankovich
Sr. Director of Video Operations	Rob Porteus
Director of Video	Brad Campbell
Assistant Director of Video	John Mallory
Video Assistant	James Churchill, Darryl Jacobsen
Director of Equipment	Erik Kennedy
Assistant Equipment Manager	Drew Bley, Derin Lazuta, Chad Sensibaugh
Football Operations Coordinator	Matt Capurro
Research Analyst	Brian Eayrs
Player Personnel Assistants	Ryan Florence, Willie Schneider
Special Assistant to the Head Coach/Director of External Relations	Ben Malcolmson
Managing Director/Head Coach Initiatives/Seahawks Special Projects	Kelly Creeden
Team Travel/Training Camp Coordinator	Jeremy Young
Team Physician	Dr. Jonathan Drezner, Dr. Ashwin Rao
Head Team Physician	Dr. Ed Khalfayan
Team Orthopedic Surgeon	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) Michael Tankovich, David Stricklin, Sam Ramsden, Donald Rich, C.J. Neumann



PHYSICIANS: (l-r) Ashwin Rao, Mike McAdam, Stan Herring, Jonathan Drezner, Ed Khalfayan



FOOTBALL ADMINISTRATION: Ben Malcolmson, Dawn Beres, Jeremy Young, Sarah Ruttkay, Maurice Kelly, Kelly Creeden, William Saguilla, Matt Capurro



SPORT SCIENCE: (l-r) Thomas Garcia, Dean Riddle, Patrick Ward





EQUIPMENT: (l-r) Derin Lazuta, Chad Sensibaugh, Erik Kennedy, Drew Bley

FIELDS & FACILITIES

Director of Facility Operations	Sean Vanos
Facility Manager	Dan Cramer
Fields & Grounds Manager	Sergio Pedroza
Fields/Maintenance Coordinator	Duc Dinh
Fields Assistant	Travis McKenna



FIELDS & FACILITIES: (l-r) Travis McKenna, Sergio Pedroza, Dan Cramer, Turf, Sean Vanos, Duc Dinh



FOOTBALL VIDEO: (l-r) Brad Clark, Darryl Jacobsen, James Churchill, Brad Campbell, John Mallory, Aaron Menard

FIRST & GOAL, INC.

EVENT SERVICES/ADMINISTRATION

Managing Director of Guest Experience	Zach Hensley
Guest Services Manager	Chad Scarbrough
Guest Services Administration Manager	Lisa Zevenbergen
Director of Sales & Marketing	Sarah E. Vetting
Event Sales & Service Coordinator	Monica Alfieri
Administrative Assistant to General Manager	Erin Mooney
FGI Front Office Administrator	Stacy Baxter
NW VIP Administrator	Kristal Duvallon



ADMINISTRATION: (l-r) Stacy Baxter, Kristal Duvallon, Don Repp, David Young, Sarah E. Vetting, Monica Alfieri, Ryan Coffey

SECURITY

Managing Director of Security Mike Morrow
 Senior Security Operations Manager Andy Holmes
 Security Manager Chris Arnold
 FTSO Christopher Badger, James McDevitt, Ron Pawliuk, Jamie Reed,
 Charmus Roberson, Lisa Salinas, Dan Stone, Michael Turner



SECURITY: (l-r) Dan Stone, Michael Turner, Mike Morrow, Charmus Roberson, Chris Arnold, Jamie Reed, Andy Holmes, Christopher Badger, Lisa Salinas, James McDevitt

EVENT OPERATIONS

Director of Event Operations Morgan Littlefield
 Senior Event Manager & Conversion James Kraman
 Event Managers Sam Clarke, J. Lee Cook, Kristine Sowers
 Conversion Vincent Cooper, Bobby Emerson, Tami Grimm,
 Isacc Lima, Joshua Patch, Frank Wilkerson



EVENT OPERATIONS: (l-r) James Kraman, Tom Pitzer, Kristine Sowers, Chad Scarbrough, Lisa Zevenbergen, J. Lee Cook, Morgan Littlefield, Sam Clarke

FACILITY OPERATIONS

Facility Operations Manager	Jacob Davis, Roberta Kranz
Facilities Administrator	Christy Briggs
Lead Engineer	Mike Apple
BOEs	John Holt, Dan Rynne, Steve Scheeler, Rein Van Spankeren
Electrician	Cliff Barnes
Utility Workers	Karleen Brigham, Lance Juett, Ron Lewis, Bill McNabb, Kenneth Mayes, Fred Mori, William Noble
Dock Master	Mike Foster
Director of Fields	John Wright
Fields Supervisor	Sam Town
Fields Crew	Ryan Johnson, Raul Rios, Jake Webb



FACILITY OPERATIONS: (l-r) Ron Lewis, Karleen Brigham, Bill McNabb, Dan Rynne, Kenneth Mayes, Dennis Holmstrom, Jacob Davis, Fred Mori, Mike Apple, Cliff Barnes, William Noble, Roberta Kranz, Lance Juett



CONVERSION: (l-r) James Kraman, Bobby Emerson, Frank Wilkerson, Tami Grimm, Vincent Cooper, Isacc Lima, Joshua Patch





FIELDS: (l-r) Raul Rios, Ryan Johnson, John Wright, Sam Town, Jake Webb



TECHNICAL SERVICES: (l-r) Dan Boyer, Mike Tremel, Michael Scerra, Dave Pinney

TECHNICAL SERVICES

Director of Technical Operations Mike Tremel
 Technical Operations Manager Dave Pinney
 Technical Operations Engineer Michael Scerra
 Digital Designer/Editor Dan Boyer



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CREDITS

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